

Recipes: Dinner Menu for the week of October 3rd – 9th, 2022

written by John Mueller | February 25, 2023

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Fish, Shrimp, and Mussels, with Paella-style Rice [Spanish- and Italian-influence]

Ingredients: White fish chunks, turmeric, garlic, lime, Venison-pork Italian sausage (use Iberian Chorizo – if accessible), rice, onion, bell peppers, garlic, chopped tomato, bay leaf, paprika, saffron, salt and pepper, white wine, rice chicken broth, shrimp, mussels, chopped Parsley.

Directions: Fish chunks, marinated in turmeric, garlic and lime. Cooked and set aside.

I cooked in bulk venison-pork Italian sausage in lieu of Iberian-Spanish sausage. I added it to the rice after doing the following:

Sauté onion, bell peppers, onion, and garlic. Add chopped tomato, bay leaf, paprika, saffron, salt and pepper. stir. Add white wine and cook for about 10 minutes. Add and stir in the rice, chicken broth (relative to quantity of rice used) and cooked sausage. Towards the end and prior to the rice being fully cooked, place in the shrimp and mussels, cover the pot and let the rice cook fully.

At service, plate the paella, top with fish chunks and chopped

fresh parsley.

[[See full menu for the week of October 3rd – 9th, 2022](#)]

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