



Black Rice with Squid

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 cups fish stock
- 0.3 cup olive oil
- 3 cups rice
- 1 lb squid rings fresh cleaned
- 0.8 oz squid ink

Equipment

- frying pan
- sauce pan

ladle

Directions

- If the squid has tentacles, pull them away from the body.
- Cut the squid into 1-inch strips. Then cut into 1-inch cubes.
- Pour the fish stock into a saucepan, cover, and bring to a simmer. Put a large pan over high heat and add the oil.
- Add the squid. Fry for 2 minutes, until golden in places.
- Add the sofrito and continue to cook over medium heat for 10 minutes.
- Add a teaspoon of water if the sofrito starts to stick to the bottom of the pan.
- Add the rice, stirring it into the squid. Fry for 10 minutes, stirring often. Turn the heat to high and add a ladle of stock, stirring continuously. Once the stock has been absorbed, add another ladle and repeat until 5 minutes have passed. Dissolve the squid ink in a little of the remaining stock.
- Add this to the rice, and then continue adding the rest of the stock. Cook the rice for another 12 minutes, stirring frequently.
- Add the picada and continue to cook for another 2 minutes, or until the rice has absorbed most of the liquid and is just tender to the bite. Season with salt, then serve.
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Nutrition Facts



PROTEIN 18.01% FAT 25.06% CARBS 56.93%

Properties

Glycemic Index:10.2, Glycemic Load:44.51, Inflammation Score:-2, Nutrition Score:21.053912960965%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 577.52kcal (28.88%), Fat: 15.67g (24.11%), Saturated Fat: 2.53g (15.82%), Carbohydrates: 80.11g (26.7%), Net Carbohydrates: 78.82g (28.66%), Sugar: 0.53g (0.59%), Cholesterol: 176.15mg (58.72%), Sodium: 1073.89mg (46.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.34g (50.68%), Copper: 1.8mg (89.91%), Selenium: 50.11µg (71.59%), Manganese: 1.03mg (51.64%), Vitamin B3: 7.59mg (37.93%), Phosphorus: 371.05mg (37.1%), Vitamin B2: 0.45mg (26.73%), Vitamin B12: 1.31µg (21.8%), Vitamin E: 3.22mg (21.5%), Zinc: 2.49mg (16.6%), Potassium: 572.25mg (16.35%), Calcium: 147.81mg (14.78%), Vitamin B5: 1.32mg (13.16%), Magnesium: 51.33mg (12.83%), Iron: 2.12mg (11.77%), Vitamin B6: 0.23mg (11.33%), Vitamin K: 7.97µg (7.59%), Folate: 24.19µg (6.05%), Vitamin B1: 0.08mg (5.32%), Fiber: 1.3g (5.19%), Vitamin C: 3.55mg (4.31%)