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RECIPES FROM TIDE TO TABLE.

Recipe and Photo by Heather Peterek



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Seafood and Chorizo Paella

PAELLA:

- 4 ½ c chicken stock
- ½ tsp saffron threads
- 3 tbsp olive oil
- 1 small yellow onion, diced
- ½ red bell pepper, diced
- 4 cloves garlic, minced
- 6 oz chorizo sausage, either ground or links sliced into thin half-moons
- 3 c Jasmine or short-grain rice
- 1 14 oz can fire-roasted diced tomatoes, not drained
- 1 c frozen green peas
- 1 lb large shrimp, peeled, deveined
- 1 lb mussels, rinsed, scrubbed
- 1 lb clams, rinsed, scrubbed

GARNISH:

- 1 c fresh parsley, chopped
- Lemon wedges

On your stovetop, bring the chicken stock to a boil. Stir in the saffron and turn off the heat. Let the saffron steep for at least 15 minutes while you prep the other ingredients. Season with salt if needed.

In a 12 or 14-inch cast iron pan, heat the olive oil over medium heat. Add the onion, bell pepper and chorizo and cook for about 7 minutes, or until the onion is translucent. Stir in the garlic and sauté another 3 minutes.

Pour in the rice and fry, stirring often, for about 5 minutes, until the rice is coated with oil and combined.

Slowly pour in the stock, tomatoes and peas and lightly stir to combine.

Make sure the rice is evenly distributed over the bottom of the pan. Cover the pan and simmer the rice without stirring for 15 minutes, or until the rice absorbs most of the stock. If your pan does not have a lid, seal with foil.

Burrow the mussels and clams down into the rice with the hinge sides up so they release their juices into the rice. Then place the shrimp on top of the rice, arranged evenly around the shellfish.

Cover the pan again and cook for 5 to 10 minutes longer, until the rice and shrimp are both cooked through and the mussels and clams are open. (Discard any shellfish that stayed tightly closed once everything else is cooked.)

Using a spatula, check the bottom of the paella to see if you have achieved a golden brown crust. If not, set the pan over the heat, uncovered, for a few minutes to lightly caramelize the rice on the bottom. This crunchy, browned crust or the “socarrat” is considered a key element of a well-made paella.

Garnish with parsley and lemon wedges and serve immediately, family-style.

Substitutions or notes: The above recipe is adapted for cooking on an indoor stovetop, but I made this dish on an outdoor grill over hot coals. Either works great as long as you have consistent heat, a good cast iron pan and a lid. To make this dish more impressive, add in a few lobster tails, squid rings or scallops on top when you place in the seafood.