

From the
Left Bank kitchen

ENCORNET FARCIS or STUFFED SQUID

STUFFED SQUID INGREDIENTS:

- 12 squid tubes, 5/8 inch
- 12 squid tentacles
- 4 oz diced onion, 1/4 inch dice
- 4 oz chopped garlic
- 4 oz jambon de Paris
- 4 oz Parma ham
- 4 oz olive oil
- 2 oz each sage, rosemary, thyme
- 4 oz Abbaye de Belloc sheep's milk cheese
- 1.8 oz piment d'Espelette
- tooth picks to close tentacles

TIAN INGREDIENTS:

- 2 Chinese eggplant
- 3 extra fancy green zucchini
- 6 Roma tomatoes, roasted with garlic and thyme
- 4 oz chopped garlic
- 2 oz chopped parsley

METHOD FOR STUFFED SQUID:

To make the stuffing dice the onions, garlic, jambon de Paris, Parma Ham, parsley, thyme, rosemary, and sage; finely chop the tentacles.

Heat 2 oz olive oil in a sauté pan over moderately high heat (until hot but not smoking), then sauté all ingredients, first onion and garlic, then the hams and the herbs, stirring until just cooked through, about 2 to 3 minutes, season to taste.

Transfer with a slotted spoon to a bowl and cool. Sauté tentacles separately in olive oil and add to the mix.

When the mixture is cold add diced Abbaye de Belloc sheep's milk cheese.

In a separate sauté pan, add more diced onion, garlic, basil, thyme, and rosemary, along with peeled and diced tomatoes, then simmer, uncovered, stirring occasionally for 10 minutes, season to taste with salt and Piment d'Espelette (like a tomato concassée).

Transfer with a slotted spoon to a bowl and cool.

Add 3 of the cold tomato concassée to the stuffing mixture. The reminding concassée is for the bed for the squid when serving.

Gently stuff each squid body with the mixture and pat squid to distribute filling evenly.

Weave a wooden pick horizontally across wide opening of each squid to seal. (During cooking, the stuffing will expand and the squid will shrink, forming a rounded, well-stuffed squid.)

Heat one tablespoon of olive oil over moderately high heat (until hot but not smoking), then sauté squid, turning over once, until browned.

Add one cup of strained Bouillabaisse stock (or fish stock), then simmer, covered, turning occasionally, until squid is tender, about 5 minutes. Then transfer to a pan and cool.

METHOD FOR TIAN:

Peel and slice (about 3/4 inch thick) the Chinese eggplant.

Wash, dry, and slice (about 1/2 inch thick) the zucchini for the layers, and also 1/2-1/4 inch for the rosasse.

Roast tomatoes with garlic and fresh thyme; then peel and transfer to a bowl and cool.

Heat 2 oz olive oil in a sauté pan over moderately high heat (until hot but not smoking), then sauté the eggplant and zucchini separately, add chopped garlic and fresh thyme and season to taste.

Zucchini should be slightly cooked to keep a nice green color. Eggplant must be cook all the way to avoid brown color.

Keep all the vegetable in a perforated pan to drain reminding olive oil (oil will be very tasty and can be used for a vinaigrette or other cooking oil).

When all the ingredients are cold, build the tian by layering eggplant, zucchini, and tomato.

Repeat again until almost to the top of a plastic ring (2 inch diameter by 2 inch height).

Top with zucchini rosasse and refrigerate until needed.

WHEN READY TO SERVE:

Reheat the squid gently with sauce. Warm up tomato concassée and tian.

Discard picks and serve squid with sauce and braised eggplant tian.