

## Dan Ralston's Kitchen

### Paella

Serves 12-18

1/4 cup olive oil  
4 cloves garlic, thinly sliced  
3/4 cup coarsely chopped onion  
1 sweet red pepper chopped  
1 14 1/2 oz can chopped tomatoes  
4 spicy smoked sausages, Andouille or Louisiana style sausage, cut into 1/4 inch slices  
1 Lb. Medium cooked shrimp (optional)  
1/3 cup tomato paste  
1 cup bay scallops (optional)  
7-8 cups hot saffron chicken broth (saved chicken poaching liquid)  
2 bay leaves  
1 tsp. oregano  
2 1/2 cups Arborio rice  
Tabasco to taste  
6 cups shredded chicken (see chicken and broth instructions below)  
Traditional garnish (optional) (so optional that I generally don't bother) (see below)

A traditional Paella normally uses long grain white rice. I experimented with Italian Arborio rice used in creamy Italian risottos. The cooking process takes a little more attention but the result is great. You end up with a savory Spanish stew finished with the creaminess of Italian risotto.

First make the saffron chicken broth and poach the chicken in the broth. Cool the chicken then shred it. Recipe follows. Keep the broth hot next to where you are going to cook the paella.

In a Paella pan or large, shallow skillet heat the oil until hot but not smoking. Add the garlic and cook, stirring, until it is golden brown. Remove the garlic with a slotted spoon and discard it.

Add the onion and red pepper and cook, stirring, for about 3 minutes. If the source of heat does not cover, or is not evenly distributed through the entire pan, try putting the pan over 2 burners, just make sure they are set to the same heat level. Add the tomatoes and cook, stirring, for about 5 minutes. Add the sausages and cook for about 1 minute, stirring. Add tomato paste and stir in. Add the rice and stir for 1 minute. Add the bay leaf and oregano. From this point on you are committed to be by that pan until you are done, about 20 minutes. Stir in 1 cup of hot broth at a time and stir until the liquid is absorbed.

Keep stirring 1 cup at a time until the rice is a creamy but still al dente consistency. Stir in the shredded chicken and the shrimp and scallops and stir until hot. Add the Tabasco to taste.

The dish should not be soupy. Remove bay leaves. Add the garnish (if you want to or just serve with wedges of lime or lemon) and serve.

### **Chicken and Broth for Paella**

3 Lb.s skinless, boneless chicken Breasts

9 cups chicken broth

1/2 tsp. freshly ground pepper

Salt to taste

1/2 tsp. chopped Spanish saffron

2 large onions, quartered

2 ribs celery w/leaves

Place chicken in a kettle and add the remaining ingredients. Bring to a boil then reduce heat and simmer until the chicken is tender. Strain, reserving the broth and chicken. Shred or Cut the meat into bite size pieces.

### **Paella Garnish**

Traditional garnish for Paella includes pimientos, generally cut into strips; Spanish olives stuffed with pimientos, cooked green peas, and hard cooked eggs, cut into wedges. Place a piece of seafood ( a clam in its shell) in the center of the pan, surround with the egg wedges as in the spokes of a wheel, with strips of pimiento in between, border the paella with a cup of peas and spread approx. a cup of olives over all.