

Cooking At Home With Rebecca Bent

This recipe has a lot of contrasting flavors that blend together so mouthwateringly. If you aren't a fan of calamari, use grilled lobster or shrimp instead. This would even be nice with some grilled fish too. I always combine the fennel with the grilled calamari moments before serving so that it will retain its bright, clean taste. Also, be gentle with the orange supremes, so they don't break up when tossing. Serve this with a frosty Orange Beer Shandy.



Zesty Grilled Calamari Salad and a Frosty Orange Beer Shandy

Makes 4 Servings

- 1 pound squid, cleaned
- 2 teaspoons coarse sea salt
- 2 tablespoons 100% olive oil
- 1 large fennel, stem and fronds removed; 2 tablespoons of frond feathers reserved for garnish
- 1 cup purple cabbage, sliced into very thin strips
- 1 large orange, plus 2 tablespoons orange juice if the orange seems dry
- 1/4 teaspoon freshly ground black pepper

Heat a well-seasoned grill to medium, let the grill heat up for at least 10 minutes.

In a large bowl, combine the squid, 1 teaspoon of the salt, and 1 tablespoon of the olive oil and toss until the squid is well coated. Set it aside.

While the grill is heating up, prepare the salad. Using a mandoline or a very sharp knife, slice the fennel paper-thin and transfer it to a large clean bowl. Add in the cabbage. Cut off the ends of the orange to expose the orange and carefully cut away the peel. Make orange supremes by slicing out the orange sections, leaving behind any membranes. Place the orange wedges on top of the fennel. Squeeze any excess juice from the orange into the bowl. Add the orange juice, if necessary.

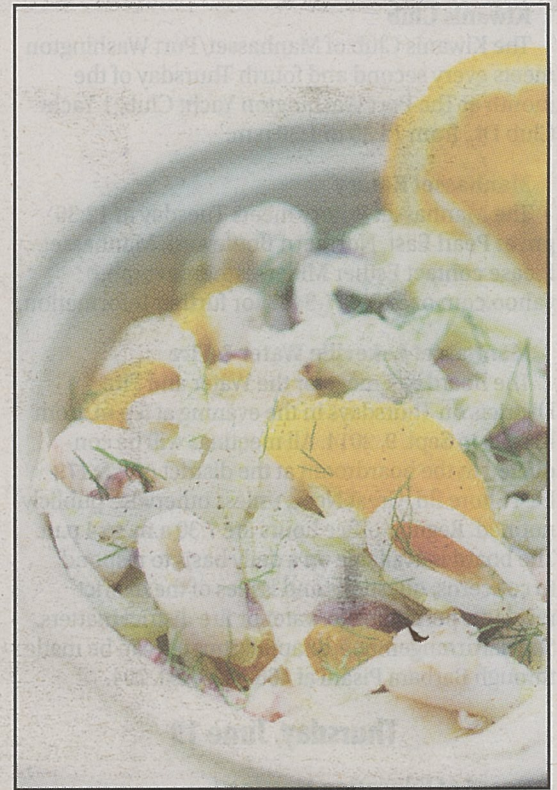
When the grill is hot, place the whole squid and the tentacles onto the grates to grill for 3 minutes (flipping it halfway) with the grill lid open. The squid is done when it is opaque inside. When grilling, be really careful nothing falls through the grates. To be extra safe, try grilling the tentacles in a well-seasoned wire basket.

When the squid is done cooking, remove it from the grill and carefully slice the bodies into 1/4-inch rings and quarter the tentacles. Transfer the sliced calamari into the salad bowl with the remaining teaspoon of sea salt, the black pepper, and the remaining tablespoon olive oil. Toss the salad until everything is well combined. Serve immediately, garnished with fennel fronds.

Frosty Orange Beer Shandy

Makes 64 oz

- 32 oz. your favorite wheat beer (must be cold!)
- 32 oz. San Pelligrino Orange (Aranciata) soda (must be cold!)
- Orange Slices



In a 16-oz frosty beer mug, carefully pour in 8 oz of beer and then slowly pour in up to 1 cup of orange soda. Taste it along the way as the flavor of how much orange soda to use is very personal! Add orange slices for garnish.

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Whit & Whim Supports CASA

By MANHASSET PRESS STAFF
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Whit & Whim of Port Washington is an eclectic gift store carrying a combination of vintage Americana to modern gift items. Make your shopping easy while providing a local boost for the Manhasset Community Coalition Against Substance Abuse (CASA). The store will donate 100 percent of its profits during the month of June to support Manhasset CASA.

Shop owner Laurie Scheinman stated "Having a philanthropic

component to my business is very important and I'm happy to support Manhasset CASA and the good work they do for young people." Lisa Belinsky, Executive Director of Manhasset CASA added, "we are thrilled with the support from Wit and Whim and their help with our 'Talk. They Hear You.' campaign. Parents truly do have a big impact on whether or not their children drink and the campaign provides tools to help with that communication process."

Wit & Whim is located at 6 Carlton Ave. in Port Washington and is 3/4 mile down from the LIRR station.



Elyssa Linden, Marketing Representative, wit & whim, Laurie Scheinman, owner wit & whim, Lisa Belinsky, Executive Director, Manhasset CASA