
Paella II

Douglas Merketch

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1/2 cup olive oil
8 cloves garlic
3 pounds frying chicken, cut up
1 Chorizo sausage
3 green peppers, sliced
4 onions, sliced
16 ounces tomato sauce
3 cups uncooked rice
2 teaspoons saffron threads
1 quart chicken broth
15 shrimp, cooked and cleaned
15 mussels or clams, cleaned
pepper (to taste)
1 can (8 ounces) peas
1 small jar pimientos

In a large skillet, heat the olive oil and garlic. Add the chicken to the pan. Brown the chicken. Add the chorizo, green peppers and onions. Cook for 5 minutes, stirring constantly. Add the tomato sauce, rice and saffron. Cook an additional 5 minutes.

Add the chicken broth. Simmer, covered, over medium heat for 10 minutes, stirring constantly. Add the shrimp and mussels. Season with pepper. Cover and cook an additional 10 minutes or until the rice is tender, stirring frequently. If necessary, add more broth, but this dish should be moist/dry with all liquid absorbed.

Before serving, place the meat, poultry and seafood on top. Scatter heated peas and arrange the pimientos on top for the final presentation.

Seafood

Per Serving (excluding unknown items): 1764 Calories; 118g Fat (58.3% calories from fat); 61g Protein; 128g Carbohydrate; 29g Dietary Fiber; 137mg Cholesterol; 5966mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 1/2 Lean Meat; 17 1/2 Vegetable; 21 1/2 Fat.