

By Gannett News Service

The tentacled giant that in legend rose out of the sea to snap ships in half and gobble up sailors has a smaller relative that has been gobbled up by people of different cultures for centuries.

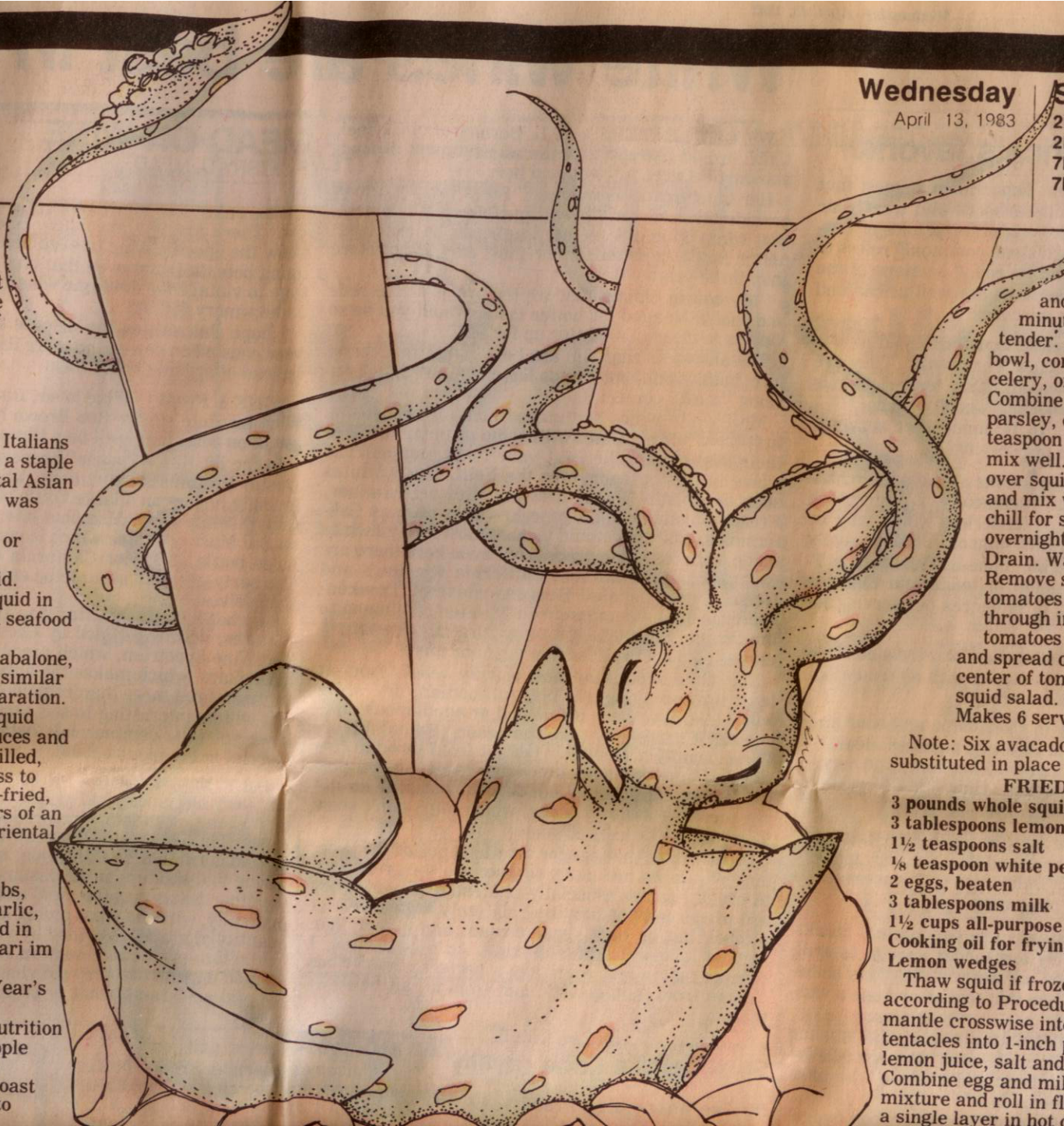
Squid, or "calamari," as the Italians and Greeks call the mollusk, is a staple of the Mediterranean and coastal Asian peoples. The name "calamari" was derived from the Latin word "calamus," meaning reed, pen or arrow, and it pertains to the transparent skeleton of the squid.

Americans are discovering squid in restaurants, supermarkets, and seafood stores.

