

Cuttlefish in its own ink with white rice

INGREDIENTS:

1 Clean cuttlefish (1 kg approx.)
1 small bag of Cuttlefish ink
1 large onion
1 Bell red pepper
2 cloves of garlic
Parsley
Paprika
Olive Oil
Coarse Salt
200 gr of white round rice
Water

ELABORATION:

- 1- Cut the cuttlefish into regular medium pieces.
- 2- Chop the onion and the bell red pepper. Crash the garlic cloves, the parsley and a pinch of salt in a mortar.
- 3- Put in a pan a scrap of olive oil, add the chopped onion and the bell pepper, let simmer over low heat and add the crushed ingredients when is half cooked.
- 4- When the **sauté** is done, add the pieces of the cuttlefish. Let it cook for 10 minutes and then add a glass of water, paprika and mix well. Let it cook over low heat for 40 minutes approx. Or until it's tender.
- 5- Dilute the cuttlefish ink with a little of water.
- 7- Add the ink and continue to cook for about 1 a 2 minutes, moving the pan to tie the sauce.

RICE PREPARATION:

- 1- Add to a small pan: three times the size of the rice the water, and a handful of salt.
- 2- When the water is boiling, add the rice and stir.
- 3- Cook for 20 minutes, let it rest for 5 minutes.

PRESENTATION:

Place the white rice with a mold on the plate, add the cuttlefish on the side. Pour a little of the sauce over the cuttlefish, sprinkle with chopped parsley.