



world cuisine

Paella

Cast Iron 34cm Paella Pan



Paella



Serves 4-6

Paella is Spain's most recognisable dish which originates from the North Eastern region of Valencia. There are now many versions of Paella, all of which are considered authentic. Our recipe, cooked in a traditional shaped Paella Pan, follows the traditional base ingredients of onion, garlic, sweet smoked paprika and saffron and includes chicken thigh, chorizo, red peppers, edamame beans, seafood and is finished with parsley and fresh lemons.

**Le Creuset Cast Iron
34cm Paella Pan**

Preparation time: 15-20 minutes

Cooking time: 40-45 minutes

Ingredients

2 tablespoons vegetable oil
500g skinned and boned chicken thighs cut into bite sized pieces, seasoned with salt and pepper
115g Spanish cooking chorizo - cut into bite size pieces
1 large Spanish onion - sliced
3 cloves garlic - minced
1 tablespoon smoked sweet paprika
1 teaspoon coarse ground black pepper
300g Calaspara or Bomba medium grain rice
150ml dry white wine
1 litre hot chicken stock and a pinch of saffron strands infused for 1 hour
1 sweet red Romano pepper - deseeded and sliced
150g frozen edamame beans or baby broad beans
3 large ripe tomatoes - cut into large dice
250g shell on mussels or clams - cleaned, beards removed and damaged fish discarded
8 large raw shells on prawns
115g prepared squid - cut into rings - optional
1 large lemon - cut into 8 wedges
Small handful parsley - roughly chopped

Method

1. Prepare all the ingredients.
2. Heat the oil in the Paella Pan over medium heat before adding the chicken pieces and browning well on all sides.
3. Add the chorizo and cook for 2-3 minutes before adding the onions and garlic and continue to cook for 4-5 minutes more, stirring frequently.
4. Stir in the paprika, black pepper and the rice, coating well in the seasoned oil.
5. Pour in the wine and the saffron infused stock and bring the contents of the pan to the boil before reducing the heat to maintain a low simmer. Cook for 15-20 minutes stirring occasionally.
6. Stir in the peppers, edamame beans and tomatoes. If the mixture has become dry at this stage add a little water.
7. Push the mussels or clams, prawns and squid into the rice towards the centre, cover the pan with tin foil and continue cooking over a low heat for 8-10 minutes or until the fish is cooked through. The mussels should be open; prawns pink and the squid firm. Discard any unopened cooked mussels or clams.
8. Lightly stir to distribute the fish and squeeze a couple of the lemon wedges over the cooked paella, scatter over the remaining lemon wedges along with the chopped parsley.

Serve in the Paella Pan.

Cook's notes

Calaspara or Bomba are varieties of medium grain rice. Edamame bean or soy beans, as they are also known, are considered very nutritious and healthy. Prepared edamame beans and baby broad beans can be found frozen at the supermarket.



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34cm Paella Pan

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