

2 5-ounce cans, water-packed light (not albacore) tuna
7 cups chicken or vegetable stock
2 to 4 garlic cloves (to taste), minced
2 tablespoons olive oil
3 tablespoons minced flat-leaf parsley
½ cup minced onion
2 to 3 anchovy fillets, soaked for 15 minutes in water to cover, rinsed and finely chopped (optional)
1 (14-ounce) can tomatoes, drained and finely chopped
1½ cups Arborio rice
Salt and freshly ground pepper to taste
½ cup dry white wine, such as Pinot Grigio or Sauvignon Blanc
Generous pinch of saffron
1 cup thawed frozen peas

Drain the tuna over a bowl. Stir the tuna water into the chicken or vegetable stock. Taste and add more salt as needed for a well-seasoned stock. Break up the tuna in a bowl, and add to it 1 of the garlic cloves, 1 tablespoon of the olive oil, and the parsley. Set aside.

Step 2

Bring the stock to a simmer in a saucepan and turn the heat to low.

Step 3

Heat the remaining tablespoon of oil over medium heat in a large nonstick frying pan or wide saucepan and add the onion. Cook, stirring, until tender, about 5 minutes, and add the remaining garlic. Cook, stirring, for about a minute, until the garlic is fragrant, and stir in the anchovies and tomatoes. Cook, stirring, until the tomatoes have cooked down and the mixture is fragrant, 5 to 10 minutes. Season to taste with salt and pepper.

Step 4

Add the rice and cook, stirring, until the grains of rice are separate and well coated with the tomato mixture, 2 to 3 minutes.

Step 5