

Origin



Spain

Prep Time + Cooking



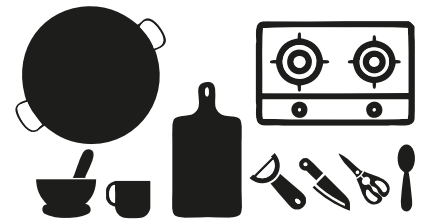
1 Hour

Serves



4 people

Utensils



Food

Simply Spanish Paella with a delicious Aussie twist. (GF)

The Paella is a Spanish staple rice dish that originated from the fusion of Arab rice, the Roman pan, and Mediterranean fresh produce. It is prepared in different variations and traditionally contains meat and vegetables with saffron seasoning. Each region has its own paella and each family nurtures its own culinary paella secrets.

Inspired by Australian fish and chips, Leno prepared this paella with fresh Barramundi, Kipfler potatoes, and Australian native lemon myrtle and fresh Tasmanian pepper leaves for seasoning. In his cooking demonstration, he will tell us about the socarrat, which is the flavoursome crunchy rice at the bottom of the pan. Find out why the socarrat is an important element in a paella contest.



Chef Leno : Simply Spanish
Award-winning (MasterChef AU guest judge)
simplyspanish.com.au

(GF) = gluten free

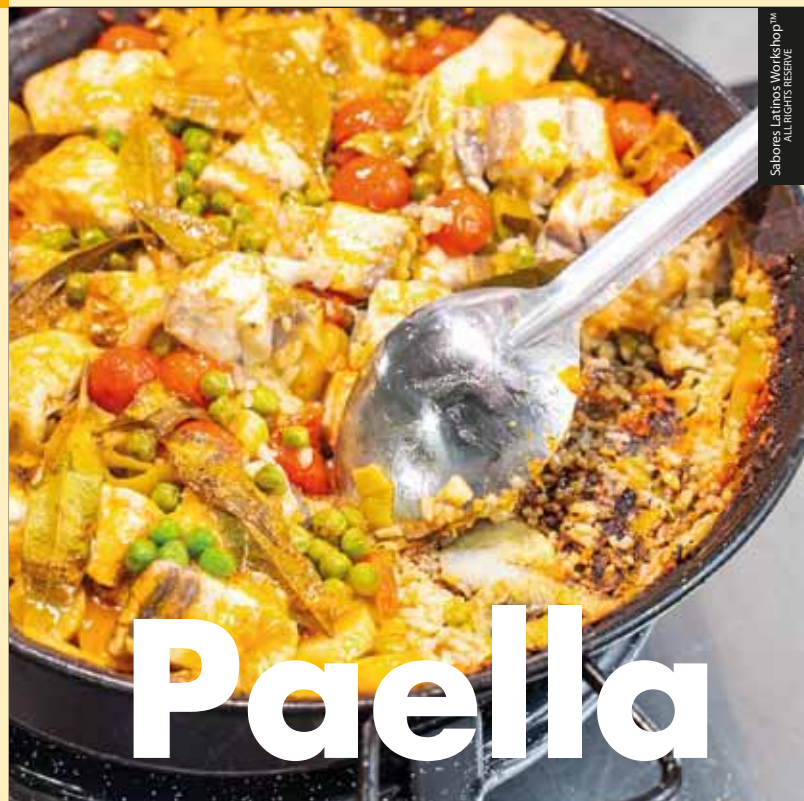
Paella INGREDIENTS

- 300 g Barramundi fillet skin removed
- 1 L lobster liquid stock (available from most fresh fish outlets)
- 3 Kipfler potatoes sliced into 1cm rings
- 1 leek, sliced
- 2 cloves garlic, finely chopped
- 50 g green peas, shelled
- chopped parsley for garnish
- ½ kg paella rice
- 90 ml olive oil
- 1 punnet cherry tomatoes
- 5 lemon myrtle fresh leaves
- 3 Tasmanian pepper bush leaves

Most ingredients and utensils available at:
casaibericadeli.com.au

Paella INSTRUCTIONS

- 1 In a 35cm paella pan heat 90ml olive oil. Add sliced leeks, potatoes and chopped garlic
- 2 Cook until leeks have collapsed
- 3 Season with salt and pepper and mix well to incorporate all the flavours, then add the tomato
- 4 Continue to cook for a minute then add the stock
- 5 Bring to a boil and simmer on high heat for a few minutes before adding the Barramundi followed by the rice. There should be sufficient liquid in the pan to completely submerge all rice. Bruise Australian herbs in the mortar and add to pan
- 6 Once most of the stock has been absorbed, reduce heat to low. The rice will absorb the stock within 10-15 min then the socarrat (crunchy rice at the bottom of the pan) of the dish should start to form. This is where the olive oil does its work. Note: If you do not have enough oil at the beginning, the socarrat will not form and the rice will burn
- 7 Cook on low for a further 5 minutes
- 8 Serve and enjoy!



Paella

Find us @ Sabores Latinos Workshop



<https://youtu.be/UyWSpl5Arhl>

Government:

FRANKSTON
ARTS
CENTRE



Premier
and Cabinet

Organisations:



Business:

