



## PAELLA WITH SEAFOOD

### MISE EN PLACE

- Place your stock in a pan, ready to heat.
- Make sure you have a paella pan, or other wide shallow pan, for making your paella.

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### PAELLA WITH SEAFOOD *(serves 8)*

Recipe by KATHRYN JOEL

*NOTE: The ratio of rice to stock is 1:2 so to make less paella adjust the quantity to 2 cups rice and use 4 cups of stock. You can reduce the amount of seafood etc and use a smaller pan also.*

*3 cups paella rice, calasparra or bomba*

*6 cups fish or shellfish stock, or use clam juice*

*1/2 lb shrimp\*, in the shell*

*1 lb squid\*, cleaned scored on the inside, then cut into 1 x 2 inch pieces*

*2 lbs mussels or clams\*, or a combination, washed and checked*

*1/2 lb white fish\*, cod or halibut, cut into pieces*

*1 glass white wine*

*1 onion, finely chopped*

*2 red peppers, finely chopped*

*1 red pepper roasted, peeled and sliced (at 400 F until blackened, sweat in a ziplock 20 mins, then peel)*

*2 tomatoes, finely chopped*

*4 cloves garlic, finely chopped*

*large pinch saffron*

*2 tsp smoked paprika*

*1 cup peas, fresh or frozen and defrosted*

*2 large handfuls Italian flat leaf parsley, chopped (half to stir in and half to finish)*

*lemon juice, to taste*

*extra virgin olive oil*

*salt to taste*

*to serve lemon wedges and saffron aioli*

*\*Use any combination of seafood, according to your preference.*

- In a pan, heat the stock, crumbling in the saffron and seasoning to taste with salt and lemon juice.
- Steam the clams (if applicable) in a pan with a little white wine, just until opened. Set aside, straining off the cooking juices and adding to your stock.
- In an 18 inch paella pan, or another wide skillet, heat a generous amount of olive oil, then sauté the squid, seasoning with salt, just until it changes colour. Remove and set aside.
- Now sear the shrimp on a high heat, seasoning with salt, then remove, and also set aside.
- Season the white fish with salt, then sear in oil in a non-stick pan just until nicely golden. Remove from the pan and set aside.
- Add any juices from the squid, shrimp and fish to your stock.
- In the same paella pan, add the onion and red peppers, and sauté until golden.
- Add the garlic and cook, just until fragrant.
- Add the tomatoes and one handful of the parsley, cooking briefly then add the smoked paprika.
- Now stir in the rice, coating it nicely in the cooking juices.
- Add the cooked squid and the peas to the rice, stirring.
- Add the stock, and bring to a boil, rotating the pan. Cook for about 10-12 minutes, until the stock is almost absorbed. Add more stock if needed.
- Add the mussels, if using, tucking them flat side down into the rice.
- After another 5 minutes add the shrimp and white fish, tucking them into the rice.
- Cook for another 3 minutes then tuck in the clams (if using).
- Remove from the heat, and finish with the roasted red pepper slices.
- Cover with foil and rest before serving, garnished with lemon wedges, with saffron aioli served separately.

## **VARIATION**

### ARROZ NEGRO

*1-2 tbsp cuttlefish ink*

- Add the cuttlefish ink to your stock for a black rice.

## **SAFFRON AIOLI** *(optional)*

*2 egg yolks*

*200 to 275 ml oil, we use cold pressed canola oil or use a mild olive oil (you can cut it with a neutral oil if you like)*

*1 clove garlic, crushed or grated (optional)*

*1 tbsp Dijon mustard (optional)*

*Pinch of saffron, crumbled*

*salt and lemon juice to taste*

*\* You can also use 1 part olive oil, to 3 parts neutral oil (grapeseed, or canola)*

- In a large bowl, whisk the egg yolks with the salt, for a minute or so until the yolk are thick and sticky.
- Gradually whisk in the oil, drop by drop, until emulsified. Once emulsified, you can add the oil more rapidly.
- Continue adding oil until you achieve the desired consistency.
- Whisk in the optional garlic and mustard, and lemon juice and salt to taste.
- You can whisk in a little water if you'd like a lighter texture.

## **EQUIPMENT**

Pan for stock

Paella pan or other wide shallow skillet

Measuring cups and spoon

Cutting boards and knives

Foil

Bowl and whisk for aioli

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## **BONUS RECIPES** *(in case you want to make your own stock before the class)*

### **SHRIMP STOCK**

*Approx 8 cups shrimp shells, roasted at 400 F for about 15 minutes*

*1 stalks lemongrass, crushed*

*1 carrots, peeled, washed, cut*

*1 onion, cleaned, cut*

*1/2 bulb fennel, sliced*  
*1 celer stalk, washed, cut*  
*1 leek, coarsely sliced*  
*2 cloves garlic, crushed*  
*300 ml white wine*  
*Handful fresh basil, stalks as well, washed*  
*handful fresh thyme sprigs*  
*handful coriander seeds*  
*handful cherry tomatoes, washed, cut*  
*grapeseed or canola oil*

- Heat up a large pot and add grapeseed oil.
- Once hot add all the vegetables and aromatics, except the tomatoes and fresh herbs, and sauté until golden brown.
- Add the roasted seafood shells and toss for about 5 minutes.
- Add the fresh tomatoes.
- Toss again for about 1 minute.
- Add the wine and reduce.
- Add the fresh herbs.
- Bring to the boil then reduce the heat.
- Cook at a gentle simmer for about 40 minutes.
- Strain through a sieve.

## **FISH STOCK**

*1 kg white fish bones (halibut, sole, plaice ...), rinsed well to remove any blood, flat fish bones are best*  
*1 stalk celery, cut into 1" pieces*  
*1 leeks, cut into 1" pieces*  
*1/2 fennel bulb, cut into wedges*  
*handful fresh basil, including stems (or use dill, tarragon or chives, or a combination of tender herbs)*  
*300 ml white wine*  
*water to cover*

- Place the rinsed bones, vegetables and herbs in a pot.
- Add the white wine, and water to cover.
- Bring up to a simmer, skimming.
- Simmer very gently for 20 minutes, then turn off the heat and strain gently through a fine sieve.
- Fresh stock will keep in your fridge for about 4 days, or freeze.

## **CHICKEN STOCK**

4 chicken carcasses  
2 carrot, peeled and roughly chopped  
2 sticks celery, roughly chopped  
1 leek, roughly chopped  
1 large onion, quartered  
handful of parsley stalks  
sprig of thyme  
8-10 black peppercorns  
1 bay leaf

- Place the chicken bones in a large stock pot and cover with water by 2".
- Bring water to a boil, then pour off the water to remove all of the impurities.
- Add the remaining ingredients and fresh water to cover by several inches.
- Bring up to a very gently simmer – your stock should be barely bubbling.
- Simmer for 4-6 hours or overnight, then strain and refrigerate.
- The next day lift the congealed fat off the surface of the stock.