

Spanish Squid in Its Own Ink (Calamares en su Tinta)

⌚ Prep: 20m 🔥 Cook: 40m ⚡ Total: 60m 🍽️ 4 servings



Video ref: Cocina con Carmen

MISE EN PLACE / INGREDIENTS

[11]

- ☐ 2 lbs (1 kg) Cleaned squid rings and tentacles

☐ 2 large Finely minced yellow onions

☐ 2 units (0.5 cup) Ripe plum tomatoes, grated (or crushed tomato)

☐ 1 cup Fish stock or seafood broth

☐ 1 tsp Fine sea salt

☐ 2 cups Steamed white rice (for serving)
- ☐ 4 packets (16g) Squid or cuttlefish ink packets (Nortindal)

☐ 3 cloves Garlic cloves, crushed

☐ 0.75 cup Dry white wine

☐ 3 tbsp Extra-virgin olive oil

☐ 2 tbsp Fresh flat-leaf parsley, finely chopped

🛒 US SUPERMARKET BRAND GUIDE

Squid Ink Packets: Nortindal Cuttlefish & Squid Ink
Pure briny ink with no bitter additives. 📍 Specialty Spanish or seafood section.

COOKING SEQUENCE & CHECKPOINTS

- 1

Caramelize Onions, Garlic & Tomato

⌚ 20 min

Slowly sauté finely minced onions (2 large) and crushed garlic (3 cloves) in extra-virgin olive oil (3 tbsp) with 0.5 tsp sea salt for 15 minutes until deep amber, then stir in grated ripe tomatoes (2 units) and cook 5 minutes until jammy.

✓ Checkpoint: Melting caramelized onion and tomato sofrito.
- 2

Dissolve Ink in Wine & Stock

⌚ 5 min

Whisk squid ink packets (4 packets) into warm dry white wine (0.75 cup) and fish stock (1 cup) until completely dissolved.

✓ Checkpoint: Glossy jet-black liquid.
- 3

Sear Squid

⌚ 5 min

Add cleaned squid rings and tentacles (2 lbs) and remaining 0.5 tsp sea salt to the sofrito over high heat; sauté 5 minutes until juices release and squid turns opaque (≥145°F / 63°C).

✓ Checkpoint: Opaque firm squid rings.
- 4

Slow Ink Braise & Serve with Rice

⌚ 30 min

Pour in the ink-wine-stock mixture. Cover and braise gently at 185°F–195°F (85°C–90°C) for 30 minutes until squid is fork-tender and sauce is unctuous. Garnish with chopped parsley (2 tbsp) and serve with steamed white rice (2 cups).

✓ Checkpoint: Rich black sauce and fork-tender squid alongside fluffy white rice.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) FDA/USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR FINFISH AND SHELLFISH

FDA/USDA Shellfish & Seafood Safety Standard (≥145°F / 63°C): Cook shrimp, squid, and shellfish until they reach an internal temperature of at least 145°F (63°C) and turn opaque.

👁️ MASTER DONENESS CHECKPOINT:

Glistening jet-black sauce coating fork-tender calamari with delicate sweet-savory seafood depth.

🔬 WHY IT WORKS:

Deep Onion Caramelization:
Caramelizing onions until deep golden brown provides natural pectin and sweet balance for the oceanic ink.

⚠️ TROUBLESHOOTING:

Rubbery squid: Squid must be either flash-seared under 2 minutes or braised over 30 minutes to gelatinize fibers.