



Calamari Ripieni

NIBBLEDISH CONTRIBUTOR

Ingredients

600 g small squid

Tomato Sauce

800 g tin chopped tomatoes

100 ml red wine

2 Tb chopped flat-leaf (Italian) parsley

pinch sugar

Filling

100 ml olive oil

1 small onion, finely chopped

1 small fennel bulb, finely chopped

2 garlic cloves, crushed

75 g risotto rice

large pinch saffron threads

1/2 large red chilli, chopped

150 ml white wine

2 Tb chopped flat-leaf (Italian) parsley

Instructions

Prepare squid

- Pull head, tentacles and innards out of bodies
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- Cut heads off below eyes, leaving tentacles
 - rinse bodies, make sure to remove quill
 - Finely chop tentacles and set aside with squid bodies.

Make Sauce

- put tomatoes, wine, parsley and sugar in saucepan.
- season, simmer until some liquid has evaporated.

Make filling

- heat oil, add onion, fennel, garlic and cook gently for 10 min or until soft
- add rice, saffron, chilli and chopped tentacles. Cook for a few minutes, stirring until tentacles are opaque
- season, add wine and 6tb of the tomato sauce.
- cook, stirring frequently until tomato and wine have reduced into the rice.
- add 150ml of water and continue cooking until rice is tender and all liquid absorbed. Add parsley and cool.

Assemble

- stuff squid with filling. Do not overfill.
- Close the tops of the sacs with toothpicks.
- put remaining tomato sauce in saucepan with 200ml of water.
- Cook for 2 min, add stuffed squids, cover and simmer gently for 30-45 min until soft and tender.
- Don't stir too much or the filling may fall out - try shaking pan to prevent sauce from sticking.

Don't forget to remove toothpicks before serving! Goes nicely with crusty bread.