



KCAL\*  
354

#### NUTRITIONAL INFORMATION (by ration)

15,7	Protein
43,9	Carbs
11,5	Total fat
2,4	Saturated fat
6,9	Monounsaturated fat
1,6	Polysaturated fat
0,04	Cholesterol
4,2	Fiber
0,55	Sodium

#### ALLERGENS mussels

\* Kcal by ration



60'



4 PAX

DIFFICULTY  
MEDIUM



GLUTEN FREE



RICES

## SCORCHED MUSSEL ARTICHOKE RICE WITH JABUGO HAM

PONS

USE:



**PONS SELECCIÓN  
FAMILIAR  
TRADICIONAL**  
EV00



**PONS  
FRESH CRUSHED  
WITH SAFFRON**  
EV00 with Saffron



**PONS APPLE VINEGAR**  
Apple Vinegar

PAIR:



**ALGÈS**  
Black wine



**ROC DE FOC**  
White wine

#### INGREDIENTS

- 200 g Bomba rice
- 500 g Mussels
- 1 litre Chicken broth
  - 2 Medium artichokes
    - 1 Small leek, cleaned
- 40 g Jabugo ham
- 20 g Jabugo ham fat
- 1 Clove garlic
- 25 ml Roc de Foc
  - Pons Selección Familiar Tradicional
  - Pons Fresh Crushed with Saffron
  - Salt
  - Pepper

#### UTENSILS



Casserole



Parisien  
frying pan



Oven

#### OBSERVATIONS

Scorching the rice creates a crunchy caramelised layer on the bottom of the dish. Never stir the rice if you want to achieve the scorched effect. If the scorched layer forms before the dish is done, it can be finished in the oven to avoid burning the caramelised layer.

#### ELABORATION

For the broth:

1. Add the mussels and white wine to a pot. Cover and turn heat to medium/high until the mussels begin to open. Do not add water. 🔥
2. Set aside the broth created by the concoction and the mussels separately.
3. Clean the artichokes, setting aside the fibrous leaves and the soft hearts separately.
4. In a pot, mix the broth from the mussels and the chicken broth; add the leek and the fibrous artichoke leaves. Put on low heat until the resulting broth is reduced to 750 ml. Set aside the hot strained broth. 🔥

For the rice:

5. In a paella pan on low heat with 25 ml Pons Selección Familiar Tradicional, add the finely diced onion, the Jabugo ham fat diced into cubes, the finely diced garlic and the artichoke hearts cut into quarters. The sauté must turn dry and brown. 🔥
6. Allow the mixture to brown and add the rice. 🔥
7. Stir the rice for 3 minutes on medium heat until warm. Add the mussel and artichoke broth and allow the mixture to cook for 18 minutes. 🔥🔥
8. The first 5 minutes on high heat. The rest of the time on low heat. 🔥🔥
9. In the last minute of cooking, add a drizzle of Pons Crushed Oil with Saffron to help caramelise the scorched bottom layer and provide the mixture with a very interesting aromatic nuance. 🔥
10. After the Saffron Oil, immediately add the mussels, spreading evenly. Allow to cook 1 minute and turn off heat. 🔥
11. Allow the mixture to sit 5 minutes, covering it with a clean dish towel. 🔥
12. Before serving, decorate with fine slices of Jabugo ham. 🔥

Controlling the flame is essential for a successful result in this recipe.

🔥 Low heat 🔥🔥 Medium heat