



We had a pack of prepared Squid in the freezer from months ago and we're trying to clear a bit of space. We really are trying, but we just end up freezing pots of left over sauces etc. Endless battle! The Squid was part of a 3 for 1 Fish offer.

So a bit of Googling and recipe modification resulted in this:-

Ingredients:-

5 tablespoons extra virgin olive oil, plus extra for drizzling
2 Onions, diced
1 Stick of Celery, trimmed and diced
1 Fennel, trimmed of the tough outer leaves and cut into ¼-inch dice
2 Carrots, peeled and diced
Canned White Beans, drained
Zest and juice of 1 lemon
1 teaspoon chopped fresh Rosemary (Foraged from a local bush)
2 tablespoons minced Garlic
250g of Squid. Cut into rings with the heads removed and set aside
3 tablespoons chopped fresh Parsley
300 ml of Fish Stock
Salt and freshly ground black pepper

For the Squid Heads:-

Ingredients:-

2 Eggs, beaten
Cornflour
Turmeric
Salt & Pepper

Method:-

- (1) Heat 2 tablespoons olive oil in a large frying pan over medium-low heat, add the Onion, Celery, Fennel and Carrot.
- (2) Season with salt and pepper, cover and cook 5 minutes.
- (3) This allows the vegetables to steam a little and start to get tender. Remove the lid, turn up the heat to medium and cook another 5 minutes.
- (4) Add the Cannelloni Beans with the Fish Stock, the Lemon zest and chopped Rosemary and cook 5 minutes.
- (5) Pat the squid dry with a paper towel.
- (6) Heat 3 tablespoons oil in a second large frying pan, over medium high heat.
- (7) Add the garlic and cook 1 minute.
- (8) Add the squid and cook 2 minutes, or until opaque.
- (9) Season with salt and pepper and the lemon juice and transfer directly to the bean combination.
- (10) Toss with parsley, drizzle with olive oil and serve warm or at room temperature.
- (11) Add the battered Squid Heads as a further garnish. Be decadent, you know you want to!!!!

Battered Squid Heads:-

Method:-

- (1) Heat a fryer to 160c.
- (2) Mix the dry ingredients in a bowl.

- (3) Coat the Squid Heads in beaten Egg and then dredge in the dry mix.
- (4) Deep fry individually until golden brown.
- (5) Drain over kitchen roll.

We used the battered heads as a garnish and served the whole meal in bowls. This was an outstanding flavour combination. Although it's a couple of days ago now, we're still remarking on it. If we must be in any way critical, the Squid rings only needed a minute, not two. But that aside, this was a cracking meal. Although the ingredients list looks expensive they are all very cheap.