



Paella Valenciana: Theory and Practice

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Ingredients (4 persons):

- 400g **rice** (round grain type)
- 500g **chicken** (cut in pieces)
- 500g **rabbit** (cut in pieces)
- 150 cm³ **olive oil**
- 300g **green beans**
- 1 ripe **tomato** (skinned-diced)
- 1 tsp. **paprika**
- **saffron**
- salt
- water

Optional: few fresh white beans and "garrofo"-white big beans-(parboiled), snails (cleaned)



Procedure:

- Heat the oil in the *paella* and brown-fry the chicken and rabbit pieces (medium flame)
- Move the pieces to one side, put the green beans and fry lightly
- Add the tomato and fry
- Add the paprika and immediately the water. Add salt to taste. Let boil (high flame) for about 30min. The volume of broth should equal about 2.5 times the volume of rice to be added (depending on rice quality). Add water if necessary.
- Add the rice. Add the saffron. Stir. (Add snails and white beans)
- Let cook for 10min (high flame) and another 10 min (low flame) without stirring. Water should have been consumed.
- Let rest for 5-10 min before serving. Enjoy!

Useful hints:

- Paella is best prepared with wooden fire on the open air close to a large tree.
- Should be prepared and enjoyed in the company of family and friends.
- Should be accompanied by good red wine
- Should be followed by a "siesta" under the above mentioned tree

