

STEAM OVEN PAELLA

THE STEAM
OVEN KITCHEN



INGREDIENTS

1 T olive oil
1 Onion finely diced
3 garlic cloves chopped
1 red Capsicum, finely diced
1 chorizo sausage sliced
2 c paella rice
 $\frac{1}{4}$ t saffron threads
 $\frac{1}{4}$ t tumeric
 $\frac{1}{2}$ cup white wine + $\frac{1}{2}$ cup more for mussels
1 can chopped tomatoes
4 c chicken stock
12 -18 mussels raw in the shell
12 raw prawns (shelled with tail still on or whole as desired)
500gms firm white fish fillets cut into large bite size piece

INSTRUCTIONS

Scrub mussels . Place in steam oven proof dish . Pour over 1st measure of $\frac{1}{2}$ cup white wine
Steam 100C for 12 minutes or until shells open. Set aside.

In casserole/pan that will transfer from cooktop to oven (preferably) heat oil and lightly fry onion, garlic and capsicum.
Add chorizo and cook till slightly browned.

Add rice and stir in pan to toast.

Add saffron and tumeric to second measure of wine and add to rice, continue to cook, and add tomatoes and then stock.

Transfer pan to Steam Oven. Cook for 20 minutes on Steam+ Hot Air at 180C .

Add fish and prawns to dish, toss and cook for another 6 minutes .
Add Mussels in shell and cook for another 4 minutes.

Serve with crusty brea