

PAELLA VALENCIANA

INGREDIENTS

**600g rice
480g rabbit
600g chicken
4 large fresh Mussels
4 large fresh prawns
180g grated tomato
180g garrofe (special beans for paella)
6 table spoons olive oil
A few strands of saffron
1 tbsp sweet red pepper
Salt and yellow colouring for paella and 2 bay leaves
Stock / Water**

PREPARATION

Place the paella over the heat with olive oil and a little salt, when it is hot add the chicken and rabbit frying them over a low heat until gold brown. Add the beans, all of them, fry a little longer and add the tomato. When the latter has been fried, add the sweet pepper and the water very fast (2.5 to 3 l). saffron, colouring and a pinch of salt. After boiling for 15 minutes, the rice will be distributed evenly, place the mussels and prawns evenly around the dish , then cook for about 8 minutes over fast heat and over a low heat for the rest of the time until it is done.

Observation: The amount of stock and the correct heat are very difficult to get right in theory. Practice will teach the correct measures for the rice to be just right.

There are a wide variety of recipes for Paella in Spain. In each case it is cooked with the ingredients available and in season. Many people like it with fish only or meet only. I find experimenting makes perfect and you will end up with a paella that suits you.

Recipe provided by SpainGuides.com.

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