

“Arrossejat”

Ingredients

400g of rice
3/4 of a litre of fish stock
5 cloves of garlic
2 cloves of crushed garlic
Parsley, olive oil, salt and saffron.

Preparation

Pour a quarter of a litre of oil into a clay casserole. When the oil is hot, fry the cloves of garlic whole. When they are brown, remove them and add the rice. Fry, stirring constantly. When the rice is golden brown, add the parsley and chopped garlic. Stir and add the fish stock and saffron. Leave to cook until all the stock has evaporated and the rice is “al dente”. The rice should be quite dry.

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