



EGG HARBOR

SEAFOOD

THE TASTE OF FRESH | BY RASTELLI

Calamari



PURE WHITE

loligo squid, thin wall,
sweet and tender.

AVAILABLE:

Rings & Tentacles
6/2.5 #

Tubes Only 6/2.5 #

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6/2.5 #

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FRESH FACTS:

- Large 5-8" tubes perfect for any calamari dish
- Tender loligo squid will always come out with a sweet and mild flavor
- Packed 6/2.5 lbs. tray for food service convenience

Product of China

the taste of fresh serving suggestions

CAJUN SEASONED DEEP FRIED CALAMARI WITH CILANTRO PEPPER CORN DIPPING SAUCE



1 lb. **Calamari Rings, Tubes or Tubes and Tentacles**

2-3 cups flour

3 tbsp. of Cajun spice blend of choice

1/2 tbsp. of salt

1 tbsp. of dried parsley flakes

2 cups milk

1 tbsp. of sugar

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

Cilantro Pepper Corn Sauce

1 cup of prepared quality ranch dressing

1 tbsp. of fresh cilantro, chopped

1 tsp. of fresh cracked tri-color pepper corns

1 tbsp. chives, finely chopped

Combine all ingredients, and blend well. Refrigerate 1 hour before serving.

DIRECTIONS

Soak cleaned rings and tentacles in milk with sugar overnight. Next combine flour, Cajun spice, salt and dried parsley. Remove calamari from milk and drain. Toss calamari in seasoned flour and coat well. Deep fry calamari in fryer at 350 degrees for about 3-4 minutes until golden brown. Serve with chilled dipping sauce. **Yields 4 servings**

LOBSTER RAVIOLIS WITH PLUM TOMATO AND BLACK OLIVE SQUID SAUCE



8 oz. **Squid Rings**

8 oz. **Squid Tentacles**

3 large Roma tomatoes, cleaned and medium-diced

2-3 cups tomato puree

1 tbsp. olive oil

1/4 cup onion chopped

1/2 cup sliced black olives

1/4 cup Chianti wine

1/2 tbsp. fresh basil leaves, chopped

Pinch of dried oregano spice

2 garlic cloves sliced thinly

Salt and pepper to taste

Packaged premium lobster raviolis

ESTIMATED COST TO PRODUCE

\$ _____ PER PORTION

DIRECTIONS

Heat olive oil in heavy saucepan and begin to sweat onions and garlic until translucent. Add diced plum tomatoes along with fresh basil and dried oregano followed along with Chianti wine and simmer. Add tomato puree, black olives and cleaned squid. Season with salt and pepper to taste. Continue to simmer on low heat for 35-45 minutes until squid is tender. 15 minutes before sauce is done, boil lobster raviolis as directed on packaging. Arrange raviolis on plate, serve sauce over top and garnish with fresh basil leaves. **Yields 2 servings**