



Squid ink risotto, parsley sauce and grilled octopus

Ingredients

500 g Carnaroli rice
4 octopus "arms" (+/- 200 gr)
2 shallot
16 g of squid ink
2 dl Sicilian Olive oil
2 dl white wine
4 l fish or shellfish stock
1 bunch of parsley
100 g grated Parmesan
2 Bouillon Cube

Persons: 10

Cooking time: 20

Preparation time: 15

Instructions

Parsley sauce:

Strip the leaves off the stalks, wash it thoroughly and blanch it for 2 minutes, refresh and wring out.

Mix the parsley with 2 bouillon cube, 10 cl of cooking water, 10 cl of olive oil.

Risotto:

Heat the fish stock.

Chop the shallot, fry it in some olive oil.

Add the rice, mix well, cook for a minute, every grain must absorb some of the olive oil, and become slightly translucent.

Deglaze with the white wine, and start to cook the risotto, by adding ladle after ladle of the stock.

Add the squid ink after about 9 minutes, mix well.

Envie de partager votre expérience sur les réseaux sociaux ? #MMMMHBXL #LESSECRETSDUCHEF

Envie de réserver votre prochain cours, d'acheter les ingrédients ou les ustensiles ?

www.lessecretsduchef.be

While you're doing this, quickly grill the octopus "arms" and finely slice them. Keep warm.

When the rice is cooked, add the olive oil and the grated parmesan for the 'mantecatura'.

Garnish the risotto with the sliced octopus and the parsley sauce.

Envie de partager votre expérience sur les réseaux sociaux ? #MMMMHBXL #LESSECRETSUCHEF

Envie de réserver votre prochain cours, d'acheter les ingrédients ou les ustensiles ?

www.lessecretsduchef.be