

Linguine mit Meeresfrüchten

959

Typ: Fisch

Quelle: Mary Berry: Cooks the perfect, S. 100

Bemerkungen: This creamy pasta dish reminds me of summer's warmth and relaxing holidays. However, it's delicious at any time of the year, bringing you a taste of the sea wherever you are.

Oktober 26: Rezept stark abgewandelt. Statt Tintenfisch tiefgefrorenen Kabeljau genommen und Garnelen. Anchovi-Paste gegen Fisch-Paste und 2 EL asiatische Fischsauce ausgetauscht. Fisch und Garnelen entsprechend kürzer gekocht..

Zutaten 500 g baby squid, either whole or pre-prepared baby squid pouches
300 mL dry white wine
2 garlic cloves, crushed
salt and freshly ground black pepper
300 mL double cream
finely grated rind of 1 lemon
Juice of ½ lemon
400 g Linguine
knob of butter
½ tsp anchovy paste
150 g cooked peeled king prawns
25 g fresh flat-leaf parsley, chopped

Rezept:

1. If using whole squid, prepare it as follows: Pull the tentacles from the body pouch (the head and guts will be attached), then cut off the just below the eyes. Retain the tentacles and discard the head and guts. At the top of the tentacles you may find a small, hard black "beak"; squeeze it out and discard it. Feel inside the pouch and remove and discard the "quill" (a clear sliver of cartilage that feels like a plastic shard). Wash the inside of the pouch thoroughly and peel off the spotty purplish outer skin. Rinse the tentacles in cold water.
2. Slice the pouches into rings, about 5mm wide. Put the rings and prepared tentacles (if using whole squid) into a flameproof casserole with the wine and garlic. Grind in plenty of black pepper. Bring to a simmer over a medium heat, cover the pan, and simmer gently for 10 minutes. Transfer the squid to a bowl and set aside.
3. Add the cream, lemon rind and juice to the liquid in the pan. Let it bubble over a high heat for 5-7 minutes, occasionally stirring it in from the edge of the pan with a wooden spoon. Simmer the sauce until thickened and reduced by about half.
4. Cook the linguine in a large pan of salted boiling water for 10-15 minutes, or according to packet instructions. Drain, reserving a cupful of the Pasta cooking water.
- 5 Add the butter and anchovy paste to the cream sauce, stirring until they are melted. Taste for seasoning, adding salt if needed. Stir in the reserved squid, the prawns, and half the parsley. Leave the sauce over a low heat to warm through the squid and prawns gently. Don't let them overcook, or they will become rubbery.
6. Add the cooked linguine to the sauce and toss to mix, adding a splash or two of the

reserved pasta cooking water to get the consistency you like (you may not need it all). Tip into a serving bowl, sprinkle with the remainin: parsley, and serve immediately.