



When people hear about squid and calamari the first thing that comes to mind is FRY! Jason chooses a stir-fry because it's more on the healthy side.



Frozen squid is available all year long!



@gentlescuisine

chef

ingredients

how-to



Chef Jason Gentle of Gentles Cuisines is a personal Chef who was born and raised in Jamaica. "Food is my specialty and cooking is my passion," says Chef Gentles. "I was gifted with this talent at the tender age of 14, and I only progress as I get older. My experience ranges from working with many restaurants and catering services to being a chef for the Royal Caribbean." Jason has intentions of owning his own catering business and also launching a spice line, in the near future.

Spicy Squid Stir-Fry

3 Cloves garlic	3 Heads baby bok choy	1/2 ginger root
5 Tbsp Hot pepper sauce	1/2 Red onion	2 Lbs chopped Squid
4 Tbsp Soy sauce	1 Cup carrot	
2 Tbsp Sugar	3 Tbsp Sesame oil	

1. Saute garlic cloves, sesame oil and ginger in a hot skillet
2. Add the calamari and stir-fry for a few minutes
3. Add rest of the ingredients and continue to stir-fry

