

Squid & pinto bean stew with garlic toasts



Method

1. Drain the pinto beans, rinse in water and put in a large saucepan. Add the halved onion, whole carrot and halved celery sticks, then cover with water and add the bay leaf. Bring to the boil, skim off any scum, turn down the heat and simmer until totally tender, for around 1 hr. When done, drain, discarding the bay leaf and cooked veg. Put the beans to one side until ready to use.
2. Meanwhile, heat a flameproof casserole dish with 2 tbsp oil. Toss in the remaining onion, carrot, celery and the chopped garlic. Fry gently for 15 mins until the vegetables are tender. Stir through the squid, tomato purée and thyme sprig. Cook for a min or two, then pour over the passata and chicken stock. Bring to the boil, turn down the heat, pop on the lid and simmer for 45 mins, stirring occasionally. Take off the lid and cook down for 30 mins.



Ingredients

- 175g dried pinto bean, soaked overnight
- 2 large onion, 1 halved, 1 finely chopped
- 4 carrot, peeled, 1 left whole, 3 cut into rounds
- 4 sticks of celery, 2 halved, 2 diced
- 1 bay leaf
- 2 tbsp olive oil, plus 2 tsp
- 4 garlic clove, 3 finely chopped, 1 left whole
- 800g prepared squid and tentacles, cleaned and the body cut into thick rings, the wings halved, tentacles left whole
- 1 tbsp tomato purée
- 1 thyme sprig
- 680g jar passata
- 500g pot fresh chicken stock

3. Heat oven to 220C/200C fan/gas 7. Stir in the beans. Cook until the squid is totally tender and the sauce has thickened. Put the bread on a baking sheet. Mix the remaining oil with paprika and seasoning, then drizzle over the bread and put it in the oven, cooking for a few mins each side until golden and crisp. Rub the oil side with the whole garlic clove. Scatter parsley over the stew and serve with the garlic toasts and some wilted greens, if you like.

2 thick slices of brown bread, cut into quarters diagonally

¼ tsp smoked sweet paprika

wilted greens, to serve (optional)