

Seppie ripiene

Difficulty: Medium

Preparation time: 30 minutes

Cooking time: 20 minutes

Ingredients:

- * 1 kg medium-sized squid
- * 2 eggs
- * 100 g grated pecorino cheese
- * 1 clove of garlic
- * 1 sprig of parsley
- * 300 g bread crumbs
- * 2 tablespoons of capers
- * 2 tablespoons of olive oil
- * Salt and pepper to taste

Steps:

1. Preheat the oven to 200°C (400°F).
2. Blanch the bread crumbs in plenty of water without allowing them to become too soft.
3. Clean the squid carefully, separating the body from the head using kitchen scissors.
4. Remove the tentacles and intestinal cavity, and discard the ink sac.
5. Remove the beak and eyes from the squid head using kitchen scissors.
6. Rinse the squid thoroughly under running water and place in a salad spinner to dry.
7. Prepare the filling by mixing the blanched and squeezed-out bread crumbs, eggs, minced garlic, chopped parsley, and pecorino cheese.
8. Season with salt and pepper to taste.
9. Stuff the squid bodies with the filling, and secure the openings with toothpicks or kitchen string.
10. Make shallow incisions on one side of the squid mantle, about 1 cm apart.
11. Brush the bottom of a baking tray with olive oil, and arrange the stuffed squid on top.
12. Drizzle the squid with a little olive oil or flavored oil, and bake in the oven for 20 minutes.
13. Serve the baked stuffed squid hot, as a main course or as an appetiser.