

PAELLA VALENCIANA

FROM THE KITCHEN OF CHEF FRANK SCHMITZ, BARCELONA TAPAS

Ingredients:

Meat:

- 4 Chicken thighs
- 2 links Spanish chorizo sausage

Seafood:

- 8 Mussels
- 8 Shrimp (about 1/2 pound), jumbo

Produce:

- 5 Garlic clove,
- 1 cup Green peas, frozen
- 1 Lemon
- 2 cups Onion
- 1 cup Parsley, fresh
- 1 cup Red bell pepper

Saffron Broth:

enough to cover rice

Pasta & Grains:

- 3 cups Arborio rice or other short-grain rice

Baking & Spices:

- 1 tsp Paprika, sweet
- 1 tsp Saffron threads

Oils & Vinegars:

2 tbs Olive oil

Liquids:

- 1 cup Water
- Clam juice

*Cooking, Carols
& Cocktails*



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Prep:

1. Dice 2 tomatoes, 2 red peppers and 2 onions for Soffrito (Trinity)
2. Cut 1/2 cup or 1/2 pound each of Chicken breast or thighs, Chorizo, salmon filet or belly
3. Defrost 1/2 cup or 1/2 pound large shrimp, clean 1 pound of black mussels
4. 1 cup of green peas
5. 4 cups of Arborico rice
6. Boil 8 cups of water with tbl tumeric and 2 pinch of saffron, and 1 cup of clam juice

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Directions:

1. Heat large Paella pan on open flame
2. Pour 4 tbl olive oil into pan
3. Fry ingredients #1 for 3 minutes in oil
4. Turn heat down to medium
5. Add items #2, one at a time and fry for total of 6-8 minutes, starting with chicken
6. Add shrimp and mix all ingredients (leave mussels for later)
7. Add green peas #4 and rice #5 and mix all ingredients again for about 3-4 minutes
8. Spread everything out evenly in pan and season with S&P, Paprika, Cumin to taste
9. Add the saffron water #6
10. Let simmer without stirring for 20-25 minutes or until only a little liquid shows
11. Taste the rice and make sure it is almost ready, but still a little crunchy
12. Add more plain water as needed to prevent rice from burning
13. Add Mussels one at a time with small end down into the rice evenly
14. Cover paella pan with lid or silver foil and let steam for 10 minutes
15. Uncover and Mussels should have opened
16. Serve with fresh lemon and chopped parsley

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