

Can Font Seafood Paella Recipe

Ingredients:

2 large onions, finely chopped
1 green pepper, finely chopped
1 red pepper, finely chopped
4 garlic cloves, finely chopped
2 pounds of mantis shrimp
1 pound of crayfish
(if there are no mantis shrimp and crayfish, substitute 6 heads of lobster)
1 cup ground of tomatoes
3.5 cups of rice
8 prawns
8 mussels
8 clams
2 squids
12 ounces of monkfish steaks
1 gallon of water
1.25 cups Olive oil
Salt to taste

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Recipe for the broth:

In a saucepan pour 3/4 cup of oil when it is hot add the lobsters and mantis shrimp (or lobster heads) brace well until they are completely golden brown, add the tomato and let cook for about 10 minutes.

Then add water and let it boil for 45 minutes.

Then strain with a Chinese sieve and get 2 liters of broth.

Paella recipe:

Peel the onions and chop them as thin as possible (brunoise style) the same we do with peppers and garlic.

In a paella pan add 3/4 cups of oil, brown the chopped onions on low fire until browned well (caramelized) and then add the garlic and peppers all together for 10 minutes at medium heat.

Finally add the squid slices and we have 5 minutes browning.

Once this all golden brown, add the rice and the 2 liters of broth, place on low heat and stirring frequently for 12 minutes.

Add the mussels, clams, prawns and monkfish.

Preheat oven to 450 F and then place paella pan with everything in the oven for 7 minutes.