Squid

Squid (Loligo) is also and more commonly called Calamari, has eight arms, two tentacles and a tubular shaped body that narrows to a point with two fleshy wings along the rear part of the body. Squid swim tail first by pumping water through valves located near their head. Their shells have evolved into a small bone or pen inside the body. Like Octopus and Cuttlefish, they are cephalopods. There are many species in all seas, ranging in length from one inch to the Chilean Giant Squid of six feet and 100 lbs. Squid grow fast and most live for only one year. Most commercial use is limited to squid under two feet. Market squid are members of the mollusk family known as cephalopods, which means foot-on-head.

Monterey Bay Aquarium Seafood WATCH® rates Jumbo Squid from Mexico, Longfin Squid and Shortfin Squid from the US Mid-Atlantic and Market Squid from California as "Good Alternatives." Indian Squid from India and Thailand, and Mitre Squid from China and Thailand are rated as "Avoid."

Sources

**Species Name**
Loligo (gahi, media, ocul, opalescens, pealeii, plei, vulgaris, vulgaris reynaudi).

**Source**
The two sources of fresh squid most common in the US are Loligo peallei found in the North Atlantic and Loligo opalescens found on the US Pacific Coast.

**Seasonality**
Year round

**Fishing Method**
The Atlantic Fishery is dominated by small-mesh bottom trawlers that fish throughout the year. The Pacific Squid fishing vessels primarily use purse seines, although scoop nets are also used in the southern California fishery. Powerful lights are often used to attract the Squid to the surface where they are more easily captured. Purse seines used for Squid typically do not hang as deep as purse seines used for other species, so contact with the bottom is reduced.

**Features**
**Flavor**
Squid is neutral/clean with a hint of sweet and snappy not tough. It will take up the flavors it is cooked with.

**Dietary Information**
Squid are an excellent source of selenium, riboflavin, and vitamin B12.

Per 3.5oz (100g) raw edible food:
Calories 92,
Calories from fat 12.4,
Total Fat 1.38g 2%,
Saturated Fat 0.40g 2%,
Total Protein 15.58g 31%
Omega-3 0.49g
Cholesterol 233mg 78%
Sodium 44mg 2%
Iron 0.6mg 4%

Source: USDA

**Appearance**
The flesh is white, in both the raw and cooked form.

**Form**
Frozen Squid is most commonly packed and marketed as:
- Tubes & Tentacles; 3-5 and 5-8 inch
- Tubes Only; 3-5, 5-8 and 5-8 inch
- Ring and Tentacle
- Ring Only
- Steaks

Fresh is available whole unprocessed and in a variety kitchen ready forms.

**Uses**

**Preparation**
The key to cooking Squid (any variety) is time and temperature. There are two basic techniques; short time at high temperature and long time at low temperature. Note that squid will always have a texture—not chewy, but snappy. What you want to avoid is rubber bands! Old rules still apply: “2-20,” high temperature of 2 minutes or low temperature for 20 minutes plus. Common quick deep fry, Blanch for 1-2 minutes seasoned or marinated and serve chilled in a salad or appetizer. Bake stuffed or “Calamares en su tinto” Squid in its own ink.

**Substitution**
Octopus, Cuttlefish

**Market**
**Pricing Scale**

Wild capture Squid prices have remained stable over a number of years despite strong demand. The Country of Origin, processing methods and quality will all determine prices which can and do vary greatly.

Due to market and currency fluctuations, please contact your Seattle Fish Company of New Mexico associate for up-to-date market information, availability and current pricing information.

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<tr>
<th>Market Names</th>
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<tbody>
<tr>
<td>Squid, Calamari</td>
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<tr>
<td>Greek - Kalamaria</td>
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<td>Japanese - Ika</td>
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<th>Where Caught</th>
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<td>Indonesia Peru Philippines Taiwan Thailand China United States.</td>
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<th>How Caught</th>
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<tr>
<td>Small-mesh bottom trawlers, purse seines, and scoop nets.</td>
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