

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 - WBQX
- Fumetto di Pesce - Fish Stock - BPO

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

