

SEAFOOD, TOMATO & CHORIZO BROTH

SERVES 2

INGREDIENTS

12–16 mussels
2 raw chorizo, sliced thinly
2 slices pancetta, finely chopped
½ leek, finely sliced
½ onion, finely diced
2 sticks celery, finely diced
Pinch smoked paprika
Pinch cayenne pepper
440g tinned chopped tomatoes
300ml fish stock (see page 15)
440g tinned butter beans, drained
Butter
2 garlic cloves, finely diced
6 king prawns



150g squid tubes, cleaned and cut into rings
50–100g white fish (cod, haddock, coley, etc), cut into small cubes
2 tbsp crème fraîche
Handful flat-leaf parsley, chopped

- Wash the mussels in cold water and discard any that do not close when tapped.
- Fry the chorizo and pancetta in a non-stick saucepan over a medium heat for 1–2 minutes, until they start to exude fat. Add the leek, onion, celery, smoked paprika and cayenne pepper, and sweat for 5–7 minutes until soft.
- Pour in the tomatoes and fish stock, and season with sea salt and freshly ground black pepper. Simmer for 5 minutes, then add the butter beans and simmer for another 10 minutes until the liquid has reduced slightly.
- Melt a knob of butter in a hot frying pan then cook the garlic and king prawns for 2–3 minutes. Add the mussels, cover and toss, then – when they start to open – tip in the squid rings and fry for 1 minute. Pour the fried seafood mixture and its juices into the tomato broth, and add the white fish. Cook for 2 minutes.
- Divide the seafood between 2 plates and pour the remaining broth over the top. Finish with a spoonful of crème fraîche and a sprinkling of flat-leaf parsley; serve with crusty granary bread.