

## Il Forno Caldo Calamari Salad

**Although there are many good things to eat at [this restaurant](#) in Beverly Hills Ca. this salad is my favorite. This is my version and I am not giving precise amounts as they will vary depending upon how many you are serving. In deciding the proportions, think of this as a salad where the calamari, shrimp and the lettuce are the stars, and everything else plays a supporting role. You really can't go wrong.**

- Equal amounts cleaned calamari bodies (cut into thin rings plus their legs if attached) and small uncooked shrimp
- Chopped romaine lettuce
- Slivered red bell pepper
- capers
- Pitted Kalamata olives
- Lemon vinaigrette (made with 1 part lemon juice and a little red wine vinegar to soften the flavor to 2 parts extra virgin olive oil, salt and pepper to taste, and some chopped parsley and a little chopped dill)

Simmer water with lemon juice (and some lemon wedges) and salt for about 1/2 hour . Place the calamari rings in a steamer above simmering water, cover and cook 2 minutes; turn them over and add the legs (if you have them) and the shrimp sprinkled with a little salt and steam 2 minutes more. Turn and lightly salt again and steam another 2 minutes. Remove calamari and also the shrimp if done (though they might need a little more time depending on their size). Toss the warm seafood in a some of the vinaigrette and refrigerate to chill. Just before serving toss chopped Romaine with the dressing and the remainder of the ingredients except for the calamari and the shrimp. Plate the salad and serve with the seafood on top.