

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



**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.

### 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