


POACHED SQUID

 4 side servings

Ingredients

- 1/2 lb squid, cleaned and gutted

For the Poaching Liquid

- 3 cups cold water
- 1 tbsp rice vinegar
- 1 tbsp soy sauce

Optional Seasoning

- 2 tsp fish sauce
- 1/8 cup rice vinegar
- 1/4 cup grapeseed oil
- 1/4 tsp Kosher salt

Instructions

1. Place poaching liquid in a medium pot and add the squid.
2. Cook on medium-high, stirring occasionally, until poaching liquid temperature reaches 170°F on an instant-read thermometer.
3. Using a slotted spoon, transfer squid to a large bowl. Discard poaching liquid.
4. Once the squid has cooled, slice the body into rings and the tentacles into 2-3 parts.

For the Optional Seasoning

1. Combine all the vinaigrette ingredients and pour over the squid into a small container. Cover and chill until use.

