

Squid with wild leaves and a mushroom broth

Ingredients

For the squid

1 large squid, cleaned
selection of English wild leaves (such as wild cabbage, dock leaves, lady's smack, wild harvest) or different varieties of cabbage
1 tbsp rapeseed oil

For the mushroom broth

1kg/2lb 4oz shiitake mushrooms, sliced
2 sheets kelp seaweed
50g/1¾oz fresh root ginger, peeled and sliced
300ml/10fl oz mirin
300ml/10fl oz dark soy sauce
300ml/10fl oz sake

To garnish

rosman berries, to taste
sea rosemary, to taste
sea sorrel, to taste
stonecrop, to taste
birch sap syrup, to taste
ramen noodles, preferably lactose fermented ramen
meadowsweet vinegar, to taste

Method

1. For the broth, put all the ingredients in a large saucepan and add 2 litres/3½ pint water and bring to the boil. Simmer for 3 hours before straining through muslin cloth.
2. Prepare the squid by scoring it four times on each side before cutting into long strips.
3. Cut most of the wild leaves into small pieces but leave some of the larger ones whole.
4. Mix the squid with the rapeseed oil.
5. Put the squid into a serving bowl and lay some of the bigger leaves around the edge. Ladle over the warm broth and finish with the chopped leaves and the garnish ingredients.

Preparation time

less than 30 mins

Cooking time

over 2 hours

Serves

Serves 2

Want to try some Michelin star magic at home? Get foraging and give this recipe a go.

By Tom Sellers
From Saturday Kitchen