

## CUTTLEFISH RISOTTO

By LEFTERIS LAZAROU, Michelin star awarded chef  
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### 4 servings

- 1,200g/2.5lb cuttlefish (800g/1.7lb when cleaned)
- 100ml extra virgin olive oil
- 200g/0.5lb onion, cut in half, then in thin slices
- 100ml dry white wine – “Tear of the Pine” retsina
- 1 ½ liter fish stock
- 2 bay leaves
- Salt, white pepper

### For the rice

- 100ml extra virgin olive oil
- 100g/0.25lb onion, very finely chopped
- 200g/0.5lb risotto rice
- 100ml dry white wine – “Tear of the Pine” retsina
- 4 tbsp grated parmesan
- 4 tsp parsley, finely chopped for garnish

1. Clean the cuttlefish by removing skin and innards. Cut-off the heads and tentacles and keep separately. Cut the cuttlefish in half lengthwise and again each piece in three long stripes. Cut these stripes again horizontally in 1cm-wide pieces.

2. Heat olive oil in a pot and add onion to sauté. Add the heads and tentacles and sauté for 2-3 min. Add the cuttlefish and sauté for 2-3 more minutes. Deglaze with the wine. Add the stock, bay leaves, salt and pepper, bring to a boil and then lower heat to simmer for 10-12 min. Remove the pot from heat.

3. For the risotto: Heat olive oil in a wide pot and leave onion to sauté. Add the rice and stir until translucent. Deglaze with the wine. Add 200ml from the cuttlefish sauce.

4. As soon as all the sauce is absorbed from the rice, add salt, pepper and 100ml more sauce. Use a ladle with holes to strain the cuttlefish from their sauce and add them in the risotto. Continue by adding a small quantity of sauce until it is absorbed. Repeat the process 5-6 times until the risotto takes the desired creamy texture. Before removing from heat, add the grated parmesan.

5. Divide the risotto in 4 large plates, garnish with parsley, and serve immediately.

