

Risotto al Nero di Seppia (Squid Ink Risotto)

INGREDIENTS

(4 portions)



320 g (about 1 ½ cups) carnaroli or arborio rice

500 g squid or cuttlefish, cleaned (reserve ink sacs if available, otherwise use packaged squid ink – about 3–4 sachets)

1 small onion (or 1 shallot), finely chopped

2 cloves garlic, finely chopped

1 small carrot and 1 stick celery (for stock, optional)

1 glass dry white wine

About 1–1.2 L fish stock (or vegetable stock, kept hot)

Extra virgin olive oil

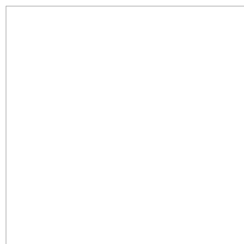
Salt and freshly ground black pepper, to taste

Fresh parsley, chopped (optional, for garnish)

A knob of unsalted butter (optional, for creaminess)

[Gentile di Chieti 3L EVOO, Oleificio Berardo](#)

Wine pairing suggestions



[Soave Classico, Il Canovino](#)

Description

Risotto al nero di seppia is a traditional Venetian dish celebrated for its striking black color and rich, briny flavor. Made with squid or cuttlefish and their ink, this risotto perfectly balances the sea's depth with the creamy texture of Italian rice. Elegant yet comforting, it's a dish that brings a touch of the lagoon to the table, making it an impressive choice for both family dinners and special occasions.

Preparation

Clean and slice the squid into rings or small strips. If using fresh squid ink, carefully set it aside in a small bowl with a splash of water to dilute.

Heat 2 tablespoons of olive oil in a large pan. Add the finely chopped onion. Sauté gently until translucent. Add the squid pieces and cook for 2–3 minutes until just opaque. Pour in the white wine and let it evaporate.

Add the rice to the pan, stirring for 1–2 minutes until the grains are lightly toasted and coated. Stir

in the diluted squid ink until the rice turns a deep black and cook the risotto, start adding the hot stock, one ladle at a time, stirring frequently and waiting until absorbed before adding more. Continue for about 16–18 minutes, until the rice is al dente and creamy. Taste and adjust seasoning with salt and pepper.

Off the heat, stir in a drizzle of olive oil or a knob of butter for creaminess. Serve

Plate the risotto immediately, garnished with a sprinkle of chopped parsley if desired.

For extra flavor, reserve a few pieces of squid to pan-fry separately and place on top as a garnish.