

Squid

Cooked squid is mild and has a subtle sweetness. The meat is firm yet tender. Illex squid has large, 8- to 12-inch tubes and is coarser than Loligo. Raw squid meat is ivory beneath a naturally speckled membrane. Cooked squid is opaque white and firm. Fresh or thawed squid should be moist, shiny and ivory colored. Edible parts of the squid include the arms (tentacles), the mantle (tube) and the fins (wings). The body is covered with a thin skin that may be removed before cooking. Squid ink is often used to make black pasta.



Product Details

Pack Size	Various
Cooking Methods	Bake, Fry, Sauté
Texture	Medium/Firm
Flavor	Mild
Availability	January - December
Scientific Name	Loligo spp.
Location	Argentina, China, India, New Zealand, Peru, Taiwan, United States