

Armorican calamari

CUISIMAGES

Ref :
2001

Type :
Fish

Preparation :
45 min
Rest :

Cooking :
20 min

Cost :


Difficulty :


Origin :




For 6 persons

- 1 kg of calamari
- 1 can of tomato puree
- 3 cloves of garlic
- 3 onions
- 2 hot peppers
- 1 red pepper
- 2 tablespoons of flour
- 20 ml of apple-brandy, cognac or Armagnac
- 400 ml of white wine
- 5 tablespoons of olive oil



Wash and clean the calamari.

Open the calamari from one side. Striate the interior in 2 diagonals, but without cutting.



Cut into rectangular pieces (3x1cm).



Wash red pepper and hot peppers, and remove seeds. Peel onions and garlic.

Mix garlic, onions, peppers and the red pepper together.



Sprinkle 5 tablespoons of olive oil in a deep pot and brown the mixed garlic, onions, and peppers for 3 min over a low heat.



Add the tomato puree, and the calamari and blend together.



Pour the apple-brandy and flame. Add the white wine and supplement with water to entirely cover the calamari. Add 2 tablespoons of flour and mix.



Stew during 20 mn.



Recommandation

Serve calamari with rice. This sort of "sauce dish" is better if prepared in advance then heated. You can also freeze it.

Variante

The small calamari must be cut out of discs.

Wines

Muscadet