



Calamari Fra Diavolo

SQUID

Calamari Fra Diavolo

What's not to love? This classic recipe pairs tender calamari and a spicy tomato sauce. Perfect on it's own with crusty bread, or poured over your favorite pasta, this quick and simple version of the classic Italian recipe comes together in no time.

INGREDIENTS

1lb BOS'N Calamari
1Tbsp Crushed Red Pepper Flakes
EVOO
1 Chopped Yellow Onion
6 Cloves Garlic (Minced)
1 Cup Dry White Wine
15oz Can Crushed Tomatoes
3 Tbsp Tomato Paste
Salt & Pepper To Taste
1 Tbsp Unsalted Butter
Fresh Chopped Parsley

PROCESS

Thaw Calamari in refrigerator for several hours, or quick thaw in sink under room temperature water. In a large skillet, heat 2 tablespoons olive oil with red pepper flakes. Add calamari and sauté until just firm, 1-2 minutes. Remove calamari from pan, and set aside.

Add more olive oil to the same pan, add onions and garlic and cook until simmering. Add white wine and cook until reduced by half.

Add crushed tomatoes and paste, continuing to stir. Season with salt, pepper, and additional pepper flakes if desired. Bring to a boil, reduce heat to medium low and cook for another 10-15 minutes until thickened. Add calamari back to pan, stir to coat. Add butter and stir until melted. Top with fresh parsley and serve over your favorite pasta, rice, or alone with crusty bread.