

EASTERN SPAIN

Seafood Paella

Seafood paella is a vibrant and flavorful Spanish dish, celebrated for its rich combination of fresh seafood, rice, and aromatic seasonings. Originating from the coastal regions of Spain, particularly Valencia, this dish is cooked in a wide, shallow pan called a "paellera," which allows the rice to cook evenly and develop a crispy, golden bottom layer known as "socarrat." The key ingredients of seafood paella include a variety of seafood such as shrimp, mussels, clams, and squid, along with short-grain rice, which absorbs the flavors of the broth.



Ingredients

- 2 cups of Bomba rice (or other short-grain rice)
- 4 cups of seafood or chicken broth
- 1 onion, finely chopped
- 4 cloves of garlic, minced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 tomato, diced
- 1/2 cup of green peas
- 1/2 teaspoon of saffron threads
- 1 teaspoon of smoked paprika

- Salt and pepper to taste
- 1 pound of assorted seafood (such as shrimp, mussels, clams, and squid), cleaned and peeled
- 1/4 cup of olive oil
- Lemon wedges for serving
- Fresh parsley, chopped (for garnish)

How to prepare

1. In a small bowl, soak the saffron threads in a few tablespoons of warm water for about 10-15 minutes to release their flavor and color.
2. Heat the olive oil in a large paella pan or skillet over medium heat. Add the chopped onion and minced garlic, and sauté until they are soft and translucent.
3. Add the diced bell peppers and tomato to the pan, and cook for another 5 minutes until the vegetables are tender.
4. Stir in the smoked paprika, soaked saffron threads (along with the soaking water), and green peas. Season with salt and pepper to taste.
5. Add the Bomba rice to the pan and stir to coat it evenly with the vegetable mixture.
6. Pour the seafood or chicken broth into the pan and bring it to a simmer. Cook the rice for about 15-20 minutes, stirring occasionally, until most of the liquid has been absorbed and the rice is almost tender.
7. Arrange the assorted seafood on top of the rice in the pan. Cover the pan with a lid or aluminum foil and continue to cook for another 5-10 minutes, or until the seafood is cooked through and the rice is fully cooked and tender.
8. Once the seafood is cooked, remove the paella from the heat and let it rest for a few minutes before serving.
9. Garnish the Seafood Paella with chopped fresh parsley and serve it hot, with lemon wedges on the side.