

## Warm Squid Salad with Bitter Greens, Cauliflower and Capers



For Four Servings

Preparation Time: 15 minutes

Cooking Time: 5 minutes

- 1 Pound Squid, Cleaned & Thinly Sliced
- 1 Shallot, minced
- 1/4 Head Cauliflower
- 2 Heads Frisee, washed and trimmed
- 1 Head Radicchio, washed and trimmed
- 1/2 Teaspoon Chili Pepper Flakes
- 2 Tablespoon Small Capers
- 1 Bunch Parsley, chopped
- 1/2 Bunch Dill, chopped
- 1/3 Cup Extra Virgin Olive Oil
- 1 Lemons, cut in half
- Salt and Pepper to Taste

In a large bowl, by hand tear into pieces the radicchio and the frisee and toss together. Also, by hand, separate the cauliflower florets, and then with a paring knife, cut them into slices. The florets should not be larger than  $\frac{3}{4}$  inch. Set bowl aside.

On a high flame, heat well a large, heavy bottomed sauté pan. When the sauté pan is very hot, add  $\frac{1}{4}$  cup of the extra virgin olive oil to the pan. Wait a few seconds, and then add all the squid at once to the hot oil. Right away, add the minced shallots, and with a spoon, move the squid and the shallots around in the pan. Continue cooking for another minute or so, or until the squid is no longer translucent. Once the squid has cooked through, quickly add the capers, the chili pepper flakes, the chopped herbs, and the salt and pepper. Toss the squid and herb mixture well, and then pour the mixture directly onto the radicchio, frisee and cauliflower.

Squeeze the juice of the lemon and add the remaining olive oil. Check for seasoning and portion the salad onto four plates and garnish with some cauliflower florets and serve.