



Fregola sarda tostata with Calamari

Recipe for Sardinian Fregola Pasta with Squid Rings



Easy



2 Servings



30 min.



Fregola is an Italian pasta specialty from Sardinia that is relatively unknown in this country. These small pasta balls resemble Moroccan berkoukes and Israeli ptitim. They are made from semolina and come in various sizes. Unlike other types of pasta, fregola isn't dried—it's baked. These little pasta balls can be used in many recipes. In our fregola recipe, your fregola sarda is served with fried calamari rings and pesto verde.

In the mood for a vegetarian version? Here's a recipe for fregola sarda tostata al pomodoro.

Ingredients

200 g fregola pasta
400 g calamari rings (pre-prepared)
a little flour
½ jar ORO di Parma Pesto Verde
40 g almonds (sliced)
1 lemon
50 g raisins
1 liter of sunflower oil for frying
A pinch of salt and pepper

Step 1: The Preparation

Your Fregola Sarda requires very little preparation. But the choice of ingredients is what makes it an extraordinary and delicious dish—molto specialmente. First, wash the lemon under hot water and finely grate the zest using a kitchen grater. Season the calamari rings with salt and carefully coat them in flour so that they're well covered all over.

Step 2: Toast the almonds

Toast the sliced almonds in a dry skillet over high heat. Important: Stir gently from time to time and be careful not to let the almond slices burn. Remove the skillet from the heat as soon as the almonds start to smell fragrant and are nicely toasted.👉

Step 3: Cook the raisins

Pour some water into a pot and boil the raisins in it for about 3 minutes. Remove them from the boiling water with a ladle and let them drain on some paper towels.

Step 4: Preparing the Fregola

Next, bring a pot of salted water to a boil in a medium-sized pot. Add the fregola pasta and cook it for about 5 minutes, until it's cooked through but still al dente (firm to the bite). Then drain it through a large colander.

Step 5: Fry the calamari

In a tall pot, heat about one liter of sunflower oil. Here's how to tell when the oil is hot enough for frying: Dip the handle of a wooden spoon into the oil. If small bubbles form on the spoon's handle, the oil has reached the right temperature. If smoke forms, the oil is too hot. Now deep-fry the calamari rings in several batches for about 2–3 minutes until they're a appetizing golden brown. To drain them, place them on some paper towels and keep the calamari rings warm until you're ready to serve them.

Step 6: The Finale

In a large bowl, mix the fregola pasta with the toasted almonds, raisins, lemon zest, and one tablespoon of ORO di

Parma Pesto Verde. Use a large spoon to scoop the Fregola sarda onto a plate. Arrange the fried calamari on top and garnish with a few toasted almonds. Buon appetito!

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