



GEORGE
CHIALA'S
RECIPE
OF
THE MONTH
COLLECTION

FEB 2013
Recipe 44

For more recipe ideas, please visit:
WWW.GCFARMS.COM/RECIPES.HTML

Savory Calamari Salad with Seaweed

PREPARATION

- 1 - Rinse squid under cold running water, then lightly pat dry between paper towels. Halve tentacles lengthwise and cut bodies (including flaps, if attached) crosswise into thin rings.
- 2 - Cook squid in a 5- to 6-quart pot of boiling salted water, uncovered, until just opaque, about 30 seconds. Drain in a colander and immediately transfer to a bowl of ice and cold water to stop cooking. When squid is cool, drain and pat dry.
- 3 - In a large bowl, mix the sesame oil, jalapeno olive oil, rice wine vinegar and hot sauce. Add squid and incorporate well.
- 4 - Next, add in the cucumber, carrots, and basil and mix again. Add in lemon juice, soy sauce, sprinkle sesame seeds on top and serve.



Savory Calamari Salad with Seaweed

Cook's Note: This delicious, light salad recipe offers incredible flavor. Cilantro can be used in place of basil for variation, but the most important tip to remember is never to overcook the calamari. Thin pieces need only be boiled in salted water for 30 seconds!

Bon Appetit!
-George

(photo by Marc-Henri)

INGREDIENTS

- 1 lb squid
- 12 oz Pickled Seaweed (prepared)
- 1/2 cup carrot (strings)
- 1/2 cup cucumber (sticks)
- 1/3 cup basil leaves (chopped)
- 1 teaspoon ginger, minced
- 1 teaspoon sesame oil
- 1 tablespoon GC Farms' Jalapeno infused olive oil
- 1 tablespoon rice wine vinegar
- 1 teaspoon hot sauce (optional)
- 1 tablespoon lemon juice
- 1 teaspoon soy sauce
- 1 teaspoon sesame seeds
- salt (to taste)

COOK'S NOTE:

This delicious, light salad recipe offers incredible flavor. Cilantro can be used in place of basil for variation, but the most important tip to remember is never to overcook the calamari! Thin pieces need only be boiled in salted water for 30 seconds!

Bon Appetit!
-George