

# SHAMBLES

restaurant & winebar

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## SQUID INK ORZOTTO

In this dramatic looking Italian dish, also known as 'nero di seppia', tender fresh squid is cooked in a sauce containing its own ink. You will likely have to go to a fishmonger to find the squid and the ink, but it's definitely worth the trip. Plus - if you ask the fishmonger nicely - I'm sure they will clean and score the squid for you.

We make our own squid-ink (barley/rice shaped) pasta at the restaurant, where the squid ink is mixed into pasta so that the dough itself is jet black. We then extrude it through a 'Bottene' pasta machine using bronze dies to obtain the desired shape. Unless you have one of these commercial machines, a regular shop bought black pasta will be just fine.

Delicious and definitely a culinary adventure, squid ink adds both a tangy sea flavour and a depth to any seafood dish. A white wine would be an excellent pairing. A Riesling is a good choice or a Chardonnay makes another worthy option. I recently



enjoyed it with a Lugana that showed some characteristics of a Sancerre, which turned out to be a great match.

## INGREDIENTS

### SERVES 2

- 400g x Fresh squid ink pasta (if using dried pasta, the amount may vary)
- 2 x Small to medium sized squid - cleaned and scored. Retain the wings for the sauce (approx 150/250g each).
- 1 x Small handful of fresh parsley (keep the stalks for the sauce).

### The Sauce

- 1 x Banana shallot (peeled and sliced)
- 1 x Garlic clove (peeled and sliced)
- 1 x Bay leaf
- 1 x Small glass of white wine or white vermouth (150ml)
- 1 x Tomato passata (200g)
- 2 x Teaspoons of squid ink
- 4 x Wings from the squid (cut into strips)
- Olive oil
- Salt & pepper to taste

## METHOD

### SQUID INK SAUCE

1. Sweat the garlic, shallots, squid wings and herbs in a small pan with a good splash of olive oil and cook on a low heat until the onions are soft and translucent (no colour).
2. Then add the wine and reduce the liquid by half.



3. Once reduced by half, stir in the ink and tomato and cook for 20 minutes.
4. Once ready, remove from the heat, discard the bay leaf and whizz with a stick blender until smooth.
5. Pass through a fine sieve and set aside.
6. Season with salt and pepper.

### COOKING FRESH PASTA

1. Fresh pasta cooks in just a few minutes. Allow 1 litre of water per 100g of pasta and bring to a boil. Add 1 generous tablespoon of coarse sea salt per litre to the boiling water, then add the pasta and stir gently and occasionally.
2. Our fresh pasta (available to buy via our website) will keep for 2/3 days in the fridge.

## COOKING SQUID

Squid generally cooks very fast, cooking it too long will result in a rubbery mess. 1 or 2 minutes over a very hot griddle pan or BBQ is the best way.

1. Season the squid with salt and pepper.
2. Dress the squid lightly with olive oil and the chopped parsley.
3. Whilst the pasta is cooking and the sauce is heating back up, cook the squid scored side down on a very hot (almost smoking) griddle or BBQ.
4. After a minute, the squid should turn from translucent to white, at this point flip the squid over.
5. Due to the scoring, the squid should roll up like a scroll. Continue to cook as a scroll for another 30 seconds to 1 minute.
6. Place on a clean chopping board and cut each squid into 3 pieces.

## FINISHING & PLATING

1. Strain the cooked pasta and add it to the sauce with a splash of olive oil.
2. Add a spoonful of cooking water per serving to the sauce, this will help "loosen" and make your meal creamy, this is because you'll be adding the lost starch back to the pasta.
3. Give a good stir and taste and if needed season with salt and pepper.
4. Place the orzotto onto serving plates and arrange the squid as shown in the image.
5. Finally, to be truly Italian, finish the dish with a drizzle of extra virgin olive oil on top!

**BUON APPETITO!**  
**MASSIMO**