

Grilled Stuffed Squid with Sweet Corn Puree and Barley Popcorn

Sweet corn puree

- Sweet corn 0.200 kg
- Milk 0.100 liter
- Vegetables stock 0.050 liter
- Salt and Pepper 0.002 kg

Squid

- Squid M size 0.320 kg
- Lemon juice 0.006 liter
- Tomato 0.15 kg
- Garlic 0.006 kg
- Parsley 0.004 kg
- Shallot 0.020 kg
- Seasoning 0.002 kg

Barley popcorn

- Barley 0.030 kg



Pre-preparation:

- Sift barley in water, than cook it until soft, place on a tray and let it dry over night by 70 C
- Peel the sweet corn and remove the kernels form the core.
- Peel Chop shallots, garlic,
- Wash and chop parsley and chili.
- Clean the squid and remove the cartilage.

Preparation:

- Cross cut the skin of the tomato. Boil some water and drop the tomatoes into the boiling water, blanch for 10 seconds, lift the tomatoes out and into ice water.
- Peel the blanched tomatoes, cut into quarters and remove the seeds then cut in small cubes.
- Mix together in a bowl the tomatoes, shallots, garlic, parsley and lime juice. Season with salt and pepper.
- Fill the squid with the tomato filling close the top with the squid head and secure with a toothpick.
- Place sweet corn kernels with the stock and cream in a sauce pan, bring to a boil, reduce heat and simmer until kernels are very soft.
- Place the mixture into a blender and mix to a fine puree, season with salt and pepper.
- Deep fry the barley until they pop, drain on a kitchen paper towel.
- Season the squid, brush with olive oil and grill on hot grill from all sides.