

Pasta with cuttlefish sauce *(Pasta & rice main dishes)*



Preparation

Chop the celery and onion finely and sweat them in a frying pan with a drizzle of extra virgin olive oil. Cut all the cuttlefish into thin strips. Add it to the chopped celery and onion in the pan. Leave it until the squid releases its moisture and then evaporates. Then add some wine and reduce. Add the tomato passata, adjust the salt (add only if necessary as cuttlefish are already very tasty), cover and simmer until cooked. Cook the pasta in boiling salted water, then drain and mix with the sauce.

Tips

If you buy a fresh cuttlefish, remember to clean them carefully: inside you might find some eggs in a black bag – they're particularly good as a condiment.

Trivia

In the past cuttlefish were a source of black ink for writing, and their bones were crushed and then used to make toothpaste.

Information

Preparation 30 minutes

Total Time 30 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Short pasta 500 grams ('Caserecce' pasta)

Cuttlefish 500 grams (Cleaned)

Celery (A celery stalk)

Onions (Half a white onion)

Extra virgin olive oil (To taste)

White wine (To reduce)

Salt

Passata 400 grams