

# Seafood Paella

From my friend Joan Wilson, who lived in Spain during the 1960's



8 whole chicken drumsticks  
1 whole garlic clove, minced  
2 tablespoons olive oil  
6 whole saffron threads  
1 1/2 cups long-grain white rice  
1 pound Italian sausage  
1 large onion, chopped  
1 whole green pepper, chopped  
1 3/4 cups low sodium chicken broth  
1 cup canned clams, drained, saved  
1 teaspoon salt  
1 teaspoon paprika  
1 pound fresh shrimp, whole, tails on  
4 whole tomatoes, sliced  
1/2 pound frozen peas  
1 whole red bell pepper

## Servings: 12

*This is a really impressive dish - and it feeds a crowd - especially if you add the mussels and scallops. To cut down on the fat, substitute turkey sausage, and use skinless chicken thigh meat. It won't be as pretty (the spoked drumsticks are very eye-catching), but it will taste just as good.*

1. In a very large skillet, brown drumsticks in olive oil, then set aside to drain. Dissolve the saffron in about 2 T. of warm water. Set aside. Add sausage, cut into bite-sized chunks, and sauté for about 5 minutes. Then add the onion, green bell pepper and garlic and sauté for 5-10 minutes, then remove to a bowl. In a small bowl set aside about 2 T. of diced red bell pepper, and another about 1/4 cup of frozen peas. These will be added at the end.
2. To the frying pan add the rice and sauté it until rice is golden brown. Stir in the chicken broth, clam juice, clams, salt, saffron mixture and paprika and cook for about 10 minutes. Add the onions and green bell pepper to the pan, then frozen peas. Cover pan (or make a tent from aluminum foil) and cook until rice is nearly done. If any of the rice is clinging to the side of the pan, stir them into the liquid. Add the sausage and red bell pepper.
3. Preheat the oven to 375°. Place the chicken drumsticks around the pan (on top of the rice) in a spoke fashion, and nestle them down into the rice a little bit. Shell the shrimp, leave tails intact and butterfly them. Nestle them into the rice with their tails curled up. Place tomato slices wherever there is room, cutting in half if necessary. If needed, add a little more chicken broth to the pan. If you're using mussels and scallops, add those, nestling into the rice as you can. Bake for 20 minutes - just long enough to cook the fish and chicken. Sprinkle the paella with the reserved bell pepper and peas.

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Per Serving (excluding unknown items): 405 Calories; 19g Fat (43.0% calories from fat); 29g Protein; 27g Carbohydrate; 2g Dietary Fiber; 129mg Cholesterol; 663mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>