



## PAELLA E FREGULA SARDA

from

### Sweet Myrtle & Bitter Honey

The Mediterranean Flavors of Sardinia

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### Paella e Fregula Sarda *Sardinian paella*

Serves 4

- 4 cups fish stock
- 16 clams
- 16 mussels
- 4 tablespoons extra virgin olive oil
- 1 medium white onion, diced
- 2 cups fregula
- ½ teaspoon saffron
- 1 cup Vernaccia di Oristano wine (or dry sherry)
- 1 cup shelled fresh fava beans (or fresh or frozen green peas)
- 1 red bell pepper, julienned
- 3 Roma tomatoes, seeded and diced
- ½ cup sun-dried tomatoes, chopped
- 2 bay leaves
- 5 sprigs thyme
- 1 sprig rosemary
- 4 ounces scamp (or baby langoustine), shell on, cut into 2 to 3 pieces
- 4 ounces medium shrimp, shell and heads on
- 4 ounces calamari, cleaned and chopped into 1-inch pieces
- 4 ounce fillet of monkfish (or flounder), cut into 2-inch pieces
- ½ bunch dill, coarsely chopped
- Sea salt

Heat fish stock in a large pot over medium heat. Rinse clams and mussels thoroughly to remove impurities.

In a paella pan or extra large saucepan, heat olive oil over medium heat. Add onion and cook until translucent. Add fregula and stir continuously for 2 minutes. Add clams and mussels. Stir saffron into 1 cup of the hot stock and add to pan, stirring continuously with a wooden spoon until clams and mussels begin to open, about 5

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minutes. Add the wine and simmer for a few minutes longer.

Stir in fava beans, bell peppers, fresh and sun-dried tomatoes; then add bay leaves, thyme and rosemary. Cook for 5 minutes, gradually ladling in stock as it is absorbed, continuing to stir constantly with a wooden spoon.

Add scampi, shrimp, calamari, monkfish, and dill; season to taste with salt. Toss well to combine. Continue to ladle in remaining stock gradually until all liquids are absorbed (about 5 minutes longer). Serve immediately.