

Arroz do marisco (Seafood rice)



Serves 4-6

450 g canned or fresh chopped tomatoes

5 cups fish stock

4 tablespoons olive oil

1 large onion, chopped

4 garlic cloves (chopped)

500 g seafood – mixture of prawns, mussels, small calamari, crab

2 cups risotto rice

1/2 cup dry white wine

250g fish fillets such as monkfish, in 2cm cubes

salt, chilli, (optional), pepper (optional)

Small bunch of parsley or fresh coriander chopped

- 1** Bring the stock and tomatoes to the boil in a pan.
- 2** In a big pot fry onion and garlic with the oil until transparent. Add shellfish, calamari and rice (keeping the mussels aside). Cook for further 2 minutes.
- 3** Add wine and hot tomatoes. Add fish cubes and mussels.
- 4** Cook for 16-18 minutes gently. Add water if necessary.
- 5** Season with chili, salt and pepper.
- 6** There should be liquid to spare and the rice should be slightly al dente.
- 7** Add chopped parsley or coriander.