

Squid Ink Risotto

Bowl Food: Serves 10
Main Course: Serves 4



Tate Entertaining

Risotto

Base risotto	350g
Onion	1 medium
Olive oil	15 g
Squid ink	25g
Grated parmesan	50g
Butter	50g

1. Bring 2 fish stock cubes and 1.2 litres of water to a gentle simmer.
2. Finely chop onion and add to a medium size pot with oil and cook without colouring till translucent. Add Arborio rice, stir thoroughly and cook for a few minutes without colouring, then add wine and cook till half evaporated.
3. Add a few ladles of stock and turn the heat down to a gentle simmer. Keep stirring slowly till risotto absorbs liquid and becomes a creamy consistency, then add a few more ladles and repeat process for up to 12min.
4. At this stage add squid ink and continue with ladling the stock and stirring till risotto rice has a slightly tender bite yet soft unctuous consistency.
5. Season with salt and pepper to taste and stir in grated parmesan and butter thoroughly. Cover and set aside.

Squid

Olive oil	8g
Squid rings and tentacles	25g

1. Inspect squid tubes and remove any bone filaments then slice into thin tubes with a sharp knife. For the heads and tentacles cut at the neck where the legs join the body. Discard the heads and split each set of legs in half length ways. Wash all thoroughly and most importantly dry the squid on paper towels prior to frying.
2. Pan Fry the squid in hot almost smoking olive oil and add finely crushed garlic simultaneously. Season with salt to taste.

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