



In the Kitchen

with Barb Agee ~ February 2018

Paella Party!



PAELLA (pah-AY-uh) means “pan” in Valencian and Catalan. The star of this Spanish dish is the rice, then the sofrito and the saffron.

Chicken and Chorizo Sausage Paella

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| ½ teaspoon saffron threads, crushed | 1 cup (about 1 pound) fresh tomatoes, coarsely grated |
| 3 tablespoons olive oil, divided | 2 tablespoons smoked sweet paprika |
| 1 pound skinless, boneless chicken thighs | 8 cups reduced sodium chicken broth, divided |
| 1 cup white dry wine | Salt |
| 4 ounces smoked Spanish-style chorizo | 2 cups short grain Spanish rice or Arborio |
| 1 medium onion, cut in small dice | 10 ounces frozen peas, thawed |
| 4 large cloves garlic, minced | 1 cup green olives, sliced |
| 1 cup red sweet bell pepper, cut in small dice | Italian parsley, chopped |

Cut chicken thighs into 2-inch pieces. Cook and thinly slice chorizo.

In a small bowl combine saffron and ½ cup hot water; let stand 10 minutes. In a small saucepan, heat the wine. Remove the pan from the heat and add the chorizo. Set aside. In a 15-inch paella pan heat 2 tablespoons oil over medium-high heat. Add the chicken to pan. Cook, turning occasionally, until chicken is lightly browned, about 5 minutes.

Transfer chicken to a plate. In the paella pan add remaining 1 tablespoon oil; add onions, garlic and peppers cook and stir over medium heat for 2 minutes. Add tomatoes and paprika. Cook and stir for 5 minutes more or until tomatoes are thickened and almost paste like.

Return chicken to the pan; add the chorizo and wine. Add 7 cups chicken broth, saffron mixture and ½ teaspoon salt; bring to a boil over high heat. Add the rice to pan, stirring, until rice has absorbed most of the liquid, about 12 minutes. Add the additional liquid as needed. Reduce heat to low. Cook, without stirring, 5 to 10 minutes more until all the liquid is absorbed and the rice is al dente. Top with peas. Turn heat to high. Cook, without stirring, 1 to 2 minutes more. Remove from heat; cover pan with a lid or foil. Let rest 10 minutes before serving. Top with olives and parsley. *Makes 10 servings*

Shortcut Shrimp Paella

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| Two 8.8 ounce packages precooked brown rice | ½ cup water |
| 1½ tablespoons canola oil | ¾ teaspoon kosher salt |
| 2 teaspoons turmeric | ½ teaspoon freshly ground black pepper |
| 1 medium sweet red bell pepper, sliced | 1 pound medium shrimp, peeled and deveined |
| 1 cup frozen peas, thawed | Cilantro leaves, for garnish |

Heat rice according to package directions. Heat oil and turmeric in a heavy, medium-sized skillet over medium heat; cook 2 minutes, stirring occasionally. Add rice, bell pepper, peas, water, salt and pepper. Arrange shrimp over rice mixture; cover and cook 6 minutes or until shrimp is done and rice is slightly crisp on bottom. Top with cilantro. *Makes 4 servings*

Kale and Mushroom Paella With Fried Eggs

½ teaspoon crushed saffron
¼ cup olive oil,
6 ounces curly green kale, coarsely chopped
Salt and pepper
1 medium onion, chopped
4 large cloves garlic, minced
1 cup (about 1 pound) tomatoes, coarsely grated
1 tablespoon smoked sweet paprika
6 cups low-sodium vegetable broth
2 cups short grain Spanish rice
8 ounces mixed mushrooms, coarsely chopped
1 poblano chile pepper, stemmed, seeded and chopped
8 fried eggs, *optional*
Freshly ground pepper
Fresh thyme leaves, for garnish

In a small bowl combine saffron and ¼ cup hot water, let stand 10 minutes. Meanwhile, in a 15-inch paella pan heat 2 tablespoons of oil over medium-high heat. Add kale and season with salt and pepper. Cook, stirring occasionally, 5 minutes or until wilted. Transfer to a plate. Add remaining oil, onion and garlic to pan. Cook and stir 3 minutes. Add tomatoes, paprika and turmeric. Cook and stir 5 minutes more or until thick.

Add broth and ½ teaspoon salt to pan; bring to boiling over high heat. Add rice, mushrooms and poblano, stirring to evenly distribute. Cook, without stirring until rice has absorbed most of the liquid, about 10 to 12 minutes. Reduce heat to low; add reserved kale. Cook, without stirring, 5 to 10 minutes more until liquid is absorbed. Turn up to high and cook with stirring for 1 to 2 minutes. Remove from heat and cover pan with foil. Let rest for 10 minutes. To serve: divide rice among 8 plates and top each with a fried egg, freshly ground pepper and thyme leaves. *Serves 8*

* Spanish rice such as bomba, Calasprra or Valencia

Veggie Paella with Baked Tofu

One 14 ounce package extra-firm tofu, cut into ¾-inch cubes
4 tablespoons olive oil, divided
1 teaspoon seasoned salt, divided
1 teaspoon turmeric
1 teaspoon smoked sweet paprika
1 small head cauliflower, cut in to florets
1 small green bell pepper, diced
1 small onion, diced
1 cup short grain rice
3 plum tomatoes, seeded and diced
3 cups water
1 cup frozen peas, thawed

The day before preparing the paella, spread tofu between layers of paper towels to drain. Refrigerate overnight. Toss tofu with 1 tablespoon olive oil and ½ teaspoon seasoned salt. Spread on a foil lined baking sheet and bake at 400°F for 20 minutes, turning once.

Meanwhile, heat 3 tablespoons oil in a large, lidded skillet over medium. Add the turmeric and paprika, sauté for 2 minutes. Add the cauliflower, bell peppers and onion. Sauté for 5 Minutes; sprinkle with ½ teaspoon seasoned salt. Stir in the rice, tomatoes and water. Bring to a simmer. Cover and reduce heat to medium-low. Cook for 18 to 20 minutes or until all the liquid is absorbed. Uncover and gently stir in the tofu and peas with disturbing the crust. Heat through. *Serves 6*



Bayview School of Cooking
www.BayviewSchoolOfCooking.com
<https://bayviewschoolofcookingblog.wordpress.com>
(360) 754-1448

