

Seafood Paella

Serves 4

The classic Barcelona seafood paella we cook with our guests: a deep, golden base, tender seafood and a crisp socarrat crust.

Ingredients

- 1.5 litres fish stock
- Cuttlefish and/or squid, 400-600 g
- Prawns or shrimp, head on if possible, 1-2 per person
- Clams, 2-3 per person
- Mussels, 2-3 per person
- 400 g paella rice (round-grain rice, or risotto rice)
- 2-3 fresh tomatoes, grated or chopped
- Red or green pepper, a handful thinly sliced or chopped
- 1-2 cloves garlic, minced
- Paprika or smoked paprika, 1 teaspoon
- Saffron, 0.25 g
- Salt, to taste
- Olive oil, plenty, at least 1/2 cup
- A splash of white wine

Method

- 1** Heat 4-6 tablespoons of olive oil in the pan and fry the green and red pepper. After about 2-3 minutes, remove and place in a bowl to the side.
- 2** Fry the prepared prawns in the pan so that they leave a bit of the flavours of the shell and head. Add some extra oil to make sure the prawn flavour gets into the pan, and smash the heads to release the flavour. They cook quickly, so about 2 minutes is fine. After removing the prawns, add a splash of white wine to deglaze the pan and let it cook for about 1 minute to evaporate. You will have a lovely base sauce made in the pan.
- 3** Add the saffron first, then the minced garlic and let it fry for just a few seconds. Add the grated tomato, and finally the paprika. If you have extra virgin olive oil, now is the time to add a bit more so the sauce does not stick to the bottom of the pan. Cook it down into a nice sauce for a few minutes.
- 4** Add the chopped cuttlefish and/or squid to the sauce and allow it to release its natural juices for about 2 minutes. Salt lightly as well.
- 5** Add the rice to the pan and stir it constantly into the sauce. Let it cook for about 2-3 minutes, constantly turning so it does not burn to the pan (do not be afraid to add more olive oil to help this part). Then return the cooked red and green pepper to the pan with the rice.
- 6** Turn the heat up to high. Carefully add the simmering fish stock to the paella, best strained through a fine mesh colander, to about 1 cm above the top of the rice. It should begin to boil almost immediately. Start your timer for 16 minutes once the pan boils. Stir it once to spread the rice evenly around the pan, and do not stir it any more.

- 7** After 3 minutes, turn the heat down to medium or medium high. After 6 minutes of cooking, carefully place the prawns in any pattern you like, pushing them onto the rice. You can also add the clams and mussels now.
- 8** Let the rice cook at medium-high heat, making sure never to stir it (you can shake the pan to keep it from sticking). Leave the rest of the stock simmering so you can keep adding some to the pan as necessary. You will probably stop adding stock after about 11-12 minutes. The rice should take 16-18 minutes to finish, depending on your pan, stove top and burner size. When the paella is almost finished (1-2 minutes left), turn the heat up to high to crisp the rice on the bottom. This crust is called socarrat.
- 9** Once you remove it from the heat, place a towel over the top for about 3 minutes to let it finish cooking. If you have a slightly burned crust on the bottom of the pan, don't worry. This is traditional!