



CALAMARI (Stuffed Squid)

Ingredients:

- calamari
- 300 gr. peeled, chopped tomatoes
- 100 gr. black olives, pitted
- 50 gr. capers, rinsed
- 5 cloves garlic
- 4 slices stale bread
- 3 tablespoons chopped parsley
- extra virgin olive oil
- salt and pepper

Directions:

Clean the calamari, remove the tentacles and set them aside. Remove the eyes, beak and innards from the calamari and discard. Reserve the body. Wash and chop the tentacles.

Heat some extra virgin olive oil with 2 garlic cloves (halved), add the chopped tentacles and sauté them for just a few minutes. Remove them and place them in a bowl. Cut the bread into small pieces and brown it in the pan with heated extra virgin olive oil and another garlic clove (chopped). Remove and add this to the bowl with the tentacles. Chop the capers, another garlic clove, olives and parsley. Place them in the bowl with the bread and tentacles and mix.

Brown the last clove of garlic (halved) in extra virgin olive oil, and add the tomatoes. Cook for 5 minutes (removing the garlic when finished). Add salt and pepper to taste.

Stuff the calamari with the mixture in the bowl and close the opening of the calamari with a toothpick. Place it in the pan with the tomatoes. Cover and cook for 20 minutes over low heat, adding hot water if liquid is needed.