



Calamares Encebollados

Ingredients (4 people)

- 8 small squid, well cleaned
 - 2 yellow onions julienned
 - 3 pieces of garlic, peeled and whole
 - 2 bay leaves
 - .25 cup of olive oil (Not Extra Virgin)
 - half cup of white wine (dry is best)
 - salt and pepper
-

Method

1. Place the garlic in the heated olive oil whole and allow it to fry for a bit on medium heat. Then add the onions and bay leaves and stir well. Season the pan with a bit of salt. Cover and turn on med low to poach the onions slowly, do not let them brown, try to keep them transparent.
 2. When the onions have been poached remove them from the pan and reheat the pan with a bit more olive oil. Quickly fry the squid whole (if you have large squid you can cut into rings) for about 2 minutes total.
 3. Return the onions into the pan and add the white wine. Cover again and allow the squid to stew on medium heat for 5 more minutes to evaporate the alcohol. Finish with fresh black pepper. (for a fun variation try adding cumin seeds while cooking)
 4. If all of the wine cooks off, add a bit of water, serve on individual plates.
-