

## Seafood Paella/Pilaau

Serves 6-8

- 50 ml (4 tablespoons) oil
- 400 g (2 cups) rice
- 250 g baby soles or fish of choice (filleted and cut in three or four pieces)
- 1 kg sea food (large prawns, langoustine tails etc)
- 2 medium onions (chopped fine or coarsely grated)
- 3 cloves garlic (slivered)
- 8 ml (1½ teaspoons) crushed garlic
- juice of 1 lemon (2 to 3 tablespoons)
- 25 ml (2 tablespoons) ghee
- 180 ml (¾ cup) freshly pureed tomato (see no 5 in method)
- 25 ml (2 tablespoons) tomato puree
- 2.5 ml (½ teaspoon) black crushed pepper
- 5 ml (1 teaspoon) crushed jeera/cumin
- 10 ml (2 teaspoons) fresh red pounded chillies
- 5 ml (1 teaspoon) salt
- 5 ml (1 teaspoon) ajmo celery seeds
- 2 green chillies (slit)
- 2 sprig curry leaves and 1 stick tuj/cinnamon, 3 elachi/cardomom
- 3 lavang/clove

### Note:

Shell fish cooked in shell is much more tasty. But should you wish to shell them, then please do so.

### Method:

1. Clean shell fish well. Devein them thoroughly, wash, drain dry.
2. Fry onions in oil till gold in colour — pour oil off through sieve to allow onions to drain off, and get crisp, keep oil aside.
3. Take 2 tablespoons from oil that was kept aside, put in a large pan and braise the ajmo, slivered garlic, sprig of curry leaf and the shell fish. Braise slowly, turning the contents all the while so that shell fish can flush pink. Remove from heat and cool.
4. Wash baby soles or other fish, drain and pat dry. Fry lightly in pan with 1 or 2 tablespoons of oil. Add to bowl of shell fish.
5. Take 1 tomato put on heat with a tablespoon of water and bring to boil. When tomato is cooked, cool, then blend fine. This should give you ¼ to ⅓ cup thick puree — add this to bowl of fish.
6. Add crushed garlic, lemon juice, tomato puree, yoghurt green chillie and all spices to bowl of fish. Toss and mix fish in marinade and keep in fridge overnight or for few hours.
7. Boil rice in salted water, together with the elachi tuj and lavang- when done drain in colander.

8. In a large pan, fry the curry leaves in the ghee. When crisp, remove leaves and keep aside. Now fry the rice adding little more ghee if necessary. Stir slowly tossing rice around so that ghee wets the rice grains. Remove from heat.
9. In a large flat bottomed pot, put all the oil that was set aside, spread marinating bowl of sea food therein arranging them attractively. Put rice over this and sprinkle ¼ cup water over the rice.
10. Fry some blanched slivered almonds in a tablespoon of ghee-keep aside. Steam pot slowly over low heat for 30 minutes.

### To serve:

Keep aside the ¼ of the rice and arrange the rest on platter. Spread prawn and marinade over this. Streak the top of the paella with the rice that was kept aside. Crush the fried curry leaves over this and finally sprinkle the slivered almonds over it.

### Accompaniments:

Dahi, kachoomer's fried rice, papad and achar.

### To serve in a Rice Ring:

Prepare exactly as main recipe but at

- Stage 8. return rice to pot and steam gently for 10 minutes.
9. Fry slivered almonds and onions in ghee and after keeping a little of the onion and almond aside, pour this vāgaar over rice. If you like tint some of the rice with saffron.
  10. On a large serving platter empty the marinating prawns in a pot and steam gently for 10 to 15 minutes. The curry will be done. Do not overcook sea food.
  11. In a large serving platter put the prawn curry in the middle and surround it with the rice to form a ring round it. Garnish rice with the left-over fried almonds and onions and the curry with chopped greens and wafers of coconut.