

## Paella with rabbit and seafood

Preparation time: 1 h. 10 min. · Level of difficulty: easy

### Quantity

Ingredients for 4-5 people.

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500 g Rabbit saddle  
120 g Prawns  
250 g Ready-to-cook squid  
450 g Ready-to-cook octopus with head  
150 g Mussels  
A good handful of fresh green beans  
2 piece Artichokes  
1 piece Large red pepper  
1 piece Onion  
400 g Meaty tomatoes  
5 piece Peeled garlic cloves  
6-7 sprigs of parsley  
3 tbsp Sweet paprika powder  
1 pinch Saffron (threads or powder)  
400 g Rice (paella rice)  
1 pinch Coarse salt  
1 l Ready-made fish stock  
4 tbsp Vegetable and olive oil

### Preparation

A paella pan ("paellera") would be great, otherwise use a large pan, the bigger and shallower the better.

Heat 4 tablespoons of olive oil and 4 tablespoons of vegetable oil in the pan. Cut the red pepper into finger-thick strips, fry them well in the hot oil and then take them out again.

While the pepper is frying, cut the rabbit into bite-sized pieces with a large knife. Instead of rabbit, you can also use chicken (preferably the thigh meat) or pork, even with bones (better for the taste). Now put the meat into the hot oil.

Cut the squid into cubes and the octopus tentacles into strips (the head is not used), add both to the meat in the pan. Season with 2-3 tablespoons of paprika powder.

Peel and finely dice the onion and add to the pan over a medium heat together with 3 cloves of garlic, roughly chopped.

Grate the tomatoes with a coarse kitchen grater and add to the pan over the other ingredients. The tomato sauce should now reduce a little and toast as it does so. Use a cooking spatula to keep the mixture moving, be careful not to burn anything!

Clean and halve the beans, quarter or eighth the artichoke hearts, add to the pan and stir everything well.

Depending on taste and market situation, you can also use other vegetables. Asparagus, peas go well with chicken and prawns, fresh mushrooms or sugar snap peas with pure meat paellas. Green peppers or thick white beans with mixed rustic pans.

Now push the already frying ingredients to the outer edge of the pan, leaving the centre free. Add the rice and saffron powder (see below for saffron threads) to the centre of the pan, toast, then mix everything well and continue to brown briefly - spreading the rice mixture evenly over the entire pan.

Slowly pour the hot fish stock (holding back 4-5 tbsp) into the centre of the pan and reduce the heat. For every 100g of rice, you need about 250ml of stock. The rice must be covered with the broth. Actually, the paella should not be stirred any more now.

Now spread the prawns and mussels over the rice.

Roughly chop the remaining garlic, pluck the parsley, coarse salt and possibly the saffron threads in a mortar or small bowl and gently grind to a paste, add 4-5 tbsp hot stock, mix everything together and spread over the paella.

Cover the pan with kitchen towels and turn off the heat.

In about 10 minutes, the rice should have absorbed the liquid and the paella should be ready.

This version of paella is served in Mallorca with strips of raw green pepper, lemon wedges to drizzle on the plate and homemade alioli.