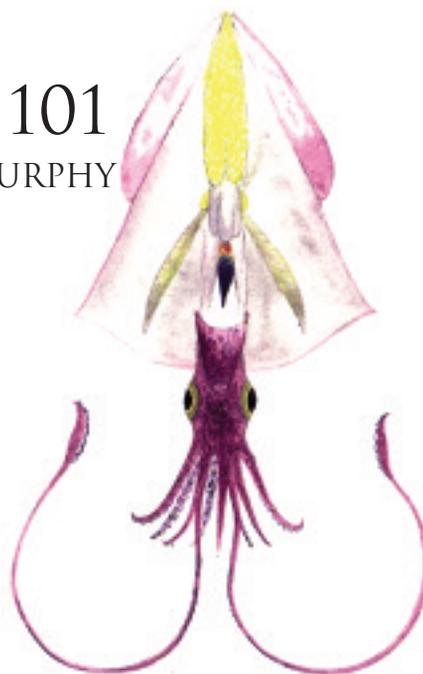




SQUID 101

BY MARTHA MURPHY



Squid is a delicately flavored seafood that can be prepared in a wide variety of ways, from such simple but popular fare as fried squid (or calamari) to elegant dishes such as stuffed and braised whole squid.

If possible, buy whole fresh squid and clean it yourself. This will give you more options for recipes, and will also give you the tentacles, which are quite delicious and usually not included when purchasing processed squid rings.

Whole squid is also less expensive and, some believe, more flavorful than processed rings. Whatever your preference, add squid to your menu at home—don't limit yourself to the occasional order of fried calamari when you're eating out. You'll find the options are nearly endless.

Squid can be dredged, battered and fried; tossed raw into a tomato-based pasta sauce; dropped into soup; lightly sautéed for a topping to a green salad or the protein in a pasta salad; or a topping for a seafood pizza, to name just a handful of uses for this versatile and healthful seafood.

Illustration by Nick Mayer escapestudio.org

HOW TO CLEAN FRESH WHOLE SQUID

- Remove the fins: Holding the squid by the head, grasp the two soft fins and pull them up and away from the body. Do not cut; they will pop right off.
- Remove the skin: Grip the thin reddish skin between your thumb and index finger; lift and peel. This is a lot like peeling the label off a bottle. Or, scrape the skin off with a dull knife.
- Remove the head: Pull the head away from the body; it will separate easily.
- Clean the body: With a firm tug, pull the clear plastic-like cartilage out of the body. Rinse the body under cold running water to remove any squid ink.
- Trim the tentacles: Using a sharp knife, cut off the tentacles as a whole cluster by slicing about half-inch above where they are joined to the head (just below the eyes).

Now the squid is ready to be cut into rings or stuffed. The tentacles can be left whole or halved lengthwise or chopped, depending on the recipe.

NUTRITIONAL INFORMATION

In addition to being versatile, squid is inexpensive and a low-calorie, nutritional source of protein. It is also an excellent source of zinc. A half-pound of unadorned squid has approximately:

- 100 calories • 16 grams of protein • 200 mg of potassium • 4 mg of vitamin C • 1.5 grams of fat • .5 grams Omega-3 fatty acid

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RECIPE

SQUID SALAD

By *Martha Murphy*

This Mediterranean-inspired salad presents squid's delicate flavor barely adorned and tossed with vegetables and herbs. Make the vinaigrette ahead to save time. When summer comes, add fresh, local cherry tomatoes to the salad.

