



## **Simmered Squid**

Chef Edgar  
(Serves 6)

### **Ingredients:**

- 1 tbsp olive oil, plus extra for drizzling
- 2 lbs prepared squid and tentacles, cleaned and cut into thick rings
- 2 onions, chopped
- 3 garlic cloves, sliced
- Pinch of chilli flakes
- 1 tsp fennel seed
- 3 Bay leaves
- 1 tbsp rosemary, roughly chopped
- Pinch of sugar
- 3 tbsp red wine vinegar
- 14 oz can chopped tomatoes
- 1½ cups red wine (about 200ml)

### **To serve**

- Chopped coriander
- Zest of ½ orange

### **Directions:**

Heat the olive oil in a shallow saucepan or flameproof casserole and add the squid, onions and garlic.  
Add the dry ingredients and simmer until all the liquid has evaporated and the onions are tender, about 15 min.  
Add the vinegar and chopped tomatoes, simmer for 1 min, then pour over the red wine and season.  
Simmer very gently on the lowest heat, stirring occasionally, for 1 hr or until the sauce is rich and the squid is really tender.  
Turn off the heat, leave to cool slightly, then drizzle with a little more olive oil and scatter with the coriander and orange zest.