To those whose palates favor abalone, clams and octopus, the squid is similar in flavor, consistency, and preparation. Because of its delicate flavor, squid lends itself to a multitude of sauces and preparations. Marinated and chilled, squid rings add juicy crunchiness to salad. Sauteed, pan-fried or stir-fried, squid morsels soak up the flavors of an Italian marinara sauce. In an Oriental dish, squid adds meatiness to vegetables.

When stuffed with bread crumbs, fried tentacle pieces, parsley, garlic, and Parmesan cheese and served in tomato sauce over pasta, Calamari im Portito is a main dish served by generations of Italians on New Year's Eve.

"The health craze, the great nutrition awareness, has helped many people explore new types of food," said Michelle Tennyson of the West Coast Fisheries Foundation. "Coming to evaluate not just the number of



Reduce heat and simmer for 3 to 5 minutes or until squid is tender. Drain. In a large bowl, combine squid, celery, onion and carrot. Combine oil, lemon juice, parsley, oregano, 1/2 teaspoon salt and garlic; mix well. Pour oil mixture over squid mixture in bowl and mix well. Cover and chill for several hours or overnight in refrigerator. Drain. Wash tomatoes. Remove stem ends of tomatoes and cut almost through into sixths. Place tomatoes on salad greens and spread open. Fill center of tomatoes with squid salad. Garnish with paprika. Makes 6 servings.

Note: Six avocado halves may be substituted in place of tomatoes.

#### FRIED SQUID

- 3 pounds whole squid, fresh or frozen
- 3 tablespoons lemon juice
- 1 1/2 teaspoons salt
- 1/8 teaspoon white pepper
- 2 eggs, beaten
- 3 tablespoons milk
- 1 1/2 cups all-purpose flour
- Cooking oil for frying
- Lemon wedges

Thaw squid if frozen. Clean squid according to Procedure No. 1. Cut mantle crosswise into 1/2-inch rings. Cut tentacles into 1-inch pieces. Sprinkle lemon juice, salt and pepper on squid. Combine egg and milk. Dip squid in egg mixture and roll in flour. Place squid in a single layer in hot oil in a 10-inch

evaluate not just the number of calories, but rather the sources of those calories, has led them to investigate other protein sources.

"With the rebirth of home cooking, people are becoming more adventuresome in the foods they try." How squid is marketed is a factor that will determine its acceptance. "Squid that remain in the display class after they've passed their prime condition just aren't attractive," she said.

"Nearly 100 percent of all squid is frozen right after it's caught," Tennyson said. "And in the case of squid, freezing is best since they are extremely fragile and need to be iced at once to slow down deterioration."

Retailers usually purchase squid in 5-pound blocks, thaw it, and sell it by the pound.

"We're trying to urge retailers to buy it in 2-pound blocks and sell it frozen to consumers," she said. Consumers can then defrost and clean the squid on their own.

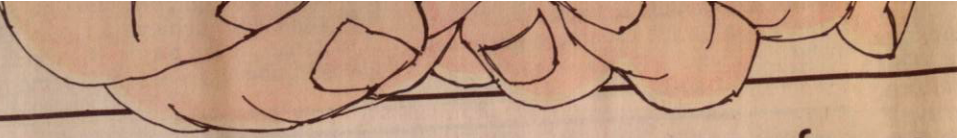
On the average, there is 50 to 60 percent usable product after squid has been cleaned.

When cooked properly, squid tastes slightly sweet and is slightly chewy though tender. Overcooking results in the taste and texture of a fat rubber band.

Times for different cooking methods vary, and are approximate at best. For frying squid rings, cook only 1 to 2 minutes on medium heat. To saute on stovetop plain or in a sauce, use medium heat about 10 minutes. To bake in the oven in a sauce, use a heat of 375 degrees about 15 to 20 minutes. To poach rings or pieces, simmer gently in salted water for about 30 minutes (rings should be no more than one inch wide).

Nutritionally, squid is high in protein and phosphorus, with traces of calcium, thiamine and riboflavin, and is low in fat. It sells for about \$1.29 a pound for whole squid and about \$5.79 for steak.

Fresh, cleaned squid can be frozen, wrapped airtight, at 0 degrees F. for up to two months. Squid should be thawed in the refrigerator, not at room temperature. It should not be refrozen.



## No need to squirm away from

# SQUID

Squid of good quality should have a moist, shiny, lightly speckled membrane. There should be no off-odor.

