

Cuttlefish Casserole Recipe

Ingredients: Serves 4

2 tablespoons vegetable oil
1 onion, sliced
2 cloves garlic, chopped
2 red chilies, seeded and chopped
2 teaspoons ground cumin
1 teaspoon ground coriander
1 teaspoon ground fenugreek seed
½ teaspoon chili powder
1 cup (250ml) fish stock
1kg cuttlefish, cleaned and scored
cooked rice or noodles, for serving

Method:

In a saucepan over medium heat, heat oil. Add onion and cook until tender, about 4 minutes. Add garlic, chilies, cumin, coriander, fenugreek and chili powder and cook 1 minute. Stir in stock and bring to a boil. Add cuttlefish and simmer, uncovered, until tender, about 5 minutes. Serve with rice or noodles. To prepare cuttlefish, place on work surface bone-side down and cut down the length of the body, but do not pierce intestines and ink sac. Open body and discard gut, head and tentacles. Firmly pull skin off two remaining fleshy pieces. Score flesh with diamond-grid cuts. Other types of seafood can be used instead, including 750g uncooked shrimp (prawns) or 1kg octopus, which will need simmering for 30 minutes.

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