Arroz del senyoret (peeled seafood rice)

Yield: 4 servings

Ingredients

Rice

Rice — 400 g
Fish fumet — 800 ~ ml
Cuttlefish, very finely chopped — 150 g
King prawns (gambones), peeled — 80 g
Monkfish, boned — 200 g
Tomato — 100 g
Extra virgin olive oil — 50 g
La Vera paprika — to taste
Saffron — to taste
Salt — to taste
Allioli — to taste

Fish fumet

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. Heat the 50 g in the paella pan, sear the diced 200 g over a high heat, with salt, and set it aside.
2. In the same oil, fry the 150 g until it browns.
3. Add the to taste, the to taste and the 100 g. Cook over a low heat, stirring and taking care it doesn't burn, until the sofrito changes colour.
4. Add the 400 g and fry it briefly, so all the flavours come together.
5. Pour in the hot 800 ml, return the monkfish to the pan and spread the grains over the whole surface. Cook over a high heat.
6. For the last 3 minutes keep the heat high so the rice forms the socarrat. Don't stir it.
7. In the last minute of drying, lay the peeled 80 g on top.
8. Let the rice rest in the pan itself until the prawns finish cooking without drying out.

9. Serve straight away, with a little to taste on the side if you like.

Sources

Arroz del senyoret (Turisme Comunitat Valenciana, recipe in PDF): https://www.comunitatvalenciana.com/es/turismo-gastronomico/recetas/arroz-del-senyoret-1

Arroz del senyoret (Turisme Comunitat Valenciana, recipe in PDF): https://multimedia.comunitatvalenciana.com/60285426D6DA4E0DA80EF3A11716BAF7/doc/7F59DECA1F504D88BC50B942034D351B/Arroz_del_senyoret_ES.pdf

Arroz al senyoret, the classic recipe (Directo al Paladar): https://www.directoalpaladar.com/recetas-de-arroces/arroz-al-senyoret-receta-clasica-arroz-marisco-pelado

Arròs del senyoret (Viquipèdia): https://ca.wikipedia.org/wiki/Arr%C3%B2s_del_senyoret

Alicante, gastronomía y producto (Turismo de Alicante, 2022): https://alicanteturismo.com/wp-content/uploads/2024/06/GUIA-ALICANTE-PRODUCTO-GASTRONOMIA-2022.pdf

Diccionari normatiu valencià (AVL): “arròs”, sub-entry “arròs de senyoret”: https://www.avl.gva.es/lexicval/?paraula=arr%C3%B2s

Decree 176/2021 of the Consell, BIC status for Valencian paella (BOE): https://www.boe.es/diario_boe/txt.php?id=BOE-A-2022-4133