

Restaurant “Go Fish” of St. Helena
presents
Grilled Calamari Salad
paired with Michael Pozzan 2004 Reserve Merlot, Napa

(Serves 6)

INGREDIENTS:

1-1/2 lbs. Monterey bay squid, cleaned, ink sack removed
1 ea. sweet red & yellow pepper, charred, peeled and seeded
½ ea. Ancho pepper, charred, peeled and seeded
1 ea. Red torpedo onion, grilled, braised in red wine vinegar and butter
1 ea. Line, juiced
¼ bunch cilantro, chiffonade
1 ea. Orange, juiced
2 ea. Japanese eggplant, halved, scored, salted & grilled
¼ bunch Thai basil
1 tbsp lemongrass, sliced
Kosher salt, Extra virgin olive oil and black pepper to taste
¼ cup Banyuls vinegar
Shallots, minced
¼ cup micro arugula

PREPARATION:

Char peppers and place in bowl with plastic wrap to finish cooking and soften. Peel and seed and cut in triangles and place in another bowl, with liquid from cooking. Add sliced half rounds of red torpedo onion to peppers. Take cooked eggplant and cut in batons the size of medium asparagus spears. Take squid, season with salt and pepper and toss in a small amount of oil and grill for 1-1/2 minutes. Until just barely cooked (looking to get grill flavor, squid will finish cooking in citrus juices). Slice tentacles and whole cut body into 1-1/2” rings. Place in a separate bowl. Add citrus juices, cilantro, basil and lemongrass. Toss shallots, oil and vinegar with peppers, onion and eggplant. Marinate squid and pepper mix for at least two hours.

To serve, place pepper mix in center of plate with a little bit of the juice or marinate running out. Season squid tubes and tentacles and place on top of mix. Garnish with micro arugula dressed lightly with pepper marinate liquid.