

Squid for supper!



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Squid are mollusks. They are related to clams, oysters, and scallops, though the link might not be obvious when you see one. They do have shells—but theirs are internal ones called *pens* or *quills*.

Squid are abundant in all the world's oceans and are an important part of the food chain. Squid are carnivorous and have a huge appetite for fishes and other animals. In turn, *they* are choice eating for cod, sperm whales, and bottlenose dolphins.

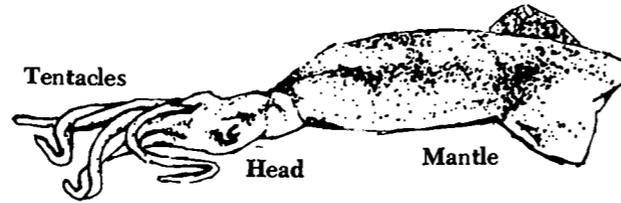
The United Nations' Food and Agricultural Organization lists squid as one of the three major underutilized marine resources. (The other two are krill and the fish that dwell in the twilight zone, about 200 to 1000 meters deep.)

Squid range from those several inches long to the giant squid that can reach 50 feet (15 m). The squid you buy for supper, usually frozen, were shipped here from California. They are called "market squid," and their scientific name is *Loligo opalescens*.

Squid *are* found in Oregon waters—but whether in large enough numbers to make a commercial fishery profitable remains to be proven. Not enough research has been done to make an accurate count possible.

Traditionally, squid have been a food source popular with families of Oriental and Mediterranean descent. But U.S. consumption is now rising as more and more people become acquainted with this mild-tasting seafood.

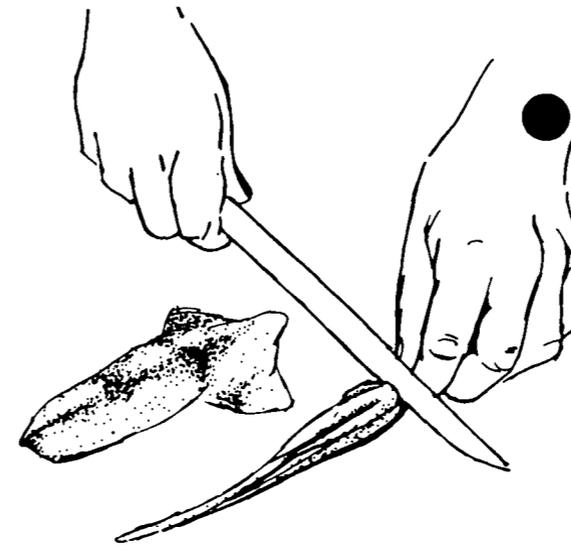
Squid are economical as well as nourishing. They provide a low-calorie source of protein for family meals. Squid may be fried, baked, or cooked in sauces. This bulletin includes five representative recipes.



How to clean your squid

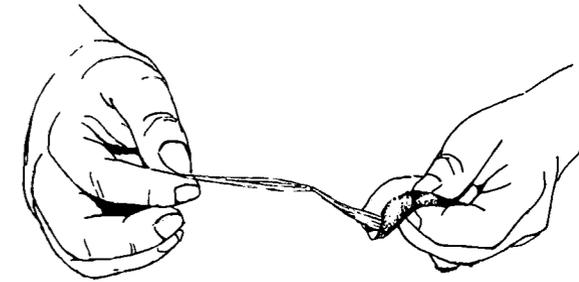
Use fresh squid or thaw frozen squid in running water. Lay out two large sheets of newspaper for discards. If you plan to clean a large number of squid, have available two sinks—one for washing the squid and one in which to place cleaned squid.

After a little practice, the entire cleaning process should take no more than 2 minutes per squid.



2

Cut off the tentacles and arms just in front of the eyes.



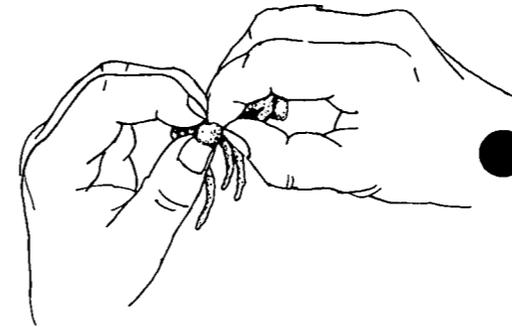
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Feel inside the mantle for the semirigid, transparent pen. Grasp the pen and attached viscera; pull out and discard. Or, using a sharp knife or scissors, slit the mantle lengthwise along the bottom and remove the pen and viscera.



