



Paella

INGREDIENTS (for 4 people):

- Rice – 320 gr.
- Chicken – 700 gr.
- Rabbit – 400 gr.
- Tomato (cut up small)- 5 table spoons.
- Green Runner Beans – 350 gr.
- Artichokes – 3.
- Virgin olive oil – 18 cl.
- Ground paprika.
- Saffron – 300 mgr., or 1 spoonful of food colouring.
- Water.
- Salt.



RECIPE:

Pour the oil in the centre of the paella pan and heat it. When it begins to fume slightly, lower to a medium heat and add the chicken and the rabbit cut into pieces and lightly salted, browning lightly.

Add the cut up vegetables and braise for a couple of minutes. Make a hole in the centre of the paella pan pushing the mixture of vegetables and meat to the fringes. Pour the tomato into the hole and lightly fry for a few minutes. Then, add paprika. Braise for just over a minute.

Pour water almost up to the edge of the pan. Add some salt and cook for about 30 minutes, adding more water if it was necessary. After 30 minutes the resulting broth should have evaporated down to about half way between the handles of the pan and its surface. Add a little more salt, at this stage, if necessary.

Pour in the rice. To get the perfect balance of ingredients, make a furrow with the rice down the centre of the paella pan, allowing it to mount a couple of centimetres above the surface of the broth itself..

Add the saffron or the colouring on the rice, mixing it in evenly. Cook at a high heat for approximately 7 minutes, or until the rice is half cooked.

Then lower the heat to an almost minimum and cook for a further 4 or 5 minutes. Depending on how much broth is left in the mixture after that time has elapsed vary the heat between a low or medium heat and cook for a further 3 to 4 minutes until most of the excess moisture has evaporated away.

Leave to stand for 5 minutes, and enjoy!

