

a t a v o l a

Quick & Easy | Rapido e Semplice



SAFFRON BARLEY WITH CHICKEN AND SHELLFISH

*"Paella di Grano Duro
allo Zafferano"*

30 

¼ teaspoon saffron threads
¼ cup vegetable stock, heated
salt
10 ounces instant pearl barley
1 pound mussels, scrubbed and
de-bearded
1 pound clams, scrubbed

½ cup dry white wine
2 tablespoons extra-virgin
olive oil, plus extra
1 shallot, diced
6 ounces chicken breast, skinless,
boneless, cut into ¾-inch pieces
4 ounces string beans, cut into
1-inch pieces
6 ounces asparagus, trimmed and
cut into 1-inch pieces
freshly ground pepper

Combine the saffron and
stock, and keep warm. Bring a

large pot of water to a boil. Add
salt and the barley, and cook
until al dente, 10 to 12 min-
utes, then drain. In a large pot
over medium heat, combine
the mussels, clams and wine,
and cover. Cook until the
shells open, about 5 minutes,
and remove from the pan.
Strain the cooking liquid, and
reserve. In a large skillet over
medium heat, warm the oil,
and add the shallot. Sauté until
it's soft, then add the chicken.

Sauté for 6 minutes, then add
the string beans and aspara-
gus, and cook another 4 to 5
minutes. Season with salt and
pepper. Add the barley along
with the heated saffron-stock
mixture. Stir well, and cook
until the liquid is absorbed,
about 4 to 5 minutes. Add the
mussels and clams along with
¼ cup of the reserved cooking
liquid. Season with salt and
pepper, and drizzle each serv-
ing with olive oil. SERVES 6