

Tasting, Sampling and Sharing with friends

spaghetti con nero seppia

Cuttlefish with pasta



Serves 4 (6 if a starter)

Ingredients:

400g Spaghetti (I bought mine black or add squid ink from the fishmonger)
400g cuttlefish (sliced)
1 onion (chopped) + 1 clove garlic
300g of cooking Chorizo, (skinned and chopped)
Oil, as required
100ml dry sherry
large fresh handful fresh parsley, (finely chopped)
Squeeze lemon juice
Salt and pepper to taste
A few small dices of red pepper

Method

Heat a large pan on medium to high heat and add Chorizo. Cook, tossing until crisp and golden, then transfer to a bowl with a slotted spoon – leave the oil released from the Chorizo in the pan.

Add the cuttlefish and fry on high heat for 1 – 2 minutes until just cooked (add a glug of oil if the pan is dry) transfer to the bowl with the Chorizo.

Cook the onion and garlic in the same pan, adding oil if necessary. When soft transfer to the bowl with Chorizo. Remove garlic if desired. Pour the sherry into the pan and heat to a simmer, then bubble until thick and syrupy. Take off the heat.

Bring a large saucepan of water to the boil, add salt and a drop of oil, add the pasta and cook to your liking (al dente or more cooked), reserve a cup of this water, then drain.

Return the cuttlefish and Chorizo mix to the pan and heat till just bubbling, add some of the pasta water to this and return the pasta to its saucepan, add the Chorizo mixture, sprinkle over the parsley and squeeze the lemon juice, toss everything together for 1 minute. Taste to adjust the seasoning if needed.

Serve in bowls and sprinkle the red pepper pieces with a salad and crusty bread

Pauline Brace , 22nd October 2014