

Grilled squid and sicilian salsa, home made focaccia |

Recipe for 4 portions

Description

Une recette qui ravira vos papilles.

Note

This salsa also works well with vegetables or grilled lamb.

Ingredients

Squids

- 360 Gr Squid tubes
- Olive oil

Sicilian salsa

- 2 Tbsp Capers
- 1 Unit(s) Lemon
- 4 Tbsp Olive oil
- 1 Clove(s) Garlic
- 1 Unit(s) Red hot chili
- 2 Unit(s) Anchovy
- 30 Gr Pistachios
- 2 Stem Mint
- 125 Gr Cherry tomatoes
- 2 Handful(s) Arugula salad

- Olive oil

Focaccia

- 180 Gr Flour
- 120 Ml Water
- 4 Gr Dry yeast
- 2 Gr Salt
- 10 Ml Olive oil
- 1 Tsp Dry oregano
- 2 Pinch(es) Sea salt flakes

- Olive oil

Preparation

- Preparation time **30 mins**
- Preheat your **oven** at **400 F°**
- Resting time **30 mins**

Salsa sicilienne

Zest and squeeze the lemons into a bowl.

Add the olive oil.

Peel the garlic clove and chop finely with the capers, anchovies and chilli pepper (or just some of it, if you want something less spicy). Add to the bowl.

Shell the pistachios if necessary and chop coarsely. Chop the mint leaves and add to the bowl.

Mix and adjust the seasoning, but you shouldn't need to add salt as the capers and anchovies are already salty enough.

Halve the cherry tomatoes and mix with the arugula.

Squids

Open the squid tubes by cutting lengthways.

Score the inside of the squid, making slight indentations.

Cooking

In a grill or on the barbecue, at high heat, present the squid for about 1 minute on each side. Start with the squared side.

Once well marked, place the squid in the salsa to coat completely.

Cut into several slices.

Make a little nest of arugula and cherry tomatoes on each plate and place the slices of grilled squid on top. Finish with a drizzle or two of salsa.

Serve warm or at room temperature.

Focaccia

In the bowl of your stand mixer, combine all of the ingredients except for the oil. Mix on low speed until you form a nice ball (around 3 minutes) then medium speed it up for another 3 minutes. Add the oil and then use med-high speed for one minute.

Flour your hands to avoid sticking and remove the dough from the stand mixer, transfer to an oiled mixing bowl and cover with plastic wrap. Leave at room temperature for 45 minutes, it should roughly double in size during this time.

Take the dough, beat it down and form it back into a ball and then place it back in the mixing bowl covered with plastic wrap. It should double again in about 30-45 minutes.

Roll out dough using a rolling pin and form form a rectangle. Place it on a baking sheet, covered with parchment paper.

Place the baking sheet in a warm and humid place (or cover with a plastic bag). We will let the

breadsrise again before cooking (almost double its volume).

Before baking, make little dents on the surface of the bread with your fingertips. Spread olive oil over the surface, sprinkle a sea salt all over.

Bake for about 20 minutes, making sure you get a nice golden color.

Bon appétit!