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



Chef: Tommaso Ruggieri

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 - 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

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 srl - Dal 1932 Produttori Specialità Alimentari
Registered Office/Plant: Via Statale 12 n.102 - 41036 Medolla (MO) | Offices: Via Concordia n.25 - 41032 Cavezzo (MO)