

greek style calamari

summer



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Serves 4-6

Stuffing

1 tablespoon olive oil	2 tablespoons chopped parsley
2 spring onions (scallions), chopped	2 teaspoons finely grated lemon zest
280 g (11/2 cups) cold, cooked rice (see Note)	1 egg, lightly beaten
60 g (21/4 oz) pine nuts	1 kg (2 lb 4 oz) squid (calamari) tubes, washed and patted dry
75 g (1/2 cup) currants	

Sauce

4 large ripe tomatoes	1 garlic clove, crushed
1 tablespoon olive oil	60 ml (1/4 cup) good-quality red wine
1 onion, finely chopped	1 tablespoon chopped fresh oregano

Preheat the oven to 160°C (315°F/Gas 2-3). For the stuffing, mix the oil, spring onion, rice, pine nuts, currants, parsley and lemon zest in a bowl. Season well with salt and freshly ground black pepper. Add enough egg to moisten all the ingredients. Three-quarters fill each squid tube with the stuffing. Secure the ends with toothpicks. Put in a single layer in a casserole dish.

For the sauce, score a cross in the base of each tomato, put in a bowl of boiling water for 30 seconds, then plunge into cold water and peel the skin away from the cross. Chop the flesh. Heat the oil in a pan. Add the onion and garlic and cook over low heat for 2 minutes, or until the onion is soft. Add the tomato, wine and oregano and bring to the boil. Reduce the heat, cover and cook over low heat for 10 minutes.

Pour the hot sauce over the squid, cover and bake for 20 minutes, or until the squid is tender. Remove the toothpicks before cutting into thick slices for serving. Spoon the sauce over the calamari just before serving.

Note: You will need to cook 100 g (1/2 cup) rice for this recipe.

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