- 1½ cups cleaned and trimmed fresh broccoli rabe
- 1 Tbsp olive oil
- 1½ to 2 pounds cleaned squid, cut in ¼-inch rings (tentacles separated and halved)
- 1 garlic clove, finely minced
- 1 Tbsp fresh-squeezed lemon juice
- Freshly ground black pepper
- ½ cup very thinly sliced red onion
- ½ cup roasted red bell pepper cut into julienne strips
- ¼ cup loosely packed, cleaned and chopped fresh flat-leaf parsley
- 3 cups mixed baby greens, including arugula, washed and dried

Bring a large saucepan of lightly salted water to a boil. Add the broccoli rabe and cook at a boil for 3 minutes. Drain in a colander and plunge into a large pan of cold water to stop the cooking. Set aside to drain. Once drained, chop the broccoli rabe into 1-inch pieces.

In a large heavy skillet, heat the oil over medium heat. When hot, add the squid rings and tentacles and cook until the squid is opaque white with some golden edges, about 3 minutes. Transfer the squid to a plate to cool.

Add chopped broccoli rabe, with the garlic, to the same skillet used for the squid and cook over medium heat for about 2 minutes, turning occasionally. Remove from the heat and add the lemon juice and some freshly ground black pepper; set aside to cool.

In a large bowl combine the cooled squid, broccoli rabe with the onion, roasted pepper and parsley. Toss gently; add the vinaigrette and toss to coat evenly. Place some of the mixed greens on each plate. Top each with a portion of the squid salad. Serves 4 to 6.

Vinaigrette

- 3 sun-dried tomatoes
- 1½ Tbsp balsamic vinegar
- 1½ Tbsp red wine vinegar
- 1 garlic clove, pressed
- ½ tsp salt
- 1/3 cup olive oil
- 1 Tbsp chopped fresh basil

Place the sun-dried tomatoes in a glass bowl and add boiling water just to cover. Let sit 15 minutes. Drain off the liquid and finely mince the tomatoes. In a small bowl, whisk together the remaining vinaigrette ingredients. Add the chopped sun-dried tomatoes. Stir well and pour over the squid salad.

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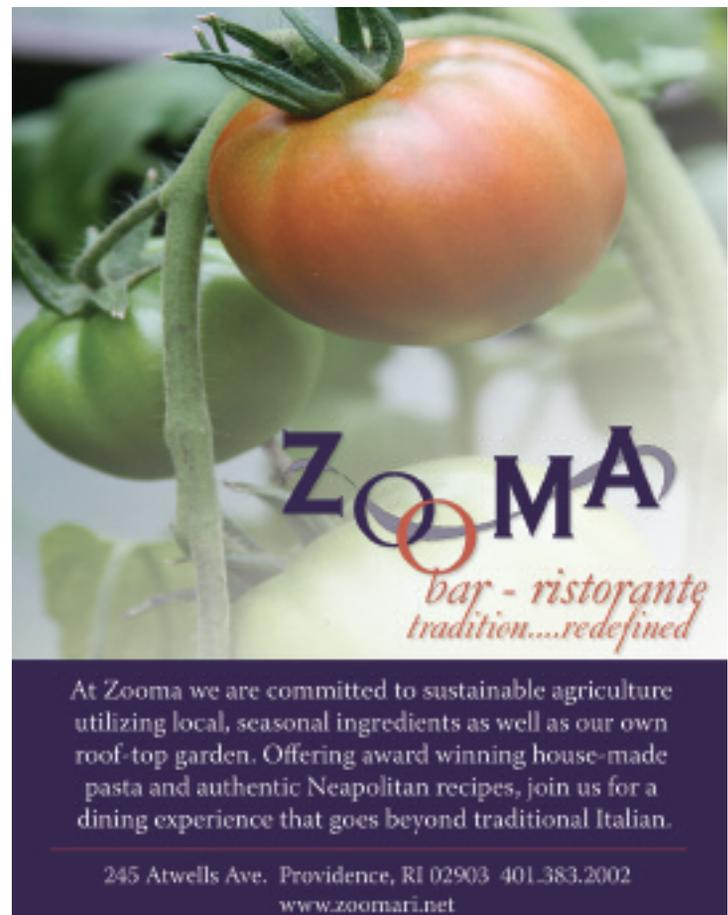
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