



RICE-IPE FOR SUCCESS

Paella Cookbook

ABOUT PAELLA

All the things you should probably know



The paella pan

The word “paella” means pan in Valencian, the language of the region from which the dish originates. The paella pan is wide, shallow-rimmed, and made from carbon-steel. The steel is not stainless. In fact, staining is encouraged, as it needs to be “seasoned” similar to cast iron. But paella pans are ideal for transferring heat very quickly, and forming the socarrat, or bottom crust of rice.

Wooden spoon

Paella is traditionally both made and eaten with a wooden spoon, and right out of the pan. Free pass on standard dinner-table etiquette! If you’re sharing, eat fast, because your helping is directly proportional to how quickly you consume your paella.

Bomba rice

This short-grain rice variety is similar to arborio. Grown primarily in the Valencia region of Spain, it’s the ideal rice for Spanish dishes, such as paella or arroz negro. Bomba rice has a high absorption rate, which lets it soak up and hold the abundance of flavors in all of your favorite rice dishes. So, yeah, bomba rice is actually da bomb.





Saffron

Saffron is like the Rolls-Royce of spices. It's one of the most expensive cooking ingredients, typically costing \$6-8 per gram. That's because the threads have to be harvested by hand from stamens of the crocus flower and there are around 200-300 threads per gram.



Smoked paprika

Smoked pimenton, or paprika, is made by slowly drying and smoking small red peppers, like the ñora pepper. It gives a sweet, smoky flavor, as well as a brilliant red color to dishes, and is used in all kinds of Mediterranean cuisine.

Paella terms

Sofrito

A sofrito is a sauce that makes up the base for much of Spanish cooking. It is the flavor base of paella and typically includes onions, tomatoes, peppers, herbs, and spices.

Socarrat

The socarrat in paella is one of the most important keys for great flavor. It's the crusty, crispy bottom of the paella that becomes caramelized and toasted on the bottom of the pan when it's cooking. It's like a delicacy to paella connoisseurs.





COOKING BASE FOR
**VALENCIAN
PAELLA**

ANETÓ
100% NATURAL

NET WT. 33.83 FL. OZ. (1000 ml)
GLUTE FREE



Ingredients

- 4 boneless chicken thighs
- ½ lb. green beans
- 1 carton Aneto Valencia paella base
- 1½ cup paella rice
- 4-5 sliced piquillo peppers
- Salt and pepper to taste

Poultry



Heat



Prep Time

5 minutes

Cook Time

25 minutes

Serves

3-4 people

Difficulty



Prep

- 1 You can use either the Aneto Valencia paella base or the recommended sofrito on the following page, plus 4 cups of chicken stock and a pinch of saffron.
- 2 Trim and season the chicken with salt and pepper. Then, wash and trim the ends off of the green beans.

Cooking

- 1 Heat 2 tablespoons of olive oil in a paella pan and brown the chicken thighs on all sides. Then, remove them from the pan and set aside.
- 2 Add chopped green beans to the hot pan and sauté for 5 minutes on medium heat. Next, add your sofrito and bring to a gentle boil. Once boiling, add paella rice and stir gently to distribute evenly. Arrange the chicken thighs around the top of the rice. After 8 minutes, reduce heat to medium and begin salivating.
- 3 Once the liquid has been absorbed into the rice, continue to cook on low for another 5-8 minutes, moving the pan around occasionally to even cooking. Garnish with piquillo peppers, remove from heat, and let rest for 5 minutes before eating.

TECHNIQUE

Tips for doing paella right



Seasoning and caring for your pan

Seasoning your carbon-steel paella pan is easy. Think cast-iron skillet or a carbon-steel knife. Before first use, remove the label and rinse under hot water, scrubbing with steel wool to remove any dirt or glue as necessary. Dry it well, coat with olive oil, and place over a high heat until the oil browns. It'll smoke like crazy, but will soon develop a smooth brown patina.

