



120'



4 PAX



DIFFICULTY
MEDIUM



GLUTEN FREE



KCAL*
757

NUTRITIONAL INFORMATION (by ration)

36,9	Protein
88,3	Carbs
26,8	Total fat
4	Saturated fat
16,2	Monounsaturated fat
4,2	Polyunsaturated fat
0,18	Cholesterol
3,7	Fiber
0,64	Sodium

ALLERGENS
crustaceans, sulphites

* Kcal by ration



RICE

BLACK RICE

PONS

USE:



PONS SELECCIÓN FAMILIAR
EVOO Arbequina



PONS FRESH CRUSHED WITH SAFFRON
EVOO with Saffron



PONS INFUSED WITH GARLIC
EVOO infused with Garlic

PAIR:



JAN BLANC
White wine



JAN PETIT
Red wine

ELABORATION

For the sauté:

- 2 Cloves garlic
- 300 g Onion
- 100 g Green pepper
- 400 g Small cuttlefish, clean (with spleen and ink)
- 50 ml Dry white wine
- 36 ml Pons Selección Familiar Arbequina EVOO

For the stock:

- 250 g Onion
- Spleen and ink from the cuttlefish
- 600 g Mantis shrimp or crabs or shrimp heads
- 0,5 g Paprika
- 2 L Mineral water
- 36 ml Pons Selección Familiar Arbequina EVOO

Other ingredients:

- 400 g Bomba rice
- Salt
- 2 Cloves garlic, sliced
- Pons Infused with Garlic
- Pons Fresh Crushed with Saffron

1. Peel and slice the garlic, onion and pepper and add them to a saucepan with the oil on low heat until they evaporate their juices and acquire a lovely golden colour. Halfway through cooking, add the white wine and let evaporate. 🔥
2. Clean the cuttlefish (set aside the spleen and ink for the broth) and add them to the sauté. 🔥
3. Allow the mixture to cook until the cuttlefish are tender and all liquid has evaporated from the sauté (about 30 minutes). Set aside. 🔥

For the stock:

4. Peel and slice the onion and add it to a pot with Pons Family Selection Arbequina Oil on low heat until it acquires a lovely golden colour. 🔥
5. Add the crustaceans (crab, mantis shrimp or shrimp head) and sauté them with the onion for 12 minutes, stirring frequently. 🔥
6. Once the crustacean has browned, press it with the skimmer so its seafood aroma flows into the sauté. 🔥
7. Add the spleen and ink sacks from the sautéed cuttlefish to the mixture and let cook for 5 minutes, stirring frequently. 🔥
8. Add the paprika and stir. Right after, add the cold mineral water. 🔥
9. Boil for 40 minutes until the stock reduces to 1.5 L. Strain and set aside hot. 🔥

To finish the dish:

10. In a clay casserole dish, add the cuttlefish sauté on low heat. 🔥
11. Once hot, add the rice and sauté the mixture for 5 minutes, stirring frequently. 🔥
12. Add 1,2 L of boiling stock and a pinch of salt (proportion 1 rice/3 broth). 🔥
13. Allow to boil on high for the first 5 minutes, stirring a couple of times. 🔥
14. Continue to boil on low heat for the next minutes without stirring. 🔥
15. Turn off heat and allow the rice to sit for 5 minutes. 🔥
16. Serve with a good drizzle of Pons Fresh Crushed with Saffron oil. 🔥
17. The Pons Fresh Crushed with Saffron oil may be substituted with the Pons Infused with Garlic oil... Or combine them. 🔥

UTENSILS



Cooking pot



Colander



Ladle



Clay casserole

OBSERVATIONS

The last 10 minutes of cooking may be done in the middle of the oven at 190 °C.

🔥 High heat 🔥 Medium heat 🔥 Low heat