

Grilled Squid Salad

Recipe courtesy of Alton Brown

INGREDIENTS

- 2 pounds whole squid, cleaned or 1½ pounds cleaned squid
- 3 tablespoons olive oil, divided
- 1½ teaspoons kosher salt, divided
- 1 teaspoon freshly ground black pepper
- ½ teaspoon smoked paprika
- 3 ounces kale, cut into ribbons
- ½ cup chopped kalamata olives
- 1 small tomato, coarsely chopped
- ½ cup julienned red onion
- 2 tablespoons red wine vinegar

DIRECTIONS

1. Set a cooling rack on one side of the grill and heat the grill to high.
2. To clean the squid, grip the squid body or “mantle” in one hand and the head with the tentacles in the other. Gently pull the head away from the mantle. Most of the innards will stay attached to the head and will be pulled out of the body. Pull out the clear, feather-shaped backbone or “quill. Cut off the tentacles just above the eyes, remove the pea shaped beak and innards and discard. Remove the skin by grabbing with a paper towel and pulling away from the body and discard.
3. Place the cleaned squid in a mixing bowl with 1 tablespoon of olive oil, 1 teaspoon of the salt, pepper and smoked paprika. Set aside.
4. Place the kale into a large mixing bowl and leave at room temperature.
5. Set the squid tentacles on the cooling rack and the tubes directly on the grill grate and cook for 1½ to 2 minutes. Flip and cook for another 1½ minutes. Be careful not to overcook.
6. Immediately chop the tentacles and tubes into bite size pieces and add to the bowl of kale. Toss to combine while still warm so the squid helps to slightly wilt the kale.
7. Add the remaining 2 tablespoons of olive oil, olives, tomato, red onion, red wine vinegar and the remaining 1/2 teaspoon of salt and toss to combine. Serve warm or at room temperature.



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Yield: 6 servings

Prep Time: 30 minutes

Cook Time: 3-4 minutes