

NH THE LORD CHARLES

Paella de mixta (Mixed paella)

Paella is a Catalan word for “pan” and refers particularly to the specialised twin-handled shallow pan of polished steel used for cooking paellas. Originally Valencian in origin, and prepared with white rice, green vegetables, meat, snails, beans and seasoning, paella has become a perennial favourite around the world, especially in its mixed seafood and meat variation.



You will need:

- 60ml olive oil
- 3 onions chopped
- 1 green and 1 red bell pepper, sliced
- 3 ¾ cups parboiled white rice
- 1½l chicken or fish stock
- 1 large pinch of saffron
- 1½ tsp turmeric
- 1 tsp paprika
- 3 garlic cloves crushed
- 250g cleaned squid/or pre-cut calamari rings
- 250g New Zealand half shell mussels removed from their shells
- 250g peeled pink prawns
- 250g line fish (e.g. cob or dorado) cut into cubes
- 250g smoked ham/chorizo sliced
- 250g chicken breast, sliced
- 300g peeled and seeded tomatoes

Method:

1. Heat the oil in a large shallow pan. Add the garlic, onion, peppers, saffron, turmeric and paprika and sauté until soft but not brown.
2. Add the rice and cook on a low heat until the rice is transparent and the oil is absorbed.
3. Add the stock and season with salt and pepper, then layer the chicken, squid, chorizo/ham, tomatoes and fish on top of the liquid.
4. Bring to a boil and cook over relatively high heat for 25-30 minutes, stirring from time to time. Add more stock if the liquid evaporates before the rice is cooked.
5. Ten minutes before the end of cooking, place the shrimps and mussels on top of the paella – don't stir after this point.
6. Keep the paella warm on a very low heat for 5-10 minutes before serving to allow the flavours to mellow.