

Marcus' authentic paella



Ingredients

Serves 2

2 cups shellfish fumet
¼ cup olive oil
1 clove garlic
6 king prawn tails
2 x chicken thighs (bone in)
1 meaty chorizo, sliced thickly
1 cup medium grain rice
100gr Tomato Sofrito
1 bay leaf
1 teaspoon smokey paprika
¼ teaspoon saffron threads
(steeped in boiling water)

Shell Fish Fumet

6 prawn heads
¼ cup olive oil
1 cup dry white wine
2 cup vegetable stock
1 bay leaf
2 cloves garlic
½ onion finely chopped
1 x star anise
1 sprig fresh parsley
¼ teaspoon cracked pepper

Tomato Sofrito

2 large ripe tomatoes
Sprinkle of chilli flakes
¼ teaspoon sugar
¼ teaspoon salt
1 crushed garlic clove

Method

Prepare the fumet:

In a heavy based pan, heat the oil and add the vegetables. Sweat the vegetables then add the prawn heads. Cook until the moisture evaporates, then deglaze with the wine. Bring to the boil. As the wine begins to evaporate, add the stock, turn the heat to low and simmer for 30 minutes. Strain and reserve the fumet (liquid).

Prepare the Sofrito:

Slice the tomatoes in half. Using a hand grater, grate the flesh of the tomatoes into a dish (discard the skins). Add the rest of the ingredients and stir. Set aside.

The Paella:

For a moist texture, use a 34 cm (13 inch) paella pan suitable for use on the stove and in the oven.

Pre-heat the oven to 180 c

Heat the fumet but don't boil it.

Heat the olive oil in the paella pan over a low heat and fry the onions until black on outside but soft on inside. Push onions out to side of pan and add the chicken thighs and seal on both sides. Bring together with the onions and then push to side again. Sprinkle with the paprika.

In the centre add the chorizo and cook for 1-2 minutes then push all to side of pan.

In centre of the pan put the sofrito and cook until it loses its rawness. Add the saffron.

Bring everything back into the pan and spread things around evenly, Add the fumet and bring to boil. Then sprinkle the rice evenly over the top.

Add the prawn tails and then into the oven for 15 minutes. DO NOT STIR from here.

Return to the stove top and cook for 3-4 minutes to boil out any excess liquid and to form a crust on the bottom.... here. Let your nose guide you here.

Rest for 3 minutes... then serve!

NOTE:

I like to add some lemon zest with the sofrito... it adds a certain zingy freshness that is so Spanish.