

Arroz Roja with Langoustines

Langoustines can be difficult to source in the UK since most of our excellent examples from Scotland are exported to Spain or France, tragically. Large Prawns make a decent substitute. Use the shells and heads to make the seafood stock.

This is essentially a seafood paella. I'm clearly collecting coloured paella recipes. I got hooked on *Arroz Negro* (black rice) some years ago and now here is *Arroz Roja* (red rice). In a departure from normal practice, here the seafood is cooked separately, though. Mr. Stein's original uses, in his inimitable fashion, a pinch of chilli flakes but I've gone for some hot-smoked paprika instead, to supplement the sweet paprika.

I usually write my paella recipes for two because that's the number most suited to my domestic paella pan, though scaling up is a simple affair.

Planning

serves:	2
prep time:	10 mins
cooking time:	25 mins

Ingredients

8 langoustines or large prawns, flesh of
4 tbs olive oil
1 medium onion, finely chopped
3 garlic cloves, finely chopped
½ tsp sweet paprika
½ tsp hot smoked paprika
1 tbs tomato purée
200g tomatoes, chopped
1 roasted red pepper (bottled or freshly roasted), chopped into 1cm pieces
200g paella rice
600 ml seafood stock
200g haddock fillet, skin on, cut into 4 pieces
3 tbs alloli (to serve)
2 tbs fresh parsley, chopped (to serve)
2 fresh lemon wedges (to serve)
Salt & pepper

Method

In a paella, large skillet or shallow flameproof casserole dish (28-30cm/11-12in), heat 4 tablespoons of the olive oil over a medium heat. Add the onion and fry gently for about 5 minutes, then add the garlic and fry for a minute without browning. Stir in both paprikas, tomato purée, chopped tomatoes, chopped red pepper, shellfish stock and rice, then season with salt and pepper. Stir once, then bring up to the boil and simmer vigorously for about 6 minutes. Turn the heat down and cook for a further 12 minutes, until the stock is absorbed and the rice is pitted with small holes. [Standard paella practice.]

A few minutes before the rice is due to finish cooking, heat the remaining olive oil in a separate pan over a medium-high heat. Add the haddock, skin-side down, and cook until the flesh is opaque. Add the langoustine/prawn meat and cook for about 30 seconds or so until pink, turning them once.

Divide the rice between two plates and top each with two pieces of haddock and four langoustines/prawns. Garnish with alloli, chopped parsley and a wedge of lemon, if you like.