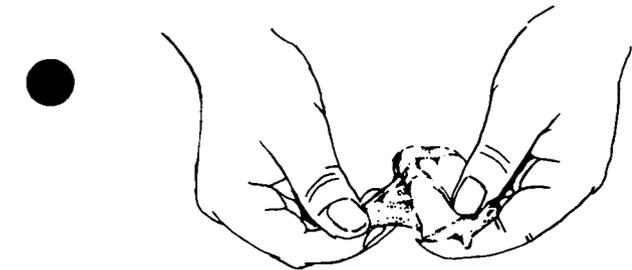
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Holding the mantle firmly with one hand and the head with the other, pull strongly to remove the head and intestine.



3

To remove the inedible beak, located near the cut in the tentacles, squeeze with thumbs and forefingers.



5

Remove skin from the mantle by peeling it back, beginning at the cut end. Wash tentacles and mantle thoroughly.

This publication is adapted, with permission, from Don E. Sweat and James C. Cato, *Fish Facts for Florida Consumers: Squid*, published by the Florida Sea Grant Program. It was reviewed for use in the Pacific Northwest by staff in the School of Oceanography and the Foods and Nutrition Department of the School of Home Economics at Oregon State University. The artwork and accompanying instructions are reproduced, with permission, from Naomi Bloom, "Cooking Squid European Style," *Sea Grant '70s*, May 1976 (which was a report on Krystyna Hryniewiecka, *Let's Cook Squid the European Way*, published in 1976 by the University of California Sea Grant Marine Advisory Program).

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If you plan to use tentacles and arms, first remove the eyes and discard them—they could be rather unsettling to your guests when you place that carefully prepared dish on the table! Some folks take the skin off tentacles and arms, but it's a difficult job and not really necessary.

Recipes generally assume that you will use the mantles; however, you can certainly use the tentacles and arms, too. Add them to the squid portion of any recipe below; grind them up and add to spaghetti sauce; stir-fry them, Chinese style, with vegetables and a bit of ginger; chop them up for chowder or cioppino.

Baked stuffed squid

- 3 lb small squid
- 1 clove garlic, crushed
- 2 tbsp chopped parsley
- 1 cup bread crumbs
- 2 tbsp oil
- 1 tsp salt
- freshly ground pepper
- ½ cup dry white wine

Clean squid. Cut off the heads and tentacles and put them through the meat grinder, using a fine blade. Combine the ground squid, garlic, parsley, bread crumbs, and 1 tablespoon of the oil. Season with salt and pepper and mix thoroughly. Stuff the squid bodies with this mixture and sew the opening with string or secure with toothpicks. Place the stuffed squid in an oiled baking dish and add the wine. Bake for 45 minutes in a 375° oven. Makes 6 servings.

Squid with tomatoes

- 2 lb squid
- 4 tbsp olive oil
- 2 cloves garlic
- salt and pepper to taste
- pinch of oregano
- ½ cup dry sherry
- 1 cup solid pack tomatoes
- 1 tsp parsley, chopped

Clean squid and cut into small pieces. Heat oil in a saucepan. Add garlic and brown for about 3 minutes. Add squid. Cover and saute for 10 minutes. Add salt, pepper, oregano, and sherry. Cook 10 minutes longer over low heat. Add tomatoes and parsley. Cover and cook 15 minutes or until tender. Serve on spaghetti or noodles. Makes 4 to 6 servings.

Pan fried squid

- 2 lb squid
- 1 egg, beaten
- ½ cup milk
- salt and pepper to taste
- 1 cup flour, bread crumbs, or corn meal
- ½ cup oil

Clean the squid. Combine the egg, milk, and salt and pepper to taste. Dip the squid in the egg mixture and roll in flour. Heat oil until very hot. Add squid and cook quickly 2 minutes on each side. Serve hot or cold. Makes 6 servings.

Squid with "ink"

- 2 lb squid
- 2 onions, chopped
- 1 large clove garlic, crushed
- ¼ cup oil
- ½ tsp salt
- dash of hot pepper sauce
- ½ cup water

Clean squid; save the "ink" sac. Peel the skin off the bodies; cut them into bite-size pieces. Saute the onion and garlic in the oil until soft. Add the squid, salt, hot pepper sauce, and "ink" (squeeze it out of the sac). Add water and cover. Simmer very gently for 2 hours. Serve with garlic French bread and a green salad.

Squid chowder

- 3 lb squid
- 2 tbsp butter or margarine
- 1 medium onion, chopped
- ¾ lb mushrooms, chopped
- 3 cups water
- 1 cup sour cream
- 2 tbsp flour
- ½ tsp dill weed
- ½ tsp salt
- dash white pepper

Clean squid. Cook in boiling, salted water 1 hour or until tender. Drain. Cut into small pieces. Saute chopped onion in butter until light golden. Add mushrooms and saute for 3 minutes, stirring occasionally. Using medium speed on blender, mix water, sour cream, and flour. Pour into chowder; add squid. Cook for 2 minutes, stirring constantly. Season with dill weed, salt, and pepper. Makes 6 servings.



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