Salt cod and cauliflower rice (Lenten paella)

Yield: 3 servings

Ingredients

Sofrito

Salt cod, desalted and cleaned — 300 g
Cauliflower — 1 pcs
Garlic — 3 cloves
Ripe tomato — 2 pcs
Olive oil — to taste
Pimentón de la Vera (smoked paprika) — to taste

Rice

Round-grain rice — 300 g
Fish stock — 750 ~ ml
Saffron — to taste
Salt — to taste

Fish fumet

Rockfish or small mixed fish (morralla) — 560 g
Water — 750 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. Soak 300 g, flaked, for 4 to 5 hours, until it is desalted; a loin needs 24 to 48 hours, changing the water.
2. Heat to taste well in the paella pan and fry very finely chopped 3 cloves, without letting it brown.
3. Add chopped 1 pcs and sauté it.
4. Add the drained salt cod, flaked or in pieces, and sauté everything for a few minutes.
5. Add 300 g, to taste and grated 2 pcs, and stir over the heat so the grain soaks up the flavours.
6. Pour in very hot 750 ml with to taste.
7. After 5 minutes of cooking, taste the stock and correct the to taste only if needed.
8. Cook for another 10 to 12 minutes, until the grain is done.

Sources

Valencia Bonita: traditional Valencian rice dishes (cauliflower and salt cod paella, 3 diners):
https://www.valenciabonita.es/2017/07/13/arroces-valencianos-tradicionales/

Universitat de València website (randenal): cauliflower and salt cod paella, 4 servings (method, desalting, salt, oven):
https://www.uv.es/randenal/ESPADAN4X4-gastronomia-paella%20coliflor.htm

Turisme Comunitat Valenciana: rice dishes in the Comunitat Valenciana (cites the typical Lenten paella):
https://www.comunitatvalenciana.com/es/inspirate/arroces-de-la-comunitat-valenciana

El Corte Inglés: salt cod and cauliflower paella (tomato with the rice, fish stock, 18 minutes):
https://www.elcorteingles.es/aptc/paella-de-bacalao-y-coliflor/