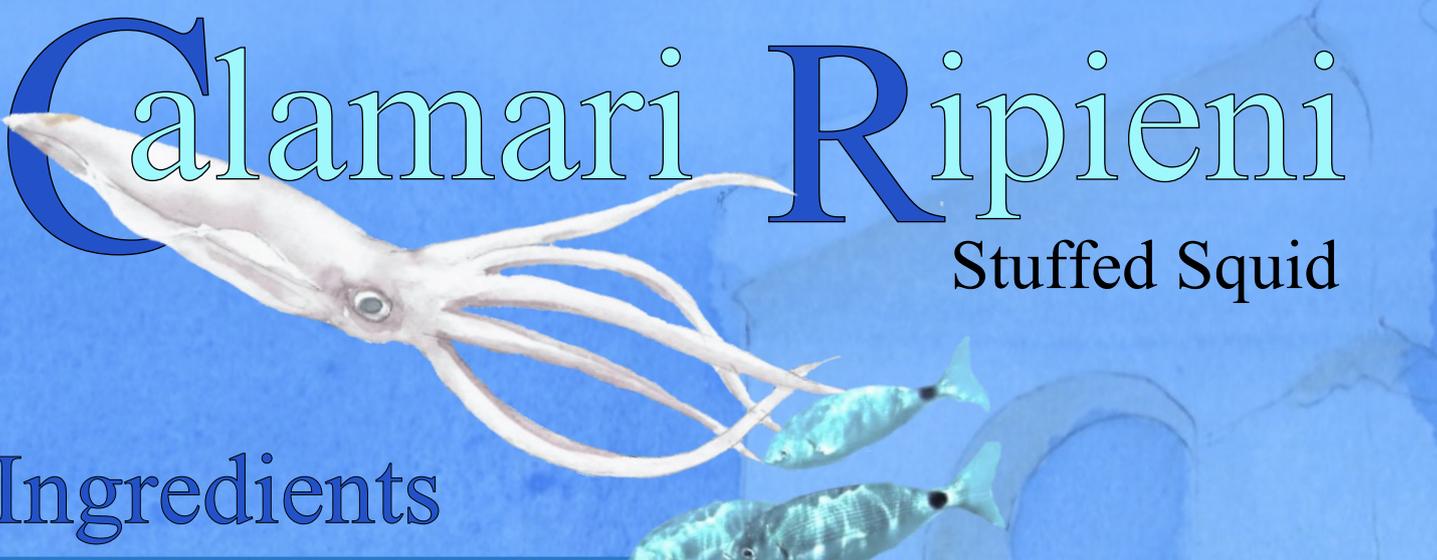


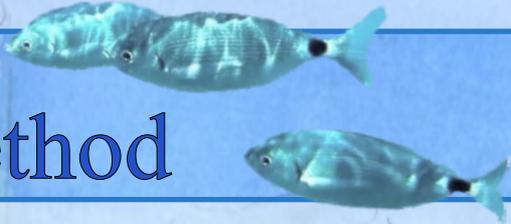
Calamari Ripieni

Stuffed Squid



Ingredients

Small Calamari 500 gms	Bread crumbs 100 gms
Garlic 1 clove	White wine 40 gms
Parsley 5 gms	Salt to taste
Olive oil	Black pepper to taste



Method

Preheat oven to 180° degrees.

Rinse the squid under running water. Pull the head off and put aside. Remove the transparent cartilage pen found inside, then rinse the squid pocket under running water to remove the innards. Remove the outer skin by cutting one end with a small knife and gently pulling. Cut the tentacles from the head and beak (discard). Finely chop the tentacles.

Finely chop the garlic and parsley. Combine the chopped tentacles in a bowl with the garlic, parsley, breadcrumbs, a little oil, salt and pepper and mix well. Fill the sack-shaped bodies with this mixture. Close them by threading a toothpick through the openings.

Grease an baking tray with oil, line up the squids, sprinkle them with oil, a little salt and pepper, and a few spoonfuls of white wine, put the pan in the oven, and remove it as soon as the squids are cooked when the become white and opaque. About ½ hour. Occasionally rebasting with the juice in the pan. Serve hot

