

Char Grilled Calamari Steak 023



Char Grilled Calamari Steak with Ratatouille

Recipe No.023

6 Calamari steaks thawed and prepared as in Step 1
3 large cloves Garlic finely chopped
Juice and zest of 2 Lemons
4 tbsp olive oil
1/4 cup coarsely chopped flat leaf Parsley
Sea salt & freshly ground pepper

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Ratatouille:

1/4 cup Virgin Olive Oil
1 clove of Garlic finely chopped
1 small Spanish Onion sliced
2 fresh Bay Leaves
2 tbsp Thyme finely chopped
1 tbsp Coriander seeds crushed
1 red capsicum
1 green Capsicum both seeded and julienne
500 grams Japanese Eggplants thinly sliced
3 Zucchini thinly sliced

500 grams Cherry Tomatoes halved

2 tbsp Red Wine Vinegar
1. Mix oil, garlic, lemon juice, zest and chopped parsley, sea salt and cracked pepper to taste

2. Cover with cling wrap and refrigerate

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Ratatouille:

3. Heat oil in a deep pan, add garlic, onions, herbs and coriander seeds and cook for 5-7 minutes

4. Add capsicums, Egg Plant and Zucchini. Stir and cook for 10 minutes

5. Add tomatoes, season to taste and cook until all vegetables are tender

6. Stir in vinegar and place in a bowl and let stand for one hour so all the flavours can merge

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Calamari:

7. Heat oil in a hot chargrill pan. Cook Calamari on both sides

8. Once Calamari has turned white and is firm, slice at a 45° degree angle

9. Plate and serve with Ratatouille and crusty bread

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Serves 6

ENJOY!

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