Seafood paella (paella marinera)

Yield: 4 servings

Ingredients

pescado y marisco

Monkfish — 550 g
Tuna — 550 g
Peeled red prawn tails — 150 g
Chirla clams or other small clams — 100 g
Cigalas (langoustines) — 8 pcs

Rice

Rice — 400 g
Fish fumet — 1.2 ~ l
Olive oil — 200 ml

Fish fumet

Rockfish or small mixed fish (morralla) — 900 g
Water — 1.2 l
Onion — 1 pcs
Leek — 1 pcs
Carrot — 1 pcs
Celery — 1 sprig
Garlic — 2 cloves
Bay leaf — 1 leaf
Black peppercorns — 2 pcs
Extra virgin olive oil — 1 tbsp
Lemon juice — 0.5 tbsp
Fresh parsley — to taste
Salt — to taste

Steps

1. In the paella pan, heat 200 ml and fry 550 g, 550 g, 150 g and 8 pcs.
2. Take out the cigalas as soon as they are fried and set them aside.
3. Add the 1.2 l, made beforehand, and 100 g, and let it boil for 5 minutes.
4. Add 400 g and cook it for 8 minutes over a high heat.
5. Lay the reserved cigalas on top, lower to a gentle heat and cook for 10 minutes more.
6. Take it off the heat and let it rest for 5 minutes before serving.

Sources

Alicante Turismo: arroz a la marinera, 4 people (Alicante, City of Rice): https://alicanteturismo.com/recetas/arroz-a-la-marinera/
Alicante Turismo: seafood paella (English version, same figures): https://alicanteturismo.com/en/recetas/seafood-paella/
J. Martí Domínguez, Els nostres menjars, text collected on Vicent Baldoví's website (uv.es): paella marinera: https://www.uv.es/baldovi/cuina/arrossos.htm
Directo al Paladar: easy paella marinera recipe: https://www.directoalpaladar.com/recetas-de-arroces/paella-marinera-receta-facil-mejor-arroz-domingo-posible

Wikipaella: ingredients (fish stock, ñora pepper, oil): https://wikipaella.org/ingredientes/
Valencia Bonita: traditional Valencian rice dishes (arròs a banda and arròs del senyoret): https://www.valenciabonita.es/2017/07/13/arroces-valencianos-tradicionales/