GROUPE ADRIEN

Whole Squid

Loligo Gahi
Peru

Nutritional facts for 100 g	
kJ	
Kcal	57.4
Proteins	11.9 mg
Carbohydrates	0.425 g
Lipids	1.105 g
Sodium	165.2 mg

Tubes Size	Piece weight	Piece
10 - 15 cm	40 g - 50 g	20 - 25
15 - 20 cm	75 g - 85 g	11 - 13
20 - 25 cm	85 g - 95 g	10 - 11
25 - up cm	95 g - up	1 - 10

Presentation :
Block 6.5 kg
Master carton 26 kg

Utilization :
Ready-prepared meals or cooked food such as fried food; Spanish / Chinese cooking…

Defrosted / Refreshed

Shelf life :
❄❄❄❄ Keep at -18 °C
(see use-by date)

Product Nature :
Wild caught

Fishing area :
Pacific Ocean
Zone FAO 87

Approval :
CEE P027-PAI-AMCN
FDA 14725322172
ARCOPA (Paita - PERU)

Stuffed squid

- Clean 8 squid

- Mince tentacles, put them in a cup with the soft part of bread soaked in white wine, 4 shallots, 2 cloves of garlic, 1 slice of ham, parsley - all minced.

- Season, fill the squid and sew the tubes with a wood skewer.

- Simmer for 2 hours with olive oil, 3 tomatoes and 1 teaspoonful of white wine

Recipe idea

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