

# Seppie Ripiene Alla Pugliese

## Stuffed Squid



*With colorful green olive, tomato and breadcrumb stuffing peeking out from the top, these squid make an attractive appetizer or entree. As a main course, the Pugliese serve the stuffed squid sauced with fresh green peas stewed in olive oil with a few slices of onions.*

### INGREDIENTS

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| 48 cleaned squid bodies<br>(about 5 to 6 inches long)<br>with tentacles | 1/2 cup milk  |
| 1 pound grated fresh<br>Italian breadcrumbs                             | 12 ounces <b>BELLISSIMO</b> Extra Virgin<br>Olive Oil                   |
| 8 eggs, lightly beaten  | 6 ounces grated Pecorino<br>or Parmigiano-Reggiano                      |
| 2 ounces <b>BELLISSIMO</b> minced<br>garlic                             | 7 ounces <b>BELLISSIMO</b> green olives,<br>pitted and coarsely chopped |
| 1 pound onion, finely chopped   | 24 ounces drained canned<br><b>BELLISSIMO</b> tomatoes,<br>chopped      |
| 1 1/3 cups, plus 2/3 cup<br>flat leaf parsley,<br>finely chopped        | Salt and freshly ground pepper  |
|   | 2 to 3 cups dry white wine  |
|   | Lemon wedges, to garnish  |

### METHOD

1. Remove squids' innards and beaks, rinse bodies and set aside to drain. Carefully remove fanlike fins on either side of the squid body and the single, very long tentacle. Chop these into small pieces, combine them in a bowl with breadcrumbs and eggs, and toss quickly. If tentacles are disconnected, set them aside and cook along with the stuffed squid.

2. Add about 2/3 of the garlic, onion and 1 1/2 ounces of parsley. Add milk, 6 ounces of oil and stir briefly to blend. Add cheese, olives and tomatoes; season to taste with salt and pepper and blend. Carefully stuff each body loosely with about 2 ounces of the mixture, patting the squid to spread filling evenly. Close the wide opening of each squid with a toothpick.

3. In one or two large heavy saute pans, heat remaining olive oil over medium-high heat. Combine remaining garlic and parsley and stir in, cooking just until they begin to sizzle. Arrange the stuffed squid in the pan(s), brown for 3 minutes, turn carefully and brown second side. Add tentacles. Pour in wine, reduce heat to a gentle simmer, cover and cook for about 30 minutes, or until squid are tender, turning occasionally and adding a little more wine if the pan looks dry. Before serving, spoon over remaining tentacles and sauce. Add lemon wedges.