

barbecued squid with picada dressing

summer



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EST 1981, SYDNEY FISH MARKETS PYRMONT

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Serves 4

750 g (1 lb 10 oz) small squid, cleaned
rocket (arugula) leaves, for serving
crusty bread, for serving

Picada dressing

60 ml (1/4 cup) extra virgin olive oil
3 tablespoons finely chopped flat-leaf (Italian) parsley
2 garlic cloves, crushed

fish substitution

cuttlefish, octopus, prawns,
or even chunks of firm white fish fillet

To clean the squid, gently pull the tentacles away from the tube (the intestines should come away at the same time). Remove the intestines from the tentacles by cutting under the eyes, then remove the beak (if it remains in the centre of the tentacles) by using your fingers to push up the centre. Pull away the soft bone. Rub the tubes under cold running water and the skin should come away easily. Wash the tubes and tentacles and drain well. Place in a bowl, add 1/4 teaspoon salt and mix well. Cover and refrigerate for about 30 minutes. Heat a lightly oiled barbecue flatplate.

For the picada dressing, whisk together the olive oil, parsley, garlic, 1/2 teaspoon freshly ground black pepper and some salt in a small jug or bowl.

Cook the squid in small batches on the barbecue for about 2-3 minutes, or until the tubes are white and are tender. Barbecue the squid tentacles, turning to brown them all over, for 1 minute, or until they curl up. Serve hot, drizzled with the picada dressing, with rocket leaves and crusty bread.

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