



Rice with Mushrooms, Cuttlefish & Artichokes

Daring Cooks Challenge – August 2009

Sofregit

Cooking time: 30 mins.

Ingredients

- olive oil (approx. 1 cup)
- 5 tomatoes, chopped
- 2 small onions, chopped
- 4-5 garlic cloves, chopped
- 1 bay leaf
- salt

Method

1. Heat up frying pan on low heat and add around 1 tbsp of oil.
2. Sweat the onions until translucent and then add the garlic, tomatoes & bay leaf. Sauté for a few minutes.
3. Pour in enough olive oil to cover (approx. 1 cup) and turn up to medium heat so that tomato mixture is essentially deep frying.
4. Fry the mixture until the moisture is reduced & the tomato mixture takes on a dark red colour.
5. Pour off as much excess oil as possible and store for later use.
6. Season remaining tomato mixture with salt & sauté on medium heat until salt is incorporated.
7. Remove from frying pan & cool to room temperature.

Aioli – Traditional Recipe

Cooking time: 20 mins.

Ingredients

- 4 garlic cloves, whole
- extra virgin olive oil
- pinch of salt
- few drops of lemon juice

Method

1. Place salt & garlic cloves into a mortar & pestle. Pound mixture until it becomes a paste.
2. Add a few drops of lemon juice.
3. While constantly stirring the pestle, add a few drops of oil at a time. Incorporate oil thoroughly into the garlic paste before adding more drops of oil.
4. Keep adding drops of oil until the garlic mixture has the consistency of thick mayonnaise.



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Rice with Mushroom, Cuttlefish and Artichokes (Paella)

Cooking time: 45 mins.

Ingredients (serves 4)

- 12 Portobello mushrooms, sliced
- 2 cuttlefish, cleaned & sliced
- 8 small artichokes, quartered
- ½ chorizo, halved & sliced (optional)
- ½ cup Sofregit (approx.)
- 300g (approx. 2 cups) of Spanish rice (Calasparra or Montsant)
- 6 cups of fish stock
- 1 cup of white wine
- 2 bay leaves
- pinch of saffron threads
- 2 tbsp tomato-infused olive oil (from sofregit recipe)
- salt
- aioli, to taste

Method

1. To a paella pan or wide, low brimmed frying pan at medium-high heat, add the tomato-infused olive oil along with the cuttlefish. Fry for around a minute.
2. Add the mushrooms & sauté until mushrooms have softened. If you choose to, add the chorizo at this step along with the mushrooms.
3. Add artichokes & bay leaves. Sauté until artichokes become golden brown.
4. Add a splash of white wine to deglaze the pan.
5. Add the sofregit paste to the pan & stir around until incorporated.
6. Add the remaining white wine & fish stock to the pan. Heat on high until it boils.
7. Add the rice to the pan; stir until just covered by the liquid. Boil at high temperature for around 5 mins and then reduce to low heat.
8. Add a pinch of saffron threads & stir into pan just enough to incorporate it into the liquid.
9. Leave the pan untouched on low heat until the rice soaks up all the liquid & is cooked through (approx. 8-10 mins).
10. Remove the pan from the heat & leave the rice to stand for a few minutes.
11. Serve the paella straight from the pan, adding aioli to taste.