After the membrane is removed, the mantle should be creamy white. Frozen squid with a dry, white, cottony appearance may be freezer-burned.

Highly perishable, squid should be used within a day or two of purchase. If the odor is not fresh, do not buy and do not use. (See chart for cleaning procedures. Chart and recipes from "Seafood Adventures from the Gulf and South Atlantic," produced by the Gulf and South Atlantic Fisheries Development Foundation, Inc., Tampa, Fla.)

### TANGY SQUID SALAD

- 2 pounds whole squid, fresh or frozen
- 2 quarts boiling water
- 2 tablespoons salt
- 1 cup sliced celery
- 1 cup sliced onion
- 1 cup shredded carrot
- 1/2 cup salad oil
- 1/2 cup lemon juice
- 1 tablespoon chopped parsley
- 1 teaspoon oregano leaves
- 1/2 teaspoon salt
- 1 clove garlic, minced

- 6 tomatoes
- Salad greens
- Paprika

Thaw squid if frozen. Clean squid according to Procedure No. 1. Cut mantle crosswise into 1/2-inch rings. Add 2 tablespoons salt to water in a 4-quart saucepan. Add squid rings in boiling water. Cover and return to a boil.

absorbent paper. Serve with lemon wedges. Makes 6 servings.

### SQUID IN TOMATO SAUCE

- 2 pounds whole squid, fresh or frozen
- 1 cup sliced onion
- 1 clove garlic, minced
- 2 tablespoons margarine or butter, melted
- 1 can (1 pound) tomatoes, undrained
- 1/2 teaspoon basil leaves
- 1/4 cup water
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- Cooked hot rice, spaghetti or other pasta

Thaw squid if frozen. Clean squid according to Procedure No. 2. Cut mantle and tentacles into 1-inch pieces. Cook onion and garlic in margarine until vegetables are tender. Add tomatoes and basil; simmer for 5 minutes. Add squid rings. Cover and return to a boil. Reduce heat and simmer for 3 to 5 minutes or until squid is tender. Blend water, flour and salt. Stir into squid mixture, stirring constantly, and continue to cook until thick. Serve with cooked rice, spaghetti or your choice of pasta. Makes 6 servings.

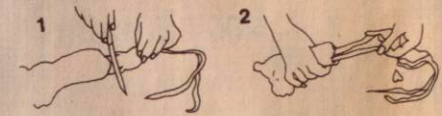
## How to clean a squid

There are two recommended cleaning procedures for squid. Procedure No. 1 is recommended for stuffed squid and squid rings. Procedure No 2 is used when cutting strips and pieces.

**Procedure No. 1** — For stuffed squid and squid rings: 1) Thaw frozen squid. Cut through arms near the eyes. With thumb and forefinger, squeeze out the inedible beak which will be located near the cut. Reserve tentacles. 2) Feel inside mantle for chitinous pen. Firmly grasp pen; remove from mantle. Under cold running water, peel off speckled membrane that covers the mantle. Wash mantle thoroughly

and drain. It is now ready for stuffing. Make rings by cutting across mantle. Tentacles can be chopped, minced or left whole.

**Procedure No. 2** — Cutting strips and pieces: Follow steps 1 and 2 from Procedure No. 1 above. 3) Lay the mantle flat and cut down the center from top to tail. Spread open and wash thoroughly. 4) Cut mantle into bite-size strips or pieces desired. Tentacles can be chopped, minced or left whole.



Note: Use salt sprinkled on the mantle as an abrasive: it will help when removing the membrane.

## NATURALLY

By SHARON CADWALLADER

### Chicken in every crock

I've been using my crock pot for small company meals lately. It's nice to prepare part of the meal well in advance and to be able to leave the house while it is simmering.

Here are some easy-to-prepare recipes

with suggestions for rounding out the meal.

#### GREEK CHICKEN WITH OLIVES

- 8 chicken legs and-or thighs
- 2 tablespoons oil
- 1 large onion, sliced
- Salt, pepper
- 1 (15-ounce) can tomato sauce
- 3 teaspoons cinnamon
- 1/2 teaspoon each oregano leaves, powdered cumin
- 1 (2 1/4-ounce) can pitted black olives, drained

Brown chicken in oil in a frying pan, remove from pan with a slotted spoon. Sauté onion in drippings until limp; then transfer chicken and onion to crock pot. Salt and pepper lightly. Mix together tomato sauce, cinnamon, oregano, cumin, and olives. Pour over chicken, cover pot, and cook on low heat for 6 to 7 hours. Serves 4.

