

# VEGETABLE PAELLA

## INGREDIENTS (FOR 12 PPL)

- 4 tbsp - extra virgin olive oil
- 1 garlic head. Separate into cloves
- 3 Anaheim peppers cut into ¼-inch pieces, seeds removed
- Salt and pepper to taste
- ¼ lb. cauliflower florets
- ¼ lb. green beans cut in half
- ¼ lb. artichoke hearts
- ½ tsp - sweet (mild) Spanish paprika
- 3 ripe tomatoes diced or grated
- 5 saffron threads per person crushed with mortar and pestle
- 4L - vegetable broth
- 1½ kg - paella rice
- 1 lemon wedge per person for garnish
- 1 roasted red pepper cut in strips for garnish
- 12-18 asparagus spears for garnish



## PREPARATION

- Heat paella pan or “paellera” over medium heat and add olive oil.
- Once the oil is hot but not smoking, add the garlic cloves, skin on to avoid burning. Stir for 3 min.
- Make the sofrito:
  - o Add diced peppers. Salt to taste. Stir for about 8 minutes until peppers begins to brown
  - o Add the cauliflower florets, artichoke hearts and green beans. Salt to taste. Stir for about 8 minutes until they begin to soften.
  - o Add sweet Spanish paprika and salt and pepper to taste.
  - o Stir in the tomatoes and let cook for 5 minutes
- Next, add the broth and saffron threads. Bring to a boil then lower heat to medium-high.
- Sprinkle the rice evenly in the pan drawing a “cross” on the pan with the rice. Stir it a little to make sure it’s evenly distributed and submerged in the liquid, but then don’t touch it again. You don’t want to activate the starches and make the mixture creamy like a risotto. You want the grains to cook separately from each other.
- Add the asparagus spears.
- Rice typically cooks for 20 minutes. Keep heat to medium-high for 10 minutes and then lower to medium heat for the last 10 minutes. During this time the rice should be caramelizing on the bottom of the pan or creating what is called the “socarrat”. When all the broth has been absorbed it will make a faint crackling sound and smell toasty sweet but not burnt.
- Set aside to rest for 5-10 minutes. Garnish with lemon wedges and the roasted peppers.
- Serve and enjoy! :)