Arroz a banda

Yield: 4 servings

Ingredients

Rice

Round-grain rice — 400 g
Fish fumet (alternative to the stock below) (alternative to stock) — 800 ~ ml
Ñoras (dried sweet peppers) — 2 pcs
Garlic — 4 cloves
Chopped tomato — 100 g
Small onion — 1 pcs
Sepionet (baby cuttlefish) — to taste
Sweet paprika — 1 tbsp
Olive oil — to taste
Salt — to taste
Saffron — to taste
Lemon — to taste
Allioli — to taste

Stock

Mixed rockfish — 1–1.5 kg
Potato — 300 g
Onion — 500 g
Bay leaf — 1 leaf
Unpeeled garlic — to taste
Water — to taste

Fish fumet (alternative to stock)

Rockfish or small mixed fish (morralla) — 600 g
Water — 800 ml
Onion — 1 pcs
Leek — 1 pcs
Carrot — 1 pcs
Celery — 1 sprig
Garlic — 1 clove
Bay leaf — 1 leaf
Black peppercorns — 1 pcs
Extra virgin olive oil — 1 tbsp
Lemon juice — 0.5 tbsp
Fresh parsley — to taste
Salt — to taste

Steps

1. Boil the 300 g, the 500 g, the to taste and the 1 leaf in water. When they are almost done, add the 1 kg–1.5 kg and salt, and top up with water if needed. If you would rather start from ready-made 800 ml, heat it up and skip this step and the next.
2. Take out the fish with the potato and onion and set it aside: that is the banda. Strain the stock and keep it boiling next to the paella pan; you want just enough to cook the rice, because a stock stretched too far turns out thin.
3. Fry the 2 pcs in a little to taste, take them out and chop them together with some of the 4 cloves. Set that paste aside.
4. In the paella pan, with the to taste very hot, fry a few cloves of garlic and, before they take colour, add the 100 g, the chopped 1 pcs and the to taste. Stir it round and add the ñora paste.
5. Add the 400 g, mix it well with everything, sprinkle over the 1 tbsp and the to taste and pour in the boiling stock straight away, spreading the grains over the whole pan.
6. Cook over a high heat at first and lower it as the grain dries. Once the stock is in, don't stir. Keep a little boiling stock to hand in case the rice dries out too soon.
7. Take it off the heat and let it rest for a few minutes before serving.
8. Serve the rice with wedges of to taste and a touch of to taste on the side. The fish, boned and with its potato and onion, goes on another dish, dressed with allioli or another sauce.

Sources

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