

Cuttlefish with Vegetables
(Seppie con Verdure)

INGREDIENTS:

Servings: 2 people

Cleaned cuttlefish	6
Carrots	1
Celery	1
Zucchini	1
Small tomato	1
Garlic clove	1
Dry white wine	2 tbs
Fish stock (preferably home-made)	3 tbs
Olive oil	2 tsp
Fresh thyme	1 tsp
Salt	to taste

Home-made fish stock:

Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	1 1/4 pounds
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

Servings: 4 people

Cleaned cuttlefish	12
Carrots	2
Celery	2
Zucchini	2
Tomato	1
Garlic cloves	2
Dry white wine	1/4 cup
Fish stock (preferably home-made)	1/2 cup
Olive oil	1 tbs
Fresh thyme	1 tsp
Salt	to taste

Home-made fish stock:

Butter	1 tbs
Mire poix (i.e. carrots, celery, leek, onion)	1 1/4 pounds
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

Servings: 6 people

Cleaned cuttlefish	18
Carrots	3
Celery	3
Zucchini	3
Small tomatoes	2

Garlic cloves	3
Dry white wine	1/2 cup
Fish stock (preferably home-made)	1/2 cup
Olive oil	1 tbs
Fresh thyme	1 tsp
Salt	to taste

Home-made fish stock:

Butter	1 tbs
Mire poix	1 1/4 pounds
(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

Servings: 8 people

Cleaned cuttlefish	24
Carrots	4
Celery	4
Zucchini	4
Tomato	2
Garlic cloves	4
Dry white wine	1/2 cup
Fish stock (preferably home-made)	3/4 cup
Olive oil	2 tbs
Fresh thyme	2 tsp
Salt	to taste

Home-made fish stock:

Butter	1 tbs
Mire poix	1 1/4 pounds
(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

Servings: 10 people

Cleaned cuttlefish	30
Carrots	5
Celery	5
Zucchini	5
Small tomatoes	3
Garlic cloves	5
Dry white wine	3/4 cup
Fish stock (preferably home-made)	1 cup
Olive oil	2 tbs
Fresh thyme	2 tsp
Salt	to taste

Home-made fish stock:

Butter	1 tbs
Mire poix	1 1/4 pounds

(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

Servings: 12 people

Cleaned cuttlefish	36
Carrots	6
Celery	6
Zucchini	6
Tomato	3
Garlic cloves	6
Dry white wine	3/4 cup
Fish stock (preferably home-made)	1 cup
Olive oil	2 tbs
Fresh thyme	2 tsp
Salt	to taste
Home-made fish stock:	
Butter	1 tbs
Mire poix	1 1/4 pounds
(i.e. carrots, celery, leek, onion)	
Fish heads, bones, tails	2 1/4 pounds
Dry white wine	1 cup
Bouquet garni of parsley, bay leaf, and thyme	2
Juniper berries	1 tbs
Whole black peppercorn	1 tsp
Water	2 1/2 quarts

TOOLS:

Vegetable peeler
 Chef's knife
 Cutting board
 Skillet with lid
 Ladle

PREPARATION:

Prepare the fish stock:

This will yield 2 quarts. You will need some of the stock for this recipe, and the remaining can be frozen. Unused stock can be frozen and used later. Clean the fish. Melt the butter in a stockpot and sauté the vegetables for 5 minutes. Add the all the fish parts and continue to cook for 5 minutes. Add the wine, water, and spices. Bring to a boil, partially cover it, and simmer for 30 minutes. Strain through a fine sieve.

Finely chop the thyme. Peel and cut the carrots into wide slices with a vegetable peeler. *Julienne cut the vegetables* and sprinkle some thyme over them.

Place the oil in a skillet. *Add the garlic and the cuttlefish* and place the pan over high heat. Cook for a few minutes. Sprinkle with salt and *add the wine*. Ignite the pan by tilting. When the flames die down, sprinkle with the rest of the thyme. Cover and cook for 1 minute. Add the carrots, zucchini, and celery to the pan. Add a ladleful of fish stock. Cook covered for 2 minutes and add the tomatoes. Add more stock if necessary. Season, cover and cook for another 2-3 minutes, until the fish is cooked through. Serve with small wedges of toast.

This recipe comes from *Grotto Palazzese*.