

Baked Stuffed Squid

Serves 4-8

Ingredients

1 lb. number 10 squid, cleaned tubes and tentacles
1 lb. sweet Italian sausage, removed from the casing

Method

Place the sausage into a pastry bag and fill the squid tubes with approximately 2 oz of sausage. Secure ends with toothpicks.

Arrange stuffed tubes and tentacles into casserole dish and cover the basic tomato sauce. Bake at 350 degrees for approximately 40 minutes.

C. Meredith Nicolls, Jr.
Chef/Owner Café Rosso
VIMS Seafood Seminar Spring 2002

Basic Tomato Sauce

Makes 4 Cups

Ingredients

¼ cup extra virgin olive oil
1 Spanish onion, finely diced
4 garlic cloves, thinly sliced
3 tablespoons chopped fresh thyme
½ medium carrot, finely shredded
2-28 oz. cans peeled whole tomatoes, crushed by hand with juices reserved

Method

In a 3-quart saucepan, heat oil over medium heat. Add onion and garlic and cook until soft and golden. Add thyme and carrot and cook 5 minutes or until the carrot is soft. Add tomatoes and juice and bring to a boil, stirring often. Lower the heat and simmer for 30 minutes or until thick. Season with salt and pepper.

By Mario Batali
From Simple Italian Food

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Pan Roasted Scallops with Black Pepper Pasta

Serves 4

Ingredients

16 each 10-20 count dry packed sea scallops
1 lb. black pepper linguine
Extra virgin olive oil
Zest of two lemons
Italian flat leaf parsley
Salt

Method

Bring 6 quarts of salted water to a boil in a large stockpot.

Heat a large skillet to hot and add olive oil and scallops. Sear on all sides to a deep caramel color. While the scallops are searing, add the pasta to the boiling salted water and stir. Cook 4-5 minutes or until the pasta is al-dente. Drain the pasta well and turn into a large bowl. Toss the linguine with olive oil and lemon zest.

Divide the pasta onto 4 plates and arrange 4 scallops on each plate. Garnish with Italian flat leaf parsley.

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Apple Tart with Honey, Orange, Lemon and Grand Marnier

Serves 8

Filling

5 golden delicious apples, peeled, cored and cut into 1" cubes
1/3 cup honey
Grated peel 1 lemon
Grated peel 1/2 orange
Juice 1 lemon
Juice 1 orange
1/4 cup Grand Marnier

Pastry Dough

Your favorite pastry dough recipe

Method

Place all filling ingredients into a 12" skillet over high heat and cook until dry. Remove from the heat and cool.

Roll out the pastry dough to fit the bottom of a 10" tart pan. Bake the crust at 375 degrees for 10 minutes. Remove from the oven and cool. Roll out the remaining dough and cut into ½" strips for lattice crust top.

Add the cool filling to the tart pan. Work dough strips into latticework pattern for the top. Bake at 350 degrees for 45 minutes.

By Marcella Hazan
From Marcella Cucina

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