

BARCELONA

PAELLA WITH SEAFOOD

Ingredients (for 6 persons)

- 500g rice
- 1.2 l fish stock
- 12 langoustines
- 600g pieces of anglerfish or cod or conger eel
- 600g cuttlefish, squid or similar
- 3 l of mussels
- 1 kg approx. of green crabs
- 6 shrimps
- 10 tablespoons olive oil
- 2 garlic cloves (diced)
- 4 ripe tomatoes (chopped)
- Some parsley sprigs
- 1 red pepper
- 100g green peas
- 200g green beans
- ½ package of spices (saffron)

Preparation:

Place the pan on the heat with olive oil and some salt. When hot, sauté the langoustines for a few minutes, remove and set aside on a plate.

Sauté the cuttlefish in the pan and add the pieces of anglerfish or cod, the mussels, the crabs, the chopped garlic and the red pepper cut in slices. Cook the mixture, add ½ package of spices, the chopped tomato, the green peas and the green beans. Add the rice and cook until transparent.

Add the fish stock and decorate with the shellfish.

Simmer on low heat until the stock evaporates (approx. 20 minutes).

