

Valencian Paella

Traditional Spanish dish

Recipe by David, UCV student



60 min



x 6



medium

Ingredients:

In Spain, there are many kinds of paellas, such as seafood or meat, but the authentic Valencian paella usually does not differ from these ingredients:

- 700 grams of rice
- Half a chicken, and, optionally, ¼ hare or rabbit
- 200 grams of plain green beans pod (in Valencian they are called Bajoca or Bajoqueta)
- 200 grams of lima beans (in Valencian they are called garrofón)
- Crushed tomato
- Olive oil
- A pinch of salt

- Saffron
- Rosemary

The cooking is usually done in a special paella pan (big flat pan) but if you don't have it available, you can use any big pan or wok.

Recipe:

First of all, the meat (chicken and/or hare), cut into smaller pieces, must be sautéed along with the plain green beans and the lima beans. Then it must be well seasoned and when it's all well-cooked the crushed tomato must be added, making sure everything is well sautéed.

Once the sauté is ready, we must add water (the proportions are: three parts of water for each one of rice) and we leave it cooking for approximately 25 minutes.

Then we add the saffron and the rice, making sure we add it diagonally and distributing it uniformly in the paella pan. Each cooking time differs according to the type of rice grain, but it must be of approximately 20 minutes.

When half the cooking time has passed we must add some rosemary sprigs that should be removed before serving the meal.

When the meal is finally cooked, it is convenient to let it "rest" for some minutes, and it shall be ready to eat then.