#### CORNERED BEEF AND VEGETABLES

- 2 pounds corned beef (brisket)
- 2 tablespoons pickling spice (if not packaged with meat)
- Water

- 3 large carrots, quartered
- 3 large potatoes, peeled, quartered
- 3 small wedges cabbage
- Sour cream, yogurt, prepared horseradish

Put beef in crock pot and sprinkle with spices. Cover with water, cover pot, and cook on high for an hour. Reduce heat and add carrots and potatoes. Cook on low for about 6 hours; then add cabbage and cook until crisp-tender, not mushy. Remove from liquid to serve. Make a sauce of equal parts of sour cream and yogurt with horseradish to taste.

## LIZ'S KITCHEN

By LIZ HILL

### Wigwam sauce still popular

Dear Liz:

Quite some time ago you ran a recipe for the apple pie that was popular at the Wigwam Restaurant on the corner of Second and Sierra streets quite a few years ago. The recipe for the pie had rum sauce, as I recall. Would it be possible to have you run this recipe for me in the paper again.

I would appreciate your time and trouble.

Myriam Bria

Dear Myriam:

No trouble at all. Matter of fact the recipe for Les Lerude's Wigwam butter sauce is probably the most popular recipe in the area. Almost every time I am in a gathering someone asks for it.

So for you and all the rest of you wonderful people, including Mary who works at the Reno Traffic Court, here it is.

For those of you who are new in Reno, try it. You will love it.

Liz

#### WIGWAM BUTTER SAUCE

not boil):

- 2/3 cup milk
- 1/2 cup coffee cream
- 1 cup hot water

Step No. 2:

Melt on slow fire:

- 1/3 cup butter ... add slowly and stir well
- 1/4 cup flour ... add slowly and stir well
- 2/3 cup sugar ... then add and stir well
- 1 large or 2 small egg yolks

Turn heat up and add No. 1 mixture to No. 2 mixture slowly. Bring to a boil, stirring constantly. When it starts to boil, take from fire and put in another container to cool. When it cools, add one teaspoon of good vanilla.

TO USE: Heat in double boiler, not on direct heat. DO NOT BOIL. This can be stored in refrigerator until ready to use. You may use brandy instead of vanilla and use on hot apple or mince pie.

□ □ □

It has been a long time since we have had so many letters all at once asking for recipes. So here they are, dear readers, we will all be ever so grateful if you can help out with these requests.

Dear Liz:

Do you have an easy recipe for making bagels? I've looked at the library here in Sparks and can't find any recipe at all. Your help would be appreciated.

Sandra L. Wildman

Dear Liz:

Recently tried "Las Vegas" style wings and loved them. I realize that there was an article with the recipe for them in the past. I would appreciate the recipe again and the different degrees of hotness that goes in the sauce. Thank you.

J. Wahayama

Dear Liz:

Do you or any of your readers have recipes for hors d'oeuvres that can be made ahead and frozen? The female and some of the male members of our family plan to make them for a wedding reception. Don't want to do it all on the wedding day. Thanks for any help.

Mary Jo Martin

Dear Liz:

Please tell us homemakers how to turn out golden crisp flour tortillas for tacos (such as the taco stands sell). How does one fold them and fill them without cracking them. When and how and in what kind of shortening, and how much of it do you fry them in? Do you fry them before or after filling with the meat mixture?

Also, how about a good basic granola recipe — a simple one. How do you make the chewy granola bars which are sold in the markets?

Anne Nelson

Reno food columnist Liz Hill invites readers to share recipes by writing to Liz's Kitchen, Gazette/Journal Food, Box 22000, Reno, Nev. 89520-2000. (Please include your telephone number.)

# EASY COOKIN'

By JUNE BROILI

## Quickie banquet for 2

For a candlelight supper, try a Chicken Cordon Bleu dinner topped with strawberry shortcake. If you love homemade biscuits, there's a recipe that will make homemade biscuits available at a moment's notice.

### WATERCRESS AND CITRUS SALAD

1 cup watercress sprigs and leaves, or one bunch

1/2 small grapefruit, cut in sections

1 medium orange peeled and cut in sections

1 green onion thinly sliced

1 teaspoon fresh parsley, finely chopped

2 to 4 tablespoons Italian style salad dressing mixed with 1/4 teaspoon Dijon mustard

Wash watercress well, pick off tender green sprigs and stems, dry on paper towels. Combine in bowl with orange and grapefruit slices, onion and parsley, toss with salad dressing.

