

2020 NASUCA (Virtual) Annual Meeting Monday Social

Seafood Paella

Recipe and Shopping List



Making seafood paella is surprisingly easy. Join NASUCA ED David Springe as he virtually walks you through making this wonderful dish.

Dave: I usually make paella on a charcoal grill because I like the smoky flavor that the grill imparts. If it's not raining, I'll use the grill as we cook. But you can make paella on your stove top and can also use your oven to finish. And while I like to use shrimp, mussels and clams, you can substitute ingredients to suit your needs. Veggies are great if that's your thing. Chicken works too if you are not one for seafood. Mix it up and have a little fun.

A few notes before we get to the recipe.

Pans: I often use a cast iron skillet because it works great on the grill. But any reasonably thick oven ready skillet type pan will work. It needs to heat well and hold that heat. And it needs to be low walled like a skillet. You can also buy paella pans on amazon very inexpensively. The link below is for a good 13-inch pan for all of \$17.99. I'll use this 13-inch pan for the recipe below. The recipe will fill this pan and feed a family.
https://www.amazon.com/dp/B085H7L2LY/ref=twister_B085H84QQ2?_encoding=UTF8&th=1

Rice: The key to great paella is the rice. The traditional rice for paella is Spanish Bomba Rice. Bomba, a short-grained rice soaks up more of the wonderful flavored broth than traditional rice. Think 3-to-1 fluid to rice ratio verses 2-to-1 with traditional rice. Bomba is sometimes hard to find locally, so you can substitute Arborio rice, which is a similar short grained rice. Or you can get bomba rice on Amazon. I use this bomba rice: https://www.amazon.com/gp/product/B07VH7MR6W/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Saffron: The most expensive spice in the world. Luckily, you only need a pinch. The saffron and smoked paprika give the paella its smoky flavor. You can find saffron at any local spice store, or again, on Amazon. A link to a 1 oz. jar. https://www.amazon.com/gp/product/B089ZVFNL2/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1

Meats: If you are going to use a meat like chicken, you'll want to cook it a bit first before adding it to the paella. Either grill it about $\frac{3}{4}$ done or cut into chunks and brown on the stove. Don't cook it completely as it will finish in the paella, but you generally won't want to start from raw as the cooking time and heat in the paella won't be enough to cook the chicken.

Chorizo: There are endless arguments about whether to add chorizo to paella. I like it, so I do. I think it mixes well with the flavors from the saffron and paprika, adding flavor and texture to the paella. I use precooked and cut it into smallish chunk at let it bake with the rice. https://www.amazon.com/Chorizo-Autentico-Palacios-SpainOunce/dp/B00CVBOTG2/ref=sr_1_1?crid=2W3JN18ILACES&dchild=1&keywords=palacios+chorizo&qid=1603169471&s=grocery&sprefix=palacios%2Cgrocery%2C138&sr=1-1

Portions: This recipe works well in my 13-inch paella pan, and as I said, it's enough for a family of 4 or more. If you are using a smaller pan, you will need to adjust the rice and broth down. Remember, that rice is going to soak up a lot of broth.

Roasted Red Peppers: We'll use roasted red peppers in this recipe. You can buy them at the store in cans or jars, or you can roast your own. It's really easy – cut red bell peppers in half, remove stems and seeds, lay skin side up on baking sheet, roast in you oven at 450 on top rack for about 15 minutes until skin is partially black. Some people then put them in a bag to steam for a few minutes to make the skin easier to remove. But...in the end, remove the skins and chop the peppers. I also cheat a little and just roast them on a burner on my gas stove.

Please note: for the Monday Social, we won't have time to chop and prep everything live, so please do so ahead of time if possible. And please adjust the recipe to suit your tastes or dietary restrictions.



Recipe

Step 1 – Seafood prep:

8-10 fresh clams (little neck) washed and brushed clean
10-12 mussels
8-12 shrimp (depending on size), peeled and deveined.

