



## **Iceberg Babies® & Monterey Calamari**

**Yield: 8 servings**

### **INGREDIENTS**

- 8** **Garden Hearts® Iceberg Babies®**
- 2 pounds fresh calamari with tentacles
- 2 tablespoons grapeseed oil
- 2 tablespoons fresh garlic, roughly chopped
- 1/4 teaspoon red chili flakes, crushed
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 cup Cabernet Sauvignon
- 1 lemon, sliced
- fresh parsley

### **MARINADE**

- 4 tablespoons olive oil
- 2 tablespoons red wine vinegar
- 3 tablespoons parsley, chopped
- 3 shallots, finely sliced
- 1 cup green olives, sliced

## METHOD

1. Cut off the Iceberg Babies® stem, rinse under cold water, and allow to drip-dry completely.
2. Cut a generous slice from the bottom (stem side) of the lettuce, about 1/4 of the head, and remove some of the inner leaves to create a bowl.
3. Chiffonade removed lettuce and set aside.
4. Clean calamari tubes and tentacles; cut tubes into rings.
5. Heat grapeseed oil in a large sauté pan, add calamari, and sauté for one minute.
6. Add garlic, chili flakes, salt and pepper, and continue sautéing for another 2 minutes.
7. Add wine and simmer/reduce for 10 minutes.
8. Remove from heat, allow to cool, and drain off the liquid.
9. Create marinade, combine olive oil, red wine vinegar, parsley, shallots and green olives; toss well with the calamari and let marinate a minimum of 3 hours.
10. Place the Iceberg Babies® lettuce bowl on a bed of lettuce chiffonade to stabilize the plate and fill with the calamari
11. Garnish with lemon slice and a sprig of fresh parsley.



**Recipe by:** **Beat Giger, CEC, AAC, Corporate Chef**  
**Pebble Beach Resorts; Pebble Beach, CA**

**Chef's comment:** *"This dish showcases the bounty of California's Monterey Bay area produce and seafood."*



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