



14th EDITION "ONBOARD KITCHEN"

10 best Squid recipes in the world

China, Spain,
Falkland Islands,
Senegal and South Africa



PEREIRA

www.pereira.es

Philosophy of the new edition of *Onboard Kitchen*

The new edition of Pereira's traditional recipe book *Onboard Kitchen* is focused on the company's flagship product, squid. Five chefs from five renowned restaurants in five countries in which Armadora Pereira has a presence will be responsible for preparing this year's recipes. The ingredients used in each one of the recipes and the way of preparing the squid are very different according to the countries, and it is precisely in this gastronomic and cultural variety, where the charm of this international recipe book resides. Next, we reveal to you who are the stars responsible for their preparation and their countries of origin: **China, Spain, Falkland Islands, Senegal and South Africa.**



Patagonian Squid

Nutritional and health benefits

FAO Code:
SQP

Species:
Loligo gahi

Type:
Mollusks

FAO fishing areas:
Area 41: south-west sector of the Atlantic Ocean.

Global production (Tn):
53196

Fishing seasons:
JAN FEB MAR APR
MAY JUN JUL AUG
SEP OCT NOV DIC

International Designations:

- **France:** Calmar patagon
- **China:** 真枪乌贼
- **Portugal:** Lula
- **United Kingdom:** Patagonian squid
- **Senegal:** Calmar
- **South Africa:** Squid
- **Japan:** Ika

Fishing gear: Trawl



Fishing area:



There are countless recipes that have squid as their main ingredient. One of the advantages of these cephalopods is that they are low in calories and fat. In addition, they are very nutritious and a great source of protein, necessary to maintain healthy muscles. Its consumption is advised for people with diabetes and gluten intolerance. To this question we must add another quality, that thanks to its high protein intake, it is a useful option in diets for filling nature. For all these reasons, the Spanish Nutrition Federation recommends its consumption.

As they are rich in minerals, squid guarantee us a good level of energy, they also take care of our memory, slow down cellular ageing and help our defences. The nutritional composition of squid make them regulators of the thyroid gland and strengthen our hair, nails and teeth due to the high presence of vitamin A and collagen.

CHINA

 *Pol García*

La Maruja Restaurant



Pol García began his career in 1995 in Martín Berasategui's restaurant (8 Michelin stars) and was trained by chefs such as Andoni Luis Aduriz, from the Mugaritz restaurant, and David de Jorge.

Event organizer and designer of catering and gastronomic festivals, Pol has worked in restaurants around the world and with Michelin-starred chefs such as Marco Pier White, Uwe Opocensky and Koldo Royo. He is one of the pioneers in using molecular cuisine in catering and events, offering a multisensory dining experience that go beyond traditional restaurants.

The restaurant La Maruja aims to transport an authentic Spanish tapas bar to Asia, where you can taste the best recipes of Spanish cuisine, marinated with wines and spirits in a casual and unbridled atmosphere in which quality stands out in everything. After opening La Maruja in Shanghai, Pol García ventured into another opening on the island of Koh Tao (Thailand), thus seasoning the Asian continent with the concept of living *la vida loca*.

SPAIN

 *Iñaki Bretal*

O Eirado da Leña Restaurant



Iñaki Bretal studied at the Galician Hotel Management Centre and attended several courses in San Sebastián, Madrid and Barcelona. His experience includes a time at Hostal Reyes Católicos (Santiago de Compostela), a member of the NH Hotel chain (Sarria, Santander and Palacio de Vigo) at the Mallorca pastry shop (Madrid). Nowadays, he is the owner and chef of the restaurant O Eirado da Leña and the gastrobar Loaira (Pontevedra), the traditional restaurant Anda and the banquet hall Pascuais Eventos (Lugo) and the restaurant Farmacia de Guardia (Madrid).

Iñaki is part of the Nove Group, an association of prestigious Galician chefs.

