



Paella

For 6 to 8 people.

Ingredients:

200 grams of mussels
150 ml of olive oil
200 grams surf clams washed
1 large onion finely chopped
3 cloves of garlic finely chopped
3 large beef tomatoes skinned and finely chopped
2 tinned red peppers or fresh ones grilled and skinned cut into thin pieces 1 cm
200 grams of monkfish cut into 1 inch (2.5 cm) pieces
500-600 grams of small whole prawns
1 level teaspoon of Pimenton dulce (sweet paprika.)
1 good pinch of saffron strands
1 mug (250 grams) of La Cigala rice
175 grams of green peas or green beans slice
2.5 mugs (625 ml) of fish stock
150 grms of squid rings (well cleaned and washed)
6-8 lemon wedges

FISH STOCK

500 grms of monk fish bones
500 grms of cod bones
500 grms of hake bones
shells of 3 prawns/brown crab or lobster lightly fried
50 ml olive oil
25 grms of unsalted butter
1 tomato washed
1 onion peeled and half
1 sprig of parsley
half wine glass of medium dry sherry
salt and pepper

FISH STOCK PREPARATION:

Wash all the fish bones thoroughly, place on a medium to large boiling pan along with the tomato, onion, sprig of parsley, dry sherry, salt and pepper.

On a frying pan, heat the olive oil to a medium to high temperature add the butter and wait until the olive oil and the butter have mixed very well, now add the prawns, lobster or brown crab shells and fry for 4 to 6 minutes. Remove the frying pan from the fire, and tip the its contents on top of the fish bones and others ingredients in the boiling pan. Add 2.5 litres (2500 ml) of cold water and bring to the boil. Turn the heat to a gentle simmer, removing any scum with a ladle as you go along. Continue to boil for 1½ hours reducing the contents of the pan to 1½ litre approximately.

Remove the boiling pan from the heat and allow to cool down for approximately 1 or 2 hours.

Place a piece of muslin on top of a colander and sieve the stock into a large bowl. Once all the liquid has finally sieve through, bring all four ends of the muslin together and gently tie into a ball, then squeeze! this procedure will extract all the remaining goodness out of the stock ingredients.

COOKING INSTRUCTIONS for the PAELLA:

Wash the mussels very thoroughly, removing the bears and any barnacles. Discard any that are open and any that float to the surface, as these ones will be dead.

Washed all the ingredients with cold water.

Heat the oil in the paella pan to a high heat and fry the monkfish until golden. Add the chopped onion and garlic and cook until limp or soft, then add the chopped tomatoes and cook gently for 4 to 6 minutes

or until a consistent tomato sauce has been achieved, now add the rice and cook for a further 2 minutes approximately.

Now add the mussels, surf clams and squid rings and cook for a further 3 to 4 minutes stirring occasionally.

Pour the fish stock into the paella stir the contents, add the saffron, pimenton (paprika). Turn the heat to high and bring to a quick boil stirring the contents for the last time.

Add the green peas/sliced green beans and place the prawns evenly around the pan as if to divide the contents into portions.

Cut the tined red peppers into thin strips 10mm approximately and place along side the prawns all around the paella dish.

Turn the heat to low and cook for a further 12 to 15 minutes or until the edges of the Paella start to turn golden brown. A true Paella, has to be slightly burnt, this adds to the true authenticity of the Paella dish.

Remove from the heat and leave to rest for a further 5 minutes.

Serve on a white plate to enhance the presentation of the colourful ingredients, serve with lots of fresh crunchy bread.

My recommended wine to have with this exquisite dish, has to be Albarino Valdamor Denomination of Origin Rias Baixas from The region of Galicia in Northern Spain.

NOTES: When making the fish stock, you could double the quantities. Divide the extra stock into required portions, place into freezer bags and freeze for future use.

Stock cubes are o.k, but just that. You only get what you put into it, so why not make the extra effort and taste the enormous difference.

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