

# Stuffed Squid with Pumpkin, Salted Yolk and Rice in Tomato Sauce

Recipe by:  
Culinary Instructor Phoebe Koh

Serves:  
4 persons



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## Ingredients:

- 2 medium size squid
- 3 salted yolk, chopped
- 100g pumpkin
- 100g cold cooked rice
- 1 tbsp freshly chopped parsley
- $\frac{1}{3}$  tsp of salt
- $\frac{1}{2}$  tsp of ground black peppercorn
- 8 parsley leaves (garnishing)

## To cure salted yolk

- 4 egg yolks
- $\frac{1}{2}$  cup of coarse sea salt

## Tomato Sauce

- $\frac{1}{2}$  white onion, chopped
- 2 garlic cloves, slice
- $\frac{1}{2}$  cup of canned/packet tomato sauce
- $\frac{1}{4}$  cup of water
- 1 tbsp sake
- $1\frac{1}{2}$  tbsp extra virgin olive oil
- Pinch of sea salt
- Pinch of ground black peppercorn

## Method:

1. Remove pumpkin skin. Cut pumpkin into thin slices and steam at  $100^{\circ}\text{C}$  for 10 minutes. Set aside.
2. In a mixing bowl, add all ingredients except squid and parsley leaves. Mix and season well. Set aside.
3. Remove the head of the squid from its body. Clean the internal organs of squid, remove skin (optional) and drain away excess water. Stuff each squid with the rice paste till 90% full, and seal with toothpicks.
4. Place stuffed squids and squid heads on perforated tray. Steam at  $100^{\circ}\text{C}$  for 8 minutes.
5. Add 1 tablespoon of olive oil to a frying pan, on medium heat. Add chopped onions and stir fry for about 1 minute. Add slice garlic and stir fry till fragrant. Add tomato sauce and water, let it simmer till sauce is thickened. Season with sea salt and ground black peppercorn. Remove from heat.
6. Spoon the tomato sauce over a serving plate. Place steamed squid on top and garnish with parsley leaves. Serve hot.



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1/4 cup of water  
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1 1/2 tbsp extra virgin olive oil  
Pinch of sea salt  
Pinch of ground black peppercorn

## Method:

### To cure salted yolk:

1. On a plate, spread 2/3 of the salt. Make 4 dents. Place each egg yolk on the dent, and cover with the remaining salt.
2. Marinate in the fridge for 2 days, uncovered.
3. To use salted yolks, simply wash away the salt.

## Cooking tips:

If you are not going to use the salted yolks right away, use a kitchen towel and wipe away the excess salt. Store it in an airtight container. It can be kept in the fridge for 2 weeks.

You can replace pumpkin with carrot puree or sweet potato.

You may also add in bacon bits to the rice mixture for umami taste.

The Miele Steam Oven allows quality independent cooking – whether your squid is 100g or 500g, the cooking time for the food stays the same to achieve perfect results.

