



SQUID IN RED WINE

Squid is thirsty! **Irena Carlton**

INGREDIENTS

3 small or 1 large fresh squid
2 onions
Olive oil
4 cloves garlic
2 pinches herb flavoured sea salt (or of sea salt, plus a pinch each
of rosemary and thyme)
Large glass of red wine
Juice of half a lemon
2 tablespoons of chopped fresh parsley

PREPARATION

Irena had two kitchen secrets in this month's Squid in Red Wine – one was the quality of the olive oil, the other was her homemade herb sea salt. You can use whatever quality of olive oil you have in the kitchen, but if you want to make your own flavoured sea salt, just put some sea salt flakes in a jar, add a few pinches each of rosemary and thyme, put the lid back on, shake it up and let the smells and flavours get to know each other.

Chop the onion and fry in a pan with a generous slurp of olive oil. Let the onion begin to caramelize. Chop the squid in chunky rings, along with the tentacles. Chop two cloves of garlic. Add the squid and the garlic to the caramelising onion and fry it all together for a few minutes. Add the glass of red wine and the two pinches of herb flavoured sea salt (or sea salt + herbs). Let it cook for 20 minutes or so, until the squid has begun to lose its rubbery quality. While it's cooking you can chop up the parsley and the other two cloves of garlic – mix them together. Take it off the stove and add the juice of the half lemon, stir it in and then sprinkle the parsley and garlic mix on the top. And go on, add another good slurp or so of olive oil. You know it makes sense.

Serve with the corn bread from December's Bosnian Kitchen or any nice bread, come to that...

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