The O Eirado da Leña restaurant, installed in a typical house in the old part of Pontevedra, is characterized by an updated Galician cuisine, with touches of fusion and that focuses on local quality products, especially fish and seafood.

FALKLAND ISLANDS

 *Joel Miranda*

Malvina House Hotel Restaurant



Originally from the Philippines, Joel has extensive experience in 5-star kitchens in the United Arab Emirates and has received numerous awards. At Malvina House Hotel has been working for two years as a chef and since last September as head chef.

The most important aspect of the Malvina House Hotel restaurant is the quality of the food and service. The menu is mainly based on high quality local raw materials, along with the best ingredients imported from different parts of the world. There is a wide variety to choose from, including fresh fish, grills and special menus. The establishment, with a capacity for 100 diners, serves high quality local and international dishes all year round.

SENEGAL

 *Yousou Dugassey*

Alkimia Restaurant



Born and raised in Dakar, painter by training, he began his career in the kitchen by washing dishes. He soon fell in love with the cooking and found his artistic soul in the dishes. Over the years, Yousou has been progressing and advancing in the world of the kitchen where the fish and the seafood are their passion. Currently, Yousou spends 6 months every 2 years in France to pursue his culinary training, while continuing his love for art, but now in the kitchen.

The Alkimia restaurant, with 10 years of history in Dakar, offers avant-garde cuisine. Thought of as a refuge in the city centre, its three rooms are softly elegant. Here guests can relax and enjoy authentic cuisine with unique flavours. An idyllic setting for a family meal or a “yes” for life.

SOUTH AFRICA

 *Junelle Germishuizen*

Ocean Basket Restaurant



Junelle studied at Cordon Bleu School and believes that great cooking is defined by its simplicity and that the skill of a great cook lies in turning high-quality ingredients into a feast in a few simple steps.

Ocean Basket is South Africa's premier seafood restaurant chain. The first Ocean Basket opened in 1995 in Menlyn Park, Pretoria. Today, there are more than 200 restaurants in 19 countries around the world. From Dubai to Durban, from Nelspruit to Nigeria, they have people who share a love of seafood, their famous French fries or their irresistible creamy lemon sauce.



CHINA

BABY SQUID DUMPLING IN INK
SAUCE ON "CONGEE" OF CURED
IBERIAN HAM AND GINGER

La Maruja Restaurant

Chef Pol García



BABY SQUID DUMPLING IN INK SAUCE ON “CONGEE” OF CURED IBERIAN HAM AND GINGER

Ingredients:



- 100 gr chopped onion
- 50 gr chopped green pepper
- 1 grated tomato
- 150 gr chopped baby squid
- 100 ml white wine
- 25 gr mild soy sauce

For the “congee” of Ibérico ham:

- 50 gr of rice
- ½ l Iberian broth

For the squid sauce:

- 100 gr chopped onion
- 70 gr chopped green pepper
- 1 grated tomato
- 50 gr white wine
- 50 gr toasted bread
- 300 gr Iberian ham broth
- 1 teaspoon of squid ink



<https://www.recetaspereira.com/11>

Step by step:

Poach the vegetables until they have a golden colour, add the tomato and continue poaching. Then add the wine and, once reduced, add the soy sauce, salt and pepper and remove from the heat.

Cook the rice in the Iberian ham broth for 45 minutes on a low heat and pass it through a blender.

Stir-fry the vegetables, add the bread, ink and wine, reduce and add the broth. Cook for 30 minutes and put in a blender.

For the presentation:

We fill in the dumplings (best with a black dumpling dough).

Put a hot frying pan with a few drops of oil and place the dumpling on one side. Once it is brown, cover up to half with water, cover and let cook for 8 minutes and remove.

Paint the dish with the black sauce, put a base spoonful of “congee”, place the dumpling on top and decorate with fresh ginger, chili and cilantro sprouts.

Strengthen with a few drops of Iberian fat.



