The following recipes were developed by the high school teams participating at the 2015 Rhode Island Seafood Cook-off, hosted by the Chariho Area Career & Technical Center and featuring calamari, the state’s official appetizer.

**Teams**
**Greek Calamari with Couscous and Mediterranean Vegetables**
Chariho Area Career & Technical Center
Chef Instructor Linda Musch
Isaiah Hooper
Madeline Kuba
Nina Smith-Cotto

**Squid Jambalaya**
Warwick Area Career & Technical Center
Chef Instructor Raymond Depot
Andrew Vest
Brian Johnson
Mackenzie Prescott

**Grilled Balsamic Calamari Bruschetta**
Cranston Area Career & Technical Center (Winners)
Chef Instructor Martha Sylvestre
Josh Sharron
Elvis Sena

**Quick Calamari (life guard style) with Garlic Crouton**
William M. Davies, Jr. Career & Technical High School
Chef Instructor Peter Frangiullio
Ben LaChapelle
Jacob Crenshaw
Michael O’Sullivan

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The URI Department of Nutrition and Food Sciences
The URI Graduate School of Oceanography

The Town Dock, Narragansett, donated the calamari for this event.
GREEK CALAMARI WITH COUSCOUS AND MEDITERRANEAN VEGETABLES

This dish can be served as an entrée or salad

COUSCOUS AND MEDITERRANEAN VEGETABLES

INGREDIENTS
- 1 1-to-1 1/4 pound eggplant, large dice
- 2 zucchini, medium diced
- 1 ea red, yellow, and orange bell pepper, medium diced
- 10 large garlic cloves, unpeeled
- 1/2 cup olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon chopped fresh thyme
- 1 tablespoon chopped fresh rosemary
- 2 1/2 cups water
- 1 teaspoon salt
- 1 10-ounce box couscous
- 1 cup pitted brine-cured black olives (Kalamata), halved
- 6 tablespoons fresh lemon juice
- 3 tablespoons drained capers
- 3 tablespoons thinly sliced fresh basil
- 2 medium-sized red onions
- 2 tablespoons fresh mint

PREPARATION

Preheat oven to 400°F.

Divide first 5 ingredients between 2 heavy large baking sheets. Brush vegetables with 3 tablespoons oil and balsamic vinegar. Sprinkle herbs over. Sprinkle with salt and pepper.


Set aside.

Couscous: Bring 2 1/2 cups water, 1 teaspoon salt and 1/2 tablespoon oil to boil in medium saucepan. Stir in couscous. Remove from heat. Cover; let stand until water is absorbed, about 5 minutes. Fluff couscous with fork. Transfer to large bowl.

Gently mix roasted garlic and vegetables, 1/4 cup oil, olives, lemon juice, capers and basil into couscous, season with salt and pepper.

(Can be made 1 day ahead. Cover and refrigerate. Let stand 30 minutes at room temperature before serving.)
CALAMARI Preparation

Ingredients
1 lb. (450 g) squid, rings and tentacles, cleaned and ready-prepared
1 lemon zest and juice
3 cloves garlic, finely chopped
3 fl oz. (75 ml) olive oil, preferably Greek
2 tablespoons fresh cilantro, chopped
to taste salt & black pepper
1 tablespoon fresh ginger, chopped

Lemon Wedge for Garnish

Rinse and drain Calamari (pat dry if needed) Place them in a shallow dish,
Squeeze the lemon juice over, toss and leave it for 5 minutes, when it will have absorbed most of the juice. Drain the squid through a colander and shake to remove excess liquid.

Next, heat the oil in a large, solid frying pan, add the ginger, garlic and lemon zest, cooking very slowly as it comes up to heat. When it is really hot, add the squid and fry it in the hot oil, keeping it on the move so it just slightly takes on colour at the edges – it will only take about 1-2 minutes to cook.

Then add the seasoning and parsley and serve, with lemon wedges to squeeze over.

**This recipe may also be served with green salad and some warm pita bread to dip into the juices**
Squid Jambalaya  serves 4

Ingredients
1 tablespoon olive oil
1 cup chopped onion
1 cup chopped red/green bell pepper
1 cup chopped celery
1 tablespoon minced garlic
6 ounces andouille sausage, sliced
3 ounces of diced hot capicola ham
1 cup uncooked long-grain white rice
4 tsp of Cajun Seasoning
1 bay leaf
2 cups Shrimp Stock
1 (14.5-ounce) can no salt-added diced tomatoes, undrained
3/4 pound Squid Rings
2 tablespoons chopped fresh parsley

Preparation
Heat olive oil in a large Dutch oven over medium-high heat. Add onion, bell pepper, celery, minced garlic, sausage, and ham, sauté 5 minutes or until vegetables are tender.

Add rice, Cajun Seasoning, bay leaf; cook 2 minutes. Add broth and diced tomatoes; bring to a simmer. Add the Squid Rings, cover, place in oven @325°F and cook for 20-25 minutes (until liquid has been absorbed and rice is tender. Let stand 5 minutes, fluff with fork. Discard bay leaf. Garnish with parsley.
Grilled Balsamic Calamari Brushcetta

**Ingredients 8 servings**

1 pound calamari tubes and tentacles
½ cup olive oil
½ cup white balsamic vinegar
1 tablespoon lemon juice
1 ½ tablespoons chopped garlic
2 teaspoon dried oregano
1 cup chiffonade fresh basil
2 tablespoons chopped parsley
6 seeded chopped plum tomatoes
½ cup fine dice red onion
½ teaspoon ground black pepper
Sea salt to taste
1 French baguette
½ cup butter
Balsamic glaze to garnish

**Method of Preparation:**

Put cleaned whole tubes and tentacles into bowl. In separate bowl, whisk together ¼ cup olive oil, ¼ cup white balsamic vinegar, 1 tablespoon lemon juice, ¼ tablespoon chopped garlic, ¼ cup basil chiffonade, 1 teaspoon oregano, ¼ teaspoon black pepper. Pour this mixture over whole tubes and tentacles, cover, refrigerate and let marinate overnight or at least 3 hours.

Remove tubes and tentacles from marinade and grill about 2-3 minutes each side until done.

Slice tubes into ¼ inch rings and tentacles in ¼ ’s. Toss these with the plum tomatoes, ¼ cup onion, 1 teaspoon oregano, ¼ teaspoon black pepper, ¼ tablespoon chopped garlic, ¼ cup olive oil, ¼ cup white balsamic vinegar and ¼ cup basil chiffonade and 2 tablespoons chopped parsley. Sea salt to taste.

Slice baguette into 24 ¼ inch slices. Melt butter with ½ tablespoon chopped garlic and dip one side of each baguette slice in garlic butter. Grill bread or toast in oven.

Top garlic breads with brushcetta topping garnish with balsamic glaze and serve.
Quick Calamari (life guard style) with Garlic Crouton

2-3 thin slices of garlic
1 Tb olive oil
Pinch crushed red pepper
1 oz white wine
4 oz calamari rings and tentacles
3 oz marinara sauce
Salt and pepper
Thyme and parsley
Garlic crouton

Heat olive oil in sauté pan. Add garlic and red pepper. Saute until garlic is golden.

Add wine and calamari and toss

Add warm sauce and heat to simmer for 2 minutes

Season with salt and pepper, thyme and parsley

Serve in bowl with garlic crouton