



Paella

Ingredients (for 4 people)

For the stock:

- ½ Leek
- ½ Onion
- 1 celery stick
- 1 carrot
- A few green beans
- 1 clove of garlic
- 2-3 peppercorns
- 1 bay leaf
- ½ cup of dry white wine or brandy
- Shrimp shells and heads
- 1.5 liters of water

For the rice:

- 400 g (14 oz) of chicken in small chunks (preferably with the skin and bones)
- 200 g (7 oz) of clams
- 8 mussels, washed and debearded
- 200 g (7 oz) of shrimp, peeled and deveined
- 200 g (7 oz) of squid rings
- 300 g (10.5 oz) of rice (a short grain/round rice)
- 3 artichokes, hard leaves removed and cut into quarters, or 10-15 frozen artichoke quarters (frozen is fine to use, but canned/preserved is not as it will change the flavor)
- 1 tomato, grated
- 100 g (3.5 oz) of green beans, trimmed and cut into 1.5 inch lengths.
- 100 g (3.5 oz) of bell peppers (red, green or a mix of both), finely chopped
- 2 cloves of garlic, finely chopped
- A few strands of saffron
- 1 heaped teaspoon of mild/sweet paprika
- 1 lemon, cut into quarters
- 3-4 tablespoons of olive oil
- 750mL (3 cups) of stock
- Sea salt

Instructions

1. Peel the shrimp and remove the dark “vein” across the back. Keep the heads and shells to make the stock.
2. Prepare the stock:
 - a. Chop up the stock vegetables into small chunks ($\frac{1}{2}$ a leek, $\frac{1}{2}$ an onion, 1 celery stick, 1 carrot, 1 clove of garlic and a few green beans).
 - b. Heat up a small amount of olive oil in a large saucepan and once hot, add the shrimp heads and shells and brown them.
 - c. Add the wine (or brandy) and cook until it has evaporated.
 - d. Add the vegetables, saute for a minute or two, then add 1.5 litres of cold water, and the peppercorns and bay leaves.
 - e. Bring it to the boil, skim the foam, and simmer for 20-30 minutes.
 - f. Once cooked, strain the stock leaving you with just the liquid (discard the rest - the shrimp skins, vegetables etc) and add salt to taste.
3. While the stock is simmering you can begin to start cooking the rest of the ingredients. First, heat up the olive oil over a medium heat and brown the chicken pieces.
4. Add the squid and (you can add some more oil if needed) and then add the garlic, peppers, artichoke, green beans, and saute them all together. Once it is tender, add the paprika immediately (if not, it gets bitter), the saffron and the grated tomato and cook until the tomato reduces and dries.
5. Once the tomato has reduced, return the chicken to the pan, add the rice, and stir. Note: this is the only time you stir the rice - the remainder of the cooking the rice cooks without moving or stirring.
6. Add 750mL (3 cups) of the stock to the pan and turn the heat up to the maximum. Cook for 6 minutes.
7. Lower the heat and add the mussel and clams (place them over the top of the rice and other ingredients, do not move the rice or stir them in). Cook for another 6 minutes over medium heat.
8. Add the shrimps (again, placed over the top of the rice and other ingredients, do not stir) and cook for another 6 minutes, again on a low heat.
9. When the rice is tender but dry it is ready. If it is not dry, increase the heat to the maximum and cook it another few minutes to dry it out further.
10. When the rice is ready remove from the heat and place a damp kitchen cloth over the top and let it rest for up to 5 minutes.
11. After 5 minutes, serve it on plates with lemon slices.