

ABOUT

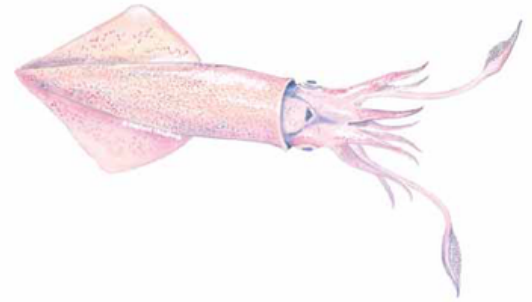
Squid are cephalopods, a word meaning “head foot.” More than 300 species inhabit the world’s oceans, but fewer than a dozen comprise 90 percent of the global catch; of them, three comprise the domestic supply. West Coast “market squid” (*L. opalescens*) are 3 to 5 inches long; East Coast squid, including long-finned “winter squid” (*L. pealei*) and short-finned “summer squid” (*Illex illecebrosus*), are a bit larger. Summer squid is the largest commercial species. West Coast squid, found from Alaska to California, are caught with purse seines from “light boats” that lure them to the surface from depths of 60 to 200 feet with high-intensity lamps. On the East Coast, squid are trawled and trapped from Canada to North Carolina in coastal waters and up to 200 miles offshore. Because the domestic market prefers a white-meated product, squid are sometimes “bleached” in a brine solution to enhance whiteness.

PRODUCT PROFILE

Cooked squid is mild and has a subtle sweetness. The meat is firm yet tender. *Illex* squid has large, 8- to 12-inch tubes and is coarser than *Loligo*. Raw squid meat is ivory beneath a naturally speckled membrane. Cooked squid is opaque white and firm. Fresh or thawed squid should be moist, shiny and ivory colored. Pink, yellow or purple flesh indicates deterioration. Edible parts of the squid include the arms (tentacles), the mantle (tube) and the fins (wings). Squid ink is often used to make black pasta.

COOKING TIPS

The secret to tender squid is to cook it either quickly or for around 30 minutes. Rings can be battered and fried; mantles can be stuffed and baked in a sauce. Don’t overcook, or squid will turn tough, a few minutes is usually enough. If you do overcook, keep cooking for 20 minutes more, and it will become tender again. Braised or baked squid should be cooked this long anyway.



NUTRITION FACTS

Calories	92
Fat Calories	13 g.
Total Fat	13 g.
Saturated Fat	0.4 g.
Cholesterol	233 mg.
Sodium	44 mg.
Protein	16 g.
Omega 3	0.49 g.

PRIMARY PRODUCT FORMS

Forms: Fresh: Whole, Cleaned

Frozen: Whole, Cleaned, Tubes, Rings, Tentacles (“skirts”)

Value-added: Breaded or unbreaded strip, Marinated, Stuffed, Canned, Dried, Smoked

GLOBAL SUPPLY

Argentina, China, India, New Zealand, Peru, Taiwan, United States

COOKING METHODS

☒ Bake ☐ Boil ☐ Broil ☒ Fry ☐ Grill
☐ Pate ☐ Poach ☒ Saute ☐ Smoke ☐ Steam