



Taste and Savor

## 1 Quick Recipe:

### Seafood Paella

- 1 LB Large Shrimp
- 2 ½ Cups Vegetable Broth
- 1 Onion in Quarters
- 1 Cup Chopped Parsley and Cilantro
- 1 Red Onion, chopped
- 1 Red Pepper, chopped
- 3 TB Olive Oil
- 2 TB Smoked Paprika
- 4 Garlic Cloves, grated
- 1 ¼ Cups \*Paella Rice
- ¼ Tsp Saffron
- ½ LB Calamari, cut in rings
- ½ LB Mussels, Clams or Fish (OR any combination of 2 LBs of your favorite seafood)
- 1 Cup Frozen Peas, defrosted
- Fresh Cilantro Leaves

**Step One** You'll need to make the stock, first. Peel and devein the shrimp, add the shells to the veg broth in a large sauté pan along with the quartered onion and herbs. Bring to a boil and then simmer for 20 minutes. Remove from the heat, cool and strain the onion, shells and herbs out of the stock. If you miss a few herbs, no worries - it's fine. Set the seafood stock aside and rinse the pan.

**Step Two** In the same large sauté pan, (or paella pan), sauté the onion and pepper with the oil and smoked paprika until soft - about 8 to 10 minutes. Add the garlic and cook until fragrant - about one minute.

**Step Three** Stir in the rice, seafood stock that you have made and saffron. Bring to a rolling boil, uncovered. Reduce heat and simmer, covered and undisturbed, until most of liquid is absorbed - about 12 - 15 minutes. Stir in the seafood, (including the shelled shrimp), and cover and cook until the seafood is cooked through, about 3 - 5 minutes.

**Step Four** Remove from heat and stir in peas. Cover with a kitchen towel and let stand until all of the liquid is absorbed, about 5 minutes. Garnish with the cilantro.



## 2 Kitchen Scoop

\*There are lots of types of "Paella" rice available. You may find "Valencia" or Bomba rice in even your regular grocery store!

## 3 Clever Idea

If someone in your family is not a seafood lover, make the paella with chicken stock.

## 4 Cheers!

**Honera Vero Rueda**  
Rueda, Spain  
About \$10.00

Have you tried a Rueda? Here's a Spanish white I think is perfectly lovely with the paella. Its made from the Verdejo grape - which makes aromatic white wines with citrus and melon aromas. If Sauvignon Blanc makes you happy this wine will too! Crisp and clean, full of bright lemon fruit flavor, this easy drinker is made and named for the region of Rueda in Northwest Spain, not the grape.