xepep!

Rice with artichokes and anchovies

Yield: 4 servings

Ingredients

Rice

Rice — 320 g

Homemade vegetable stock — 1.5 ~ l

Artichokes from the Vega Baja — 4 pcs

Broad beans — 100 g

New potatoes — 100 g

Peeled tomato — 150 g

Green garlic — 80 g

Saffron — to taste

Extra virgin olive oil — to taste

Salt — to taste

boquerones

Fresh anchovies, cleaned — 400 g

Salt for the anchovies — to taste

Steps

1. Bone the 400 g, fillet them and leave them in to taste for about 30 minutes: that firms them up so they don’t break when cooked.
2. In the paella pan, with the to taste, fry the vegetables in order of hardness: first the 100 g cut into wedges, then the 4 pcs, and last the 100 g and the 80 g.
3. Sear the anchovies for just a moment in the pan, next to the vegetables, and take them out.
4. Add the 150 g and fry it with the vegetables.
5. Pour in the 1.5 l, adjust the to taste and let it boil.
6. Add the to taste and the 320 g, lay the anchovies on top of the rice and cook over a high heat.
7. Turn the heat down to the minimum and let it finish cooking.
8. Turn off the heat and let it rest before serving.

Sources

Rice with anchovies and artichokes from the Vega Baja del Segura, recipe 6 of the Convega Recipe Book: https://convega.com/wp-content/uploads/2026/05/Recetario.pdf

Convega, Consortium for the Economic Development of the Vega Baja: https://convega.com/

Paella d’hivern (winter paella), in Els nostres menjars (J. Martí Domínguez), text collected on Vicent Baldoví’s website (uv.es): https://www.uv.es/baldovi/cuina/arrossos.htm