



Squink Risotto

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



794 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 handful parsley fresh chopped (approx. 2 tablespoons)
- 1 clove garlic peeled
- 2 tablespoons regular olive oil
- 2 servings bell pepper to taste
- 1 chile fresh green red seeded finely chopped
- 0.5 cup red wine
- 1.3 cups arborio rice
- 6 scallions thinly sliced

- 8 ounces baby squid cleaned (weight)
- 2 sachets squid ink
- 1 quart vegetable broth organic fine (can, carton, or cube is)

Equipment

- bowl
- frying pan
- sauce pan

Directions

- I have said that I usually use white wine or dry white Vermouth in a risotto, but I must concede that the recipes here don't appear to bear this out. I've got an excuse with this one, too: the whole point of this risotto is that it's black, tinted by the squid ink (the squink of my title) and I had no desire to lessen its impact with some pallid white wine. But it's not just a question of colour: the squid ink is so richly, headily flavored that nothing less than a robust red would stand up to it.
- As strange as it might sound for so exotic a dish, this may even pass muster as a storecupboard standby. The rice, the broth and the squid ink (it comes in sachets, from a good fishmonger or Italian deli, or online source) can be kept easily. I have marked the squid-ringing topping as optional, but even that can live in the freezer for a few months.
- While I am more than happy to eat it plain black, I can't help feeling cheered by the jaunty tricolore adornment provided by the squid rings, red chile pepper and parsley. Not that I'm being cheered is altogether the point of such a beautiful, sombre dish, the perfect date meal for Goths.
- Cut the squid (if using) into thin rings and set aside while you get on with the risotto.
- Heat the broth until almost boiling, and keep the broth warm in a saucepan on the lowest heat
- Warm the 2 tablespoons oil in a large, heavy-based saucepan and soften the sliced scallions for 2 minutes on a low heat. Keep stirring and don't let them burn. Grate in the garlic and turn up the heat. Toss in the rice and turn it in the oil and so it is slicked and shiny.
- Pour in the red wine and let it bubble up over the rice.
- Wearing disposable vinyl gloves, snip in the squid ink and carefully dunk the squeezed out sachets into the separate pan of hot broth to get out any remaining ink. Then add and keep adding ladlefuls of hot broth to the rice, letting one ladleful be absorbed before adding the

next, stirring all the while.

When the rice has had 15 minutes, you can be less assiduous on the stirring front and get on with the squid, if you're using this. In a frying pan, heat 2 teaspoons olive oil and the chile, until sizzling, then add the squid rings and cook, stirring or shaking the pan a little, for 3 minutes. Season with ground pepper, to taste.

By this time, the black risotto should be ready, so divide it between warmed shallow bowls or plates, top with chile and squid, if using, and scatter with parsley.

Nutrition Facts

PROTEIN 14.9% **FAT 20.15%** **CARBS 64.95%**

Properties

Glycemic Index:134, Glycemic Load:82.86, Inflammation Score:-10, Nutrition Score:46.793912970501%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg, Petunidin: 1.19mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg, Malvidin: 8.3mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg, Catechin: 4.28mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg, Apigenin: 4.4mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg, Quercetin: 4.67mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 793.61kcal (39.68%), Fat: 16.55g (25.46%), Saturated Fat: 2.57g (16.09%), Carbohydrates: 120.03g (40.01%), Net Carbohydrates: 113.16g (41.15%), Sugar: 9.18g (10.2%), Cholesterol: 264.22mg (88.07%), Sodium: 2031.91mg (88.34%), Alcohol: 6.36g (100%), Alcohol %: 0.87% (100%), Protein: 27.53g (55.07%), Vitamin C: 113.29mg (137.32%), Copper: 2.46mg (123.12%), Vitamin K: 119.66µg (113.97%), Selenium: 70.3µg (100.43%), Folate: 355.41µg (88.85%), Manganese: 1.58mg (79.22%), Vitamin A: 3906.62IU (78.13%), Vitamin B1: 0.8mg (53.11%), Vitamin B3: 8.7mg (43.51%), Phosphorus: 419.3mg (41.93%), Iron: 7.45mg (41.38%), Vitamin B2: 0.64mg (37.74%), Vitamin E: 4.77mg (31.79%), Vitamin B6: 0.57mg (28.53%), Fiber: 6.87g (27.47%), Vitamin B5: 2.47mg (24.74%),

Vitamin B12: 1.47µg (24.57%), Zinc: 3.56mg (23.73%), Magnesium: 90.89mg (22.72%), Potassium: 723.95mg (20.68%), Calcium: 81.59mg (8.16%)