

## Vegetarian & Vegan Paella Recipe

### VIDEO VEGETARIAN PAELLA RECIPE:

<https://paellabarcelona.com/es/paella-vegana-vegetariana/>

### Ingredients 4 servings:

- 🍄 mushrooms mix (400g): shiitake, oysters, chanterelle, black trumpet, etc.
- ✿ artichoke hearts (fresh or canned, sliced) or peas ~1/2 cup (100-200gr)
- 🫛 flat green beans, a handful
- 大蒜 1 garlic clove, minced
- 辣椒 1 red sweet pepper, diced.
- 🍅 2 ripe tomatoes. Boil for 5 min, peel, de-core. Keep tomato flesh only.
- 🌶 2 tsp smoked sweet paprika
- 🌸 pinch of saffron 15-20 threads
- 🍚 350g / 1.5 cup of rice (Bomba rice is the best, if you can't find it – take Arborio or another short-grain rice)
- 🍲 1.4L / 6 cups of vegetable stock.
- שמן Extra virgin olive oil

# Vegetarian & Vegan Paella Recipe



## Step 1: GARLIC

Cut the garlic clove into two halves and use them to rub the bottom of the paella pan. (Pan is cold)



## Step 2: Extra Virgin OLIVE OIL

Add oil to the center of the pan (1/2 cup), switch on low-medium heat



Step 3: MUSHROOMS Add sliced mushrooms to the pan, cook on medium heat stirring for about 5-7 min.



## Step 4: Peas/Artichoke hearts

Push the mushrooms to the edge of the pan. Add peas or artichoke to the center. Cook peas/artichoke on medium low heat for 4 min.



## Step 5: BEANS

Push the peas/artichoke to the edge of the pan with the mushrooms. Add the green beans to the center of the pan, cook on low heat for 10 min. Then push to the edge of the pan. Add a pinch of salt.



## Step 6: SOFRITO

Fry garlic, sweet pepper, and tomatoes in the same paella pan in the oil on low heat.



Add smoked paprika.



## Step 7: RICE

Turn OFF the heat. Add rice to the center of the pan, mix making rice absorb all oily juices until everything gets even colored. Mix together with mushrooms and green veggies.

# Meat Paella Recipe



## Step 8 RICE

Distribute the rice evenly all over the pan, then **don't stir!**



## Step 9 STOCK



Add the stock (all at once), go to the HIGHEST heat  
Make sure rice distributed well, correct if needed.



## Step 10: SAFFRON Add saffron.



## Step 11: Don't BURN it!

Keep on high heat boiling for 5 min, until you can see rice grains through the stock. Every 1-2 min inspect if the rice is sticking to the bottom, scrape carefully if yes.



## Step 12: LOW HEAT

Low the heat when the rice is visible through the stock, keep on the lowest heat 8 min. Taste and add salt if needed.



**DON'T STIR!**



## Step 13: TASTE the rice

Taste the rice. Keep on low heat until the rice is al dente: firm, chewy, but not crunchy in the center of the grain.



## Step 14: TURN OFF and COVER

When the rice is al dente, increase the heat until medium heat for 20 seconds. Then turn the heat off and cover the pan with kitchen towel or paper and steam for 5 min.

READY!



## **Tips & Secrets :)**

For 4 servings use a pan with about 16-17 inches/ 40-43 cm bottom size. The size of the pan is important for your rice texture and the flavor! Better, make your paella with a thin layer of rice. This will give the best taste to your paella! Also, the size of the pan affects the proportion rice & stock. For example, if you want to cook 7 servings in the same size pan you will need less stock.

Don't wash rice! Wet rice will not be able to absorb as much flavor as the dry one. Use dry raw rice.

Don't use onion! Onion makes rice sticky and will spoil the texture of your rice.

Of course, if you find time to cook your own vegetable or mushroom stock, your rice will get much more flavor! If you don't have time for it, you can at least simmer the mushrooms in your store-bought stock for 30 min on low heat.

Socarrat, sure you want it in your paella! It's a famous crust on the bottom of the paella pan. So, after you switch to low heat, don't stir your paella anymore!

If you want even more socarrat, before turning off the heat, increase the heat to the medium for about 20 seconds!

When you see that all your stock has evaporated (closer to the end of the cooking) taste the rice to determine if it is ready for you. Look for al dente texture! Don't cook until the rice is soft! Remember that while resting your rice will get a bit softer. But if you see that all your stock has evaporated but the rice is still crunchy, add a bit (30-60 ml/  $\frac{1}{4}$  of cup) of extra *hot* stock and keep cooking a bit more with low heat until the extra stock gets absorbed and your rice will become al dente. Don't stir!