Shrimp marinade: Mix with shrimp in a bowl and set aside

1 tbs olive oil
½-1 clove of garlic
¼ tsp smoked paprika
½ tsp salt

Step 2 - Broth: I make my broth separately and add it to the paella pan. Other recipes throw everything into the paella pan at once.

1 tbs olive oil
5 cloves garlic (or 5 ½ if you have left over from the shrimp above)
3 tbs tomato paste
1 tbs smoke paprika
4 cups chicken broth
1 bottle clam juice
2/3 cup dry sherry (not cooking sherry, which has a lot of added salt)
Pinch of Saffron (no rules here..a pinch is in your control)

Heat olive oil in sauce pan, add garlic and cook for about a minute. Add tomato paste and paprika. Stir and cook for another minute (you should get some glazing on the bottom of the pan). Add chicken broth, clam juice, dry sherry and saffron. Bring to low simmer.

Step 3 – Cooking the paella in the pan

- ¼ cup olive oil
- 1 medium white onion, chopped fine
- ½ cup roasted red peppers, chopped coarse
- ½ tsp salt
- 2 ½ cups bomba rice
- ½- ¾ pound of chorizo, cut into small-ish chunks
- Clams
- Mussels
- Shrimp
- 1-cup frozen peas (these are just to add color to make it pretty)

Add olive oil to paella pan over heat. Heat until oil shimmers. Add onion and roasted red pepper and salt. Stir for 1-2 minutes to soften the onion. Add rice and stir. You want to coat the rice with the oil. Then flatten the rice evenly into the bottom of the pan. Slowly add your hot broth to the paella pan, trying not to disturb the rice. Once the broth in, use a utensil to make sure rice is still even in the bottom of the pan.

****Do Not Stir the Paella – you want the rice to sit and cook

Now the fun part begins. You just have to guess a little here as the paella will go through stages and the times to get to those stages will be different based on the size of pan, heat level etc.



Liquid stage: you've just put your broth in the paella pan and are bringing the liquid back up to a good rolling simmer, the rice is just starting to soak up broth. Just let it simmer for a few minutes. – Do Not Stir

Thicken: The rice is soaking up broth. Still pretty liquidy but rice starting to firm up. See third photo. I like to add my clams here, hinge down. Clams take a little longer to open up so they

need more time in the heat. There should be enough rice now in the bottom to hold up the clam. If you are using chicken (that you've already precooked) get it in there now. And I like to add about half of the chorizo here, just sprinkle it around. Have I mentioned – Do Not Stir

***You will want to start rotating or moving your pan over the fire every so often to even out the cooking and to avoid burning the rice.

Pretty Thick – (sorry, I don't have a picture of this), but your rice should be firm and mostly visible. There should be a little liquid visible. It shouldn't be completely dry, if you look in the pan you should still see some liquid boiling down in the rice. Now its time to add the rest of the chorizo, the mussels (hinge down) and the shrimp. Arrange them as fancy as you wish.

Finishing:

- On the grill, now I close the lid and let it cook for a bit. I check it about every 5 minutes but ballpark it usually takes about 15 minutes to finish.
- The peas...yes, add the peas here. You add them late to keep the bright green and pretty. Too soon and you get shriveled army green peas...booo.
- If you are on a stove-top, just keep cooking and moving the pan as the final liquid steams off. You can also finish in your oven...I'd heat to 400 or 425 and let it cook checking every 5 minutes or so

How do you know when it is done?? You kind of have to guess. What you want is the rice to cook until the liquid is gone and the rice on the bottom of the pan is just starting to brown and crisp. That crispy brown crust is called the "socarrat"..and it's delicious. If your rice is just steamed with no crust, it's not done. But be careful, because that crust can become burned pretty quickly (keep moving the pan around) Like I said, it's a little bit of a guessing game. I get a little spatula and sort of dig around the edges to the bottom of the pan to see if I've got crust. If you look closely at the photo below, you can see where I've checked the edges.

