












Meat Paella Recipe

VIDEO MEAT PAELLA RECIPE:

<https://paellabarcelona.com/chicken-and-chorizo-paella-recipe/>

Ingredients 4 servings:

-  chicken thighs and/or wings ~ 1-2 thigh & 3-4 wings (400-500gr)
-  chorizo (sliced sausage or ground) or another sausage ~1/2 cup (100-200gr)
-  flat green beans, a handful
-  1 garlic cloves, minced
-  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 meat stock. If you prefer to cook the stock here is [the meat stock for paella video recipe](#) >>
-  Extra virgin olive oil

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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 (50ml / 1/4 cup), switch on low-medium heat



Step 3: CHICKEN Add cut chicken to the pan, cook on medium heat on each side for 8 min in total.



Step 4: Chorizo/ Sausage

Add chorizo pieces to the center and take chicken off the pan. Cook chorizo on low heat each side for 2-3 min in total.



Step 5: BEANS

Add the beans to the center of the pan, take off the chorizo, cook beans on low heat for 10 min. Then push to the edge of the pan.



Step 6: SOFRITO

Fry garlic, red sweet pepper, and tomatoes in the same paella pan in the oil from meat on the 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.

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Step 8 RICE

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



Step 9 STOCK



Add the hot stock (all at once), go to the HIGHEST heat

Make sure rice distributed well, correct if needed.



Step 10: CHICKEN & CHORIZO

Before the stock starts boiling, add all the meat back to the pan and distribute.



Step 11: SAFFRON Add saffron.



Step 12: 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 if yes.



Step 13: LOW HEAT

Low the heat when the rice is visible through the stock, keep on the lowest heat 8 min.



DON'T STIR!



Step 14: 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 15: 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!



Paella Barcelona Cooking School

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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 row 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 meat stock, your rice will get much better flavor! Check out my video about how to cook rich meat stock for your meat

paella: <https://youtu.be/xlbTOnEejEU?si=TV7PIMW2xV6dqieo>

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/ ¼ 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!