

By: Miguel Ángel Mateos



Black Rice, with Squid and Morado Garlic.



DIFFICULTY
MEDIUM



COOKING STYLE
MEDITERRANEAN



AMOUNT
4 SERVINGS



TYPE OF DISH
MAIN COURSE



PREPARATION TIME
50 MINUTES



TYPE OF GARLIC
MORADO / VIOLET

Ingredients

- 2 cloves of Big Garlic Morado garlic
- ½ red pepper
- ½ yellow pepper
- ½ green pepper
- 1 medium-sized squid
- 350 g of pudding rice (cooked)
- 1 leek
- 1 carrot
- Saffron strands
- Squid ink
- Salt
- Olive oil
- Sunflower oil

Step by Step



1. Roll the garlic cloves into fine sheets and set them aside.
2. Cut the peppers into matching cubes, separating them out by colour.
3. Do the same to the leek and the carrot.
4. Clean the squid thoroughly and cut it into similar, medium-sized rings.
5. In a frying pan, with a little oil over a medium heat, add the flattened garlic, brown it and add the leek, as well as the green, red and yellow peppers and the carrots, until the vegetables are lightly softened.
6. Use a saucepan to bring some water to the boil, with a touch of salt, to cook the rice.
7. Increase the heat and add the squid, in order to brown it as well.
8. When the squid is soft (test it first), add the squid ink and let it dissolve, then add the cooked, drained rice. Brown it over a high heat and then remove it from the heat.

FINISHING THE DISH:

9. Prepare a garlic mayonnaise, and press the saffron strands into it along with the garlic, in order to give it colour and taste.
10. Serve the dish on a plate to suit your taste, along with parsley and the saffron-garlic mayonnaise.

CHEF'S TIPS Miguel Ángel Mateos:

- In this instance, we shall be making a saffron-garlic mayonnaise, because of its taste and colour, but you could do the same with paprika, oregano.... It all depends on individual tastes and creativity.
- Remember that for a good, light garlic mayonnaise, it is best to use sunflower oil.
- The rice can be cooked the day before, or whilst you are poaching the vegetables. It should be cooked and then browned by frying. It has lots of flavour, as the base of vegetables and squid is very tasty.
- The rice can be cooked as normal, carrying out the first steps and then adding and wetting it with a good stock of vegetables, meat or squid.