



Spanish Cuisine

- Menu -

Spanish Tortilla with Herbed Creme Fraiche
Paella Valenciana

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Shopping List

Dairy/Freezer

- ½ cup frozen green peas
- 8 large eggs
- 1 (8-ounce) container crème fraiche or sour cream

Pantry

- Kosher salt and pepper
- 4 1/2 cups seafood or vegetable stock
- 1/4 cup plus 1 TB olive oil

Protein

- ½ pound chorizo sausage
- ½ pound boneless thighs or breasts
- 6 ounces large shrimp

Produce

- ½ medium yellow onion
- 3 garlic cloves
- 3 Roma tomatoes
- 3 Yukon gold potatoes
- 4 green onions
- 3 TB chopped fresh flat-leaf parsley
- 3 TB chopped mixed herbs, such as tarragon, dill, mint and chives
- 1 lemon

Specialty

- 1 ½ cups medium-grain white rice such as Bomba** or Arborio

Spices

- ½ TSP saffron threads
- 1 TSP pimenton or smoked paprika

** You can procure the Bomba rice at World Market or Wegman's, you can also purchase it through Amazon.

Equipment

Pots and Pans

- Large deep cast iron skillet or Paella pan (12")
- 10" cast iron skillet

Specialty

- Mandoline (or use a chef's knife)

Tools/Utensils

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Microplane (zester)
- Mixing bowls, various
- Tongs
- Whisk
- Wooden spoon

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

- I recommend you read through all the recipes.
- Collect all the ingredients and organize them by recipe.
- Since this is a weeknight meal I do not expect you to have everything chopped in advance, we will be doing it together. However, if you feel you need more time, you may want to prep some of the veggies before we begin the class.
- Thaw and clean shrimp

Paella Valenciana

Serves 6

½ TSP saffron threads

2 TB hot water

4 1/2 cups seafood or vegetable stock

1 TB olive oil

½ pound chorizo sausage, cut into 1/4-inch rounds

½ pound boneless chicken breasts or thighs, cut into 1-inch cubes

6 ounces raw large shrimp, peeled and deveined (leaving tails on if desired)

1 yellow onion, halved, sliced

3 garlic cloves, crushed

3 Roma tomatoes (canned tomatoes are ok), chopped

1 TSP pimenton or smoked paprika

1 ½ cups medium-grain white rice such as Bomba or Arborio

½ cup frozen green peas

In a small bowl, crumble the saffron threads in the hot water; set aside.

In a large pan over medium-heat heat, heat the seafood or vegetable stock; reduce heat to low and keep broth hot (not boiling).

Seafood and Meat:

You will need a somewhat deep cooking dish, large cast-iron skillet, or the traditional Paella Pan (paellera), a round flat pan with two handles. The size of the dish or pan depends on the number

of portions you wish to make. The amounts of the ingredients are relative and it does not matter if you use more of one and less of another or chose not to use some at all. The vital thing is the preparation of the rice so that it comes out loose.

In a large Paella Pan or heavy skillet over medium-high heat, heat olive oil. Add the sausage rounds, moving and turning to get them evenly browned; remove from pan and set aside.

If needed, add a bit more olive oil to the pan. Add the chicken cubes and stir-fry until done; remove from pan and set aside.

Add the prepared shrimp and sauté until just done, approximately 2 minutes per side; remove from pan and set aside.

Sofrito: (Preparations vary, but sofrito typically consists of aromatic ingredients cut into small pieces and sautéed or braised in cooking oil.)

Reduce the heat to medium. To the same pan, add the onion and garlic; sauté approximately 5 minutes or until the onion softens. Add the tomato and pimenton. Cook, stirring often, approximately 5 to 8 minutes. NOTE: If the mixture starts to stick to the bottom of the pan and burn, add some additional water.

Rice:

Add the rice to the prepared Sofrito, stirring until well coated. Cook, stirring constantly for approximately 2 minutes. Pour 4 cups hot stock into the rice mixture. Add the saffron with its soaking water to the mixture. Use the remaining 1/2 cup of the hot stock to rinse out the saffron bowl and then add to the rice mixture. Stir in the peas. NOTE: From this point on, do not stir the rice.

Simmer vigorously and cook the rice as evenly as possible. After about 10 minutes, when the rice is at the same level as the liquid, reduce the heat to medium low. Arrange the meat and shrimp, pizza-style, over the top of the rice.

Continue to simmer gently approximately 10 minutes, rotating the pan as necessary, until all the liquid has been absorbed. Taste a grain of rice that is just below the top layer of rice. It should be al dente with a tiny white dot in the center. If the rice is not done, **but all the liquid has been absorbed, add a little additional broth or water and cook a few minutes more.**

Once it is finished you can remove it from the heat and place a kitchen towel over it and let it sit 5 – 10 minutes while you are eating your first course.

Note: Spanish rice:

Bomba - also called Valencia Rice, is a short grain, almost round rice, with a pearly color. It absorbs three times its volume in water as opposed to the average rice grain, which absorbs only twice its volume. This means it absorbs more flavor, and does not stick together. For these reasons, *bomba* rice is highly prized by cooks. Another difference

with the *bomba* variety is in the way it expands during the cooking process. Instead of cracking open along with length of the grain, it breaks open crosswise and as it cooks, and it expands like an accordion until it reaches three times the length of the raw grain.

Tortilla Espanola - Spanish Tortilla

8 large eggs, beaten
3 Yukon gold potatoes, peeled
4 green onions, chopped
1/4 cup olive oil
Kosher salt

Heat the oven to broil.

Slice the potatoes in slices 1/4" thick. I do this on a mandoline, but you can use a chef's knife.

Pour the olive oil into a 10" cast-iron skillet and heat it over medium-high heat. Working in batches, fry the slices until they are lightly browned about 1 minute per side. They do not need to be crispy. When they are finished frying, place the potatoes on a paper towel and salt them well. Continue frying until all the potato slices have been cooked.

After frying the potatoes, remove all but 1 TB of oil. Sauté the onions. When they are just starting to crisp, remove the pan from the heat. Arrange the onions so they are evenly covering the bottom of the pan. Arrange the potatoes on the pan in concentric circles, overlapping as you go, until all the slices have been placed evenly around the pan.

Turn the heat back on to medium, and pour in the beaten eggs. Add a generous pinch of salt. Give the pan a slight shake so the eggs coat all the potatoes. Cook the tortilla until the edges begin to set, place the pan under the broiler about 5" from the top.

Broil the tortilla for 5 minutes, or until the top is lightly brown and the center is set. Remove the pan from the oven and let it rest 5 minutes. Place a large plate on top of the skillet and turn the tortilla out to serve. Cut into wedges and serve.

Serve with herbed crème fraiche.

Herbed Crème Fraiche

1 (8-ounce) container crème fraiche or sour cream

3 TB chopped fresh flat-leaf parsley

3 TB chopped mixed herbs, such as tarragon, dill, mint and chives

Zest from one lemon

Coarse salt and freshly ground pepper

Combine all ingredients in a small bowl.