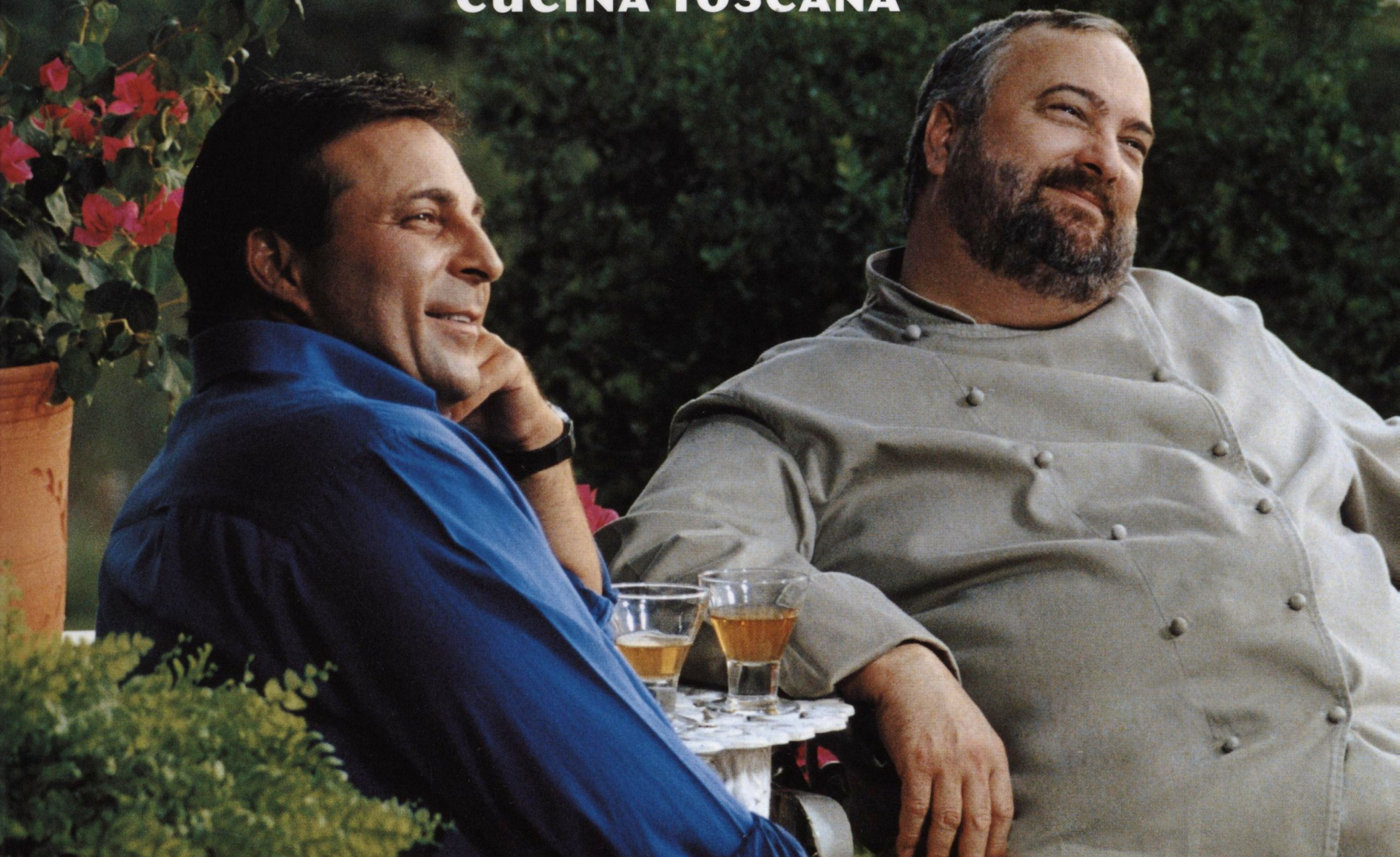


CIAO **T**uscany

RECIPES FROM THE PBS SERIES
CUCINA TOSCANA



JOHNNY CARRABBA & DAMIAN MANDOLA
WITH JOHN DEMERS



NOV 12 2009

Squid Braised with Tomatoes and Greens

❧ *Calamari all'Inzimonio*

Serves 6

1 cup extra-virgin olive oil
1 red onion, finely chopped
1 celery stalk, finely chopped
1 carrot, finely chopped
3 cloves garlic, minced
1 tablespoon finely chopped Italian parsley
Red pepper flakes to taste
1½ pounds cleaned squid, cut into rings and bite-sized pieces
¾ cup white wine
1½ cups canned imported Italian tomatoes with juice, crushed
1 pound washed Swiss chard leaves, chopped
1 pound washed spinach leaves, chopped
Kosher salt
Freshly ground black pepper

To Prepare

1. Heat ½ cup of the oil in a large saucepan and sauté the onion, celery, carrot, half of the garlic, Italian parsley and red pepper flakes for about 10 minutes.
2. Stir in the squid, cooking for about 10 minutes. Then add the wine and tomatoes. Cook uncovered for 35 minutes, adding water if the sauce starts to dry out.
3. In a separate sauté pan, heat the remaining olive oil and garlic together until the garlic starts to sizzle, then add the Swiss chard with spinach. Cover and cook 10 – 12 minutes, just until tender.
4. Combine the greens with the calamari in the large saucepan; cover and cook 15 minutes more. Season to taste with salt and pepper.

To Serve

Serve in warmed dinner bowls.

Johnny & Damian say . . .

J: I guess it's our fault in the restaurant business, D, but I think too many people believe calamari come straight from the ocean already breaded, all set to be fried.

D: And I like them that way, too—no surprise there. But they're a lot more versatile than one dish, both in Italy and in places like Asia where they love them, too.

J: This recipe braises the calamari, which of course tenderizes them while keeping them moist in the braising liquid. And since there is no way we honorary Tuscans are throwing out the liquid—

D: We make sure it tastes real good and gives us the nourishment we need. That job is taken care of by all these great vegetables, including the Swiss chard and spinach. This should give you your daily-recommended amount of leafy green vegetables.

J: And your daily recommended amount of calamari as well.

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"[Johnny and Damian serve up]....hearty comfort foods, from soups to stews to creamy desserts. Throughout, the two big Sicilian boys from Texas provide straightforward and thorough directions."

—*Publisher's Weekly*

"Tuscany [home to] countless talented craftsmen, wise farmers and masters, magnificent hosts, great eaters and outstanding chefs ... and the tradition continues!"

—Paolo Villoresi, Editor in Chief, *The Magazine of La Cucina Italiana*

"In their third book...[Johnny and Damian] serve up their culinary heritage with a pinch of pure Texas fun."

—*Central Market Foodie Magazine*

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