



FEATURED RECIPE

SEAFOOD PAELLA WITH CANADIAN LOBSTER

BY

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Tim Squires is the Owner and Operator of Ostra Fine Foods, Cambodia. Tim has spent time in some of the worlds best kitchens such as Bomba Paella Bar, Singapore and The Chateau Cordeillan Bages, France under renowned Chef Thierry Marx. It is this passion for food and industry experience that helps OSTRA FINE FOODS provide an exceptional experience for our customers.



SEAFOOD PAELLA WITH CANADIAN LOBSTER



Ingredients

1x Canadian Lobster 500gm size
100gm Oysters, meat only
130gm Tiger Prawns
120gm Fresh Clams
100gm Fresh Mussels
300ml Prawn Stock
2 tbsp Shallots, chopped
1 tbsp Garlic, chopped
1 pinch Thyme, fresh
1 pinch Parsley, chopped
100gm Bomba Paella Rice
1 pinch Saffron Powder
2 pinches Paprika Powder
Salt and Pepper, to taste
1 squeeze Lemon, to serve

Olive Oil

Garlic Aioli, to serve optional

Equipment

1x Paella Pan Small size

Method

Lobster- To prepare the lobster first kill it humanely by putting it in the freezer for 30mins. Portion the lobster into the quarters including the shell. Reserve

Prawn Stock- Bring the stock to the boil and reserve.

To prepare-

1. Heat the Paella pan on the stove over a medium heat. Once hot add the oil, garlic, shallots and thyme and sauté until fragrant.
2. Add the lobster first and cook lightly for 2-3mins, add the rest of the seafood and cook for one minute.
3. Add the Bomba Paella rice, Saffron and Paprika. Sauté again lightly for one minute mixing the seafood together with the rice.
4. Add the hot Prawn Stock and cook on high heat for 5 minutes. Season with Salt and Pepper.
5. Remove to a medium to low heat and cook for a further 11 minutes. Do not stir.
6. Once complete the rice should be crispy on the bottom of the pan but not burnt. Test the rice to see if it is cooked. It should be al dente not too soft.
7. Remove from the heat, drizzle with lemon juice, olive oil and parsley. Serve with garlic aioli Enjoy!