

Paella Tipica with Garden Vegetables

Inspired by Iberia Restaurant, Menlo Park, CA

Modifications by Heather & Apo Schöll

Saffron rice with chicken, seafood and veggies

serves 6

For the sofrito:

¼ cup olive oil, preferably Spanish
3 onions or 5 shallot bulbs chopped
3 cloves garlic, peeled and minced
1 red bell pepper, diced (optional)
3 roma tomatoes, chopped

For the paella:

4 cups chicken stock
8 saffron threads, preferably Spanish
¼ cup olive oil
2 cups Spanish paella rice (Bomba rice
from Valencia is recommended)

sea salt

6 chicken drumsticks or thighs

¼ lb chorizo

½ lb. calamari, sliced into rings

½ tsp. pimentón (Spanish paprika)

¼ lb. bay shrimp (pre-cooked)

12 prawns (16/20 size),
peeled and de-veined

6 large sea scallops or 24 bay scallops

½ lb. monkfish or other white fish, cleaned
& cut in cubes

12 clams, scrubbed

12 mussels, scrubbed and de-bearded

3 artichoke hearts, quartered and par-
boiled (or one can)

½ cup shelled peas

handfull of fresh green beans

1 cup zucchini cubed

1 pint king trumpet mushrooms

2 roasted sweet pimientos, peeled,
seeded and cut in strips

12 lemon wedges

Prepare the sofrito:

Over medium heat, put olive oil in the paella pan.
Cook the onions and the garlic until translucent.
Add the bell pepper and cook until soft.
Add tomato and continue cooking until most of
the moisture has evaporated.
Remove sofrito from the pan and set aside.

Prepare the paella:

On the stovetop, add the saffron threads to the stock.
Heat and maintain at a low simmer.

In a separate bowl, sprinkle the chicken, prawns, scallops, monkfish
and calamari generously with sea salt.

Add the olive oil to the paella pan.
Over medium heat, brown the chicken
thoroughly on all sides.
Add the chorizo and the mushrooms.
Then, increase the heat to medium-high
and add the calamari.
Allow some of the moisture to evaporate, then
add the sofrito and sprinkle with the paprika.

Add the rice and distribute it evenly by jiggling
the pan from side to side.
When the pan regains its heat, ladle 3½ cups
of the stock over the rice and bring to a boil.
Reduce heat to a simmer.
Add the vegetables and let them steam.
Arrange the prawns, monkfish, scallops by
pushing them down into the rice mixture.
Allow the juices to heat and taste for seasoning.
Arrange clams and mussel in the same manner,
placing them hinge-side up.
Add the bay shrimp

Cook uncovered until all the broth is absorbed
and the shells have opened. Rice should be
just about done.
Add more broth if needed.
Remove from stove and let rest for 10 minutes,
covered with newspaper or a dishtowel.
Decorate with pimiento strips and lemon wedges.



There are a few important points to follow when creating your own paella:

- 1) Use only a short-grain rice, preferably from Valencia!
- 2) Use a shallow, wide pan, ideally a paella pan
- 3) Do not cover, as the rice should not steam.
- 4) Once the rice is distributed in the pan, do not stir.

Paella is a dry, not soupy, dish that should always be prepared on the stovetop (or on an open fire or BBQ grill) – not in the oven. As a result, a paella, properly cooked, will have a crunchy rice residue attached to the sides and bottom of the pan. This part of the rice is called the socarrat, and it is what Spanish families really prize. The presence of the socarrat should not be mistaken for a burnt paella!