



THE CLASSIC SEAFOOD PAELLA

Try this classic fish and seafood paella with squid, prawns and mussels. This recipe has all the essential ingredients you need, along with some fantastic seafood suggestions...

★ METHOD

★ INGREDIENTS

1. In a medium saucepan gently warm the fish stock, water and saffron to just under a simmer; cover the pan.
2. Heat the olive oil in the paella pan over medium heat using your largest burner; soften the onions and garlic; add the tomatoes, and cook for a few minutes to reduce and thicken; stir in the paprika and black pepper; stir in the squid, coating well.
3. Add the warmed stock and bring to the boil; stir in the rice, coating well - then do not stir the rice again.
4. Bring the pan to a gently rolling boil and cook for about 5 minutes.
5. Continue to boil until the rice is no longer soupy then reduce the heat to low; arrange the mussels (hinge side down), prawns & pepper strips over the rice, pressing in gently. Cook for 10-15 minutes, until the liquid is absorbed.
6. Removed from heat, cover with a tea towel, and leave to rest for 5 minutes. Garnish with lemon wedges and take to the table.

- ★ 200g squid (net), cut into small pieces
- ★ 1/2 kilo mussels in their shells, scrubbed
- ★ 8 large raw prawns in their shells
- ★ 950ml El Navarrico fish stock fumet
- ★ 1 tsp sea salt
- ★ 80ml water
- ★ Pinch of ground/finely chopped saffron
- ★ 5 Tbsps Brindisa Arbequina olive oil
- ★ 1 onion, chopped
- ★ 3 garlic cloves, peeled and sliced
- ★ 2 tomatoes, finely chopped
- ★ 1 tsp La Chinata sweet paprika
- ★ 6 El Navarrico Piquillo peppers, sliced
- ★ 1 lemon, cut into 8 wedges

Watson & Pratt's

