

Art of Living

Gastronomy

Food-wine pairing: Stuffed squid with Les Jamelles "Special Selection" Grenache-Syrah.

Recipe : stuffed squid

This speciality from Sète is Italian in origin. The stuffed squid are sautéed in olive oil and flambéed with cognac (if desired), and then left to simmer in tomato sauce. They are generally served with rice.



Preparation: 45 min
Cooking time: 45 min

Ingredients (for 6 servings):

- 1 kg frozen squid
- 500 g shrimp
- 5 onions
- 2 cloves garlic
- 1 cup chopped parsley
- 2 cups rice
- the zest of 1 orange
- 5 tablespoons olive oil
- 1 small tin tomato sauce
- 3 tablespoons crème fraîche
- 3 cups dry white wine
- 1/2 cup cognac or calvados
- salt & pepper
- Cayenne pepper
- toothpicks

Set aside 6 of the largest, unbroken squid tubes.

Cut the remaining tubes into small cubes (approximately 1 cm).

Peel the shrimp and chop finely.

Chop the parsley, three of the onions and the garlic.

In a large sauté pan, sauté the onion, the chopped squid and shrimp, the garlic and the parsley in three tablespoons of olive oil.

Season with salt and pepper.

After 5 minutes, add the rice, stir and remove from heat.

Fill the 6 squid tubes with this mixture.

Don't pack the stuffing in too tightly as the rice will expand as it cooks. Secure with a toothpick.

In a saucepan, heat the olive oil and add the two remaining chopped onions and the orange zest.

Stir and cook until translucent over low heat.

Meanwhile, lightly brown the squid tubes in a frying pan, and then add them to the onion mixture.

Flambé with the cognac or calvados.

Add the white wine.

Add the tomato sauce and Cayenne pepper (according to taste).

Let cook over low heat for approximately forty minutes. Baste the

squid with the tomato sauce every now and then, making sure that the squid does not adhere to the bottom of the pan.
Before removing from the heat, add the crème fraîche.
Serve with salad, rice or on its own.