

Spanish Paella Recipe

SERVES 6 | PREP 20 MINS | COOKING TIME 40 MINS

Ingredients:

- 6 boneless chicken thighs
- Around 12 large prawns – peeled with tail left on
- Around 12 mussels - cleaned with beards removed
- 8 oz calamari rings
- 2 cups Spanish rice – substitute with medium grain rice
- 5 cups chicken broth
- ¼ cup white wine
- ¼ cup extra virgin olive oil
- 1 onion, chopped
- ½ red pepper and ½ green pepper chopped
- 4 cloves garlic
- 3 tomatoes, very finely diced (or 8 oz. tomato sauce)
- ½ cup frozen peas
- 1 bay leaf
- 1 teaspoon paprika, sweet or smoked
- 1 pinch saffron (threads)
- ¼ cup flat leaf parsley chopped, divided
- Salt and pepper
- Lemons and fresh parsley for garnish

Method:

You can use a large flat heavy cooking pan with a long handle for this recipe

1. Add olive oil to a pan over medium heat. Add onion, peppers and garlic and sauté until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron, salt and pepper. Stir and cook for 5 minutes.
2. Add white wine. Cook for 10 minutes.
3. Taste and add salt if needed.
4. Add chicken & rice. *Don't wash the rice before cooking because we want to keep the outer layer of starch.* Add chopped parsley and cook for 1 minute.
5. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!). Bring mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth once or twice during cooking. (We don't ever stir the rice, so that a crispy crust forms at the bottom, called a socarrat, a key component of authentic paella).