



Seared Squid with Tuscan Kale and Chickpeas

Makes 10 portions

Ingredients:

3 bunches	Tuscan Kale
4 lbs.	Squid – cleaned, cut into ½” rings
4 oz.	Extra Virgin Olive Oil
To taste	Salt and Pepper
8 each	Garlic Cloves – minced
2 each	Red Chili Pepper – (Fresno)- minced
8 each	Plum Tomatoes – seeded, ½” dice
2 15 oz. cans	Chickpeas – drained and rinsed
4 oz.	White Wine - dry

Directions:

Trim the kale, remove the stems, wash, dry well and cut into bite size pieces

Clean and cut the squid – rinse well and set on paper towels to dry

Prepare the remaining ingredients

Heat a large sauté pan over high heat

Salt and Pepper to taste to finish – add the olive oil and heat until smoking

Be sure the calamari is dry, season with salt and pepper and quickly sauté in the hot oil.

Depending on the size of your pan you may need to do this in batches.

Be sure the oil is very hot each time.

Remove the squid and set aside

In the hot pan now add the garlic, chili pepper, tomatoes, kale and chickpeas – season with salt and pepper – add the wine – continue cooking to wilt the kale and soften the tomatoes.

Reduce the wine until almost dry

Add the squid back in and sauté to re-heat.

Toss to blend all ingredients

Season with salt and pepper if necessary