



SPANISH Food Safari's Paella with chorizo, prawns and chicken

Adapted by Eladnelle Farm.

Traditionally, paella is made on a Sunday and because women need a day off from cooking it is usually made by the men. Calasparra or Bomba is a low-starch, short-grain rice and when cooked it is fluffy with separate grains. It is the best rice to use for paella; it can absorb heaps of liquid so it bursts with flavour. To increase the quantities and serve more people (although you will need a giant paella dish), allow about 80 g of rice per person.

Ingredients:

- 2 red capsicums, 1 left whole, 1 finely chopped,
- 100 mg saffron threads – soaked for 24 hours prior to cooking,
- 3 tbsp olive oil,
- 1 onion,
- finely chopped 2 garlic cloves,
- crushed 1 large tomato,
- finely chopped 300 g chicken thigh fillets and four finely diced Spanish Chorizo's,
- 300 grams Calasparra or Bomba rice, - (if unable to source this paella rice you can use Arborio rice)
- 750 ml fish or chicken stock,
- 3 tsp Spanish smoked paprika,
- 300 grams green prawns,
- One cup peas,
- ½ cup chopped flat-leaf parsley,

Method:

1. Soak the saffron for 24 hours to ensure good flavour.
2. Preheat oven to 180°C. Roast the whole capsicum on a baking tray until blistered, then peel it, discard the seeds and tear the flesh into thin strips. Set aside.
3. Heat the oil in a large paella pan (or frying pan) over medium heat.
4. Add the onion, garlic, tomato, fresh capsicum, chicken, chorizo and rice and stir for 1 minute.
5. Add the stock, paprika and infused saffron, stir for the last time and bring to the boil.
6. When the stock boils and the grains begin to swell, lay the green prawns on top.
7. Cook over medium heat for about 10 minutes until the stock has reduced enough that you can see the rice underneath.
8. Scatter with the peas, strips of roasted capsicum and parsley and cook for another 5 minutes over low heat.

Note:

The perfect time to add the seafood to paella is when enough of the stock has been absorbed to allow the rice to be seen. Do not stir the paella during main cooking.