

LA TIENDA'S — favorite — PAELLA RECIPES



LA TIENDA
THE BEST OF SPAIN

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INTRODUCTION

What is paella? We think the soul of paella is about gathering with family and friends in your backyard or at a restaurant, sharing a meal served from a communal pan. The first paellas began as a simple farmer's dish cooked over an open fire. Rice was mixed with whatever was available—vegetables, wild game and even snails. Whatever the ingredients, paella has always been a shared meal, and the process of cooking it is always better when the tasks of preparing it are also shared.

We've cooked hundreds of paellas over the last twenty years: making mistakes, learning new techniques, and enjoying the adventure of each experience. We are happy to share some of our favorite paella recipes for you to try at home.

Here are a few pieces of hard-earned paella wisdom: First, rice is the most important ingredient—short grained Spanish rice is essential; second, restraint is key—it is important not to overwhelm the rice with too many ingredients; third, make a great stock with quality spices, including real Spanish saffron; fourth, your paella should be flat and fairly thin, and you should not stir it after you add the last of the ingredients; and finally, a good paella is easy to make, while a great paella takes practice.

Remember that as long as friends and family share in the experience, every paella is a celebration!



¡Buen Provecho!

PAELLA WITH VEGETABLES AND JAMÓN

Paella de Verduras y Jamón

The central markets of Spain are filled with stalls offering piles of beautiful fresh vegetables. This recipe features some of our favorites, but feel free to substitute whatever is fresh and local to your area. We couldn't resist decorating it with slices of Serrano ham, but without that touch, this is a completely vegetarian recipe.

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- Makes 4-6 servings
 - 15 inch paella pan
 - Prep time: 30 minutes
 - Cook time: 1 hour
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INGREDIENTS:

(links to products in green)

- 1 tsp **saffron** threads
- 2 tsp **sweet smoked paprika**
- 6 cups vegetable stock
- 8 tbsp **extra virgin olive oil**
- 2 medium onions, diced
- 4 large ripe tomatoes
- 4 garlic cloves, diced
- Sea salt** and pepper
- 2 cups **Bomba** or **Calasparra** rice
- 2 oz asparagus
- 4 oz mushrooms, sliced
- 8 **artichoke hearts**
- Lemon wedges
- Fresh parsley, finely minced
- 2 oz **Jamón Serrano**, sliced into thin ribbons (optional)



PREPARATION:

Add vegetable stock, paprika and saffron to a pot and heat, covered. Peel and chop 3 tomatoes. In a separate 15 inch paella pan, heat 2 tbsp olive oil, add onions, and cook until translucent, about 5 minutes. Add the garlic and tomato. Simmer for 5 minutes, until they have a sauce-like appearance. Salt and pepper to taste.

Pour in the rice and stir until the rice is covered with the tomato mixture (known as 'sofrito'). Slowly add all of the broth to the paella. Stir the rice mixture until it is evenly distributed throughout the pan. Place the asparagus, sliced mushrooms, artichoke hearts and tomato slices from remaining tomato into the mixture, distributing evenly throughout. Important—do not stir after this point.

Simmer for about 20 minutes, or until all of the broth has been absorbed, and the rice begins to sizzle. Remove from heat, gently cover with a cloth and let sit for another 10 minutes. To serve, garnish with lemon wedges, chopped parsley and jamón.

MIXED PAELLA

Paella Mixta

This is by far the most popular paella recipe in Spanish restaurants in America. Mixing seafood, meat and chorizo is close to heresy in Valencia, but this 'Americano' version is very tasty and features a variety of flavors sure to please a crowd.

