



PAELLA



Preparation

Boil the squid, mussels and clams in a pan for 15 minutes. Remove the boiled squid and fry in the olive oil with the garlic and pepper in a paella pan or any large frying pan. When the squid has turned golden brown, add the tomato, mussels, clams, salt, parsley and rice, stirring all the time. Then pour over the warm stock. Boil over a high heat for 20 minutes.

Halfway through cooking, add the prawns (or shrimps), crayfish and saffron. Wait 4-5 minutes before serving.

NB: The rice should not be stirred once it begins to expand.

Ingredients (4 servings)

- 400g rice
- 200g sliced squid
- 8 prawns (or shrimps)
- 4 crayfish (cigalas) if available
- 8 mussels
- 12 clams
- 100ml olive oil
- 1 tomato, chopped
- 1 red pepper, sliced
- 4 garlic cloves
- 1'5 litres water
- Salt, parsley
- 1 tsp saffron