

Calamari ripieni



INGREDIENTS

8 small squid
1 small onion chopped
2 tablespoons raisins
1-1/2 cups bread crumbs
1 teaspoon minced parsley
2 tablespoons grated Parmesan
Salt and pepper
1 egg well beaten
1/2 can tomatoes
4 tablespoon olive oil
1 clove garlic

Preparation

Have your fishmonger clean squid thoroughly, removing eyes, outside skin and intestines. Cut off heads and tentacles. Wash well, and drain. Combine remaining ingredients, and fill the cavity in each squid with stuffing. Sew squid closed, or fasten with toothpicks. Place in baking dish or pan, and cover with the following sauce: 1/2 can tomatoes, 4 tablespoon olive oil, 1 clove garlic. Brown garlic in oil, mash tomatoes with fork, and add. Simmer for 10 minutes. Then pour over squid and bake in hot oven 400 degree for 35 minutes, or until tender. Serve whole with sauce.