



THE SPANISH TABLE

Berkeley
1814 San Pablo Ave.
Berkeley, CA 94702
(510) 548-1383

San Francisco
130 Clement St.
SF, CA 94118
(415) 702-6199

Mill Valley
800 Redwood Hwy, #123
Mill Valley, CA 94941
(415) 388-5043

Originally Paella was a dish made in Valencia using chicken, rabbit, snails, and three kinds of fresh beans. Now the most common version is "mixta", combining seafood, chicken and vegetables. The dish was named after the pan, the Paellera, which is used for other dishes as well, such as arros negre (black rice), and the pasta dish, fideuá. There are as many Paella recipes as there are cooks. Valencians swear there should never be onion or chorizo in it, so if you hew to tradition, leave them out. (We think they're tasty.) Use your imagination and the ingredients at hand. Make it your own. And have fun!

SPANISH TABLE PAELLA RECIPE

All quantities below are per person - just multiply by the number of people served

- ½ cup uncooked Valencian rice or 1/3 cup if using Bomba rice
- 1 cup chicken stock
- Splash of white wine or dry sherry.
- 5 threads saffron
- 4 tablespoons (or more) of olive oil, to cover bottom of pan
- 1 piece of chicken such as a thigh
- ½ to 1 chorizo, such as Doña Juana Bilbao or Palacios chorizo
- ½ teaspoon Spanish sweet smoked paprika (Pimentón de La Vera Dulce)
- 1 clove garlic, minced
- ¼ cup chopped onion
- 1/8 cup grated tomato or same amount of Ferrer Sofrito or Tomate Frito
- 2 shrimp or prawns
- 2-4 small clams and/or mussels
- Piquillo peppers (jarred) cut in strips
- Artichoke hearts, green beans, asparagus, or peas
- Cooked white Spanish beans such as Alubias de la Granja or Judión
- Lemon wedges for garnish; Salt to taste



Heat stock in a stockpot. Crush and add the saffron threads. Heat the paella pan over medium heat, add olive oil, and brown the chicken. Add the garlic and onions and sauté until translucent. Add the chorizo and heat through. Add the rice and stir until well coated with oil. Add the paprika and grated tomato (or jarred Sofrito if using). Stir and cook for a few minutes. Add the splash of wine and the hot stock. Bring to a boil while scraping the bottom of the pan. The rice should now be level. Try not to stir it from this point on.

Lower the heat to a simmer. When the rice has absorbed a good amount of liquid but is still a bit soupy, add the mussels or clams. Once the rice is cooked, tuck the shrimp or prawns into the rice. Lay the piquillo peppers, artichoke hearts, green beans, asparagus and/or peas on top to heat them through. The rice should now be browning lightly on the bottom, creating the toasty "socarrat" layer. It will make a faint crackling sound and should smell toasty, but not burnt. Move the pan off the heat and set it aside to rest for 5-10 minutes. Sprinkle with chopped parsley, garnish with lemon wedges, and serve.

OVEN: If your pan is too large to cook evenly on your stove top, use the oven. Start as above on the stovetop. Once the rice is simmering, cook for about 5 minutes. Move the pan into a (preheated) 350° oven and cook about 12 minutes more. Return the pan to the stove top to gently brown your socarrat.

BBQ PAELLA: Paella works on a BBQ because the cooking sequence follows the life of the fire. Establish a hot bed of coals. Put your pan on a grill over the fire, brown the chicken & any other meats, and continue with the basic recipe. The fire should be hot enough to bring the stock to a boil with the rice. As the coals cool the rice simmers and finishes gently. If you throw a few sprigs of herbs or grapevines on the coals their smoke will flavor the clams & mussels.

All Paelleras can be used in an oven, over an open fire or on a stovetop grill

SEASONING A CARBON STEEL PAN - see reverse



Paella Questions:
paella@spanishtable.com



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ARRÒS NEGRE

Arròs negre (“black” rice) is one of those amazing things you just have to try. The ingredients are quite simple, with the squid or cuttlefish ink adding a level of richness and profound flavor that you will love. This recipe was donated to us by native Valencian David Llodra, a dear and generous friend of The Spanish Table now living in Sonoma.

- 1.5 Lbs of fresh calamari
- 1 Lb of shrimp
- Squid ink (1/3 to 1/2 of a 180 gr jar)
- 1 bunch spring onions
- 1 Kg Bomba rice or Valencian rice
- Seafood broth: 3 Liters if using Bomba, 2 Liters if using Valencian rice
- 2 cloves of garlic, chopped
- Crushed ñoras (a sweet dried pepper)
- 1 tsp Pimentón dulce (sweet sun-dried paprika)
- “Salmoretta” blend (see recipe at right)
- Pinch of Saffron threads



Gently heat some olive oil in a paella pan and fry the calamari and shrimp. Remove shrimp. Add pimentón, ñoras, and Salmoretta (see right). Fry the rice with the mix in the pan, then add ink. Add the garlic and saute. Add the broth, then the saffron. Salt to taste. After about 8 minutes of simmering, add the onions. Add the shrimp 10 minutes after broth. Cook for another 10 minutes, checking often to make sure the rice is dry, but doesn't burn, while creating the socarrat. Serve with Alioli.



Paella Ingredients:

www.spanishtable.com/paella

SALMORRETA

If you ask David Llodra (see left) about the secrets to delicious paella, he'll say “Salmoretta” and a wood fire. It takes some practice to cook Paella over a fire, but everyone can make Salmoretta. It's a key ingredient in his arròs negre and a great flavor-booster in other dishes as well, adding amazing depth in a flash. This recipe makes a double batch. Keep the extra in the freezer for next time.

- 4 cloves of garlic, thinly sliced
- 1 bunch of Italian parsley, leaves only
- 1 can of diced tomatoes
- Crushed ñoras (a sweet dried pepper)
- Pimentón dulce (sweet sun-dried paprika)
- ½ jar of carne de pimiento choricero pepper paste (you can freeze the other half for future use)

Fry the garlic with some olive oil and salt. Before it starts to brown, add the parsley and toss for 1 minute. Add the pepper paste, some pimentón, and crushed ñoras. (These are all home-style measurements! So “al gusto” - “to taste”.) Add the tomatoes and simmer for 30 minutes. Puree it all in a blender and set aside to use in your paella.

SEASONING A CARBON STEEL PAN

Treat carbon steel Paelleras as you would a wok or cast iron skillet. Before using the first time, boil water in it to remove any label glue. Dry thoroughly and coat both sides very lightly with cooking oil and heat the pan until it browns. Re-oil lightly after each use. Never leave water in the pan or store it damp. Any rust can usually be wiped off with an oiled paper towel but if necessary use a scouring pad or steel wool with oil to clean off the rust down to shiny, bare metal, and then re-season the pan.



Paella Recipes:

www.spanishtable.com/recipes