CHINA

SHANGHAI SQUID SANDWICH
La Marija Restaurant

Chef *Pol García*

SHANGHAI SQUID SANDWICH

Ingredients:



- 4 mini baguettes half-cooked
- 4 tablespoons alioli sauce
- 2 tablespoons black sesame paste
- 2 tablespoons Thai chili marmalade.
- Coriander leaves

For the fried squid:

- 200 gr of squid
- 1 teaspoon hot paprika
- 1 teaspoon flour
- 1 teaspoon rice flour
- 1 teaspoon of breadcrumbs
- Chopped garlic
- Soy sauce
- Grated lime skin
- Chile

Step by step:

Dip the squid in the condiment mixture in the ingredient list and fry in very hot oil.

Cut the baguette lengthwise and toast the inside.

Mix the alioli and the sesame paste and spread on one side and the chili marmalade on the other.

Put the fried squid and the coriander leaves. Press down a little and toast on both sides.





SPAIN

SQUID IN CHICKPEA TEMPURA OF ON
CRISPY WAFER OF ITS INK, SEAWEED,
CODIUM AND AJADA SAUCE MAYONNAISE
O Eirado da Leña Restaurant

Chef Iñaki Bretal



SQUID IN CHICKPEA TEMPURA OF ON CRISPY WAFER OF ITS INK, CODIUM SEAWEED MAYONNAISE AND AJADA SAUCE

Ingredients:



- 600 gr squid

For tempura

- 250 gr chickpea flour
- 160 gr potato starch
- 7 gr baking powder
- 400 ml cold water

For the squid ink wafer

- 50 gr Bomba rice
- 350 gr fish stock
- 20 gr squid ink
- 1 tablespoon salt

Codium seaweed mayonnaise

- 100 gr codium seaweed
- 1 egg
- 100 ml olive oil
- 1 tablespoon salt
- 1 tablespoon vinegar

Textured garlic sauce

- 500 ml Extra Virgin Olive Oil
- 2 heads of garlic
- 20 gr of parsley
- 2 bay leaves
- 10 gr of Glicemul



Step by step:

First make the rice crunch.

Put everything on a low heat for 40 minutes, stretch it on greaseproof paper and put it in a dryer for 2 days. Fry in olive oil and reserve.

Make a traditional Ajada garlic sauce, with Extra Virgin Olive Oil, garlic, parsley and bay leaf. Strain and add Glicemul to add texture.

Dry the codium seaweed in the oven all night, grind the next day and make a traditional mayonnaise to which we add the dry codium powder.

Mix the ingredients for the tempura and let stand for a few minutes.

Clean and cut the squid, pass them through the tempura and fry them.

Place a piece of the crisp rice wafer and place the elements on top.

Top with seaweed (codium, white, green and red tosaka).



SPAIN

STIR-FRIED SQUID ON CREAM OF
TUBERS, AJILMÓJILI, SQUID INK
OIL AND TROUT ROE

O Eirado da Leña Restaurant

Chef Iñaki Bretal

STIR-FRIED SQUID ON CREAM OF TUBERS, AJILIMÓJILI, SQUID INK OIL AND TROUT ROE

Ingredients:



- 600 gr squid

For tuber cream

- 100 gr parsley
- 100 gr de boniato
- 1 tablespoon water
- 1 tablespoon salt
- 1 tablespoon Extra Virgin Olive Oil
- 20 gr buttera

For the ajilimójili

- 100 ml Sunflower oil
- 1 clove garlic
- 20 gr of parsley
- 1 tablespoon salt

For the oil

- 30 gr squid ink
- 30 ml Sunflower oil

For the trout roe

- 100 gr trout roe
- 1 litre of water
- 36 gr of salt
- Olive oil



Step by step:



Make the cream of tubers, cooking everything but the butter. Grind and add texture with butter. Reserve.

For the ajilimójili, crush everything raw.

For the squid ink oil, mix the two elements.

