

Paella

Serves 6-8 people. 45 minutes from start to serving.

Ingredients

2 tbsp olive oil
1 large onion, finely chopped
1 red pepper, deseeded and diced
4 garlic cloves, finely chopped
a good pinch saffron
1 tbsp paprika
275g (10oz) paella rice or basmati
150ml (¼ pint) white wine
1 x 400g tin chopped tomatoes
600ml (1 pint) fish stock
250g (9oz) cod, skinned and sliced into large chunks
200g (7oz) squid, sliced
350g (12oz) mussels
55g (2oz) frozen petits pois
2 tbsp freshly chopped parsley, to serve (optional)
lemon wedges, to serve

Method

Soak the saffron in 3 tablespoons of water.

Heat the oil in a large non-stick frying or two-handled paella pan over a high heat. Add the onion and fry for a few seconds. Add the pepper and fry for 4–5 minutes. Add the garlic and fry for 10 seconds.

Sprinkle the paprika and rice into the pan and stir to coat. Pour in the wine and add the saffron with its soaking liquid. Reduce the liquid over a high heat for a few seconds, stirring.

Add the chopped tomatoes and stock, stir and bring up to the boil. Reduce the heat and simmer gently uncovered for about 20 minutes, stirring occasionally, until almost all of the liquid has been absorbed. Add salt and pepper to taste.

Add the cod, squid and mussels to the pan, cover with a lid or foil and continue to cook for about 10 minutes until the cod, seafood and rice are cooked through and all the liquid has been absorbed. Stir in the peas for the last 5 minutes.

Place the cooked langoustines on top and serve sprinkled with chopped parsley, if using, and with lemon wedges alongside.