

Grilled Calamari and Gigante Bean Salad

Ingredients:

1 cup	Gigante beans, dried
2	Bay leaves
½ tsp.	Salt
½	Red onion
1 large stalk	Celery
½ small bulb	Fennel
5	Cherry tomatoes
1	Lemon, zest and juice
½ cup	Extra-virgin olive oil
2 tsp.	Honey
¼ tsp.	Anise seed, toasted
½ tsp.	Red pepper flakes
¼ tsp.	Pepper, freshly ground
10 oz.	Calamari, bodies and tentacles
1 Tbsp.	Olive oil
As needed	Salt and pepper
¼ cup	Parsley, fresh, chopped
¼ cup	Dill, fresh, chopped

Method of Preparation:

1. Rinse gigante beans under cold water then put into a bowl, cover with water and soak overnight at room temp.
2. Drain beans and rinse; put beans into a medium pot and cover with fresh water. Add bay leaves and bring to a medium boil then reduce the heat to a low boil. Skim off any foam that may arise during the cooking process. Simmer beans until tender, about 1 ½ hours. Season with salt during the last 10 minutes of cooking. Drain beans and discard the bay leaves. Chill until completely cold.
3. Meanwhile, cut red onion, celery and fennel into a small dice and add to a medium bowl. Quarter the cherry tomatoes and add to the other vegetables. In a small bowl, whisk together the lemon juice and zest with the olive oil, honey, anise and both peppers; add dressing to the vegetables. Toss with the gigante beans and refrigerate to marinate all flavors.
4. Preheat grill to about 500°F. Brush calamari with oil and season with salt and pepper. Grill the calamari over high heat, turning only once, about 1-2 minutes per side. Remove from grill and let rest for 5 minutes. When the calamari is cool enough to handle, slice bodies into ¼ to ½ inch rings; cut tentacles in half if too large. Toss calamari with gigante bean salad and add the parsley and dill just before serving.