



Calamari al Sugo - Squid Soup

Spicy and Creamy Squid Soup



Easy



4 Servings



50 min.



Squid is a popular Italian specialty—and can be prepared in many different ways. In Germany, breaded and deep-fried squid rings are particularly popular. This is also the case in Italy. “Calamari fritti,” often served alongside fish and seafood as “fritto misto di pesce,” can be found almost everywhere in Italy. But beyond that, Italian cuisine offers many variations of squid recipes: grilled, stuffed, sautéed, or boiled. For cooks who are new to working with squid, we recommend using ready-to-cook squid tubes (i.e., the tubes). These are available at fishmongers and well-stocked supermarkets. Our soup recipe is very simple, but your guests are guaranteed to be amazed by your culinary skills.

Ingredients

1 kg squid (ready to cook)—for example, squid tubes

1 can of ORO di Parma organic chopped tomatoes (425 ml)

2 tbsp ORO di Parma organic tomato paste

2 shallots

1 carrot

2 stalks of celery

4 potatoes

1 clove of garlic

1 bay leaf

1 bunch of parsley

0.5 L water

0.5 L fish stock

2 tbsp extra virgin olive oil,

a pinch of coarse sea salt,

a little freshly ground pepper

Step 1: The Preparation

Peel the potatoes and cut them into bite-sized pieces. Then wash the celery, remove both ends, and cut the stalks into slices (not too thin). Peel the carrots and slice them as well. Dice the shallots, peel the garlic clove, and pluck the parsley leaves from the stems. Then chop them finely. Next, cut the squid into bite-sized pieces. Allow some time for thawing if you're using frozen squid.

Step 2: Sauté the vegetables

Pour the olive oil into a deep skillet and heat it over medium heat. Sauté the diced shallots, celery, and carrot in the oil. Once the vegetables are lightly browned, add the organic tomato paste and a crushed clove of garlic, and sauté briefly.

Step 3: Prepare the soup

Pour the fish stock and water over the vegetables, stirring well as you do so. Now add the squid, the chopped organic tomatoes (including their juice), potatoes, and the bay leaf to the broth. Let the soup simmer over low heat for about 30 minutes, until it's slightly creamy. The potatoes should be tender. Season with sea salt and pepper to taste.

Step 4: The Finale

To serve, ladle the soup into a deep plate and sprinkle some of the chopped parsley on top. Serve hot! Buon appetito!

Used products:



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www.oro diparma.de/en/italian-recipes