



The original recipe said feeds 3 to 4. Pygmies maybe. Serve 2 as a main course! The squid we often see in the super markets in this country are tiny compared to those available nearer to the Mediterranean.

Ingredients:-

6 medium squid

1½ cup Progresso Italian-style fine bread crumbs

2 tablespoons fresh parsley leaves

2 teaspoons fresh parmesan cheese

2 teaspoons minced garlic cloves

1 egg

salt and pepper

2 garlic cloves

1 (8 ounce) can diced tomatoes

1 teaspoon basil

1½ teaspoon ground oregano

1½ teaspoon ground rosemary

1½ cup green pepper

1½ cup dry white wine

Method:-

(1) Clean squid or tubes and pat dry with kitchen role. This just makes them a little easier to handle.

(2) If using whole squid, chop tender parts of the tentacles and mix them with the bread crumbs, parsley, cheese, 1 1/2 teaspoons minced garlic, egg and 1 teaspoon vegetable oil to make stuffing.

Blend well, add salt and pepper to taste.

(3) Cup the squid body in one hand open end up and squeeze the stuffing mixture loosely into each squid tube. Do not over stuff because the squid will shrink during cooking.

(4) Add remaining oil to a frying pan large enough to hold squid in a single layer.

(5) Heat oil and cook sliced garlic until lightly softened. Arrange the squid in oil and brown all sides lightly.

(6) Add tomatoes, basil, oregano, rosemary, green pepper, remaining minced garlic, wine and salt and pepper to taste. Cover tightly and cook 25 to 30 minutes.

(7) Serve whole or sliced, alone or with pasta.