

Calamari with Basil Walnut Pesto

a *barton seaver*
recipe brought to you by:

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ingredients:

- ___ **1 lb** fresh, "dirty" and small calamari
- ___ **2 cloves** of garlic, 1 passed over a microplane
- ___ **3 T** olive oil
- ___ **½ lb** new potatoes
- ___ **¼ cup** green beans, snipped
- ___ **3 heads** frisee, trimmed and chopped
- ___ **2 large handfuls** of basil leaves
- ___ **¼ cup** of walnuts toasted (you can also substitute pine nuts or almonds)
- ___ Salt

directions:

For the calamari: Ask your fishmonger to clean the squid, **leaving only bodies and tentacles**. "Dirty" is a market term referring to squid with skin still on. Marinate squid in **1 T** olive oil, **1 clove** of microplaned garlic and **1 pinch** of salt. Grill calamari on **high heat** over charcoal about **1 minute per side**.


For the basil pesto: Put basil, second garlic clove, walnuts and **2 T** olive oil in blender and puree until smooth.

For the potatoes: Dice potatoes. In cold water bring to a boil for **1 minute** and strain.

To serve: While cooking calamari, reheat potatoes with green beans in a pan on side of grill. Toss warm potatoes and green beans with frisee, salt and basil pesto. Toss to mix well. Place grilled calamari on top. Serve.

serves four.

Purchasing factors within this dish:

 **Squid (a.k.a. Calamari) - Light Green Ranking -**
Many squid species exist worldwide. Squid grow fast and often reproduce before they are a year old, characteristics which help them withstand high fishing pressure. Most are vulnerable to changes in environmental conditions.

Be sure to ask your fishmonger where the fish came from and how it was caught to determine if it's the ocean-friendly seafood you're looking for.