

GOOD EATS IN VALENCIA!

Paella Valenciana

Ingredients (6 servings)

¼ cup olive oil
2 chopped yellow onions
2 red bell peppers
2 tablespoons minced garlic
2 cups white basmati rice
20 Shrimp
¼ teaspoon crunched red pepper flakes
1 tablespoon kosher salt
1 teaspoon freshly ground black pepper
1/3 cup licorice- flavored liqueur* (optional)
1.5 pounds cooked lobster meat
10 ounces frozen peas
1 tablespoon fresh-leaf parsley leaves
2 lemons, cut into wedges



Directions:

- Preheat the oven to 425 degrees F.
- Heat the oil in a large ovenproof Dutch oven. Add the onions and cook over medium-low heat for 5 minutes, stirring occasionally.
- Add the bell peppers and cook over medium heat for 5 more minutes.
- Lower the heat, add the garlic, and cook for 1 minute longer. Stir in the rice, chicken stock, saffron, red pepper flakes, salt, and pepper and bring to a boil. Cover the pot and place it in the oven. After 15 minutes, stir the rice gently with a wooden spoon, and return it to the oven to bake uncovered for 10 to 15 more minutes, until the rice is fully cooked.
- Transfer the paella back to the stove top (optional: add the licorice-flavored liqueur).
- Cook the paella over medium heat for 1 minute, until the liqueur is absorbed by the rice. Turn off the heat and add the lobster, kielbasa, and peas and stir gently.
- Cover the paella, and allow it to steam for 10 minutes. Sprinkle with the parsley, garnish with lemon wedges, and serve hot.

Pan con Aceite

Ingredients:

- 1 Baguette
- ¼ cup Spanish extra virgin olive oil
- Sage, garland, parsley, garlic, etc.
(whichever herbs/spices you enjoy most)

Directions:

- Preheat oven to 200 degrees.
- Place Baguette on metal tray.
- Warm for 5-8 minutes.
- Mix your olive oil and herbs in a dipping bowl.



Stuffed Portobellos

Ingredients (6 servings)

6 portobello mushrooms, stemmed (reserve 1 cup minced stems)
2 teaspoons Spanish extra-virgin olive oil, plus more for drizzling
20 oz. Chorizo
1/2 cup finely chopped onion
1/4 cup finely chopped green bell pepper
1/4 cup finely chopped celery
2 teaspoons minced garlic
1/2 cup plain bread crumbs
1/2 cup freshly grated Parmesan
1/4 cup plus 1 tablespoon minced fresh parsley leaves
2 teaspoons Essence, recipe follows
1 egg, lightly beaten
Balsamic Vinegar for drizzling



Directions

- Preheat the oven to 400 degrees F.
- Using your hands, lightly rub each portobello mushroom with 2 teaspoons of olive oil.
- Cook the sausage in a medium skillet until browned, about 4 minutes. Add the onion, bell pepper, celery, and mushroom stems and cook until softened, about 3 minutes. Add the garlic and cook until fragrant, about 30 seconds. Remove from heat.
- Transfer sausage-vegetable mixture to the bowl of a food processor. Add, 1/4 cup of the bread crumbs, 1/4 cup of Parmesan, 1/4 cup of parsley, the Essence, and the remaining 2 teaspoons of olive oil. Pulse until mixture is finely chopped and comes together slightly, about 30 seconds. Transfer the mixture to a bowl, add the egg, and stir until well combined.
- Divide the filling among the mushroom caps, about 1/2 cup for each mushroom. Place the filled mushrooms on a baking sheet. Combine remaining 1/4 cup of bread crumbs and 1/4 cup of Parmesan in a small mixing bowl. Divide the bread crumb mixture evenly among the tops of the mushrooms. Bake until golden brown on top and the mushrooms are tender, about 15 to 18 minutes. Remove from oven and let cool slightly. Garnish with remaining tablespoon of parsley, drizzle with olive oil and vinegar and serve warm or at room temperature.

Horchata:

Ingredients: (6 servings)

1 cup long grain white rice
2 cups skinless almonds
1-inch piece cinnamon bark
8 cups water
1/2 cup sugar
1/4 teaspoon vanilla extract
Ice cubes

Directions

- Wash and drain the rice. Using a spice grinder, grind the rice until fine; combine with the almonds and cinnamon bark.



- Add 3 1/2 cups water and let sit overnight, covered.
- Blend rice mixture until smooth using a blender.
- Add 2 1/2 cups of water and continue blending.
- Add sugar and vanilla extract. Strain horchata into a bowl first using a metal strainer and then a double layer of cheesecloth; finish with up to an additional 2 cups of water until it achieves a milky consistency. Enjoy over ice.

Naranjas:

Ingredients:

- 1 Valencia Orange

Directions:

- Wash in cold water, slice or peel depending on your preference. Enjoy!

