

Calamari Rings



ALL NATURAL

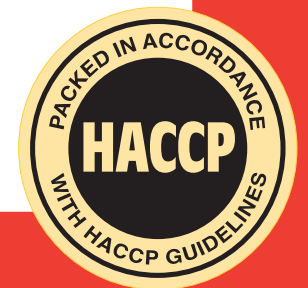
NO PRESERVATIVES

HIGH IN PROTEIN

**INDIVIDUALLY
QUICK FROZEN
CLEANED CALAMARI
RINGS**

**KEEP FROZEN
DO NOT
REFREEZE**

NET WT. 2 LBS / 32 OZ (908g)



RECIPE IDEAS FOR USING FISHERMAN'S PRIDE[®]™ CALAMARI RINGS

Nutrition Facts

Serving Size: 1/2 Cup (110 g)
Servings Per Container About 8

Amount Per Serving		Calories from Fat 15	
		% Daily Value*	
Calories 100			
Total Fat 1.5g		2%	
Trans Fat 0g		0%	
Saturated Fat 0g		0%	
Cholesterol 255mg		85%	
Sodium 50mg		2%	
Total Carbohydrate 3g		1%	
Dietary Fiber 0g		0%	
Sugars 0g			
Protein 17g			
Vitamin A 0% • Vitamin C 8% • Calcium 4% • Iron 4%			
*Percent Daily Values are based on a 2,000 calorie diet.			
Your daily values may be higher or lower depending on your calorie needs:			
	Calories: 2,000	2,500	
Total Fat	Less than 65g	80g	
Sat Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	30g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

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Fried Rings

2 lbs. calamari
2 eggs (beaten)
1 cup milk
2 cups Italian flavored bread crumbs
Oil for frying

Thaw and rinse calamari. Rings are precut. Drain and dry thoroughly with paper towel. Dip rings into egg mixture; then coat with crumbs. Place in a single layer in fry basket. Deep fry in hot oil (350°F) for 45 seconds or until lightly browned.

Calamari Fra Diavolo

2 lbs. calamari
1/4 cup olive oil
2 medium red onions (chopped)
7 garlic cloves (chopped)
1 quart tomato puree
2 tbs. basil (chopped)
1/2 tsp. of marjoram
3 bay leaves
1 tbs. salt
1/2 cup dry white wine
1 tbs. of crushed red pepper

Thaw and rinse calamari. Rings are precut. Combine olive oil, bay leaves, red onions and garlic. Simmer for 10–15 minutes over medium heat or until onions are translucent, stirring occasionally. Add wine and simmer for 5 minutes. Add basil, marjoram, salt, and red pepper; simmer for 5 minutes, stirring occasionally. Add tomato puree and simmer for 10 minutes, stirring occasionally. Add squid and let cook on medium heat for 25–30 minutes, stirring occasionally. serve over rice or pasta.

Makes 6–8 servings

Squid in Mushroom Sauce

2 lbs. calamari
1/2 cup olive oil
2 garlic cloves (chopped)
6 anchovy fillets (chopped)
2 tsp. Italian parsley (minced)
2 8 oz. cans tomato sauce
2 4 oz. canned mushrooms with juice
Salt and pepper (if desired)
1 cup dry white wine or dry vermouth

Thaw and rinse calamari. Rings are precut. Heat olive oil in a saucepan; then add garlic, anchovies and parsley. While this sautés, pour in wine or vermouth. Add tomato sauce, salt, pepper and mushrooms. Add squid. Cover and cook over medium heat for about 10 minutes. Test squid with fork for tenderness.

Boston Baked Squid

2 lbs. calamari
1 cup dry Italian flavored bread crumbs
2 tbs. Italian parsley (chopped)
1 tsp. dried oregano
1 large onion (chopped)
2 garlic cloves (minced)
2 tbs. butter
1 egg (beaten)
1 chicken bouillon cube
1/4 cup boiling water
1 8oz. can tomato sauce salt and pepper (as desired)

Thaw and rinse calamari. Rings are precut. Mix together bread crumbs, parsley, oregano, salt and pepper. In a saucepan, add onions, butter and garlic. Sauté until tender but not brown; stirring frequently. Mix in chopped squid meat. Dissolve bouillon in boiling water, mix with egg. Add to bread crumb mixture. Fill mantles with stuffing. Place in a greased baking dish. Pour tomato sauce over stuffed tubes. Bake in 350° oven for 30 minutes.
Makes 6 to 8 servings.

COOKING INSTRUCTIONS

Note: Fisherman's Pride Brand Calamari DOES NOT require prolong cooking time. Overcooking will cause calamari to become tough and chewy.

Thawing: Thaw under cold running water.

Frying: From a raw defrosted state, flour or bread to order. Fry in hot oil (350°) for about 45 seconds or until golden brown.

Boiling: Bring water to boil. Add defrosted calamari to water for about 30 seconds. Drain immediately and immerse calamari into a cold water bath to stop cooking process (very important). Drain again and refrigerate.

Cooking in Sauce: Follow boiling in water instructions. Add cooked rings to prepared hot sauce for about 2 to 3 minutes and serve.

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**KEEP FROZEN UNTIL READY TO USE
DO NOT REFREEZE**

**THAW UNDER COLD RUNNING WATER
INGREDIENTS: SQUID, WATER**

WILD CAUGHT