



food
network

Shellfish and Chorizo Paella with Saffron and Squid Ink Rice

READY IN



120 min.

SERVINGS



10

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups chicken stock see
- 4 cups chicken stock see hot
- 0.5 pound chorizo cut into 1/ slices
- 2 egg yolks
- 1 leaf flat parsley chopped
- 1 cup peas fresh
- 4 cloves garlic peeled
- 1 tablespoon honey

- 0.5 teaspoon kosher salt
- 0.3 cup juice of lemon fresh
- 1 tablespoon lemon zest chopped
- 24 littleneck clams scrubbed
- 6 pounds lobsters
- 2 cups rice long grain
- 24 mussels scrubbed
- 0.5 cup olive oil divided
- 0.8 cup olive oil
- 2 tablespoons olive oil
- 1 large onion diced spanish
- 1 medium onion diced spanish
- 4 plum tomatoes sliced in half lengthwise
- 1 pinch saffron threads
- 10 servings salt and pepper black freshly ground
- 10 servings salt and pepper freshly ground
- 8 medium shrimp deveined peeled
- 4 baby squid cleaned
- 2 tablespoons squid ink
- 2 cups clam stock
- 1 tablespoon butter unsalted
- 2 tablespoons butter unsalted
- 10 servings pepper white freshly ground

Equipment

- food processor
- frying pan
- paper towels
- sauce pan

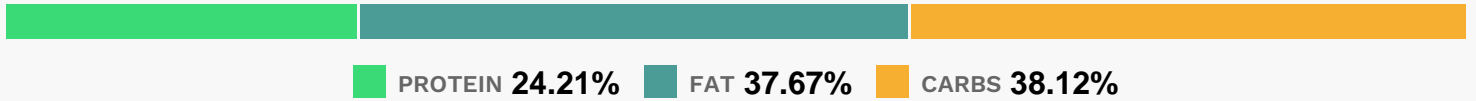
- oven
- pot
- blender
- baking pan

Directions

- Preheat oven to 375 degrees F.
- Place tomatoes in a small baking dish and drizzle with the honey and 2 tablespoons of the olive oil. Season with salt and pepper and roast until soft. Set aside.
- Bring a large pot of salted water to boil.
- Add the lobsters and cover the pot. Bring the water back to the boil, reduce the heat, and continue cooking for 12 to 15 minutes or until cooked through.
- Let cool and remove meat. Leave claws whole, cut body meat into large dice.
- Cook the chorizo in a medium saute pan over medium-high heat until browned.
- Remove the chorizo to a plate lined with paper towels.
- Heat 2 tablespoons of the olive oil in a large saute pan or paella pan until almost smoking. Season the shrimp with salt and pepper and saute for 1 minute. Season the squid with salt and pepper, to taste and add to the pan. Continue cooking an additional 2 to 3 minutes until just cooked through.
- Add both of the rices, stock, peas, tomatoes, lobsters, and chorizo and stir to combine.
- Place the mussels and clams in a pot with a cup of water; cover the pot and cook until the clams and mussels open.
- Add the clams and mussels to the rice. Fold in the parsley and lemon aioli and mix until combined, season with salt and pepper, to taste.
- Serve immediately.
- Heat the olive oil and butter in a large saucepan over medium-high heat.
- Add the onions and cook until soft.
- Add the rice and stir to coat. Bring stock to a simmer.
- Add the saffron to the simmering stock and let cook for 1 minute.
- Add the hot stock to the rice and let come to a boil. Reduce the heat to low, cover the pan and let cook to 15 to 18 minutes, remove cover and fluff with fork.

- Heat the olive oil and butter in a large saucepan over medium-high heat.
- Add the onions and cook until soft.
- Add the rice and stir to coat.
- Add the squid ink to the simmering stock and let cook for 1 minute.
- Add the hot stock to the rice and let come to a boil. Reduce the heat to low, cover the pan and let cook for 15 to 18 minutes, remove cover and fluff with fork
- Place the garlic, salt, yolks, lemon juice, and zest in a food processor or blender and process until smooth. Slowly add the oil, drop by drop at first, until thickened. Season with white pepper, to taste. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:20.59, Inflammation Score:-7, Nutrition Score:27.34260877319%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg, Isorhamnetin: 1.3mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg, Quercetin: 5.47mg

Nutrients (% of daily need)

Calories: 540.28kcal (27.01%), Fat: 22.31g (34.32%), Saturated Fat: 6.79g (42.41%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 47.99g (17.45%), Sugar: 8.46g (9.4%), Cholesterol: 186.87mg (62.29%), Sodium: 1053.14mg (45.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.26g (64.53%), Selenium: 72.54µg (103.63%), Copper: 1.38mg (68.92%), Manganese: 1.37mg (68.26%), Vitamin B12: 3.95µg (65.91%), Phosphorus: 347.03mg (34.7%), Vitamin B3: 6.44mg (32.22%), Zinc: 4.28mg (28.55%), Vitamin C: 17.26mg (20.93%), Vitamin B6: 0.41mg (20.34%), Vitamin B2: 0.34mg (19.72%), Potassium: 687.82mg (19.65%), Iron: 3.25mg (18.08%), Magnesium: 71.57mg (17.89%), Vitamin B5: 1.79mg (17.88%), Vitamin E: 2.46mg (16.43%), Vitamin B1: 0.23mg (15.23%), Folate: 56.29µg (14.07%), Vitamin K: 13.29µg (12.65%), Vitamin A: 622.5IU (12.45%), Calcium: 121.24mg (12.12%), Fiber: 2.79g (11.16%), Vitamin D: 0.26µg (1.72%)