

Calamari Steak Parmigiana 012



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Recipe No.012

The Sauce:

- 1 onion
- 1 clove of garlic
- 1 tin tomatoes
- 1 1/2 tbsp tomato puree paste
- 2 tbsp of dried oregano

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Topping:

- English Spinach, Pecorino or grated Parmesan Cheese
- 4-6 Calamari steaks
- Olive oil and butter for frying

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Egg wash:

flour, egg, milk & breadcrumbs

- The Sauce:
1. Heat 1 tbsp of olive oil in a pan and sauté one chopped onion for 3-4 minutes
 2. Add one chopped garlic clove and sauté for a few more minutes on low heat – be careful not to burn the onion and garlic
 3. Pour in 400gm of canned tomatoes which have been chopped
 4. Stir in 1 1/2 tbsp tomato puree paste
 5. Add 2 tbsp of dried oregano, salt and pepper to taste

6. Simmer for about 15 minutes until thickened

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Chef's tips:

For extra bite, add 1 or 2 anchovy fillets with the onions. This will add a new depth of flavour. If you do this, do not add salt at the end of the process as the anchovies are salty enough. As a standby, use a bottle of bought sauce and add tomatoes, onion and oregano

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The Calamari:

7. After thawing, pat dry the calamari steaks and roll in flour

8. Dip in mixture of milk, beaten egg, salt and pepper to taste

9. Pat in breadcrumbs

10. Heat equal amounts of olive oil and butter and over a slow heat, brown both sides

11. Once golden brown and cooked through, drain on absorbent paper

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The Topping:

12. Wilt spinach by microwaving for a few seconds with a little water or by pouring boiling water over the spinach which is in a sieve

13. Place crumbed calamari steaks on a tray, add spinach and spread over steak

14. Pour over the sauce, cover with grated cheese (a mixture of both is nice)

15. Place under the grill or in a hot oven until cheese has melted

Serve with a garden salad

ENJOY!

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