

COOKING CLASSES

With DZ Restaurants

CROCKPOT PAELLA

WITH CHEF IAN SINDA



Preparation Notes:

- Please remove ingredients from refrigerator and unpack and organize on table or counter
- Please gather all other necessary ingredients and equipment prior to class if you will be cooking along.

Paella

Strictly speaking, paella is not paella unless it is prepared in the round, shallow, flat-bottomed, two-handled pan that gives it its name. Paella pans are relatively thin, made from carbon or stainless steel which reacts quickly to fluctuations in temperature. The wide, shallow shape allows the largest area of rice to come in contact with the bottom of the pan, where all flavor is concentrated. It also helps liquid rapidly evaporate, because the rice cooks uncovered, there is no steam to cook the top layer. Paella pans expand in diameter rather than depth so that the layer of rice is always thin, ideally never more than a half inch thick.

The Rice-Valencian rice is named after Valencia, province of Spain. Valencian rice is also known as short grain, pearl rice, or Calasparra rice. Like risotto, paella is all about method. First, the ingredients that will flavor the rice are sautéed over lively heat in a paella pan. Once the rice and liquid are added, the grain cooks for a few minutes at a fast uninterrupted boil over high heat; this “opens up the pores” of the rice. The heat is then reduced, and the rice continues to simmer until the kernels become plump and somewhat firm, though never fluffy or overly al dente. The surface of properly cooked paella should look compact and beautifully caramelized. The rice is fluffed only when the paella is served.

*Our Paella is made using imported rice from Valencia, Spain

Since we will be preparing the vegetarian paella in a crock pot (which will take some time) I will speed up the process by par-cooking the hearty veggies in a sauté pan before adding to crock pot.

Shopping List

Below are items you will need to have available to prepare these recipes

- White wine (any kind of white cooking wine will do)
- Salt and pepper
- Fresh parsley
- Lemons
- 4 cloves of garlic

Equipment Needed

- Crockpot or large stovetop pan
- Large sauté pan
- Knife
- Cutting board
- Mixing bowls
- Measuring cup
- 2-4oz cooking ladle
- Spoon for mixing and serving

Instructions

- Start by dicing tomato, Julienne cutting bell peppers, cleaning cauliflower florets, cleaning mushrooms and mincing garlic
- Place mixed veggies in large mixing bowl and mix well.
- Turn stove top burner on medium heat
- Meanwhile turn crockpot cooker on low
- In a large sauté pan add 2tsp of olive oil
- Add minced garlic
- Add 2oz of cauliflower
- Add 3oz of mushrooms
- Add 2oz of diced tomatoes
- Add 3oz of bell peppers
- Sauté for 3 minutes
- Add par cooked veggies to large crockpot
- Next, add 1.5 cups of Calasparra rice
- Add 3oz of tomato purée
- Add 2tsp of paprika
- Add pinch of saffron
- Add 1.5 tsp of salt
- Add .5 tsp of black pepper
- Pour over 2 cups vegetable stock
- Pour over 1/3 cup white wine
- Stir well and cover turning heat up to high Stirring occasionally this will take about 1 hour / 1.15
- Add peas until warmed through
- When finished with large serving spoon, spoon onto plate and garnish with fresh parsley and lemon wedges.
- Enjoy!

Farm Bread and Tomato (Pan con Tomato)

Grilled farm bread topped with tomato and puree, cherry tomatoes, olive oil.

Tomato Bread is simply toasted bread, then drizzled with olive oil and a bit of salt. It can be eaten by itself but is often topped with cheese or serrano ham. Pan con Tomate (Bread with Tomato) is sometimes called Pan a la Catalana in other parts of Spain. It is one of the simplest, well-loved, widely eaten and most famous dishes from Cataluña

Shopping List

- Olive oil
- Salt and pepper
- Garlic

Equipment Needed

- Knife
- Cutting board
- Mixing bowl
- Food processor or blender or grater
- Oven safe baking sheet

Instructions

- Preheat oven to 250 degrees
- Cut the ends and side of the loaf of bread off, then cut directly down the middle
- Place bread on oven safe sheet pan and toast until evenly browned, flipping halfway through
- Cut tomatoes in half and place in food processor or grate tomatoes with box grater into a mixing bowl.
- Add 1 tbs of olive oil and a pinch of salt
- Mince 1 large garlic clove and add to mixture
- Mix well
- Careful spoon tomato mixture into slices of bread
- Quarter cherry tomatoes and place on top of bread
- Drizzle with olive oil and a pinch of salt.