



SPANISH SEAFOOD PAELLA

4 TABLESPOONS OLIVE OIL, DIVIDED
8 OZ. MONKFISH OR COD, SKINNED & CUT INTO CHUNKS
3 PREPARED BABY SQUID, BODY CUT INTO RINGS
1 ONION, CHOPPED
3 GARLIC CLOVES, FINELY CHOPPED
1 RED PEPPER, SEEDED & SLICED
4 TOMATOES, SKINNED & CHOPPED
1¼ CUPS ARBORIO RICE
1 ¼ CUPS FISH STOCK
2/3 CUPS WHITE WINE
¾ CUPS FROZEN PEAS
5 SAFFRON STRANDS SOAKED IN 2 TABLESPOONS HOT WATER
1 CUP COOKED, PEELED SHRIMP
8 FRESH MUSSELS IN SHELL, SCRUBBED
SALT & PEPPER TO TASTE
1 TABLESPOON CHOPPED FRESH PARSLEY, TO GARNISH
LEMON WEDGES TO SERVE

HEAT 2 TABLESPOONS OLIVE OIL IN LARGE PAN AND ADD FISH & SQUID. STIR FOR 2 MINUTES. TRANSFER THE FISH TO A BOWL WITH ALL THE JUICES AND RESERVE.

HEAT 2 TABLESPOONS OLIVE OIL IN THE PAN AND ADD ONIONS, GARLIC & PEPPER. FRY FOR 7-10 MINUTES, UNTIL SOFTENED.

STIR IN THE TOMATOES. FRY TWO MORE MINUTES. THEN ADD THE RICE, STIRRING TO COAT THE GRAINS WITH OIL, AND COOK 2-3 MINUTES.

POUR THE FISH STOCK & WINE INTO THE RICE MIXTURE. ADD PEAS, SAFFRON AND WATER. SEASON WITH SALT AND PEPPER TO TASTE.

GENTLY STIR THE RESERVED COOKED FISH, SHRIMP AND MUSSELS INTO THE RICE MIXTURE. COVER & COOK OVER GENTLE HEAT FOR ABOUT 30 MINUTES OR UNTIL STOCK IS ABSORBED BUT MIXTURE IS STILL MOIST.

REMOVE FROM HEAT. KEEP COVERED AND LET STAND FOR 5 MINUTES. SPRINKLE PARSLEY & SERVE WITH LEMON WEDGES.

