

Recette Calamar

By Chef Stéphane Reynaud

Serves: Six

Ingredients

1kg cuttlefish

6 garlic cloves, chopped finely

250ml white wine

300ml whipping cream

3 sachets cuttlefish or squid

ink

Olive oil

Method

1. Prepare the cuttlefish by removing internal cartilage and beak.
 2. Heat 2 tbsp of olive oil in a deep sided frying pan.
 3. Add the cuttlefish and cook over a medium heat for 15 minutes.
 4. Deglaze with the white wine and allow the wine to reduce.
 5. Add the cream and the ink.
 6. Reduce the heat and simmer gently for 15 minutes or until cuttlefish is tender.
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