
Paella New Iberia

*Chef Bill Shafer - CIAO! Casual International Cuisine - Longboat Key, FL
Sarasota's Chef Du Jour - 1992*

1 (2-1/2 to 3 pound) chicken, cut into serving pieces
3/4 pound Andouille sausage, cut into 1/2 inch pieces
8 crawfish
12 clams or mussels
1 pound large shrimp, peeled and deveined
2 medium bell peppers, seeded and diced
1 large tomato, peeled, seeded and diced
4 cloves garlic, crushed
1/4 cup chopped fresh parsley or cilantro
1/2 teaspoon saffron
1 1/2 cups converted rice
1 cup tomato juice
1 cup clam juice
1 cup chicken broth
2 tablespoons olive oil
Louisiana hot sauce (to taste)
flour (for dredging)

Preheat the oven to 425 degrees.

In a saucepan, combine the tomato juice, clam juice and chicken broth. Bring to a simmer.

In a large cast-iron skillet on high heat, cook the chicken dredged in flour and oil until browned on all sides.

Add the peppers, tomato, garlic and sausage. When the vegetables start to soften, add the rice, saffron, salt and hot sauce. Continue to cook on high heat for 2 minutes, then carefully add the simmering broth and shell fish.

When full boil is reached, place the skillet, uncovered, into the oven.

The paella is ready when the chicken is cooked through and the rice is done, about 20 minutes.

Yield: 6 to 8 servings

Seafood

Per Serving (excluding unknown items): 5164 Calories; 271g Fat (48.0% calories from fat); 389g Protein; 270g Carbohydrate; 9g Dietary Fiber; 2079mg Cholesterol; 3391mg Sodium. Exchanges: 15 1/2 Grain(Starch); 50 Lean Meat; 6 Vegetable; 29 1/2 Fat.