

SERVES 1 PREP TIME: 10 MINS COOKING TIME: 60 MINUTES

INGREDIENTS

500 ml chicken stock	1 tsp smoked sweet paprika
60 ml extra virgin olive oil	5 strands of saffron
2 pieces of chicken (drumsticks or thighs)	100 g paella rice or short-grain rice
1 piece of rabbit (optional)	Salt (to taste)
75 g runner beans (chopped into 1-inch pieces)	
50 g Lima beans (hydrated or frozen)	
75 g fresh tomatoes (blended or grated)	

Note: When serving more people, multiply the amounts of chicken, rabbit, beans, stock, and rice. Only lightly increase the amounts of olive oil, tomatoes, paprika, saffron, and salt.

METHOD

1. Heat olive oil in the center of the pan over medium heat.
2. When hot, add the chicken and rabbit pieces, cook on both sides until browned and cooked through, about 20 minutes. Move the meat to the outer edges of the pan.
3. Add the runner beans to the center of the pan, cook until golden on both sides, about 5 minutes in the remaining oil in the center.
4. Add the grated tomatoes & smoked paprika and saffron, mix for 20-30 seconds to avoid burning.
5. Add the butter beans and mix all together.
6. Pour in the chicken stock and let it simmer for 5 minutes, check the salt level. Increase heat to high.
7. When the broth is rapidly boiling, add the rice, spreading it evenly across the pan.
8. Cook on high heat for 5 minutes, then reduce to medium heat for another 5 minutes, and finally to low heat for 5 minutes.
9. Let the paella rest for 10 minutes uncovered if the liquid hasn't fully evaporated. If the paella is perfectly cooked, simply leave it uncovered to rest. If it's too dry or slightly undercooked, cover it with a lid or foil for 5 minutes, then uncover and let rest for another 5 minutes.
10. Enjoy your Valencian Paella!



SERVES 1 PREP TIME: 10 MINS COOKING TIME: 60 MINUTES

INGREDIENTS

500 ml fish or seafood stock	75 g fresh tomatoes (blended or grated)
60 ml extra virgin olive oil	1 tsp smoked sweet paprika
1/4 onion, finely chopped	5 strands of saffron
2 large prawns (shelled, or peeled, or both)	200 g paella rice or short-grain rice
200 g squid / cuttlefish (cleaned)	Salt (to taste)
60 g blue fish, cleaned and cut into pieces	
4 cleaned clams or mussels (optional)	

Note: When serving more people, multiply the amounts of stock, seafood, and rice.

Only lightly increase the amounts of olive oil, onion, tomatoes.

METHOD

1. Heat olive oil in the center of the pan over medium heat.
2. When hot, cook the prawns until golden on both sides, then set aside.
3. On low heat, cook the onions for 20 minutes approx or until softened and browned.
4. Turn heat to medium and cook the squid for about 2 minutes. If using peeled prawns, add to the pan.
5. Push everything to the outer edges of the pan.
6. In the center, add the grated tomatoes & smoked paprika and saffron, mix for 20-30 seconds to avoid burning.
7. Cook until it loses most of its water and thickens slightly.
8. Once the tomato is well cooked and almost dried, add the blue fish or clams as this ingredient will finish cooking during the boiling of the rice.
9. Pour in seafood broth and let it simmer for 5 minutes, check the salt level.
10. If using shellfish, add clams or mussels. Don't worry if they don't open immediately as they will cook in the rice.
11. Increase to high heat and bring to a boil.
12. Add rice, spreading it evenly across the pan.
13. Cook on high heat for 5 minutes, then reduce to medium heat for another 5 minutes.
14. Arrange the prawns on top for decoration.
15. Cook on low heat for a final 5 minutes.
16. Let the paella rest for 10 minutes uncovered if the liquid hasn't fully evaporated. If the paella is perfectly cooked, simply leave it uncovered to rest. If it's too dry or slightly undercooked, cover it with a lid or foil for 5 minutes, then uncover and let it rest for another 5 minutes. Enjoy!



Vegetable Paella

SEA SAFFRON

SERVES 1 PREP TIME: 10 MINS COOKING TIME: 60 MINUTES

INGREDIENTS

500 ml vegetable stock	50 g broccoli (optional)
60 ml extra virgin olive oil	75 g fresh tomatoes (blended or grated)
1/4 onion	1 tsp smoked sweet paprika
2 asparagus spears	5 strands of saffron
1/4 large red bell pepper	200 g paella rice or short-grain rice
1/4 large green bell pepper	Salt (to taste)
1/2 carrot	
4 small artichoke hearts	

Note: When serving more people, multiply the amounts of stock, fish, prawns, calamari, and rice. Only lightly increase the amounts of olive oil, onion, tomatoes.

METHOD

1. Heat olive oil in the center of the pan over medium heat.
2. When hot, add the asparagus and cook until tender, then remove and set aside.
3. Over medium-low heat, add bell peppers to the pan, cook for 5 mins. Add the onion and cook 5 mins, until softened.
4. Add the carrots and cook for another 5 minutes until lightly browned.
5. Add the artichoke hearts and broccoli, cooking for an additional 5 minutes.
6. Push the vegetables to the outer edges of the pan.
7. In the center, add the grated tomatoes & smoked paprika and saffron, mix for 20-30 seconds to avoid burning.
8. Pour in the vegetable stock and let it simmer for 5 minutes.
9. Check the salt level.
10. When the stock is boiling, add the rice, spreading it evenly across the pan.
11. Cook on high heat for 5 minutes, then reduce to medium heat for another 5 minutes, finally return the asparagus to the pan, and reduce to low heat for the final 5 minutes.
12. Let the paella rest for 20 minutes uncovered if the liquid hasn't fully evaporated. If the paella is perfectly cooked, simply leave it uncovered to rest. If it's too dry or slightly undercooked, cover it with a lid or foil for 5 minutes, then uncover and let it rest for another 5 minutes. Enjoy!



SEA SAFFRON