

PIECES OF SWORDFISH WITH SQUID INK, SHRIMPS, SOLEGGIATI SUN BLUSHED TOMATOES AND GRILLED ARTICHOOKES



Menù Ingredients

120 g Olio extravergine di oliva - Extra-Virgin Olive Oil - EK5
 30 Soleggiati - TX1
 6 Carciofi alla griglia - Grilled artichokes - TO1
 60 ml Ènerodiseppia - WBQ
 Fumetto di Pesce - Fish Stock - BP0

Ingredients

900 g pieces of swordfish
 18 fresh shrimps
 60 g squid ink
 chopped bran
 Parsley
 12 g shallot
 salt
 pepper
 one clove of garlic

Chef: Tommaso Ruggieri

Method

Shell the shrimps and wash them carefully under running water.
 Coat the fillets of swordfish in the semola.
 Heat some extra virgin olive oil in a pan.
 Add the shallots and the unpeeled clove of garlic.
 Add the fish and brown gently both sides.
 Simmer with white wine.
 Add the Fish broth and the squid ink.
 Sauté the shrimps in extra virgin oil and the Soleggiati.
 Pour a circle of squid ink onto the plate and add the pieces of swordfish.
 Top with the shrimps and the Soleggiati.
 Quickly sauté the Grilled artichokes.
 Serve with the grilled artichoke some Soleggiati and a sprinkle of chopped parsley.