BASCO
GOURMET SPAIN TO YOUR DOOR

Baby Squid in Ink Sauce



PREP TIME
30 MINS

COOK TIME
1H 30 MINS

TOTAL TIME
2H

SERVES 4 PEOPLE

EASY

Ingredients

32 whole baby squid
8 tbsp extra virgin olive oil
3 red onions, finely sliced
1 green pepper, finely sliced
1 beef tomato, finely chopped
45g cuttlefish ink
1 small piece of stale bread, toasted and finely chopped
100ml fish stock
100ml txakoli white wine or any other dry white wine
100ml Spanish brandy
Fine sea salt

Method

Prepare the squid by separating the head from the body, remove the feather cartilage and any other gunk you come into contact with. Wash the body under cold running water. Cut the head away from the tentacles by slicing just under the eyes (discard the head) and push out the beak from the middle of the tentacles. Pull with your hands the side fins from each squid and finely chop them together with the tentacles. Stuff this mix into each squid and close the top with a wooden toothpick. Set aside.

To make the ink sauce, use a medium size saucepan and heat 4 tablespoons of olive oil. Add the sliced red onions and green pepper and cook on a gentle heat for 30 minutes until they are very soft. Add the chopped tomatoes and cook for a further 10 minutes on a low heat. Add the txakoli wine and reduce the liquid by half. Add the squid ink and cook for 2 minutes. Add the fish stock, season the sauce with sea salt and cook for a further 20 minutes on a low heat. Check the seasoning of the sauce and place in a food processor or blender. Blend until fully combined, the sauce should have the consistency of a tomato sauce. If you need to thin it down slightly add some more fish stock. Pour the sauce into a medium size pan and keep hot.

To cook the squid, you need to do this in 4 batches. Heat 1 tablespoon of oil per batch until smoking hot. Fry the squid very quickly in the hot oil, for about 2 minutes each side, season with salt and pour in one quarter of the brandy to deglaze the pan, spoon the squid into the hot squid ink sauce. Repeat this process with the rest of the squid.

Once all the squid is in the sauce, cover with a lid and cook on a low heat for 30 minutes or until the squid is tender. Serve with some bomba or short grain rice, fried in olive oil and garlic and cooked for 17 minutes in fish stock. Sprinkle with freshly chopped flat-leaf parsley.