

TRADITIONAL SPANISH PAELLA WITH SUSTAINABLE TINNED FISH



INGREDIENTS

- 1/4 heaping teaspoon of saffron threads, crushed
- 1 lb. boneless whitefish filets, cut into 2" pieces
- 1 lb Jumbo Shrimp, cleaned with shells and tails on
- 1/2 pound sausage, sliced on the biased
- Kosher salt and freshly ground black pepper, to taste
- 1/4 cup extra-virgin olive oil
- 1 tbsp. smoked paprika
- 2 cups crushed tomatoes
- 3 cloves garlic, minced
- 1 small onion, minced
- 7 cups fish stock or clam broth
- 2 1/2 cups short-grain rice, preferably Valencia or Bomba
- 1/2 lb. various tinned fish, such as cod, mackerel, geoduck and sea bass
- 1/4 cup Italian Parsley, finely chopped for garnish
- Paella hot sauce or Sriracha to serve



PREP TIME

- Prep | 20 m
- Cook | 20 m
- Ready in | 40 m
- Duration | 5 days

SERVES 6

PROCEDURE

Put saffron and 1/4 cup hot water in a small bowl; let sit for 15 minutes. Season cubed fish with salt and pepper. Heat oil in a 16"-18" paella pan or cast iron skillet over medium-high heat. Add the fish, the shrimp, sausage and cook, turning occasionally, until golden brown, about 5 minutes; transfer fish and shrimp to a plate and set aside. Add paprika, tomatoes, garlic, peppers, and onions to pan and cook, stirring often, until onions are soft, about 6 minutes. Add reserved saffron mixture and broth, season with salt, and bring to a boil over high heat.

Sprinkle in rice, distribute evenly with a spoon, and cook, without stirring, until rice has absorbed most of the liquid, 15 minutes. (If your pan is larger than the burner, rotate it every two minutes so different parts are over the heat and the rice cooks evenly.) Reduce heat to low, add reserved fish and shrimp, cook, without stirring, until rice has absorbed the liquid and is al dente, 5-10 minutes. Add the tinned fish and stir. Remove pan from heat, cover with aluminum foil, and let sit for 10 minutes before serving. Spoon into open bowls and serve garnished with parsley and hot sauce if desired.



Jennifer Bushman is one of the Fish and Seafood industry's most respected communicators, teachers and sustainability strategists. For more than two decades, Jennifer has worked in Sustainable aquaculture with brands such as Kvarøy Arctic, Verlasso Salmon, Love the Wild, Blue Ocean Mariculture, Pacifico Aquaculture and many more. She taught thousands through her culinary school, Nothing to It!, and has been recognized numerous times by the James Beard Foundation and the International Association of Culinary Professionals.