



# Traditional Seafood Paella Recipe

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## Ingredients

shrimp  
squid  
mussels  
bay leaves  
green beans  
olive oil  
sofrito  
Bomba - paella rice  
seafood broth  
sweet paprika  
cumin  
turmeric  
salt  
saffron

## Directions

1. Start with high heat and add a plentiful amount of oil to cover the pan. Using a rosco (gas stove) is the best way to spread heat evenly. You need an open wide surface on your pan to get the proper texture of your rice.
2. Add squid and sautee until squid is no longer translucent
3. Add green beans and sautee for a minute
4. Add bay leaves or any other fresh or dry aromatic herbs
5. Add sofrito and stir for two minutes
6. Add cooked tomatoes and onions
7. Add paella rice (70-90 grams or one handful per person) and fry for a couple of minutes until the rice is crispy. Once finished, make sure to flatten the rice, covering the pan.
8. Add seafood broth or broth that matches your meat or main ingredients, adding 2 to 1 compared to the rice
9. Without stirring, arrange the rice (shake the pan if necessary, or flatten with spatula) and ingredients to make sure everything is flat and evenly cooked
10. Add a blend of spices (20% cumin, 40% sweet paprika, and 40% turmeric.) 3/4ths of a teaspoon per person. Add between 5-6 threads of saffron per person.
11. Add prawns, quickly after the spices, or later in the process if you have removed the heads and skin.
12. Add salt to taste
13. Turn off the middle ring of the burner
14. Place shrimp on top in an order of your choosing
15. Place mussels on top in an order of your choosing
16. Let cook
17. Add precooked mussels at the end to heat them up