



MasterChef
AUSTRALIA

Official MasterChef Recipe 

Chargrilled Stuffed Squid with Green Bean, Olive and Tomato Salad

Ingredients

2 whole squid
2 anchovy fillets
1 clove garlic, finely chopped
2 eschallots, finely chopped
1/2 cup fresh ciabatta or sourdough breadcrumbs
1 tsp finely grated lemon rind, plus
1 tbs juice
1-2 tbs coarsely chopped fresh flat leaf parsley
A¼ cup olive oil, plus extra oil to drizzle
100g green beans, blanched and refreshed in cold water
1 vine-ripened tomato, blanched, peeled, seeded, and diced
2 tbs sherry vinegar
150g marinated kalamata olives, bruised and pitted



Method officially tested

1. To clean whole squid pull the tentacles firmly to separate head from tube (try not to break the ink sac, as the ink stains), cut below the eyes and discard head and guts, push beak (mouth) out from between the tentacles, discard beak. Remove quill (see-through plastic-like feather inside hood). Wash inside well to remove any remaining gut. Cut tentacles into 1.5cm lengths.
2. Heat half the olive oil in a frying pan, cook anchovy, garlic and eschallots until soft. Add tentacles and cook until opaque and just cooked. Season to taste.
3. Meanwhile, combine tomatoes, beans, olives, ½ tablespoon oil and vinegar in a bowl, season to taste.
4. Combine tentacle mixture in a bowl with lemon, parsley and breadcrumbs.
5. Spoon tentacle mixture into the squid hoods, leaving 1cm at the top to secure with a toothpick, drizzle with a little extra oil. Heat grillpan, cook squid, turning until golden and squid is just cooked through. Slice squid.
6. Divide salad among plates and top with squid, spoon over any remaining dressing to serve.