

Spanish Cooking Class - April 23, 2009
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Many thanks to Africa and Sara for these great recipes!

PAELLA

Ingredients:

- extra virgin olive oil
- 1 red pepper minced
- 1 green pepper minced
- 1/2 onion
- 1 can of diced tomatoes
- 1 cup of green peas
- 3 cloves of garlic
- 1 envelope
- of paella seasoning (founded in Kroger) or about 10 stigmas of saffron
- 1 box of seafood stock (in Harris teeter)
- salt
- 1 package of bomba or arborio rice (depends on how many people are eating)
- 15 to 20 medium gray shrimps
- 10 mussels
- 2 carrots
- 2 leafstalks of celery
- 1 chicken breast cut in cubes
- 1/2 pound of calamari
- 1 pound of a fatty and solid fish (like sea bass, rape or monkfish)
- 1 onion
- 1 can of cooked red peppers for garnish
- 3 lemons



Directions:

Clean the chicken, fish and shrimps. Place the mussels on water and salt for 30 min and scrub the shell to clean. Place the mussels in a pot with 2 cups of water and simmer until the shells are open. Discard the ones that don't open. In a large pot boil 15 cups of water with a pinch of salt, 1 carrot, 2 celery stalks, and the onion. Peel the shrimp and add the shells to the water add also the fish, add the fish stock and some seasoning. Cook for 15 min. Remove the fish and reserve.

Mince the rest of the vegetables in small pieces. In a large pan (or if you have a paellera), heat some olive oil and sauté the peppers for 10 minutes in high heat, add the garlic and the rest of the vegetables and sauté for 5 min more. Add the chicken and shrimp and cook until golden. Season with salt. Remove the shrimps after 9 minutes of cooking and reserve.

Add the rice (2 handfuls per person) and cook for 3 minutes. Add cups of seafood stock mixed with the water (mix the seasoning in one cup) . The proportion is 2 cups of rice for 3 cups of water. After that, all ingredients get the sea food flavor and the yellow color. Do not stir the rice, just accommodate with a wooden spoon so that the stock is covering all the rice. Add the fish and cover in the stock. Let the water boil and lower the heat to medium. Cook for 15 min.

Add more stock if you see that is drying too fast. Always try some of the stock and rice to see if it needs salt. At the end, add the mussels, peas and shrimp cook for 5 more minutes and turn off the heat. Decorate with the canned red peppers, mussels and lemon. Leave it on a cooling place and cover with a damp cloth for 5 min.

Serve with lemon. Que aproveche!!!!

Tips:

- try the rice and stock all the time
- do not stir the rice, is it ok to burn a little in the bottom of the pan
- Buy a fatty and solid fish
- Buy fresh fish and sea food
- mix the saffron in some of the stock before adding it to the paella
- choose ingredients with good quality

GAZPACHO

- 2 green peppers
- 2 cucumbers
- 1/2 bell peppers
- 2 slices of white bread without the crust
- 1 tea spoons of salt
- 1 table spoon of olive oil
- 1 table spoon of white vineger
- 6 very red and ripe tomatoes
- 1 garlic clove
- 1 small yellow onion

Mix everything on the food processor. How simple is that!



