



SEAFOOD PAELLA RECIPE

There is no dish more famous than this Spanish seafood paella. Fortunately, it's easier than you might think to make this mouthwatering dish from scratch in under an hour!

The most popular version of paella is this seafood paella, or paella de marisco. It became popular on the sunny beaches of Valencia, Malaga and Barcelona with visitors from around the world. This variation of paella is packed with fresh fish, shrimp, squid, mussels, and clams, but the real treasure is the rice. Cooked with saffron and seafood broth, the rice is a sensation all on its own!

This is the dark, crispy layer of rice at the bottom that almost burns as the stock evaporates from the pan. This is a sign of a well-made paella, as it's the best part of the dish! You'll love its texture and rich, caramelized flavor.

INGREDIENTS:

- It uses the right type of rice. Spaniards typically choose Bomba rice, (and similar varieties) because it can absorb 3x the liquid of long grain rice without breaking down and getting mushy. In a pinch, any short-grain rice or arborio rice will also work.
- It uses homemade stock. Most of the flavour in paella comes from the broth, so making your own seafood stock will take your paella to the next level!
- It uses homemade sofrito. This flavourful sauce is the base of paella, and making your own adds extra flavor to your paella. Fortunately, it can be made in advance to speed up the cooking process.
- It uses real saffron, not food coloring. Even though it can be expensive and hard to find, saffron adds an inimitable color and flavor to the rice, and it's absolutely worth using in this dish!
- **Rice:** The perfect paella rice is a short/medium grain round variety. Here in Spain, Bomba rice is most commonly used, although other similar varieties like Calasparra or Senia are also popular.
- **Seafood:** Everyone's seafood paella recipe is a bit different, but usually, it will include squid or cuttlefish, shrimp or prawns, and shellfish such as clams and/or mussels. You can experiment with your favorite seafood or with what you have available.
- **Stock:** While some traditional paellas are made using only water, your seafood paella will be extra special if you use a good seafood stock. I like to make batches of homemade shrimp and shellfish stock for my paellas (lobster stock would also be amazing) and adding Monkfish head (this is really a gamechanger).
- **Saffron:** This gives the paella its distinct colour and adds a mild flavor. If you can't find saffron or it's cost-prohibitive, you can use a pinch of turmeric for colour or simply omit it.
- **Seafood Stock:** If you don't have time to make your stock, you can use a local high quality seafood stock.



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INSTRUCTIONS :

- Heat the seafood stock and white wine with a pinch of saffron in a pot. Keep this warm until you need it later; the saffron will infuse into the broth.
- Add olive oil to a large paella pan and start making the sofrito. Sauté the diced onion until translucent, and then add the minced garlic and sauté for a few more minutes.
- Next, add the diced tomatoes, paprika, and a pinch of salt. (If you are using a salty seafood stock, you may want to omit the salt.)
- Stir and cook the sofrito until it has a jam-like texture. The secret to a good sofrito is a bit of time!
- Next, add the squid (calamari). It can be cut into rings or chunks, depending on your preference.
- Coat the calamari in the sofrito and sauté for one minute.
- Now we add the rice!
- There are different opinions on the best method here, but I like to mix it into the sauce and cook it for a minute or so.
- Add the broth mixture to the pan, and don't stir! This is key: once the broth is in, no stirring is allowed.
- Simmer on low for 10 minutes.
- Add the shrimp or prawns on top, and cook for another 10 minutes. If needed, flip the shrimp after 5 minutes to make sure they're pink and cooked fully on both sides.
- In the meantime, steam the mussels in a pot. Simmer a little water or wine, then add the closed mussels and cover. After a few minutes, the mussels will open. If any stay shut, simply discard.
- Place the cooked mussels on the paella in a decorative way. When the rice has cooked for 18-20 minutes total, it should be done.
- Remove from the heat, cover with a dish towel, and let stand for 3 minutes. Serve with sliced lemon wedges.
- To get the perfect crispy bottom (socarrat), put it back on medium-high heat after the 3-minute rest. As soon as you hear crackling (some say it sounds like rain), remove it from the heat. This means you'll have a crispy socarrat on your seafood paella!

Note:

My grandmother will use a hand full of rice per person or about 100gr. And, paella has bay leaves, always! Cloves, one per person, black peppers, grain, a few per portion.

Meat should be 150gr+100 of vegetables.

All this is approximate, in the vegetarian paella and the meat one, I would happily use artichokes, fresh always, clean the hard bit and just use the heart and part of the trunk, sliced thin as 1cm thick.

Regards, Tosh from Karma La Herriza