



Stuffed Squid Tubes

The Flavors of Southern Italy: Squid Stuffed with Aromatic Capers

Medium 4 Servings 95 min.



Whether in soup, deep-fried, stuffed, or baked—squid can be prepared in many different ways. In Italian cuisine, squid is a popular ingredient in many delicious dishes.

In Italian, they are called seppia, with the plural form being seppie. Squid, along with seafood and capers, makes for a delicious combination in our recipe from Apulia. The capers used in this recipe often come from Salina, a small island off the coast of Sicily.

Thanks to its volcanic soil, the island is famous for its wine and capers. Ninety-five percent of all Italian capers come from Salina, and on the first Sunday in July, the islanders celebrate their traditional caper festival, La Festa del Capperio in Fiore. The capers are of the highest quality, and Salina supplies Michelin-starred restaurants around the world. Just give this unique recipe a try and enjoy the wonderful flavors—just like in southern Italy.

Ingredients

1 kg squid tubes (ready to cook)
1 tbsp ORO di Parma tomato paste with garlic
60 g capers, preserved in salt
50 g Pecorino
2 eggs
80 g breadcrumbs (or a stale roll)
60 g black olives
150 g seafood (mussels, shrimp, etc.)
70 ml extra virgin olive oil
½ bunch of basil
a little extra virgin olive oil for greasing the pan
500 g spaghetti
a little sea salt
freshly ground pepper

Step 1: The Preparation

Preheat the oven to 200 °C and grease an oven-safe dish with olive oil. Then grate the Pecorino cheese. It's best to wash the seafood and basil stems under cold water and pat everything dry with paper towels. Then chop the black olives into small pieces and whisk the eggs in a small bowl.

Step 2: The Filling

For the filling, mix together the breadcrumbs, Pecorino, tomato paste with garlic, half of the basil, the chopped olives, capers, salt, and pepper with the beaten eggs. Finally, add the seafood. Finely chop the remaining basil and grind it with olive oil and salt in a mortar. This mixture will be used to brush the squid later.

Step 3: The Squid and the Pasta

Peel the squid without cutting them in half, and wash them thoroughly. After patting them dry, you can stuff them and place them in a baking dish. Make a slit in the top of each squid, brush them generously with oil, and bake them in the oven for about an hour. While the squid is in the oven, cook the pasta in a large pot according to the package directions until it's cooked through but still al dente. Brush the cooked squid with the oil and herb mixture.

Step 4: The Sauce

You can make a tasty sauce for the pasta using the liquid from the tubes that has collected in the baking dish, along with a little olive oil. To do this, add both to a pan and toss until the liquids have combined. Then drain the pasta and add it to the pan, toss it well, and add a few capers. If you need a little more liquid, add some of the pasta cooking water.

Step 5: The Finale

Let the squid rest for a few minutes before serving, then cut the tubes into wide rings. Place a serving of pasta on a preheated plate and arrange the squid on top. Time to enjoy! Incredibilmente delizioso!

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