

Seafood Paella

Adam Bishop
The Passionate Foodie



Serves 6 people

Foodie Facts

According to Valencian tradition, paella is cooked by men over an open fire, fueled by orange and pine branches along with pine cones. This produces an aromatic smoke which infuses the paella. Dinner guests would traditionally eat directly out of the *paellera* (paella pan).

Ingredients

- 1 brown onion – finely chopped
- 1 garlic bulb – peeled and finely chopped
- 750ml hot fish stock – (see recipe below)
- Dash of white wine
- 500 grams rice (calasparra)
- 4 large ripe tomatoes, diced
- Pinch of saffron threads
- 1 to 2 squid tubes – cleaned, trellised and cut into pieces
- 12 to 16 fresh prawn tails – peeled and deveined
- 12 to 16 fresh mussels
- 300 grams salmon fillet – diced into medium chunks
- 1 lemon zest and juice
- Olive oil
- Splash of white wine
- 100 grams block butter
- 1 bunch flat leaf parsley
- Salt and pepper

Method

Heat the paella pan then add some olive oil.

Sauté the prawns, squid and salmon and cook half way through. Quickly deglaze the pan with a splash of white wine. Remove seafood from pan and set aside.



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Quickly cook the mussels in the simmering fish stock for approximately 45 seconds, or until the mussels open. Once done, remove mussels from stock and set aside.

Sauté the onion and garlic in olive oil over a medium heat. Add the butter and allow to melt.

Add the rice and allow the rice to absorb the butter and oil. Stir continuously to avoid the rice from sticking to the pan.

Add the saffron and diced tomatoes.

Gradually add the hot fish stock as you would if you were cooking a risotto. When the liquid is fully absorbed by the rice, add more stock. Continue this process until the rice is close to done.

Place the blanched seafood back into pan with the rice and gently combine

Remove the paella pan from the heat and season with salt and pepper.

To finish the paella, sprinkle the chopped parsley on top, squeeze the fresh lemon juice over it and add freshly ground pepper.

Allow the paella to sit for 5 minutes before serving.

Fish Stock

Ingredients

- 1 kg snapper bones
- 2.5L cold water
- 1 large onion – roughly chopped
- 1 fennel bulb – roughly chopped (optional)
- 3 sticks celery – roughly chopped
- 2 or 3 medium carrots – roughly chopped
- 2 sprigs fresh thyme
- 12 peppercorns

Method

Add all ingredients to a large pan.

Bring to the boil then simmer gently for 20 minutes.

Strain through a muslin cloth.

Use as required.

If not using immediately, leave to cool, then chill and refrigerate (for up to 4 days) or freeze (up to 4 months).