

Calamari Gambino

Secondi Piatti Serves: 4



This recipe is direct from the kitchen of the Gambino Family. It was an offer I could not refuse!

2 lbs. of calamari rings or steaks
1 egg, beaten
1 cup seasoned flour, season with salt,
pepper, parsley
2 garlic cloves, chopped
4 tbsp. **QCOM Tuscan Estate Extra
Virgin Olive Oil**
1 red bell pepper, thinly sliced

5-6 hot cherry peppers, cut & remove seeds
1 cup marinated artichoke hearts, cut into
quarters if whole
3/4 cup seasoned bread crumbs
1/2 cup grated Parmesan cheese
Salt and pepper to taste
1 lemon, sliced in half

Clean and dry calamari rings or if using steak, cut into thin strips. Dip calamari rings or strips in egg then dredge in seasoned flour mixture. On medium heat, sauté garlic in Queen Creek Olive Mill Extra Virgin Olive Oil being careful not to brown the garlic. Add the calamari and sauté until tender. Add thin slices of red bell pepper, cherry peppers, and artichoke hearts. Sauté until peppers are cooked. Next, add seasoned bread crumbs and mix. Add Parmesan cheese and mix. Squeeze half of a fresh lemon over mixture. Add salt/pepper to taste. Chili flakes can be added to spice up the dish. Serve hot & enjoy.

-Dr. Dean Gambino

Wine Pairing: Pinot Grigio or Pinot Gris