

## Seafood Paella Recipe

### VIDEO SEAFOOD PAELLA RECIPE:

<https://paellabarcelona.com/how-to-cook-authentic-spanish-seafood-paella-recipe-just-like-this/>

### Ingredients 4 servings:

-  1 squid, cut into square pieces or rings.
-  1 cuttlefish, can into square pieces, keep spleen (sack with brawn juice)
-  4 - 8 raw shell-on prawns.
-  4-8 Norway lobsters (known as well as langoustine or scampi) However, as it is problematic to find Norway lobster out of Europe, you can use any other shellfish: crayfish for example.
-  8 -12 mussels & clams, cleaned and debearded.
-  1 garlic cloves, minced
-  1 red sweet pepper. Dice it.
-  2 ripe tomatoes. Boil tomato for 5min, peel, remove the core, and seeds. Keep tomato pulp only.
-  2 tsp smoked sweet paprika
-  pinch of saffron 15-20 threads
-  350g/ 1.5 cup of rice (Bomba rice is the best, or if you can't find it - Arborio or any short-grain rice)
-  1.4L /6 cups of seafood stock. If you prefer to cook the stock here is the [video recipe](#)>>
-  Extra virgin olive oil

# Seafood Paella Recipe



## Step 1: GARLIC

Cut the garlic clove into two halves and use them to rub the bottom of the paella pan. (Pan is cold)



## Step 2: Extra Virgin OLIVE OIL

Add oil to the center of the pan (1/2 cup), switch on low-medium heat



Step 3: LOBSTERS Add small lobsters to the pan, cook on low heat on each side for 5 min in total.



## Step 4: PRAWNS

Add prawns to the center and take lobsters off the pan. Cook prawns on low heat for 2 min each side 5 min in total.



## Step 5: SQUID & CUTTLEFISH

Add the squid and cuttlefish to the center of the pan, take off the prawns, cook squid on low heat for 10 min. Take squid and cuttlefish off the pan.



## Step 6: SOFRITO

Fry garlic, sweet pepper, and tomatoes in the same paella pan in the oil from seafood on the low heat.



Add smoked paprika.



## Step 7: RICE

Turn OFF the heat. Add rice to the center of the pan, mix making rice absorb all oily juices until everything gets even color.



## Step 8: SPLEEN of CUTTLEFISH

Squeeze the spleen of the cuttlefish above the rice, mix the spleen juice with rice (The heat is OFF)

## Seafood Paella Recipe



### Step 9 RICE

Distribute the rice evenly all over the pan, then **don't stir!**



### Step 10 STOCK



Add the stock (all at once), go to the HIGHEST heat  
Make sure rice distributed well, correct if needed.



### Step 11: SAFFRON Add saffron.



### Step 12: MUSSLES & CLAMS

When the stock starts boiling, add mussels.



### Step 13: Don't BURN it!

Keep on high heat boiling for 5 min, until you can see rice grains through the stock. Every 1-2 min inspect if the rice is sticking to the bottom, scrape if yes.



### Step 14: LOW HEAT



### PRAWNS LOBSTERS

Low the heat when the rice is visible through the stock, add prawns, lobsters, keep on the lowest heat 8 min.



**DON'T STIR!**



### Step 15: TASTE the rice

Taste the rice. Keep on low heat until the rice is al dente: firm, chewy, but not crunchy in the center of the grain.



### Step 16: TURN OFF and COVER

When the rice is al dente, increase the heat until medium heat for 20 seconds. Then turn the heat off and cover the pan with kitchen towel or paper and steam for 5 min.

READY!



## Tips & Secrets :)

For 4 servings use a pan with about 16-17 inches/ 40-43 cm bottom size. The size of the pan is important for your rice texture and the flavor! Better, make your paella with a thin layer of rice. This will give the best taste to your paella! Also, the size of the pan affects the proportion rice & stock. For example, if you want to cook 7 servings in the same size pan you will need less stock.

Don't wash rice! Wet rice will not be able to absorb as much flavor as the dry one. Use dry row rice.

Don't use onion! Onion makes rice sticky and will spoil the texture of your rice.

Keep the shell of your seafood on! Shell is the main source of flavor!

Of course, if you find time to cook seafood stock, your rice will get much better flavor! Check out my video about how to cook rich seafood stock for your seafood paella: <https://www.youtube.com/watch?v=ZTxdh8H5IQE&t=3s>

Socarrat, sure you want it in your paella! It's a famous crust on the bottom of the paella pan. So, after you switch to low heat, don't stir your paella anymore!

If you want even more socarrat, before turning off the heat, increase the heat to the medium for about 20 seconds!

When you see that all your stock has vaporized (closer to the end of the cooking) taste the rice to determine if it is ready for you. Look for al dente texture! Don't cook until the rice is soft! Remember that while resting your rice will get a bit softer. But if you see that all your stock has vaporized but the rice is still crunchy, add a bit (30-60 ml/ ¼ of cup) of extra *hot* stock and keep cooking a bit more with low heat until the extra stock gets absorbed and your rice will become al dente. Don't stir!