

Calamari with Tomato Sauce

An Italian Christmas Eve Tradition
from Beth at 1111lightlane.com

Ingredients:

2 lbs. of squid calamari (thawed from frozen or fresh)
5 gloves of garlic (or more if you like garlic like we do!)
1 small jar of capers
1 cup of chopped fresh Italian Parsley
1 can of crushed tomatoes
1 can of tomato sauce
1 can of tomato paste
1/2 cup of olive oil
1 package of angel hair pasta

Directions:

1. Prepare calamari by cleaning the bodies and tentacles. Rinse thoroughly to remove extra flesh, grit, and then dry with paper towels to remove excess water. See my tips via this video <https://www.youtube.com/watch?v=owyWozLK2NU>
2. Cut calamari into rings or tubes. Cut tentacles in smaller pieces.
3. Mince garlic, capers (drain first), and parsley in a mini chopper for a few seconds.
4. In large saucepan place olive oil and sauté garlic, caper, and parsley mixture for a few minutes on low-medium heat. Sauté for a few minutes - make sure that you don't burn the garlic. When garlic is slightly cooked add crushed tomatoes and tomato sauce. Before adding tomato paste thin and whisk with a small amount of water in a bowl to thin out the paste. Then add the tomato paste to the sauce.
5. Bring the tomato sauce and caper mixture to a boil while stirring the mixture.
6. After the sauce comes to a boil reduce heat to a low-medium setting or gentle boil.
7. Add the cleaned, dried, cut calamari to the sauce.
8. After about 1-hour test one of the calamari rings – make sure it is not chewy – it should be soft and not rubbery.
9. Within a couple hours your calamari should be tender and edible – keep checking on it to make sure it is cooked properly!
10. Boil water for angel hair pasta. Cook angel hair pasta until it is al dente.
11. Serve calamari with tomato sauce over a bed of angel hair pasta and Mangia!

*Serves 4-6 adults

If you are a visual person like me – head over to this link for the full tutorial!

<https://www.youtube.com/watch?v=owyWozLK2NU>