Between uses, scrub the pan clean using steel wool, if necessary. Do not use soap. Soap is the enemy. Rinse and dry well, then coat with a thin layer of oil to prevent rust. Store in a dry place. Rust may develop if the pan is exposed to water during storage. If this occurs, the rust can be removed by scrubbing with steel wool and re-seasoning.



The brownish patina is the "seasoning" that protects your pan

Making a sofrito

Sofritos have several key ingredients and there are a few ways you can prepare them. Most vegetables are simply diced, however tomatoes should be skinned first. To skin a tomato, first blanch it. Bonus points if you already know what blanching is. Cut a shallow "X" mark into the bottom of the tomatoes, then place them in boiling water until the skin starts to split and peel off, around 40 seconds. Next, remove the tomatoes and quickly cool them in cold water or an ice bath. The skins should easily come off in your fingers.

This is your desired consistency



The cut allows the skins to peel more easily.

You can then dice and combine the remaining ingredients and sauté them together until they are fragrant and soft. If you'd rather have a machine do the work, you can throw coarsely chopped ingredients into a blender or food processor and pulse until everything is finely chopped.

Here's what you'll need:

- ¼ cup olive oil
- 1 yellow onion, minced
- 2 cloves garlic, minced
- ½ green bell pepper, seeded
- 2 whole tomatoes, blanched and peeled
- 1 sprig rosemary, removed at end
- 2 tbsp. parsley



Squid Ink



ARROZ NEGRO

Ingredients

- 8 oz. bottle of clam juice
- 2 tbsp. squid ink
- 1 tsp. paprika
- 2 cleaned squid (cuttlefish)
- 12 large scallops
- 1 large lemon
- ½ onion
- 1 large tomato
- 8 cloves of garlic
- 1 bunch of cilantro
- 1¼ cup bomba rice
- ¼ cup olive oil

Seafood



Heat



Prep Time

15 minutes

Cook Time

15 minutes

Serves

3-4 people

Difficulty



Prep

- 1 Use instructions on following page to clean squid and harvest ink. Alternately, buy pre-butchered squid and bottled ink.
- 2 Dice 1/2 onion, garlic, pepper, and cilantro. Blanch tomatoes for 40 seconds until the skins split. Immediately cool with cold water, then peel and dice the tomatoes. Finally, combine clam juice and squid ink and mix until they combine evenly.

Cook

- 1 Heat half of the olive oil in the paella pan and then add onion, tomatoes, garlic, bell pepper, paprika, and cilantro and sauté for about 5-8 minutes. Then add the clam juice mixture and 2 cups of water and bring to a boil.
- 2 Heat remaining oil in a pan and sear the scallops on both sides, then set aside.
- 3 Once simmering, sprinkle in rice, distribute evenly with a spoon, and cook, without stirring, until rice has absorbed most of the liquid, around 10-12 minutes. Reduce heat to low and cook, without stirring, until rice has absorbed the liquid and is al dente, around 5-10 minutes more. Remove pan from heat, and arrange the seared scallops on top of the rice without mixing. Garnish with lemon, serve, and watch your dinner guests' jaws drop in awe.

TECHNIQUE

Cleaning squid and harvesting ink



Mantle and tentacles
(these are the tasty bits)



The first step is to identify what you're working with. The tentacle looking parts are the "tentacles" and the top bit is called the mantle. Both of these are edible, but the stuff in the mantle, not so much.

With one hand on the mantle and the other on the tentacles, pull the squid in half. The organs should remain attached to the bottom half. Clean the inside of the mantle and use your hands to tear off the fin on the top of the mantle. You should also be able to pull away the thin skin that cover it.



Cut just beneath the eyes to separate the tentacles from the body. In the middle of the tentacles is the mouth. Squid have a birdlike beak that needs to be removed. Use a finger to push it out from the center of the tentacles, and then discard.

Save to eat

Inside the mantle is a rigid quill running along the inside giving it structure. When you feel it, pull it directly out and discard. The mantle can then be washed and cut into rings.



There are two places that store ink inside the squid's body. Behind the eye is a dark black sac that is full of ink. Have a container handy, then puncture the sack with a knife and squeeze the ink out. Use any excess ink to refill that pen that's always dying on you.

