

# PAELLA

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## THE SPANISH TABLE

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There are many, many “paella” recipes. Originally paella was a dish made in Valencia using chicken, rabbit, snails and three kinds of fresh beans. Now, paella is almost always associated with seafood, chicken and vegetables. There is no right or wrong recipe, only the recipe that pleases you. Paella ingredients vary from place to place, and time to time, depending on local traditions and the ingredients available. Anything from fresh garden produce to holiday left-overs can inspire a cook to create an original version of this one-dish feast! The dish was named after the pan it is cooked in, a Paellera, which is also used for a variety of rice dishes, such as arroz negro, as well as the Spanish pasta dish: fideuá. This is only one recipe, use your imagination and the ingredients at hand, varying the ingredients can make Paella an everyday dish:

- ½ cup uncooked Valencian Rice per person
- 1 cup chicken stock per ½ cup of rice, more if using Bomba
- 5 threads saffron per person, dissolved in ½ cup white wine
- 4 tablespoons, or more, olive oil, to cover bottom of pan
- 1 piece of chicken, such as a thigh, per person
- ½ to 1 soft chorizo, such as Bilbao or Palacios, per person
- ½ teaspoon Spanish sweet pimentón (paprika) per person
- 1 clove garlic per person, minced
- ¼ cup chopped onion per person
- ⅓ cup grated tomato (cut in half, grate and discard the skin) per person
- 2 shrimp or prawns per portion
- 2-4 small clams and/or mussels per portion
- red piquillo peppers cut in strips
- artichoke hearts, green beans or peas
- cooked garrofón beans from Valencia (optional)
- lemon wedges for garnish

Heat stock and keep warm. Toast saffron gently in a small pan. When aroma is released, add white wine. Allow to come to a boil then remove from heat. Heat paellera over medium heat, add olive oil and fry chicken. When chicken is golden and the juice runs clear, add garlic and onions and saute until translucent. Add chorizo and cook until heated. Add the rice, stirring until well coated with oil (about one minute). Add the paprika and grated tomato. Stir, add saffron flavored wine and hot stock.

Bring to a boil, scraping the bottom of pan, then add piquillo pepper and

## THE SPANISH TABLE<sup>2</sup>

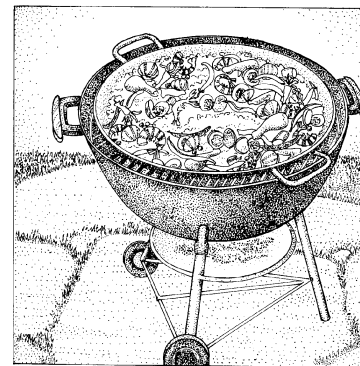
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artichoke hearts, green beans, cooked garrofón beans or peas. Adjust heat to maintain a slow boil. After about five minutes, add the seafood. Cook another 15 minutes, or until rice is done. Sprinkle with chopped parsley, garnish with lemon wedges and serve. (To ensure proper cooking, clams may be steamed in a separate pan, then added to the paella with their nectar substituting for some of the chicken stock).

Traditionally, Paella is not stirred during the second half of the cooking time. This produces a caramelized layer of rice on the bottom of the pan considered by many to be the best part. With a large pan, it is difficult to accomplish this on an American stove and you may prefer to stir the Paella occasionally or move the pan around on the burner(s). Another alternative is to finish the Paella by placing it in the oven for the last 10-15 minutes of cooking. Paelleras can also be used on a barbeque, over an open fire (the most traditional heat source), or on a counter-top grill.

### SEASONING A CARBON STEEL PAN

☞ Treat carbon steel Paelleras as you would a Chinese wok or a cast iron skillet. Before using the first time, boil water in it to remove oil, dirt and the label glue. Dry carefully, heat up the pan, then coat both sides with olive oil. Season the pan by baking it in the oven until the oil browns. Re-oil lightly after each use. Never leave water in the pan as it may rust. If rust appears it can usually be wiped off with oil but if necessary use emery cloth and oil to clean off the rust down to shiny, bare metal, and then re-season the pan.



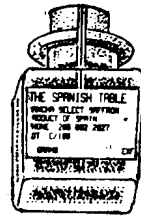
## BBQ PAELLA

Cooking a Paella on a BBQ is easy because the cooking sequence follows the natural cycle of the fire. Once you have established a good, hot bed of coals, you brown the chicken & any other meats in olive oil, then add chopped onions & saute gently. The fire only needs to remain hot enough to bring the liquid to a boil when you add the rice. Once it has reached boiling, the rice can slowly simmer, absorbing the juices from the other ingredients, along with the color, flavor & aroma of the saffron (If you throw sprigs of herbs or grapevines on the coals, their smoke will flavor the clams & mussels). The fire can die down slowly while the rice cooks for about twenty minutes. Enjoy.



Spanish Saffron from La Mancha  
is the secret of great Paella!