Clean the trout roe, put them in sea water for 30 minutes and steam them for another 30 minutes at 58 degrees. Reserve them in olive oil.

Clean the squid and sauté in a wok with ajilimójili dressing.

Assemble the dish and top with the trout roe to give it a touch of saltiness.



FALKLAND ISLANDS

SQUID WITH CHILI AND GARLIC
Malvinas House Hotel Restaurant

Chef *Joel Miranda*

SQUID WITH CHILI AND GARLIC

Ingredients:



- 400 gr of clean squid tubes (cut the tubes into rings and leave the tentacles whole)
- 2 teaspoons lemon juice
- 1 1/2 cups milk
- 2 cups flour
- 1 tablespoon salt
- 1 tablespoon garlic powder
- 1 tablespoon powdered
- 1 teaspoon white

Step by step:



Marinate the squid in a bowl with the lemon juice for 15 minutes.

Preheat the oil to 1800 in a fryer or in a large cast iron pot.

In a medium bowl, mix the flour, paprika, white pepper, garlic powder and salt.

Divide this mixture into 2 bowls and place the milk in a third bowl.

Remove the squid from the lemon juice and dip them in the first bowl of flour. Mix, shake the excess and submerge them in the milk stirring the excess and then introduce them into the second bowl of flour. Repeat until all the squid have gone through this process.

Shake the excess flour off and fry the squid for 2-3 minutes until golden brown.

Serve in a crispy edible basket with fresh lemon.





FALKLAND ISLANDS

STUFFED SQUID

Malvina House Hotel Restaurant

Chef Joel Miranda



STUFFED SQUID

Ingredients:



- 2 squid, 190 gr each
- 2 tablespoons soy sauce
- 1 lemon
- 1 large white onion, diced
- 2 large tomatoes, diced
- 1 green pepper, finely chopped
- 50 gr chopped celery leaves
- 20 gr chopped coriander
- 10 gr finely chopped garlic
- 10 gr finely chopped ginger
- 1 tablespoon crushed black pepper

Step by step:

Marinate the squid in soy sauce, lemon and black pepper for 30 minutes.

Preheat the oven to 1800.

Mix the remaining ingredients in a separate bowl.

We fill each tube of marinated squid with the mixture and use a toothpick to seal the opening.

Place the squid tubes in the oven and let them cook for 5 minutes.

Finish on the grill for 2 minutes to add a little color to the outside.

Serve on a platter with garnish.





SENEGAL

SQUID STUFFED WITH COWPEA AND
HIBISCUS SAUCE

Alkimia Restaurant

Chef Youssou Dugassey

SQUID STUFFED WITH COWPEA AND HIBISCUS SAUCE

Ingredients:



- 4 squid
- 150 gr cowpea * (cooked black beans)
- 80 gr mushrooms
- 4 beets
- 8 carrots
- 100 gr cauliflower
- 200 gr red beans (cooked red bean)
- 6 white onions
- 25 gr Hibiscus leaves
- 2 egg yolks
- Parsley
- 1/2 Coriander
- 30 ml olive oil
- 15 gr butter
- 10 gr paprika
- 1 garlic
- 10 gr of salt
- 10 gr pepper
- 35 ml sweet soy sauce



<https://www.recetaspereira.com/17>

Step by step:

For the stuffing:

Cut onions, mushrooms and squid tentacles into small cubes and sauté in the frying pan with olive oil for 5 minutes. Reserve.

Deglaze the pan with water and reserve the liquid.

Beat the black beans, salt, pepper, garlic, coriander, parsley and egg yolk until a thick paste is obtained. We fill the bodies of the squid with this paste.

Melt the butter and olive oil in a frying pan and brown the stuffed squid for about 5 minutes. Roast in the oven at 180° C for five more minutes.

For the vegetables:

Boil the cut carrots, beets and cauliflower for 5 minutes. Sauté with the mushrooms and garlic.

For the sauce:

Wash the Hibiscus sheets and cook in deglaze broth and reserve.

