

STARTER & SNACK

Shrimp-Stuffed Calamari with Polenta

30 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	30 min	75 min	4	\$7.64	944 kcal



The recipe Shrimp-Stuffed Calamari with Polenta can be made in around 1 hour and 45 minutes. One portion of this dish contains about 65g of protein, 47g of fat, and a total of 947 calories. For \$7.64 per serving, you get a hor d'oeuvre that serves 4. 2 people have tried and liked this recipe.

Ingredients

- ☐ 2 fillet anchovy fillets, rinsed and chopped
- ☐ 1 bay leaf
- ☐ 2 pounds 18 4-inch calamari (about , cleaned, tentacles separated (ask your fishmonger to do this)
- ☐ ¼ cup dry white wine
- ☐ 1/3 cup chopped fresh basil
- ☐ 3 cloves garlic, minced
- ☐ 2 or 3 stalks fresh basil, plus chopped leaves for garnish
- ☐ ¼ cup sourdough breadcrumbs (about 1 slice, ground)
- ☐ 28 ounce plum tomatoes
canned
- ☐ 1 large egg
- ☐ ¼ cup chopped fresh parsley
- ☐ 6 cloves garlic, thinly sliced

☐ 1 Grated zest and juice of lemon

☐ 4 servings Kosher salt and freshly ground pepper

☐ 6 tablespoons extra-virgin olive oil

☐ $\frac{3}{4}$ cup grated parmesan cheese, plus more for garnish

☐ $\frac{1}{4}$ teaspoon red pepper flakes

☐ 2 tablespoons unsalted butter, at room temperature

☐ 4 servings Kosher salt

☐ 2 tablespoons extra-virgin olive oil

☐ $\frac{1}{4}$ cup grated parmesan cheese

☐ 1 cup yellow polenta

☐ $\frac{1}{2}$ pound shrimp, peeled and deveined

EQUIPMENT Bowl, Whisk, Pot, Toothpicks, Wooden spoon

Method

- 1 Prepare the calamari: Rinse the bodies and set aside. Dice the tentacles and the shrimp into $\frac{1}{4}$ -to- $\frac{1}{2}$ -inch pieces. Beat the egg in a large bowl.
- 2 Add the diced calamari tentacles and shrimp, the breadcrumbs, cheese, parsley, basil, lemon zest and juice, anchovies and garlic.
- 3 Add 3 tablespoons olive oil, $\frac{3}{4}$ teaspoon salt, and pepper to taste and mix until combined.
- 4 Using your fingers, stuff each calamari body about two-thirds full with the shrimp-breadcrumb mixture and close with a toothpick.
- 5 Heat the remaining 3 tablespoons olive oil in a wide pot over medium-high heat. Sear the calamari in batches until browned and opaque on both sides, 8 to 10 minutes, and transfer to a plate.
- 6 Make the sauce: Lower the heat, add the garlic and red pepper flakes to the pot and cook, stirring, 1 to 2 minutes. Season with salt, then add the wine and scrape up any browned bits from the pot. Boil until the wine is almost evaporated, then crush the tomatoes into the pot with your hands and add the juices.
- 7 Add 1 cup water, $\frac{3}{4}$ teaspoon salt and the basil stalks. Arrange the calamari in a single layer in the pot. Bring to a simmer, cover and cook until the calamari are tender, about 40 minutes. Uncover and cook until the sauce thickens, 10 to 15 more minutes.
- 8 Place 4 $\frac{1}{2}$ cups cold water in a separate pot over low heat.
- 9 Add 2 tablespoons olive oil, 1 teaspoon salt and the bay leaf.
- 10 Whisk in the polenta in a slow, steady stream, then increase the heat to medium and bring to a boil, whisking frequently. Reduce the heat and cook at a bare simmer, stirring with a wooden spoon, until the polenta is thick and pulls away from the sides of the pot, about 25 minutes.

- 11 Remove from the heat and stir in the butter and cheese.
- 12 Divide the polenta among shallow bowls. Discard the toothpicks and place the calamari on top of the polenta.
- 13 Remove the basil stalks and spoon the sauce over the dish.
- 14 Garnish with the chopped basil and more parmesan.
- 15 Photograph by Con Poulos

Nutrition per serving

944
KCAL

65 g
PROTEIN

47 g
FAT

65 g
CARBS

Saturated Fat	12.9 g · 80% of daily needs
Fibre	5.1 g · 20% of daily needs
Sugar	9.9 g · 11% of daily needs
Sodium	1,331 mg · 58% of daily needs
Cholesterol	704 mg · 235% of daily needs
Vitamin C	39.3 mg · 48% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/shrimp-stuffed-calamari-with-polenta-146575