

## MARINATED SQUID



2 pounds whole squid, fresh  
or frozen  
1/2 cup lemon juice  
1/4 cup olive oil

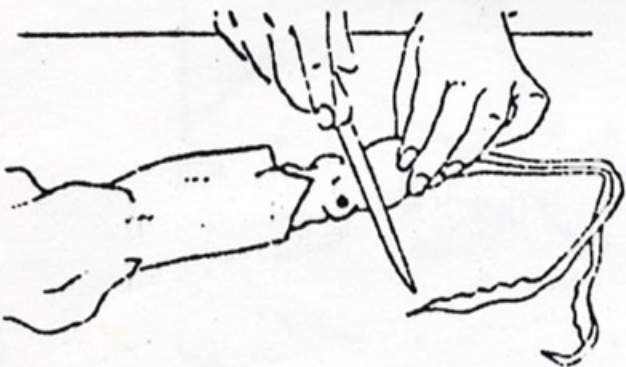
1 clove garlic, crushed  
1 teaspoon salt  
1/4 teaspoon oregano  
1/4 teaspoon pepper

Clean squid according to Procedure No. 2. Cut mantle into 1-inch strips. Cut tentacles into 1-inch pieces.

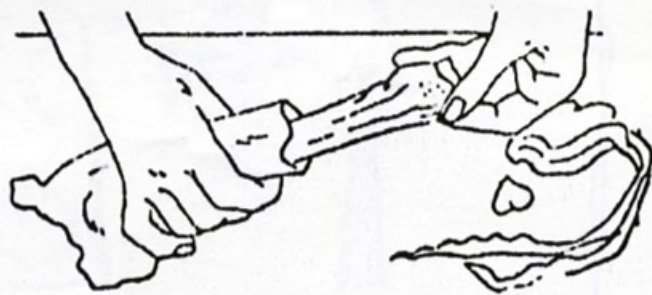
Cook squid in heavy saucepan for approximately 5 to 10 minutes or until squid are tender, stirring occasionally. Drain and rinse in cold water. Drain.

Combine lemon juice, oil, garlic, salt, oregano, pepper and squid. Cover and let stand for several hours in refrigerator. Makes approximately 1 1/2 cups. Serve with Italian or French bread as an appetizer.

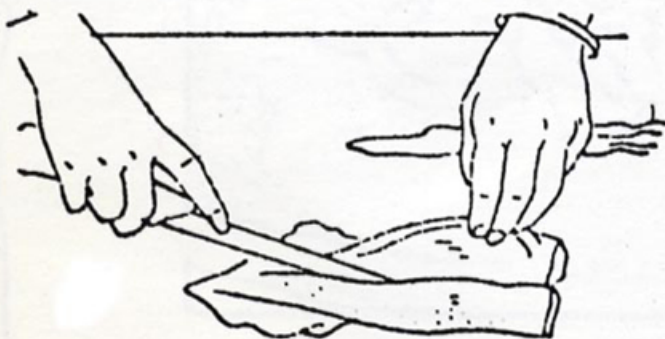
### Procedure No. 2 – Cutting Strips and Pieces



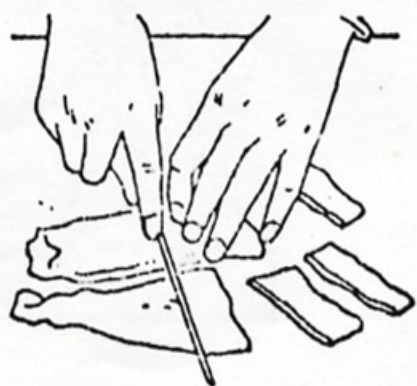
A. Thaw frozen squid. Cut through arms near the eyes. With thumb and forefinger, squeeze out the inedible beak which will be located near the cut. Reserve tentacles.



B. Feel inside mantle for chitinous pen. Firmly grasp pen and attached viscera; remove from mantle.



C. To cut strips or pieces, lay the mantle flat and cut down the center from top to tail. Spread open and wash thoroughly.



D. Cut mantle into size strips or pieces desired. Arms can be chopped, minced, or left whole.