

Product Description:	Cleaned loligo squid
HSC Product Code:	0020585
UPC Code:	610370045671
Country of Origin:	China
Wild or Farmed:	Wild caught
Pack size:	20/2.5#
Case Weight (Net):	50 lbs
Case Weight (Gross):	51 lbs
Ti x Hi	8 x 5
Storage:	Frozen
Shelf Life:	18 months
Sustainability Rating:	Avoid (Monterey Bay)
Key Notes:	
Tubes and tentacles, 100% N.W. Very mild flavor with firm texture	



Cooking Tips:

Cut calamari bodies into rings about ¼ in thick. In a large pan, sauté onions, shallots, bell peppers and garlic in 6 tbs of olive oil over low heat. When onions are transparent, remove veggies from pan and set aside. Turn heat to high and add remaining 2 tbsp of olive oil to the pan. When hot, add calamari and cook for 30 seconds. Pour in red wine and bring to a boil. Add sautéed vegetables, tomatoes, parsley, paprika salt and pepper. Cook slowly for 3-4 minutes. Do not overcook, serve immediately over rice