Remove ink sack, then discard the rest



The second ink sac is located higher up in the innards that you pulled out of the mantle. Look for a long, thin pouch that has a dark substance inside of it. You guessed it, that's ink. Once again, puncture the sac and squeeze the ink out into your container.

Some squid have very little ink, so if the whole ink thing is just too much work, they sell the stuff in stores, too.



VALENCIA DUCK



W/ ARTICHOKE + ASPARAGUS

Ingredients

- 4 lbs. of duck (breasts or thighs)
- 2 tbsp. olive oil
- 4 medium tomatoes
- 2 garlic cloves
- ½ chopped onion
- 2 tbsp. paprika
- 1 pinch saffron
- 1 can of artichokes
- 1 bunch of asparagus
- 1 tsp. salt
- 1 ¾ cups bomba rice
- 3 cups chicken stock

Game



Heat



Prep Time

15 minutes

Cook Time

30 minutes

Serves

3-4 people

Difficulty



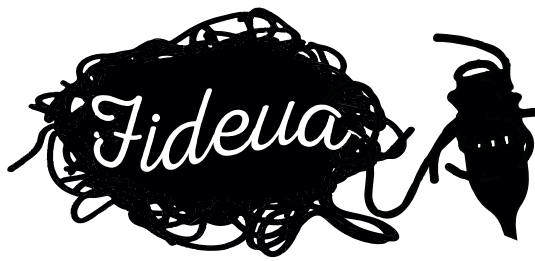
Prep

- 1 Put saffron and 1/4 cup of hot water in a small bowl. Let sit for 15 minutes. Cut duck breasts into 1" cubes and leave thighs or wings whole. Season with salt and pepper.
- 2 Dice the onion, blanch the tomatoes, and take a moment to admire your work. Peel and dice the tomatoes. Finally, wash and peel the stems of the asparagus.

Cook

- 1 Heat olive oil in the paella pan and brown the duck on all sides. Add the artichokes, tomatoes, onion, garlic, and paprika and sauté for about 5 minutes. Then, add the saffron and water, as well as the chicken stock and salt, then bring to a boil.
- 2 Once simmering, sprinkle in rice evenly with a spoon, and cook, without stirring, until rice has absorbed most of the liquid, around 10-12 minutes. Next, arrange the asparagus points radially outward on top of the rice. Reduce heat to low and cook, without stirring, until rice has absorbed the liquid and is al dente, around 5-10 minutes more. Remove pan from heat, cover with aluminum foil, and let sit for 5 minutes before serving.





Ingredients

- ¾ lb. shrimp
- ¾ lb. scallops
- ½ lb. monkfish
- 18 clams and mussels
- 2 whole tomatoes
- 4 garlic cloves
- 1 pinch saffron
- 1 lb. spaghetti
- 1½ tsp. paprika
- 2 tbsp. chopped parsley
- ½ cup white wine
- 1½ cup clam juice
- salt and pepper to taste

Seafood



Heat



Prep Time

15 minutes

Cook Time

20 minutes

Serves

3-4 people

Difficulty



Prep

- 1 Dice garlic, and parsley, then blanch, peel, and dice the tomatoes. Soak the saffron in 2 cups of warm water.
- 2 Wash and debeard clams and mussels. Beards weren't really a good look for them anyway. Then, cut or break dry spaghetti into 1-2" lengths.

Prep

- 1 Season fish, shrimp, and scallops with salt and pepper, then heat oil in paella pan and sauté them for 2-3 minutes. Remove and set aside.
- 2 Sauté tomatoes for 4-5 minutes, then stir in paprika, garlic, and parsley. Cook for another 3-4 minutes, then add white wine, clam juice, and the saffron with its water. Return to simmer, then add mussels, clams, and pasta and cook, stirring, until most of the liquid has been absorbed.
- 3 Remove pan from heat and add shrimp, fish, and scallops. Cover pan with foil and let it rest for 5 minutes. Garnish with lemon wedges and more fresh parsley and serve.



**MAIN
GRATES**