

Calamari Saganari 017



Calamari Saganari

As an entrée for 6 people, but is also nice as a main course

Recipe No.0173 Calamari steaks cut in half

Egg Wash, flour, breadcrumbs

Salt and pepper

3 Zucchini

Easy Tomato Sauce (or prepared bottled sauce)

Olive Oil and butter

Cinnamon stick

Flat leaf parsley

Kefalograviera Cheese or Fetta1. Bring Easy Tomato Sauce with a cinnamon stick to the boil and simmer

2. Slice Zucchini and char grill and set aside in a warm place

3. Crumb calamari steaks and pan cook them in olive oil and butter

4. Place on paper towelling and set aside

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5. In another pan add flour, cheese and pan cook in a little olive oil until both sides are golden brown

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Assemble the dish:

6. Lay zucchini strips on a plate
7. Add easy sauce
8. Place crumbed calamari on top
9. Smooth over a little easy sauce and then pan cooked cheese
10. Garnish with flat leaf parsley

ENJOY!

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