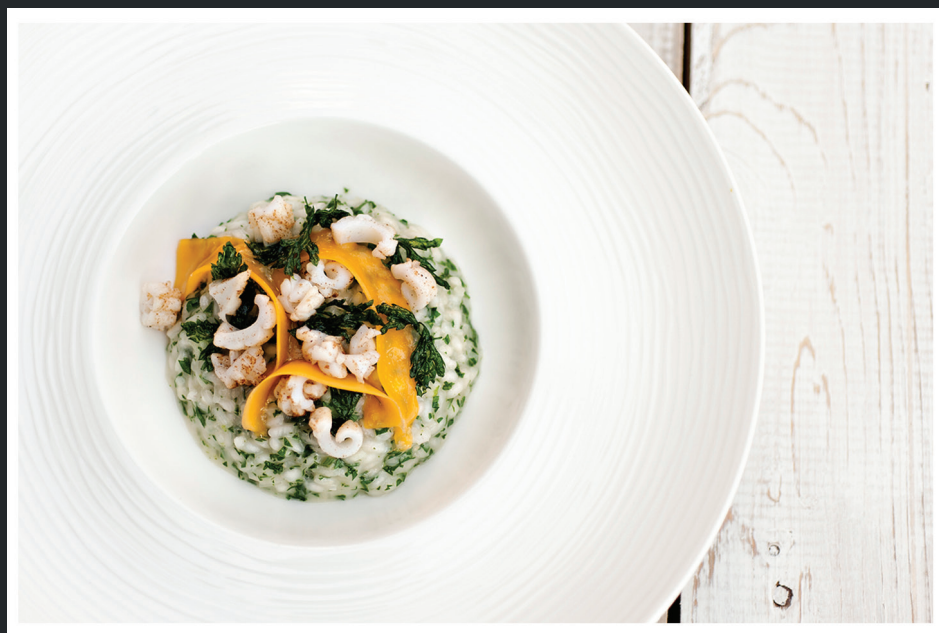


# GARLIC AND PARSLEY RISOTTO WITH SAUTÉED SQUID



## Ingredients

- 150g risotto rice
- 30g chopped shallots
- 15ml white wine
- 1ltr chicken stock (boiling)
- 80g Orkney cheese (grated)
- 200g squid rings
- 5ml olive oil
- 2 garlic cloves
- 1tbs chopped parsley
- 50g butter

## Method

Heat a heavy bottomed pan and add some olive oil and the shallots and sweat gently for 3-4 minutes, add the chopped garlic and rice and cook for a further 1 minute. Add the white wine and reduce until dry, then ladle in the boiling stock to cover the rice, stirring all the time, continue adding the stock as you go. Cook for 16-18 minutes until slightly al dente.

Meanwhile in a non-stick pan, sauté the squid rings and finish with the chopped garlic and parsley.

Once the risotto is cooked, remove from the heat and add the butter and grated Orkney cheddar and parsley, check seasoning.

Serve in a bowl with squid on top and a sprinkle of cheese.