



Steak Parmegana

Ingredients

The Sauce: 1 onion 1 clove of garlic

1 tin tomatoes

1 1/2 tblspns tomato puree paste

2 tblspns of dried oregano

Topping: English Spinach, Pecorino or grated Parmesan Cheese

4-6 Calamari steaks

Olive oil and butter for frying

Egg wash: flour, egg, milk & breadcrumbs

Method:

The Sauce: Heat 1 tblspns of olive oil in a pan and sauté one chopped onion for 3-4 minutes

Add one chopped garlic clove and sauté for a few more minutes on low heat –

be careful not to burn the onion and garlic

Pour in 400gm of canned tomatoes which have been chopped

Stir in 1 1/2 tblspns tomato puree paste

Add 2 tblspns of dried oregano, salt and pepper to taste

Simmer for about 15 minutes until thickened

Chef's tips:

For extra bite, add 1 or 2 anchovy fillets with the onions. This will add a new depth of flavour. If you do this, do not add salt at the end of the process as the anchovy's are salty enough. As a stand by, use a bottle of bought sauce and add tomatoes, onion and oregano.

The Calamari:

After thawing, pat dry the calamari steaks and roll in flour Dip in mixture of milk, beaten egg, salt and pepper to taste Pat in breadcrumbs

Heat equal amounts of olive oil and butter and over a slow heat, brown both sides

Once golden brown and cooked through, drain on absorbent paper

The Topping:

Wilt spinach by microwaving for a few seconds with a little water or by pouring boiling water over the spinach which is in a sieve. Place crumbed calamari steaks on a tray, add spinach and spread over steak.

Pour over the sauce, cover with grated cheese (a mixture of both is nice)

Place under the grill or in a hot oven until cheese has melted Serve with a garden salad.