

Squid ‘Noodles’ with Kalamata Olives and Arugula

Most squid found in U.S. markets is from the genus *Loligo*. *Loligo* from the Gulf of Mexico are called slender inshore squid and from the Atlantic coast of the U.S. are called long-finned squid. Also harvested from western Atlantic Ocean waters, *Illex*, or short-finned squid, are less common in U.S. markets. Regardless of which type of squid you encounter, you can feel confident you are making a sustainable choice.

The recipe below is a slightly modified version of a recipe by Chef Anne Burrell from her TV show, *Secrets of a Restaurant Chef*. It is a perfect quick first course for a dinner party of 4. Squid are one of the few seafood products that hold up very well to freezing. If your local fishmonger does not have fresh product, thawed frozen squid also works well for this recipe.

¾ - 1 pound clean squid, tubes and tentacles
Extra-virgin olive oil
4 cloves garlic, smashed, plus 1 whole for rubbing bread
Pinch of crushed red pepper
Salt
1 cup dry white wine
¼ cup kalamata or other black olives, slivered
4 large slices rustic Italian bread
2 cups arugula
2 tablespoons chopped chives, for garnish (optional)

Insert a chefs knife into squid tube and cut through one side to create one open sheet. Cut into ¼-inch wide strips, or ‘noodles’. Cut tentacles into segments.

Before cooking the squid, grill the bread on both sides (on a grill pan or gas grill). Lightly rub warm bread with the garlic clove. Drizzle bread with the highest quality olive oil you have.

Coat a large sauté pan with a couple tablespoons of olive oil. Add the smashed garlic cloves and crushed red pepper and bring to high heat. Once the garlic is golden brown on both sides, remove and discard. Add the squid and quickly stir in hot oil. Season with salt and sauté for 1 minute. Add wine and olives and cook on high heat until wine has reduced by half. Taste to make sure there is enough salt.

Divide the arugula between 4 serving bowls or plates. Spoon squid and sauce over the greens. Cut each piece of bread on the diagonal and arrange on the squid. Garnish with chives and serve immediately.

This recipe is brought to you by:



<http://sustainableoceanproject.com/>