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- Makes 4-6 servings
 - 15 inch paella pan
 - Prep time: 30 minutes
 - Cook time: 1 hour
-

INGREDIENTS:

(links to products in green)

- 1 tsp **saffron** threads
- 2 tsp **sweet smoked paprika**
- 6 cups chicken or seafood broth
- 2 medium onions, diced
- 8 tbsp **extra virgin olive oil**
- 1 red bell pepper, diced
- 3 chicken thighs, skinned and cut into 2 inch pieces, seasoned with salt and pepper
- 1 lb **Spanish cooking chorizo**, cut into 1 inch pieces
- 2 tomatoes, peeled and chopped
- Sea salt** and pepper
- 4 garlic cloves, diced
- 2 cups **Bomba** or **Calasparra** rice
- 1/4 lb fresh or frozen peas
- 12 large shrimp, peeled
- 12 mussels (or clams)
- 8 **piquillo peppers**, sliced
- Lemon wedges



PREPARATION:

Add broth, paprika and saffron to a pot and heat, covered. In a separate 15 inch paella pan, add 2 tbsp olive oil and brown the chicken pieces and chorizo, about 5 minutes. Remove. Add the remaining olive oil and cook the onions over medium heat until translucent, about 5 minutes, then add the bell pepper and sauté. Add the tomatoes and garlic and simmer for another 5 minutes, until they have a sauce-like appearance. Salt and pepper to taste.

Pour in the rice and stir until the rice is covered with the tomato mixture (known as 'sofrito'). Add chicken and chorizo pieces and peas. Slowly add all of the broth to the paella. Stir the rice mixture around until it is evenly distributed throughout the pan. Important—do not stir after this point. Let simmer for about 10 minutes.

Nestle the shrimp and shellfish into the mixture one-by-one, evenly distributing throughout. Simmer for another 15 minutes, or until all of the broth has been absorbed and you hear the rice sizzle. Remove from heat, gently cover with a cloth and let sit for another 10 minutes. Garnish with piquillo pepper slices and lemon wedges.

MIXED SEAFOOD PAELLA

Paella de Marisco

Paella de Marisco is a summer favorite in Spain. Enjoy with a refreshing white wine and a green salad. You can substitute your favorite fresh seafood.

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- Makes 4-6 servings
 - 15 inch paella pan
 - Prep time: 45 minutes
 - Cook time: 1 hr 10 minutes
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INGREDIENTS:

(links to products in green)

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| 6 cups clam or seafood broth | 6 scallions, diced |
| 1 tsp saffron threads | 1 red bell pepper, diced |
| 2 tbsp fresh parsley, minced | 1 large tomato, peeled and chopped |
| 8 cloves garlic, diced | 2 cups Bomba or Calasparra paella rice |
| 1 tbsp fresh thyme | 1 dozen mussels |
| Sea salt | 1 dozen small clams |
| 1 tsp sweet smoked paprika | 12 large shrimp in shells |
| 8 tbsp extra virgin olive oil | Lemon wedges |
| 1 1/2 lbs firm-fleshed fish (such as cod), cut into bite-sized pieces | Fresh parsley, chopped |
| 1 medium onion, diced | Alioli (garlic mayonnaise) |

PREPARATION:

Heat the broth in a large pot. Stir in saffron. Pat fish and shrimp dry between paper towels. Sprinkle with salt and let sit 10 minutes. With a mortar and pestle mash parsley, garlic, thyme and 1/8 tsp salt into a paste. Stir in paprika; add water if necessary to form a paste. Set aside.



Heat 6 tbsp of oil in 15 inch paella pan over medium high heat and quickly brown the fish 1-2 minutes. Do not fully cook. Remove to warm platter.

Add remaining 2 tbsp of oil, onion, scallions and bell pepper to paella pan and cook until the vegetables are slightly softened. Raise heat, add tomato and cook until it becomes sauce-like, 2 to 5 minutes. Pour in the hot broth and bring to a boil. Sprinkle the rice evenly across the pan. Boil for 3 minutes, stirring rice and rotating pan occasionally. Add reserved fish. Stir in parsley paste. Add salt to taste. Do not stir after this point. Lower the heat, continue to simmer until rice is no longer soupy but enough liquid remains to continue cooking the rice (about 10 minutes). Add extra liquid if necessary.

