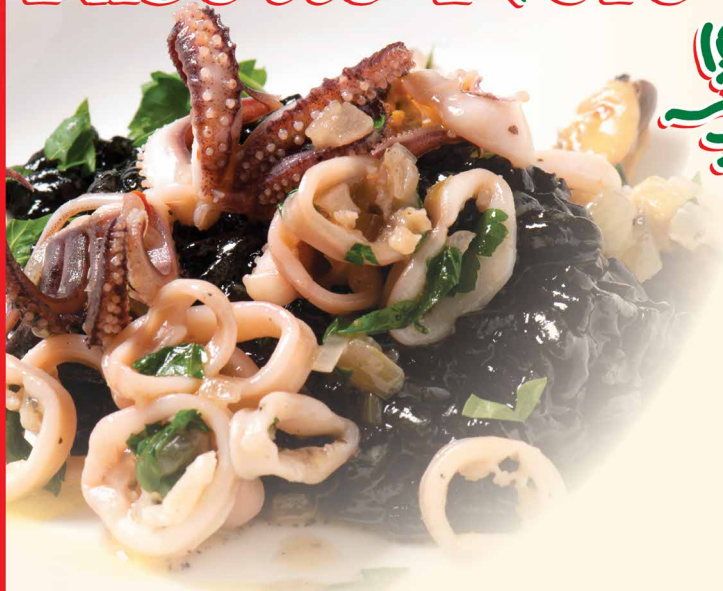


# Risotto Nero Recipe

## 墨魚飯

(Serves 4 四人份量)



### INGREDIENTS:

材料:

1. Vegetable Stock 750mL 毫升  
蔬菜清湯
2. Onion 1 each 個  
洋蔥
3. Arborio Rice 250g 克  
意大利米
4. Butter 50g 克 + 30g 克 (cold cubes 冷凍、切粒備用)  
牛油
5. Small Italian Mussels 300g 克  
意大利小青口
6. Baby Squid (whole) 250g 克  
原隻小墨魚
7. White Wine 250mL 毫升  
白酒
8. Extra Virgin Olive Oil 2 tbsp 湯匙  
特級初榨橄欖油
9. Shallots (finely chopped) 1 each 個  
乾蔥 (切碎)
10. Squid Ink 1 tbsp 湯匙  
墨魚汁
11. Salt & Pepper to taste 適量調味  
鹽和黑胡椒
12. Parsley (chopped) 5g 克  
香茜 (切碎)



Small Italian Mussels  
意大利小青口



Filippo Berio Extra  
Virgin Olive Oil 500mL  
百益初榨橄欖油500毫升



**great**  
Exclusive  
獨家精選

Acquerello Organic aged  
Carnaroli Rice (1 year)  
250g  
Acquerello有機意大利米  
(1年) 250克



Wild Catch  
Baby Squid  
野生捕捉小魷魚



Nero di Seppia  
(Black Ink of the Squid)  
墨魚汁

**great**  
Exclusive  
獨家精選

Price of the products should follow the prices listed in the store. 貨品最新價格以店內所示為準。



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# METHOD:

## 烹調方法:



1. Heat the olive oil in a skillet and add the shallots, cook for 2 minutes and add the mussels.  
將橄欖油在平底鑊中加熱並加入乾蔥，爆香2分鐘後加入青口。
2. Sauté for another 2 - 3 minutes until the mussels begin to open. Add 100 mL of wine and continue to cook until the mussels have completely opened.  
繼續炒香2至3分鐘直至青口開始打開，加入100毫升白酒，再煮至完全開口。
3. Remove the pan from the heat and separate the mussels from the shells. Reserve the mussels and liquid.  
熄火後將青口肉起出。與湯汁分別保存備用。
4. Clean the squid and cut them into even 1/8th inch rings. Sauté with a little oil for 3 minutes then add 100 mL wine and reduce. Reserve for later use.  
洗淨墨魚。將墨魚切成1/8寸大小圓環狀。用小量油炒香3分鐘後加入100毫升白酒然後收汁。保留備用。

5. In a separate pan with high sides, cook the onion in olive oil over medium heat for about 5 minutes until it's softened but not brown. Add rice and cook for further 2 minutes.  
於另一高身鍋中加入橄欖油與洋蔥，用中火炒5分鐘至軟身，但不至於變色。加入意大利米煮2分鐘。



6. Add remaining white wine and reduce until almost dry then add squid ink and vegetable stock, ladle by ladle until rice is covered.  
加入剩餘的白酒，煮至幾乎收乾。逐少加入墨魚汁及蔬菜清湯直至米飯被完全蓋過。
7. Maintaining medium heat, replenishing rice with the stock 2 or 3 times during the 18 minute cooking time. Continue cooking until rice is soft but still al dente.  
維持中火煮18分鐘直至米飯軟身，但仍保持嚼勁。其間添加2至3次蔬菜清湯。



8. Remove from heat and stir in cold butter and a little olive oil. Add squid and mussels on top. Garnish with a pinch of chopped parsley.  
熄火後加入凍牛油粒與小量橄欖油攪拌。於米飯上加上保存的墨魚及青口。灑一小撮切碎香茜作裝飾。
9. Serve immediately.  
立即享用。

