

## Rice with Mushrooms, Cuttlefish, and Artichokes

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by José Andrés

4 artichokes (you can use jarred or freezed if fresh are not available)  
12 mushrooms (button or Portobello)  
1 or 2 Bay leaves (optional but highly recommended)  
1 glass of white wine  
2 cuttlefish (you can use frozen cuttlefish or squid if you don't find it fresh)  
2-3 tbsps Sofregit (see recipe below)  
2 cups (300g) short grain rice (Spanish Calasparra or Montsant are preferred, but you can choose any other short grain)  
6 cups fish stock (use 1 ½ cup of liquid per ½ cup of rice)  
saffron threads (if you can't find it or afford to buy it, you can substitute it for turmeric or yellow coloring powder)  
allioli (olive oil and garlic sauce, similar to mayonnaise sauce) – optional

Cut the cuttlefish in little strips. Add 1 or 2 tablespoons of olive oil in a frying pan and put the cuttlefish in the pan. If you use fresh artichokes, clean them down to the hearts. Cut artichokes in eights. Clean the mushrooms and cut them in fourths. Add a bay leaf to the cuttlefish and add also the artichokes and the mushrooms. Sauté until we get a golden color in the artichokes. Put a touch of white wine so all the solids in the bottom of the get mixed, getting a more flavorful dish. Add a couple or three tablespoons of sofregit and mix to make sure everything gets impregnated with the sofregit. Add all the liquid and bring it to boil. Add all the rice. Let boil for about 5 minutes in heavy heat. Add some saffron thread to enrich the dish with its flavor and color. Stir a little bit so the rice and the other ingredients get the entire flavor. If you're using turmeric or yellow coloring, use only 1/4 teaspoon. Turn to low heat and boil for another 8 minutes (or until rice is a little softer than "al dente"). Put the pan away from heat and let the rice stand a couple of minutes.

### **sofregit**

*a well cooked and fragrant sauce made of olive oil, tomatoes, garlic and onions*

2 tbsps of olive oil  
5 big red ripe tomatoes, chopped  
2 small onions, chopped  
1 green pepper, chopped (optional)  
4 or 5 garlic cloves, chopped  
1 cup of button or Portobello mushrooms, chopped (optional)  
1 bay leaf  
salt  
touch of ground cumin  
touch of dried oregano

Put all the ingredients together in a frying pan and sauté slowly until all vegetables are soft. Taste and salt if necessary.

### **alloli**

#### *traditional recipe*

4 garlic cloves, peeled

pinch of salt

fresh lemon juice (some drops)

extra-virgin olive oil (Spanish preferred but not essential)

Place the garlic in a mortar along with the salt. Using a pestle, smash the garlic cloves to a smooth paste. The salt stops the garlic from slipping at the bottom of the mortar as you pound it down. Add the lemon juice to the garlic. Drop by drop; pour the olive oil into the mortar slowly as you continue to crush the paste with your pestle. Keep turning your pestle in a slow, continuous circular motion in the mortar. The drip needs to be slow and steady. Make sure the paste soaks up the olive oil as you go. Keep adding the oil, drop by drop, until you have the consistency of a very thick mayonnaise. If your alloli gets too dense, add water to thin it out. This takes time—around 20 minutes of slow motion around the mortar—to create a dense, rich sauce.