



COOKING CLASSES
AT SUR LA TABLE

GLOBAL CUISINE: PAELLA

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ☐ 1 pound medium shrimp
- ☐ 4 ounces Spanish-style chorizo
- ☐ 1/2 pound small clams
- ☐ 1/2 pound mussels

Produce

- ☐ 1 large yellow onion
- ☐ 1 red bell pepper
- ☐ 2 garlic cloves
- ☐ 1 cup crushed tomatoes or 1 large fresh tomato
- ☐ 1/3 cup fresh shelled or frozen peas
- ☐ 1 lemon

Pantry Items

- ☐ Olive oil
- ☐ Pimentón
- ☐ Kosher salt
- ☐ 1 bay leaf
- ☐ 3 1/2 cups low-sodium chicken broth
- ☐ Turmeric

Dry/Canned Goods

- ☐ 1 pinch saffron
- ☐ 1 1/2 cups Spanish-style paella rice

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Cutting board

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Box grater
- ☐ Wooden spoon
- ☐ Ladle
- ☐ Microplane
- ☐ Fine-mesh strainer
- ☐ Slotted spoon or spider
- ☐ Silicone spatula
- ☐ Colander

Cookware

- ☐ Paella pan or large saucepan
- ☐ Medium saucepan

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Classic Seafood Paella

1. 30 minutes prior to class, remove seafood and chorizo from refrigerator and allow to come to room temperature.
2. Wash and dry produce.
3. If using frozen peas, defrost and drain in a colander.
4. If using frozen shrimp, defrost and drain in a colander.

CLASSIC SEAFOOD PAELLA

Yield: 6-8 servings

Cooking paella is a fun and interactive experience. You can always modify the ingredients to make your paella more seasonal and since it is cooked entirely in one vessel, paella is the original one-pot meal!

Sofrito:

*3 tablespoons olive oil
1 cup yellow onion, finely diced
1/2 cup red bell pepper, finely diced
1 tablespoon garlic, minced
1 cup crushed tomatoes or fresh tomatoes grated on a box grater
1/2 teaspoon pimentón
1/2 teaspoon kosher salt
1 bay leaf*

Paella:

*3 1/2 cups low-sodium chicken broth
2 tablespoons olive oil
1 pound medium shrimp, peeled, deveined, and tails removed
1 generous pinch saffron
1 teaspoon pimentón
1 teaspoon turmeric
4 ounces Spanish-style chorizo, diced into 1/4" pieces
1 1/2 cups Spanish paella rice
2 teaspoons kosher salt
1/2 pound small clams, scrubbed
1/2 pound mussels, scrubbed and bearded
1/3 cup fresh shelled or frozen peas, thawed
1 lemon, cut into wedges*

1. **To prepare sofrito:** To paella pan or medium skillet set over medium-high heat, add oil. When oil is shimmering, add onions, stirring frequently until tender and lightly caramelized, 5 to 8 minutes. Add red pepper and garlic, cook 2 to 3 minutes. Add tomatoes, pimentón, salt and bay leaf. Reduce heat to medium and stir frequently until sauce is thick and turns a deep brick red color, about 10 minutes.

2. Bring chicken broth to a simmer in a medium saucepan set over medium heat. Reduce heat to low and cover to keep warm.

3. **To prepare paella:** Push sofrito to side of pan and add oil. When oil is shimmering, add shrimp and sear until bright pink on both sides, about 60 seconds. Transfer shrimp to a plate

using a slotted spoon and set aside. Add spices and toast for 30 seconds. Add chorizo and stir to combine with sofrito and spices. Ladle 3 cups of hot broth into pan and stir in rice and salt. Shake pan to evenly distribute rice grains. Increase heat to medium-high and boil for 5 to 7 minutes, or until rice just starts to break surface of broth. Reduce heat to medium-low, cover and simmer gently, undisturbed, 5 minutes. During the process, if rice looks dry and undercooked, drizzle in additional chicken broth. Remove lid and tuck shellfish and partially cooked shrimp into paella. Cover pan and continue to cook until rice is tender and shellfish is cooked through, about 5 minutes. Remove and discard any shellfish that do not open.

4. Remove lid and increase heat to medium-high. Cook for about 2 minutes until bottom layer of rice starts to crackle and caramelize, creating the socarrat. At this point, you will need to closely monitor the paella and frequently move your pan around on the burner to evenly distribute heat. With a spoon, gently scrape a small portion of rice from bottom, peeking to make sure rice is sticking and caramelizing but not burning (rice should smell toasty, not burnt). If rice is browned and caramelized on bottom of pan and rice grains are al dente (chewy but slightly resistant texture), remove pan from heat. Sprinkle peas over rice and cover. Rest paella for 10 minutes.

5. **To serve:** Garnish paella with lemon wedges and serve family-style straight from pan.

Recipe variations:

- For a vegetarian paella, substitute chicken broth for vegetable broth. Swap the protein in this recipe for marinated artichoke hearts, fennel and chopped tomatoes.