



Ask a question: cookingwithpeterok@gmail.com

EASY OVEN PAELLA

There are MANY recipes for Paella, this just happens to be an easy one to do in the US because it spends most of its time cooking in the oven!

I was privileged to spend 3 weeks in Spain and Italy over the fall and while in Madrid I was lucky to try several paellas. My favorite paella dinner was at a restaurant called Paella Real. It was truly a wonderful experience, and I had the opportunity to discuss different paellas with one of their chefs.



Important Note: It's important to consider what your proteins will be when making paella. Some people put all different types of meats and seafood in the paella, but one needs to stay in the meat lane, or seafood lane when making paella and this is because of the broth that will be used to make the paella.

Traditionally paella is made with rabbit. Well, they are too cute for me to cook so I used chicken and sausage.

If you are going to use chicken (and sausage as I did) you'll want to use chicken broth in the paella. If you are putting seafood in the paella, you'll want to use fish or shrimp stock, or bottled clam juice for the liquid.

You don't want your seafood to taste like chicken, nor your chicken to taste like seafood so this is why it's important to stay in one lane as far as the proteins and broth that will be used to make the paella are concerned.

Let's get started!

INGREDIENTS FOR THE CHICKEN AND SAUSAGE PAELLA:

- * 1 1/2 Pounds Chicken Thighs Cut into Bite Size Pieces
- * 1 1/2 Pounds Spanish Sausage Cut into Half Inch Slices
- * 1 Can Diced Tomatoes – **Drained!**
- * 1 Can Italian Style Green Beans – **Drained!**
- * 4 Cups Chicken Broth, Stock or Bone Broth (Stock or Bone Broth will give the paella more depth of flavor)
- * Good Pinch of Spanish Saffron that Steeps in the Broth while the other ingredients cook. You don't need much saffron, seriously, a good pinch will do.
- * 1/2 Teaspoon Garlic Powder
- * 1 Teaspoon Smoked Paprika
- * 2 Cups Arborio Rice
- * 1 Cup Chopped Onion & Bell Peppers
- * Salt and Pepper to Taste (I used Kinders 'The Blend' for seasoning)
- * Manzanilla Olives for Garnish (Optional)
- * Fresh or Dried Herbs for Garnish (I used Weber Herb Garden dried herbs), You could also use fresh Italian parsley, fresh thyme, rosemary.
- * You can also use sliced bell peppers to garnish, and if you wish slices of orange or lemon for garnish. Note: Traditionally, paellas are cooked using orange wood and the orange wood permeates the paella with a citrus smoky flavor.) If making a chicken and sausage paella I would garnish with orange slices or wedges. If I was making a seafood paella, I would use lemon slices or wedges.

Note: Be careful with the adding salt, as the broth/stock will have a good amount of salt and you don't want to over salt the paella. Also, if you use olives as a garnish they too will bring a saltiness to the dish. Your guest can always add additional salt if they wish to.

PREHEAT THE OVEN TO 400 DEGREES F

Heat an oven safe skillet (or paella pan) to medium high heat. The skillet (paella pan) needs to be large enough to hold all the ingredients once assembled. I suggest a 12" skillet or larger. I used a 15" skillet in the video.

Place some canola or vegetable oil in the pan and heat the oil.

Brown the chicken pieces and remove to a plate, leaving the juice in the skillet.

Brown the sausages and remove to a plate, leaving the juice and rendered fat (flavor) in the skillet.

Add the peppers and onions to the skillet and cook until onions become translucent.

Add the smoked paprika and the garlic powder to the pan and let the spices heat and mix with the oil in the skillet.

Add ½ of the can of tomatoes and ½ of the can of Italian style green beans. Stir and heat the vegetables mixing with things already in the skillet.

Now add the Arborio rice to the pan and mix the rice with the vegetables and spices. Let the rice toast a bit in the skillet, getting just a bit of toasty color to the rice.

Now add the 4 cups of stock with the saffron. Stir gently to mix.
Add the chicken and sausage back into the skillet along with all their juices.

Stir gently for a minute to distribute the meats.

Add the remaining canned tomatoes and green beans to the skillet and gently stir.

Now carefully move the paella into the preheated oven. The paella is going to be cooked in the oven for about 30-40 minutes. Plan on 35-40 minutes as oven temperatures vary greatly. You want the liquids to be nearly absorbed into the rice.

Once the allotted 35-40 minutes has gone by remove the paella from the oven. Remember to use potholders as the pan is going to be very hot.

Rest the Paella

Let the paella rest for about 10 minutes on the counter (or stove top) to allow the liquids to continue to absorb into the rice.

Some people will want to have the traditional socarrat on the bottom of the paella. To do this, set the paella on the stove over medium high heat for a couple of minutes, just until the bottom starts to become a little burned. This can get away from you quickly, so don't walk away!

Personally, I have NEVER had one guest complain about the paella not having the socarrat. So, to me this step is not important. My guests are always excited to be eating something unique!