The Spanish Table  
Seattle ✚ Berkeley ✚ Santa Fe  
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## FIDEUÁ (VALENCIAN PASTA)

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This is a pasta dish cooked in a Paella pan. The pasta is cooked in an intensely flavored fish stock so that it absorbs the flavor. The stock can be based on fish, prawns or clams. Clams give this version a briny, tang I particularly like (although often I make a stock using halibut trimmings the fishmongers in the Public Market give to me if I ask for them early in the morning when they are cutting the fillets and steaks for the day). The shape of the pasta, fideo, used in Spain is unique. Fideuá is always served with garlic mayonnaise (alioli). For six:

- 1 pound clams
- ½ cup white wine
- 1 bottle or can of clam juice
- ¼ cup Spanish olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 tablespoon Spanish sweet pimentón (paprika)
- 1 Ñora dried red pepper, broken open & seeded and stemmed
- 6 Piquillo peppers
- 1 large tomato, grated  
(cut tomato in half, shake out seeds and grate, discarding skin)
- pinch of saffron
- 1 lb bag of fideo pasta

Steam clams in white wine until they open. Drain, reserving juice. Meanwhile, in a Paella pan, saute the onion in the olive oil until limp and translucent. Add garlic and continue cooking until soft. Stir in paprika & Ñora pepper pieces and then add the tomatoes and saffron. Cook for a minute and add reserved clam juice and Piquillo. Remove from heat and puree this mixture in a food processor. Measure the resulting puree adding the bottled clam juice and water to make 6 cups. Pour into Paella pan and bring to a boil, add noodles. Cook until liquid absorbed 12-15 minutes. Place reserved clams on top.

Wine: Fideuá pairs well with a lighter Spanish red from Rioja, a dry rose from Navarra or a white Verdejo from Rueda.

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## BLACK FIDEUÁ

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Here is a recipe for a dish we enjoyed in Valencia one May where Spanish pasta noodles, *fideo*, are substituted for rice in this exotically black Paella.

- 1 lb cleaned squid bodies sliced into rings
- ¼ cup Spanish olive oil
- package Carmencita black rice seasoning
- 1 lb bag Fideo pasta
- 1½ liters water
- 1 jar Ybarra Ali Oli

Heat the olive oil in a 13" to 17" Paella pan, add the squid rings and fry briefly add the pasta and fry until lightly browned. Add the Carmencita seasoning mix and water and cook until liquid adsorbed, about 20 minutes.

Serve with ali oli (garlic mayonnaise) on the side.

Accompany with a chilled bottle of *Rosado*, dry Spanish rosé.

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## AMONTILLADO & CHICKEN PAELLA WITH CHORIZO

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Our ex-Wine Manager, James Hondros and his wife Amy serves this with chorizo bread pudding at their restaurant, *EVA*, in Seattle's Latona neighborhood near Green Lake.

After tasting it, we got the idea to turn her recipe into a Paella for four:

- ¼ cup Spanish olive oil
- 4 Chicken thighs
- 2 links Bilbao Chorizo
- 1 Large onion, chopped
- 1 tb Garlic, minced
- 2 cups Spanish short-grain rice like Bomba
- 1 cup Barbadillo Amontillado Sherry
- 3 cups Chicken stock

Heat the olive oil in a Paella pan and brown the chicken. Add onions and saute until wilted. Add garlic and cook another minute or two. Add chorizo and cook until fat is released. Add rice and stir to coat. Add sherry. Bring to a boil, when Amontillado is absorbed by the rice, add chicken stock, reduce heat and simmer until rice is done 20-25 minutes while you enjoy a glass of Viña Arana from Rioja Alta!

**PAELLERAS & PAELLA SUPPLIES:** We stock genuine Paelleras from Valencia, Spain, in a range of sizes to serve from one to 200 persons. We carry carbon steel pans, enameled pans and stainless steel Paella pans. We also stock butanos, burners used with propane on tripods for patio use. As well as the best book on Paella, *PAELLA! Spectacular Rice Dishes from Spain*, by Penelope Casas. Some of the many Paella ingredients we stock include: **LA VERA SMOKED PAPRIKA:** A the essence of a wood fire in a can! Peppers are dried in oak smoke to capture their unique flavors. **ÑORA DRIED RED PEPPERS:** For seasoning dishes from Fideuá to Romesco sauce. **PIQUILLO PEPPERS:** These sweet, red, pointed peppers, unique to Spain, are fire roasted and packed in their own juice. The piquant flavor is unique. They taste great in Paella or Fideuá. Many Chefs stuff them, we also use them with manchego cheese on our sandwiches. **GARROFÓN:** the famous broad, white beans from Valencia. **BOMBA RICE:** Almost abandoned by rice growers in favor of higher yielding strains, the Bomba varietal has been rediscovered as the choice of discerning Spanish chefs! Absorbing a spectacular amount of liquid (as much as 4 parts broth to 1 part rice!), Bomba brings an additional level of richness to your Paellas and rice dishes - especially when cooking with good chicken or fish stocks or when used in simpler arroz dishes, like Arroz a Banda or Arroz Negro. And *FIDEUO* pasta for *fideuá*!