Arrange shrimp, clams and mussels over rice, placing edges of mussel and clam shells so they open facing up. Cook uncovered, for 10-15 minutes until rice fully absorbs the broth and begins to sizzle. Remove pan from the heat and cover with a cloth. Let sit 10 minutes. Garnish with lemon wedges and parsley and serve with alioli.

BLACK RICE SEAFOOD PAELLA

Arroz Negro

Arroz Negro is the famous 'black rice' of Spain, cooked with squid ink and diced sepia or cuttlefish. It has a rich, creamy flavor with very little fishiness. The ink adds a striking black presentation, and this dish should be served with a fresh salad, crusty bread and a crisp white wine. You can also substitute your favorite fresh seafood.

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- Makes 4-6 servings
 - 15 inch paella pan
 - Prep time: 45 minutes
 - Cook time: 1 hr 10 minutes
-

INGREDIENTS:

(links to products in green)

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| <p>6 cups clam or seafood broth</p> <p>2 tbsp fresh parsley, minced</p> <p>8 cloves garlic, diced</p> <p>1 tbsp fresh thyme</p> <p>2 ½ tbsp squid ink</p> <p>1 lb cleaned sepia (cuttlefish)</p> <p>Sea salt</p> <p>1 tsp sweet smoked paprika</p> <p>8 tbsp extra virgin olive oil</p> <p>1 lb firm-fleshed fish (such as rockfish or cod), cut into bite-sized pieces</p> <p>1 medium onion, diced</p> <p>6 scallions, diced</p> <p>1 red bell pepper, diced</p> <p>1 large tomato, peeled and chopped</p> | <p>2 cups Bomba or Calasparra paella rice</p> <p>1 dozen mussels</p> <p>Lemon wedges</p> <p>Chopped parsley</p> <p>Alioli (garlic mayonnaise)</p> |
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PREPARATION:

Place fish and sepia between paper towels and pat to dry. Then sprinkle with sea salt and let sit for 10 minutes. Bring the broth to a boil in a large pot. Meanwhile, combine parsley, garlic, thyme and 1/8 tsp of sea salt and grind into a paste using a mortar and pestle. Stir in paprika. If necessary, add water to form a paste and then set the mixture aside.

In the 15 inch paella pan, heat 6 tbsp of oil. Without cooking all the way through, quickly brown the fish and sepia for 1-2 minutes and then remove to a warm platter.

Add remaining 2 tbsp of oil to the paella pan and cook the onion, scallions and bell pepper until slightly softened. Raise heat, add tomato and cook until the mixture becomes sauce-like, 2 to 5 minutes. Add the rice and stir to coat. Add the squid ink to the broth, stirring until it is well mixed. Pour the hot broth into the pan and bring to a boil. Let boil for 3 minutes, rotating the pan and stirring rice occasionally. Stir in parsley paste. Add salt to taste. Do not stir after this point. Lower the heat, continue to simmer until rice is no longer soupy but enough liquid remains to continue cooking the rice (about 10 minutes).

LA TIENDA ESSENTIAL SHOPPING LIST FOR ALL PAELLA RECIPES *(links to products in green)*



15 inch Paella Pan



Saffron



Sweet smoked paprika



Extra virgin olive oil



Sea salt



Bomba or Calasparra rice

INGREDIENTS SPECIFIC TO EACH RECIPE

Paella with Vegetables and Jamón – *Paella de Verduras y Jamón*

- Artichoke hearts
- Jamón Serrano

Mixed Paella – *Paella Mixta*

- Spanish cooking chorizo

Mixed Seafood Paella – *Paella de Marisco*

- Seafood Broth

Black Rice Seafood Paella – *Arroz Negro*

- Seafood Broth
- Squid Ink
- Sepia



CREDITS



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