

# “Black” Rice

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## Ingredients

400g of rice  
500g of small cuttlefish  
1 red pepper, 1 peeled tomato,  
2 sprigs of parsley  
5 cloves of garlic  
1 litre of fish stock  
Olive oil, salt

## Preparation

Finely chop the tomato, pepper, cloves of garlic and parsley. Fry all these ingredients in a large flat paella pan. Add the small cuttlefish with their ink, and then add the rice. Fry the mixture for five minutes, stirring constantly. Add the fish stock and cook for 20 minutes. Decorate with the sprigs of parsley.

The small cuttlefish can also be cleaned (as described below), putting the ink aside and adding it later after the rice has been fried.

