

The Spanish Table Cookware Information

www.spanishtable.com
mailorder@spanishtable.com

THE SPANISH TABLE

1426 Western Ave
Seattle, Washington 98101
(206) 682-2827
FAX (206) 682-2814
seattle@spanishtable.com

THE SPANISH TABLE

1814 San Pablo Ave
Berkeley, California 94702
(510) 548-1383
FAX (510) 548-1370
berkeley@spanishtable.com

THE SPANISH TABLE

123 Strawberry Village
Mill Valley, California 94941
(415) 388 5043
millvalley@spanishtable.com

THE SPANISH TABLE

109 North Guadalupe Street
Santa Fe, New Mexico 87501
(505) 986-0243
santafe@spanishtable.com

PAELLA: There are many, many “paella” recipes. Originally paella was a dish made in Valencia using chicken, rabbit, snails and three kinds of fresh beans. Now, paella is almost always associated with seafood, chicken and vegetables. There is no right or wrong recipe, only the recipe that pleases you. Paella ingredients vary from place to place, and time to time, depending on local traditions and the ingredients available. Anything from fresh garden produce to holiday left-overs can inspire a cook to create an original version of this one-dish feast! The dish was named after the pan it is cooked in, a Paellera, which is also used for a variety of rice dishes, such as arroz negro, as well as the Spanish pasta dish: fideuá. This is only one recipe, use your imagination and the ingredients at hand, varying the ingredients can make Paella an everyday dish:

- ½ cup uncooked Valencian Rice per person
- 1 cup chicken stock per ½ cup of rice, more if using Bomba
- 5 threads saffron per person, dissolved in ½ cup white wine
- 4 tablespoons, or more, olive oil, to cover bottom of pan
- 1 piece of chicken, such as a thigh, per person
- ½ to 1 soft chorizo, such as Bilbao or Palacios, per person
- ½ teaspoon Spanish sweet pimentón (paprika) per person
- 1 clove garlic per person, minced
- ¼ cup chopped onion per person
- ⅛ cup grated tomato (cut in half, grate and discard the skin) per person
- 2 shrimp or prawns per portion
- 2-4 small clams and/or mussels per portion
- red piquillo peppers cut in strips
- artichoke hearts, green beans or peas
- cooked judión beans (called garrofón in Valenciano) – optional
- lemon wedges for garnish

Heat stock and keep warm. Toast saffron gently in a small pan. When aroma is released, add white wine. Allow to come to a boil then remove from heat. Heat paella pan over medium heat, add olive oil and fry chicken. When chicken is golden and the juice runs clear, add garlic and onions and saute until translucent. Add chorizo and cook until heated.

Add the rice, stirring until well coated with oil (about one minute). Add the paprika and grated tomato. Stir, add saffron flavored wine and hot stock. Bring to a boil, scraping the bottom of pan, then add piquillo pepper and add artichoke hearts, green beans, cooked judión beans or peas. Adjust heat to maintain a slow boil. After about five minutes, add the seafood. Cook another 15 minutes, or until rice is done. Sprinkle with chopped parsley, garnish with lemon wedges and serve.

Traditionally, Paella is not stirred during the second half of the cooking time. This produces a caramelized layer of rice on the bottom of the pan considered by many to be the best part. With a large pan, it is difficult to accomplish this on an American stove and you may prefer to stir the Paella occasionally or move the pan around on the burner(s). Another alternative is to finish the Paella by placing it in the oven for the last 10-15 minutes of cooking. Paelleras can also be used on a barbeque, over an open fire (the most traditional heat source), or on a counter-top grill.

SEASONING A CARBON STEEL PAN

☞ Treat carbon steel Paelleras as you would a Chinese wok or a cast iron skillet. Before using the first time, boil water in it to remove oil, dirt and the label glue. Dry carefully, heat up the pan, then coat both sides with olive oil. Season the pan by baking it in the oven until the oil browns. Re-oil lightly after each use. Never leave water in the pan as it may rust. If rust appears it can usually be wiped off with oil but if necessary use emery cloth and oil to clean off the rust down to shiny, bare metal, and then re-season the pan.

BBQ PAELLA Cooking a Paella on a BBQ is easy because the cooking sequence follows the natural cycle of the fire. Once you have established a good, hot bed of coals, you brown the chicken & any other meats in olive oil, then add chopped onions & saute gently. The fire only needs to remain hot enough to bring the liquid to a boil when you add the rice. Once it has reached boiling, the rice can slowly simmer, absorbing the juices from the other ingredients, along with the color, flavor & aroma of the saffron (If you throw sprigs of herbs or grapevines on the coals, their smoke will flavor the clams & mussels). The fire can die down slowly while the rice cooks for about twenty minutes.

For more advice and great recipes, consult the *The Spanish Table Cookbook*, \$19.99