

Calamari in Humid Calamari in Umido

Cooking tips:

If you find them, use fresh Calamari not the frozen ones, the taste is much better. Cut them in squares and not in rounds to have an interesting shape.

*Calamari in Humid is a fish dish easy, fast and so tasty
That you might want to dip the bread in the sauce*

Preparation time: 15 minutes
Cooking time: 10-15 minutes
Difficulty: Easy
Serves: 4

Ingredients:

2 clove garlic
1 lb. calamari
2 tablespoons Nonna Angelina's EVOO
Hot pepper
1 lb. red tomatoes
2 tablespoons chopped fresh parsley
Sea Salt
½ cup white wine.

Directions:

Open the calamari by cutting along the side, then cut in large squares (4 squares per calamari).

In a frying pan put the EVOO and the garlic cut in small pieces and sauté until the garlic is golden (not burned); add the calamari and sauté for a few minutes, add the white wine and let it evaporate with high flame.

Add the tomatoes cut in small pieces, lower the flame and let it simmer for 10-15 minutes.

At the end add the hot pepper, sea salt and the parsley and serve.

Buon appetito!



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