

SWORDFISH AND SQUID RISOTTO



USED BRESC PRODUCTS



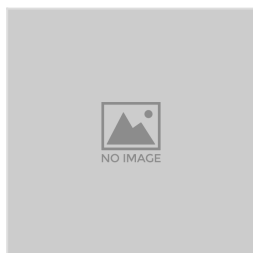
Bresc Chopped shallot
1000g



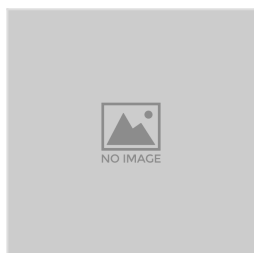
Bresc Garlic chopped
1000g



Bresc Garlic chopped
450g



Bresc Pomodori marinati
1000g



Bresc Strattu di
pomodoro 450g

INGREDIENTS

4

For the risotto

- 0.5 k cuttlefish or other type of squid (cleaned)
- 0.5 l fish stock
- 30 g olive oil
- 40 g Bresc Shallot chopped
- 10 g Bresc Garlic chopped
- 85 ml white wine
- 200 risotto rice
- 25 g butter
- 2 sacs ink
- Parmesan cheese

For the sauce

- 2.5 dl Noilly Prat
- 0.5 dl wine vinegar
- peppercorns
- 20 g Bresc Shallot chopped
- 20 g Bresc Strattu di pomodoro
- 10 g Bresc Garlic chopped
- 2 dl cream
- 100 g butter, in cubes
- 1 pinch saffron

Other ingredients

- 200 g Bresc Pomodori marinati
- 4 swordfish fillets weighing 120 g
- 1 lemon
- salt and pepper

PREPARATION METHOD

Preheat the grill pan. For the sauce, cook the shallots in the Noilly Prat, vinegar, saffron and the crushed peppercorns. Reduce to a third of the liquid, puree it and then strain it. Boil this basic sauce with a little cream, then add the strattu. To prepare the risotto, dice the squid. Bring the stock to the boil.

Heat the oil and fry the onion and garlic until almost transparent. Add the squid and season with salt and pepper. Add the rice with a little white wine and stock, allow to simmer for about 5 minutes.

Make the risotto with the stock, white wine and the ink. In the meantime, marinate the swordfish in a little olive oil and grill it on both sides, searing a diamond shape into it. Season with salt, pepper and a little lemon juice.

Thicken the sauce with the cold butter using a stick mixer. Add a little butter to the risotto and grate some Parmesan cheese over it. Serve the swordfish and the sauce with the risotto, then garnish with some herbs and the marinati.