Add sweet soy sauce and simmer for 20 minutes. We pass the sauce through a chinois

For the presentation:

Paint a half-moon with the sauce. Cut the stuffed squid into slices and place them on top. Make a nest of red beans in the middle and place the vegetables next to it. Sprinkle with paprika.



SENEGAL

SAUTÉED SQUID, PATISSON SQUASH
AND ROMANESCO WITH TAMARIND
Alkimia Restaurant

Chef *Youssef Dugassey*



SAUTÉED SQUID, PATTYSON SQUASH AND ROMANESCO WITH TAMARIND

Ingredients:



- 4 squid
- 12 "patisson", "bonetera" or "pattypan" squash
- 12 heads of Romanesco cabbage
- 60 gr Tamarind paste
- The juice of 2 whole lemons
- 10 gr Espelette paprika
- 15 gr honey
- 1 garlic
- 1 bouquet of aromatic herbs "Bouquet Garni"
- 1/2 parsley
- 20ml olive oil
- 1 white onion, diced
- 10 gr salt
- 10 gr pepper
- 20 gr lamb's lettuce leaves



<https://www.recetaspereira.com/18>

Step by step:

Clean the squid.

For the squid:

Cut the squid tubes into thin, elongated strips. Sauté with olive oil, garlic, salt, pepper and parsley. Finish with the juice of two whole lemons.

For Patty Pan squash:

Bleach the squash and drain. Mix the tamarind paste with honey, Espelette paprika and lemon juice and stuff the pumpkins. Bake at 180° C for 10 minutes.

For the Romanesco:

Bleach the romanesco, then brown it with salt, pepper and garlic.

For the sauce:

In a frying pan, melt the onions with the squid tentacles and the tamarind paste. Add a little water from the frying pan to whiten the vegetables. Add sweet soy sauce and slow simmer for 15 minutes. Sauté the sauce on a sieve. Add honey, salt and pepper to taste.

For the presentation:

Cover the dish with the sauce. Place the Romanesco and the squash alternately in a circle. Put the sautéed squid in the centre and decorate with lamb's lettuce leaves and a pinch of Espelette paprika.



SOUTH AFRICA

SPICY SQUID
Ocean Basket Restaurant

Chef Junelle Germishuizen

SPICY SQUID

Ingredients:



- 4 open squid
- 5 squid heads
- 10 gr cornstarch
- Pinch of salt and black pepper
- Oil
- 2 gr fresh chile in slices
- 1 gr fennel
- 2 gr lemon zest
- 1 slice of lemon

Step by step:

Mix the cornstarch with salt and pepper.

Dip the squid in this mixture and fry until golden brown.

Place the squid on a plate and cover with the chili, fennel leaves and lemon zest.

Complete the dish with a slice of lemon.





SOUTH AFRICA

SQUID AND TOMATO SALAD
Ocean Basket Restaurant

Chef Junelle Germisbuizen

SQUID AND TOMATO SALAD

Ingredients:



- 220 gr of squid, opened on one side
- 50 gr Cherry tomatoes
- 50 gr marinated olives
- 5 gr oil
- 1 g black salt
- Fresh pea shootss
- 1 slice of lemon

For marinated olives:

- 100 gr pitted green olives
- 100 gr Kalamata olives, pitted
- Lemon zest
- 50 gr extra virgin olive oil
- 2 fresh bay leaves
- 2 sprigs rosemary
- 1/2 fresh red pepper, sliced
- 1 clove garlic, peeled and without inner

Paso a paso:

Heat the frying pan and add a little oil.

Cook the squid on both sides until golden brown.

For marinated olives:

Heat the frying pan and add a little oil.

Cook the squid on both sides until golden brown.

For marinated olives:

Heat the olive oil and add all the aromatics. Add the olives and let them macerate all night.

For the presentation:

Place the salad ingredients on a plate and sprinkle with the marinated olives, pea sprouts and black salt.



NOTES

