

Paella de Mariscos

Serves 4-6

2 bell peppers, julenned
1 onion, julenned
1 fennel bulb, julenned
2 sm tomatoes, mashed
1 lemon, scrubbed, cut into thin slices
1 tablespoon flat leaf parsley, minced

14-16 mussels, cleaned
fillet, or whole haddock, cleaned & scaled
14-16 large shrimp, cleaned, tail on
6-8 large scallops
2 andouille sausages

1 1/2 cup short grain brown rice

1/4 cup white wine
1 1/2 cups water
1 cup canned, unsalted clam broth
1/2 cup butter (or substitute)
olive oil

1/4 teaspoon ground fennel seed
a pinch of saffron
1/2 teaspoon turmeric
sea or ground salt, ground pepper

A great paella is a bold celebration of distinct flavors.

In a large flat oven-proof pan, bring oil to medium-heat. Add bell pepper, onion, & fennel. Season with a heavy pinch of salt and pepper, cook till wilted.

In a medium pot, add 1/2 cup water and bring to boil. Add mussels, cover and reduce to simmer. Steam until 3/4 mussels begin to open; uncover and remove from burner.

In a small pan, simmer butter and saffron until butter softens and takes color. Turn off heat and put to side.

In the large pan, turn to high heat and add tomatoes, brown rice, and turmeric. Stir to coat grains. Next, add garlic and fennel seed. When garlic turns golden, add wine. Let wine reduce, then add clam broth, strained water from mussels, 1 cup water and half of the prepared saffron butter. Allow this to boil, then place fish on top, followed by a dash of salt and an even layer of lemon slices. Reduce to simmer and cover for 30 minutes, or until rice is 90% soft.

Preheat oven to 450.

Bring a separate medium sized pan to high heat. Sear scallops with a small amount of butter, a dash of salt and turmeric; set aside with mussels. In the same hot pan, sear shrimp quickly and set aside. Prep the sausages with a few incisions from a fork or knife. Sear them covered, and dice them after they have nearly cooked through. It's ideal if each of these meats are not completely cooked through.

When the rice has cooked, stir in meats carefully. Drizzle the remaining saffron butter on top and place in oven, uncovered, for 10 minutes. Garnish with parsley.

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