

Stuffed Calamari, Sicilian Style

Recipe courtesy Nancy Mangiapane



Recipe Summary

Difficulty: Medium

Prep Time: 40 minutes

Cook Time: 35 minutes

Yield: 6 servings

User Rating: No Rating

12 large squid tubes
2 large onions, finely chopped
2 tablespoons, plus 1/2 cup olive oil, plus 1/2 cup
4 cloves garlic, finely chopped
1 cup grated pecorino, plus 1/4 cup
1/2 cup Italian finely chopped parsley, plus 1/4 cup
6 cups bread crumbs
1 cup raisins
12 toothpicks
Tomato Sauce, recipe follows

Preheat the oven to 350 degrees F.

Clean the 12 large squid tubes; remove skin and cartilage inside the squid and rinse and clean. In a large pan saute onions in 2 tablespoons olive oil until soft. In a large bowl, combine the Sauteed onions, 1/2 cup of olive oil, garlic, 1 cup pecorino, 1/2 cup parsley, and the bread crumbs and mix well. Add the remaining 1/2 cup of oil to make the bread crumbs soft. Add the raisins last. Fill the squid tubes with the mixture and secure with a toothpick at the top opening. Lay the tubes in a baking pan with a little oil in the bottom of the pan, and bake for 10 minutes. After 10 minutes, remove from oven and top with tomato sauce. Sprinkle with 1/4 cup of pecorino and an additional 1/4 cup of parsley. Put pan back in the oven and bake until the cheese is melted, 10 to 15 minutes.

Tomato Sauce:

56 ounces canned, crushed tomatoes
4 cloves garlic, finely chopped
1/2 cup finely chopped basil
1 teaspoon salt
1 teaspoon pepper
1 teaspoon sugar

In a large frying pan, mix crushed tomatoes, garlic, basil, salt, pepper and sugar. Cook for 5 minutes and set aside.

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