



RICE-STUFFED SQUID WITH ROASTED TOMATO COULIS

SERVINGS 4
PREP TIME 20 mins.
COOK TIME 45 mins.

INGREDIENTS

- **4 whole squids** (cleaned, body tubes kept intact; tentacles finely chopped)
- **1 lb. plum tomatoes** (half finely diced, half roughly chopped)
- **9 oz. rice** (preferably short-grain or medium-grain like Arborio or Carnaroli)
- **2 tbsp. extra-virgin olive oil** (divided)
- **Fresh basil** leaves (small handful, torn)
- **1 lemon** (zested and juiced)
- **2 bay leaves**
- **Salt & freshly ground black pepper** (to taste)

DIRECTIONS

Step 1: Prepare the Fresh Tomato Base & Filling

1. Preheat your oven to 375°F (190°C).
2. In a skillet over medium heat, warm 1 tablespoon of olive oil. Add the finely chopped squid tentacles and cook for 2 minutes until opaque.
3. Stir in the finely diced plum tomatoes, half of the lemon zest, and half of the torn basil. Season with a pinch of salt and black pepper.
4. Add the raw 9 oz. rice directly into the skillet, stirring continuously for 2 minutes to toast the grains and absorb the pan liquids.
5. Pour in 1 cup of hot water (or light stock if available) along with 1 tablespoon of lemon juice. Bring to a simmer, reduce heat to low, cover, and cook for about 10 minutes (the rice should be partially cooked/parboiled, as it will finish cooking inside the squid). Remove from heat and let cool slightly.

Step 2: Stuff the Squid

1. Lightly season the inside of each cleaned squid tube with salt and pepper.
2. Spoon the rice mixture loosely into each squid body, filling them to about 3/4 full (do not overstuff, as the rice expands as it finishes cooking).
3. Secure the open top of each squid tube with a wooden toothpick.

Step 3: Build the Pan Bed & Roast

1. In a baking dish, scatter the remaining roughly chopped plum tomatoes, the 2 bay leaves, the remaining torn basil, and the rest of the lemon zest. Season generously with salt and black pepper.
2. Nestled the stuffed squids on top of the tomato mixture in a single layer.
3. Drizzle the remaining 1 tablespoon of extra-virgin olive oil and remaining lemon juice evenly over the squids and tomatoes.

Step 4: Bake & Rest

1. Cover the baking dish tightly with aluminum foil and place in the oven for 25 minutes.
2. Remove the foil and bake uncovered for an additional 8–10 minutes, allowing the tomato mixture to reduce into a rich sauce and the squid tops to lightly caramelize.
3. Remove from the oven, discard the bay leaves and toothpicks, and let rest for 5 minutes before serving.

