

Spring Calamari & Fennel Stew Served over Crispy Polenta Fries

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Serves 4

Polenta Fries

(Can make one or two days ahead. Must be cold and set before frying.)

Ingredients

- 1 cup quick cooking polenta
- 1 qt. water
- 1 tsp. salt
- 2 - 3 sprigs of fresh rosemary, finely chopped

Directions

1. Line an 8X8 baking dish with plastic wrap and set aside.
2. Bring water and salt to a boil in a medium saucepan
3. While water boils measure out polenta and rosemary. Combine ingredients in a separate bowl.
4. Once water is boiling gradually add polenta and rosemary while stirring consistently.
5. Continue stirring for about 3 - 5 minutes until the polenta is smooth and thick.
6. Pour polenta into a pan and cover with plastic to smooth out and cool in the fridge for 1-2 hours (or overnight).
7. Once polenta is solid, remove from the dish and cut into 3/4 inch thick strips.
8. Fry at 350°F for about 5 minutes or until golden and crispy.
9. Serve 4 "fries" per dish.

Spring Calamari & Fennel Stew

Ingredients

¼ cup olive oil
1 medium size spanish onion, julienne
1 fennel bulb, whites only, julienne. Save the fronds for garnish.
1 yellow pepper, julienne
2 clove minced garlic
2 anchovy fillet, chopped
1 tsp. Crushed red pepper flakes
1 tsp. Dried oregano
2 tsp. Kosher salt
½ tsp. Black pepper
1 cup white wine
1- 15 oz. can diced tomatoes
2 pound Rhode Island Calamari, tubes cut into rings and tentacles
1 pint of cherry tomatoes, halved
2 Tbs. chopped fresh parsley plus more for garnish.
2 lemons, cut in half for garnish

Directions

1. Heat olive oil in a pan, add in crushed red pepper and sweat onions and fennel until translucent.
2. Add in garlic, yellow pepper and anchovy to soften. Season with salt, pepper and dried oregano.
3. Deglaze the pan with white wine and bring to a simmer until reduced by half.
4. Add in the canned, diced tomatoes and the calamari. Simmer for 20-25 minutes until calamari is tender.
5. In the last 5 minutes of cooking, add in cherry tomatoes to slightly soften and warm through.
6. Remove from heat and stir in 2 Tbsp. chopped flat leaf parsley.
7. Plate and serve with polenta fries and garnish with parsley, fennel fronds and a lemon half. Drizzle of Extra Virgin Olive Oil, kosher salt and fresh cracked black pepper.