

View from the Fridge – Recipes from Brian Donkin

Recipe # 104 – Spaghetti with Calamari

Preparation time: 2 mins Cooking time: 8 mins

Ingredients:

1 squid cone sliced thinly (buy cleaned cone directly from fishmonger)
1 wine glass of tomato concasse (see www.leithlinks.co.uk for recipe)
200 gms spaghetti
¼ wine glass of olive oil
Tspn salt
Parmesan and black pepper to taste

Method

1. In pot of salted water cook spaghetti until soft enough (al dente)
2. Remove from heat and add glass of cold water then strain
3. Into very hot frying pan pour olive oil and squid
4. Stirry fry for 30 seconds, add tomato concasse and bring to boil quickly
5. Place spaghetti in bowl or plate and add squid and tomato concasse – serve immediately with parmesan and black pepper

Serves 2

