



# Seafood Paella à la Maestre

## Ingredients

Serves 2-4

Splash of extra virgin olive oil  
100g clean calamari rings  
5 large prawns (keep the heads and shell for flavour)  
750ml chicken stock  
250g bomba rice (use arborio if you can't find bomba)  
10 black mussels  
200g white fish (such as snapper, barramundi or flathead), sliced and cut in 5cm pieces  
Salt, to taste  
½ cup peas or green beans  
½ bunch chives, finely chopped  
Lemon wedges, to serve

### Sofrito

3 large ripe tomatoes, roughly chopped  
5 large roasted red (piquillo) peppers and their liquid from the jar  
6 garlic cloves, peeled  
½ bunch parsley  
½ bunch chives  
25ml extra virgin olive oil  
1 teaspoon saffron threads  
2 tablespoons smoked paprika

## Method

To make the sofrito, place all ingredients in a food processor and process until chunky. If you don't have a food processor, roughly chop the tomatoes and peppers, finely chop the garlic, parsley and chives, and combine with other sofrito ingredients.

Heat a 30cm-wide fry pan or paella pan with a splash of olive oil over high heat and add calamari and prawns, stirring until they begin to colour. Add the sofrito and cook until it's mostly reduced, 3-4 minutes. Add chicken stock and bring to the boil. Stir in rice and bring to a simmer. Now add mussels and fish evenly. Continue simmering for about 10 minutes. Meanwhile season stock to taste with salt.

When rice is tender and liquid has mostly reduced, add peas or green beans and cook for a further 2 minutes to achieve *socarrada*, the crust on the bottom of the pan. Squeeze over lemon juice and garnish with chopped chives just before serving.



## Miguel says...

**F**or me, paella is everything. It's what made me fall in love with food. When I was growing up, my mum would cook paella for the family a few times a week, and my grandma would cook it for 100 family members at our big social gatherings. It's about celebration and bringing people together and sharing that meal and that experience with the whole family.

Spanish chefs in Australia make paella feel like a restaurant dish, but back home in Spain it's an everyday meal that is accessible and affordable. It's home cooking at its very best.

People say there's only one way to cook paella but that's rubbish! It's so versatile, you can use chicken, chorizo, squid ink, snails, rabbit or scrambled eggs. Travel around Spain and you can tell which produce is the best in each city based on what they put in their paella. That's why there's so many variations.

My own interpretation of paella is heavily influenced by my family back home. Now that I live in Australia with a beautiful family of my own, it means so much to be able to teach my wife and kids how to cook it with me. Everyone in our kitchen is always involved in the cooking. Everyone always has a job to do because cooking shouldn't be stressful, it should be a celebration that brings us all closer together.

The most important thing to remember when cooking paella is that colour means flavour, and the *socarrada* caramelises the flavours from the garlic and paprika. In every home in Spain, kids always fight for the *socarrada* and the oldest brother always gets the most!

Bomba is the ultimate paella rice because the starch is so strong that you can cook it and cook it and it holds its shape. The most common mistake when cooking paella is to use the wrong rice. Why? You wouldn't use Singapore noodles for fettuccine, would you?

Aussies get so stressed about paella. I'm here to say, relax. Cooking paella should be a creative process. Use whatever you want to. Throw out the rule book and just cook and enjoy!

YOU CAN CATCH MIGUEL ON CHANNEL 10'S *THE LIVING ROOM*, 7.30PM ON FRIDAYS.