**Calamari Fra Diavolo**

**Marinade:**

8 oz. calamari tubes and tentacles

¼ tsp. crushed red pepper

Pinch of salt and pepper

1 Tbsp. olive oil

**Sauce:**

2 Tbsp. butter

4 cloves garlic, 2 smashed, 2 minced

½ tsp. thyme

½ tsp. crushed red pepper

¼ onion, small dice

¼ cup red wine

1 ½ cups diced tomatoes

Salt and pepper to taste

**INSTRUCTIONS**

1. Clean the squid like Chef showed you in the demo.
2. Mix with all other marinade ingredients in a small bowl. Let sit for at least 10 minutes.
3. In a large sauté pan over medium heat, melt the butter.
4. Add all 4 garlic cloves, onion, crushed red pepper, and thyme. Cook this for 2-3 minutes.
5. Call chef over to add the red wine. Let this cook for 1 minute to cook off the alcohol.
6. Add tomatoes and reduce heat to low.
7. Add in marinated calamari with the juice that has accumulated to the sauce.
8. Cover and cook for 15-20 minutes, or until tender.
9. Adjust seasonings to taste.