

Squid (Fish & Seafood)

Interesting facts: Squids come in many shapes and sizes. Most squid species grow to about 24 inches long, though a number are far smaller. In the deep seas and oceans, giant squid can grow up to 43 feet long; the biggest ever found was 46 feet in length. Squids have the largest eyes of any animal. Squids are very abundant on the Atlantic coast of North America, and are used in large quantities for bait, especially in the cod fishing. Best know is Calamari squid.

How to select: Fresh squid should have a clean smell no fishy smell. Avoid frozen squid if it shows any sign of freezer burn.

How to clean and store: 1-2 days in the refrigerator and 2-3 months frozen.

Recipe idea:

Fried Calamari: Clean and cut the squid body into rings. Combine $\frac{1}{2}$ cup of coconut flour with 2 teaspoons Old Bay Seasoning and $\frac{1}{4}$ teaspoon of black pepper in a pan. In $\frac{1}{2}$ cup coconut milk dip the squid rings in the milk and then dredge in the flour mixture and place the squid in 1 cup hot avocado oil in a pan over medium high heat. Cook turning until the squid is light brown and crispy. Remove and place on a towel to absorb the oil. These can be eaten as is or add a tomato sauce dip for them.