

# paella

winter



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EST 1981, SYDNEY FISH MARKETS PYRMONT

# Paella

Serves 4

125 ml (1/2 cup) white wine	4 garlic cloves, crushed	1/4 teaspoon saffron threads
1 small red onion, chopped	1 small red capsicum (pepper), finely chopped	500 ml (2 cups) chicken stock, heated
12-16 black mussels, cleaned	1/2 small red onion, extra, finely chopped	80 g (1/2 cup) fresh or frozen peas
125 ml (1/2 cup) olive oil	1 ripe tomato, peeled and chopped	12 green prawns(uncooked), peeled and deveined
1 small chicken breast fillet, cut into bite-sized pieces	90 g chorizo, thinly sliced	100 g squid, cleaned and cut into rings
1 streaky bacon rasher, finely chopped	pinch of cayenne pepper	100 g skinless blue-eye cod fillets, cut into bite-sized pieces
	200 g (1 cup) paella or short-grain rice	2 tablespoons chopped parsley

## Fish substitution

ling, mahi mahi, monkfish

Heat the wine and onion in a large saucepan. Add the mussels, cover with a lid and gently shake the pan for 4-5 minutes over high heat. After 3 minutes, start removing opened mussels from the pan and set aside. At the end of 5 minutes, discard any unopened mussels. Reserve the cooking liquid.

Heat half the oil in a large frying pan. Pat the chicken dry with paper towels, then cook the chicken for 5 minutes, or until golden brown. Remove from the pan and set aside. Heat the remaining oil in the pan, add the bacon, garlic, capsicum and extra red onion and cook for 5 minutes, or until the onion is softened but not browned. Add the tomato, chorizo and cayenne pepper. Season with salt and freshly ground black pepper. Stir in the reserved cooking liquid, then add the rice and mix well.

Soak the saffron threads in 125 ml (1/2 cup) of the hot stock, then add it, along with the remaining stock, to the rice and mix well. Bring slowly to the boil. Reduce the heat to low and simmer, uncovered, for 15 minutes, without stirring.

Put the peas, chicken, prawns, squid and fish on top of the rice. Using a wooden spoon, push pieces of the seafood into the rice, cover and cook over low heat for 10 minutes, or until the rice is tender and the seafood is cooked. Add the mussels for the last 5 minutes to heat through. If the rice is not quite cooked, add a little extra stock and cook for a few more minutes. Leave to rest for 5 minutes, then sprinkle with parsley and serve.

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