### BUTTERED ITALIAN GREEN BEANS

1 10-ounce package frozen Italian green beans

1/4 cup water

Salt and pepper to taste

1 tablespoon cooked bacon, crumbled

1 teaspoon red pimento, chopped

Heat water to boiling, add beans. Bring to a boil, add seasoning, bacon and pimento. Pour into an oven-proof casserole and bake at 350 degrees F covered for about 25 minutes or until tender. Set aside if not time to serve; the flavor improves after standing.

### HERBED RICE

2 cups boiling water

1 Knorr chicken cube

1 teaspoon dry or fresh parsley

1 cup instant rice

2 tablespoons canned mushroom caps, well drained

1 tablespoon butter

Add the bouillon cube to boiling water, stir to dissolve, add parsley. Add rice, cover and let stand for 10 minutes.

Saute mushroom caps in butter until slightly browned. Leave in pan and set aside. When rice is ready, stir into mushroom pan, heat to bubbly and serve immediately.

### STRAWBERRY SHORTCAKE

- 2 slices pound cake
- 1 box fresh strawberries
- 1/4 cup sugar
- 1/2 cup whipping cream whipped, or whipped cream substitute

Wash strawberries well with stems, dry on towel. Remove stems. Slice strawberries lengthwise, sprinkle with sugar, let stand a few minutes to absorb sugar.

At serving time, place cake on serving dish, add strawberries and top with cream.

### CHICKEN CORDON BLEU

- 2 chicken breast halves
- 2 slices boiled ham
- 2 slices Swiss cheese
- 1/2 teaspoon lemon juice
- 1/4 teaspoon salt
- 1/8 teaspoon white pepper
- 4 tablespoons butter
- 3/4 cup dry French bread crumbs, very fine

Bone chicken breasts, remove tendon that runs down side of breast, trim off jagged edges. Flatten breast with heavy knife. Sprinkle with lemon juice, season with salt and pepper.

Preheat oven to 350 degrees F. Butter a heavy small baking pan. Melt butter in pan, remove from heat.

Place a slice of ham, then slice of cheese on each breast. Roll in half and secure with large toothpicks. Dip in butter, roll in crumbs. Place in baking pan and bake for about 25 minutes or until flesh springs back when touched and juice runs clear. Do not overcook or chicken will be tough. Remove from oven. Turn off heat.

Spoon on a few tablespoons of Mornay Sauce. Return to oven, let heat about 5 minutes. Serve immediately.

### MORNAY SAUCE

- 1 cup white sauce
- 2 tablespoons grated Swiss cheese
- Salt and pepper to taste
- Dash: nutmeg and cayenne pepper

Bring sauce to a boil, remove from heat. Stir in cheese and seasoning; stir until cheese melts. Cover, heat slightly before serving.

Very good served with broccoli or asparagus.

### FREEZER BISCUITS

Yield: 20 servings or enough for a family of 4 for 6 meals

- 2 packages yeast
- 1/4 cup warm water
- 5 1/4 cups flour
- 4 teaspoons baking powder
- 1 teaspoon soda
- 4 tablespoons sugar
- 1 teaspoon salt
- 1 cup shortening
- 2 cups buttermilk

Dissolve yeast in warm water.

Sift dry ingredients together. Cut in shortening with a pastry blender. Combine yeast with buttermilk. Blend milk and dry ingredients. Turn out on floured boards. Knead quickly 20 times. Roll out and cut into biscuits. Freeze biscuits on baking sheet until frozen. Transfer to tightly sealed freezer bags.

At baking time, place biscuits on greased baking sheet. Preheat oven to 400 degrees F. Bake about 10 minutes or until biscuits are brown.

June Broili is a Reno food columnist.

the p  
"W  
it in  
cons  
then  
own.  
On  
pere  
been  
W  
sligh  
thou  
the  
ban

Ti  
vary  
fryin  
min  
stov  
mec  
in th  
deg  
poa  
salt  
sho

N  
and  
thia  
fat.  
wh

F  
wra  
to t  
in t  
ten

By

C

I  
col  
pa  
an  
is s

By

V

pic  
co  
ag  
W  
in

Each  
item is  
availab  
the adv  
Albertso  
specifica

RA

We stri  
sufficient  
merchand  
son we an  
RAIN CHEC  
enabling yo  
at the adv  
soon as it be