

## *Smoked Stuffed Squid*



### *Ingredients*

- *6 squid from Gulf of Maine Sashimi*
- *1 ½ cups of brown rice*
- *1 pound ground chorizo sausage*
- *1 cup sundried tomatoes, diced*
- *3 tablespoons chopped basil leaves*
- *1 red bell pepper, diced*
- *1 Large onion, diced*
- *1 egg*
- *Salt and pepper, to taste*
- *Your favorite hot sauce with the consistency of Sriracha*

## *Recipe Directions*

- 1. Cook 1 ¼ rice according to package directions and let cool.*
- 2. Cook chorizo & ¼ cup rice until it is done. Rice should absorb rendered fat, which you want for flavor.*
- 3. Add sundried tomatoes, onions, basil and peppers about half way through cooking the chorizo. Let it cool.*
- 4. Stir cooled chorizo mix and egg into the cooled rice.*
- 5. Season with salt and pepper to taste.*
- 6. Fire up the the smoker with a goal temperature of 200 degrees F.*
- 7. Clean the squid, and then stuff with the filling. Pack it in there so that the squid is uniform in size for the full length.*
- 8. Put the squid on the smoker and cook it until it has an internal temperature of 155 degrees F, about 90 minutes.*
- 9. Put the squid tentacles on after the squid has been on the smoker for 45 minutes. They cook quicker and will be way too rubbery if on the whole time.*
- 10. Remove from the grill and slice like a sushi roll.*
- 11. Drizzle with hot sauce before serving.*

## *Materials Needed*

- 1. Smoker, or ability to smoke on BBQ*
- 2. Charcoal for smoker*
- 3. Wood for smoker (hickory or mesquite)*
- 4. Food thermometer*
- 5. Tongs*
- 6. Cutting board*
- 7. Knife*
- 8. Plates and utensils*

## *Total Nutritional Information*

Ingredients	Squid	Chorizo	Red Pepper	Onion	SD Tomato	Rice	Egg	Total
Calories per Serving:	149	1,020	37	115	234	324	78	1,957
Total Fat: (g)	6	84	0.4	9	15	2.7	5	122.1
Saturated:	1.6	30	0	1.3	2.1	0.6	1.6	37.2
Polyunsaturated:	1.8	-	0.1	4.8	2.3	0.9	0.7	10.6
Monounsaturated:	2.3	-	0	1.9	10	0.9	2	17.1
Trans:	-	0	-	-	-	-	-	
Cholesterol: (mg)	221	210	0	0	0	0	187	618
Sodium: (mg)	260	2,400	5	10	293	15	62	3,045
Potassium: (mg)	237	-	251	116	1,722	126	63	2,515
Total Carbohydrates: (g)	7	12	7.5	7	26	68	0.6	128.1
Dietary Fiber: (g)	-	0	2.5	1.5	6	5.3	0	15.3
Sugars: (g)	-	0	5	-	-	1	0.6	6.6
Protein: (g)	15	48	1.2	0.8	6	7.5	6	84.5

## *Nutritional Information Per Serving (please round to a whole number)*

*Calories per Serving (total / # of servings) = 326*

*Fat per Serving (total / # of servings) = 20 grams*

*Cholesterol per Serving (total / # of servings) = 103 milligrams*

*Sodium per Serving (total / # of servings) = 508 milligrams*

*Potassium per Serving (total / # of servings) = 419 milligrams*

*Carbohydrates per Serving (total / # of servings) = 21 grams*

*Protein per Serving (total / # of servings) = 14 grams*