

# Shredded Calamari and Spaghettini 013



## Shredded Calamari and Spaghettini

Recipe No.0138 Calamari steaks half frozen

1 cup finely diced parsley

1 1/2 cups of finely chopped carrots

1 1/2 cups of finely chopped celery

1 1/2 cups of finely chopped onions

1 1/2 cups of finely chopped mushrooms

1 punnet of cherry tomatoes – halved

4 Anchovy Fillets

1 cup Virgin Olive Oil

2 cloves of crushed garlic finely chopped

1 cup of white good quality wine

(preferably what you're drinking that night)

60ml Brandy or Cognac

1/2 tsp of chicken salt or seafood booster cracked pepper

Small bunch of fresh basil (optional)

1. Heat 1 tbsp of olive oil in a pan and sauté 1/2 chopped onion until soft, not brown

2. Add anchovy fillets and dissolve

3. Add chopped carrot, celery and mushrooms – cook for 5 minutes

4. Add crushed garlic and stir
5. Add Brandy and ignite to burn away the alcohol
6. Add shredded calamari and stir
7. Add white wine and cook until all the calamari has turned white
8. Season with chicken or fish booster and cracked pepper
9. Add the halved Cherry Tomatoes and cook a further 5 minutes
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10. At the same time, bring a large pan of lighted salted water to the boil. Add Spaghettini and cook for 8-10 minutes until pasta is al dente
11. Drain and reserve a little of the liquid
12. Place pasta into Calamari and toss with parsley and a little of the liquid
13. Place on a large serving platter and garnish with torn up basil leaves if required

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Chef's tip:

For extra kick, add thinly sliced chilli

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*This recipe takes time but is well worth the trouble. I saw this dish being prepared at the Impala Restaurant in Monte Carlo: diced mussels were used. It was priced as a meat entrée at US\$27.00 back in the 1990's – Jack Psellos*

**ENJOY!**

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