

seafood samp paella

I made this recipe for one of the episodes on my TV cooking show. Everyone knows about samp and beans, but I got thinking about using it in a different way.

2 cups samp, soaked overnight
8 cups water
3 tbsp butter
1 onion, chopped
2 cloves garlic, crushed
4 large brown mushrooms, sliced
1 green pepper, diced
3 tbsp oil
12 medium prawns, peeled and cleaned
200g calamari rings
200g hake steaks (or any firm-fleshed fish)
12 cherry tomatoes
Salt and pepper

1. Cook the samp in salted boiling water until cooked through and very soft (about 2 hours). Keep replenishing the water so that the samp does not burn.
2. In a large, heavy-based frying pan or wok, melt the butter, add the onion and garlic, and sauté until transparent.
3. Add the mushrooms and green pepper. Cook until soft.
4. In another frying pan, heat the oil and add the prawns, calamari and hake. Fry gently until cooked, about 10 minutes.
5. Add the seafood to the vegetable mixture and toss lightly.
6. Add the cooked samp and cherry tomatoes, and mix carefully.
7. Season to taste with salt and pepper, and serve warm.

For added colour and flavour, add 1 tbsp tomato paste to the pan in step 2.

Serves: 4