

Greek Style Stuffed Squid with Tzatziki Sauce

Recipe courtesy of Alton Brown

INGREDIENTS:

TAZIKI SAUCE

- 1 cup plain Greek style yogurt
- 1 small cucumber, peeled, seeded and finely chopped
- Pinch kosher salt
- Pinch freshly ground black pepper
- 1 clove garlic, minced
- 2 teaspoons red wine vinegar
- 6 to 8 mint leaves, finely chopped

Combine the yogurt, cucumber, salt, pepper, garlic, red wine vinegar and mint in a small mixing bowl. Cover and refrigerate for 1 hour or until ready to use.

STUFFED SQUID

- 12 whole squid, cleaned
- 4 ounces ground lamb
- 2 ounces artichoke hearts, drained and finely chopped
- 2 ounces feta cheese, crumbled
- 1 teaspoon fresh oregano, chopped
- 2 teaspoons fresh lemon zest
- 1 whole egg
- ½ teaspoon kosher salt
- 1 tablespoon canola oil

DIRECTIONS:

1. Grip the squid body or “mantle” in one hand and the head with the tentacles in the other. Gently pull the head away from the mantle. Most of the innards will stay attached to the head and will be pulled out of the body.
2. Pull out the clear, feather-shaped backbone or “quill.” Cut off the tentacles just above the eyes, remove the pea-shaped beak and innards and discard. Remove the skin by grabbing with a paper towel and pulling away from the body and discard.
3. Remove the fins and finely chop along with the tentacles. Transfer to a medium mixing bowl.
4. Thoroughly rinse the cavity of the body with water and refrigerate until ready to use.
5. Place an 8-quart pot with a steamer basket and 1-inch of water in the bottom, over high heat, cover and bring to a boil.
6. Add all of the remaining ingredients, except the canola oil, to the tentacles and stir to combine well.
7. Divide the mixture evenly between the tubes and rub the outside of the tubes with canola oil.
8. Carefully place the stuffed tubes into the steamer basket, cover, and reduce the heat to low and cook for 30 minutes.
9. Serve with the tzatziki sauce.



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Yield: 4 to 6 servings
Prep Time: 45 minutes
Cook Time: 30 minutes