



## Brazilian Black Rice w/Shrimp & Squid

**Servings: 4**

Preparation Time: 5 minutes

*Start to Finish Time: 1 hour 15 minutes*

*This dish from Uxua hotel chef Aladim Alves traces its roots to the 1970's, when the beaches of Trancoso, Brazil, were a favorite hippie destination. It combines richly flavored Bahian seafood with healthy whole-grain black rice.*

**2 1/2 cups water**

**1 cup black rice (see NOTES)**

**1 small onion, finely diced**

**1 clove garlic, minced**

**2 tablespoons unsalted butter**

**salt and pepper, to taste**

**2 1/2 tablespoons olive oil**

**3/4 pound-medium shrimp, shelled and deveined**

**1 teaspoon rosemary, chopped (thyme can be substituted)**

**3/4 pound-small squid, cleaned, bodies sliced crosswise 1/4 inch thick**

**1/3 cup dry white wine**

**1/2 cup tomato sauce**

The black rice gives this dish in earthy appeal. The tomato sauce and wine adds yet another dimension.

NOTE: Black rice, not to be confused with black sticky rice, is available at supermarkets and online at amazon.com.

SUGGESTED WINE PAIRING: Bold, berry-rich Spanish rosé.

*Per Serving (excluding unknown items): 358 Calories; 15g Fat (38.5% calories from fat); 8g Protein; 45g Carbohydrate; 2g Dietary Fiber; 53mg Cholesterol; 34mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 34mg Calcium; 3mg Iron; 244mg Potassium; 116mg Phosphorus. Exchanges: .*

PREP (20 minutes):

COOK THE RICE (50 minutes)

In a saucepan, bring the water to a boil with the rice. Cover and simmer over moderately low heat until tender, 45 minutes.

SKILLET #1 (7 minutes)

In a medium skillet, cook the onion and garlic in the butter over moderate heat until softened. Stir in the rice, season with salt and pepper, cover and keep warm.

SKILLET #2 (10 minutes)

In a large skillet, heat 1 tablespoon of the oil. Add the shrimp and 1/2 teaspoon of the rosemary; season with salt and pepper. Cook over moderate heat, turning once, until just white throughout; transfer to a plate.

Add 1 tablespoon of the oil to the skillet; increase the heat to moderately high. Add half of the squid and 1/4 teaspoon of the rosemary; season with salt and pepper. Cook, turning once, until the squid is just firm, 1 minute; transfer to the plate. Repeat with the remaining squid, 1/2 tablespoon of oil and 1/4 teaspoon of rosemary.

Add the wine to the skillet and cook for 1 minute, scraping up any browned bits from the bottom. Stir in the tomato sauce and the seafood; cook just until heated through. Season with salt and pepper.

SERVE:

Mound the rice on plates, top with the seafood and sauce and serve right away.