



Paella Mixta

Combining *mar y montaña* (sea-and-mountain) ingredients in this iconic Valencian Spanish rice dish is the ultimate experience of a world-class comfort food! This is not meant to be a complex recipe - it is earthy, laid-back and celebrates regionally accessible ingredients. Traditionally it is cooked over an open fire of orange and pine branches. This results in aromatic qualities and fragile rice and fish cooked uniquely in surprisingly hot temperatures! All you need at home, inside or out, is methodical and careful tending to the cooking steps resulting in a celebration of rich, tender and al-denté, goodness. This recipe is meant to accompany a Tree House Kitchen cooking demonstration. Then experiment!

notes about Bomba paella rice from the Calasparra region of Spain

- There are more than 40,000 different varieties of rice in the world! Around 10% are grown commercially. You can try this recipe with N. American long-grain rice - it will be delicious.
- This particular regionally-protected, white, short-grain rice has a rigorous set of laws governing its production and quality. It is like risotto but not really. The key is that it absorbs broth very well while maintaining its unique integrity. It requires very little stirring.
- The BOMBA variety was brought back from near-extinction by gourmet chefs who celebrated its superior hard grain and unique qualities - qualities that are developed in a microclimate combination of mountain altitudes, a river fed by cold and fresh mountain water and the sea. If you can get your hands on some - it is worth it. Try these sources: [Authentic Spanish Food from Spain at LaTienda.com](#)
[www.pasqualebros.com](#)

precooking your chicken and peppers

- Place a large sauté pan or large pot/paella pan over medium to medium-high heat.

- Add 1 tablespoon of olive oil to pan with sliced red peppers. Sauté the peppers until just softened - a couple of minutes. Remove them from the pan and let sit on the counter.
- Add chicken pieces and sear them for several minutes on each side. Adjust heat to avoid burning yet add colour to chicken. See demonstration. Turn heat down and continue cooking until chicken is about 65% done. Remove them from the heat and keep warm.

making the sofrito paste

- Add the remaining olive oil to your pot and add grated onion and stir over medium to medium-low heat for 3-5 minutes or until softened and changing colour. Add crushed tomatoes and whole garlic and stir until tomatoes change to an orange hue and are almost mushy - several more minutes at medium to medium-high heat.
- Add chopped garlic and cook over low heat for 1 minute. Stir in smoked paprika.
- Continue stirring on low heat until this mixture is a deep, dark red and quite thick - being careful not to burn garlic. Turn off heat.

Serves 6 - 8

Equipment: large quality sauté 12 inches diameter X 3 inches height and lid

Optional equipment: carbon steel paella pan and tin foil.

I use a 16 inch pan to serve 8 if working with a smaller pan, half the recipe.

[Buying and Caring for a Paella Pan -](#)

[FineCooking.com](#)

sofrito paste ingredients

- 1 small onion - grated on large edges
- 2 ripe tomatoes - chopped very small and crushed or the equivalent canned tomatoes
- 1/4 cup favourite extra virgin olive oil
- 8 cloves fresh garlic - 4 whole, 4 chopped finely
- 1/2 teaspoon or to taste sweet not hot), smoked pimenton (Spanish paprika) powder

other paella ingredients

(all ingredients are approximations depending on the size of your pan)

- 2 sweet red peppers - large beautiful slices
- 6 - 8 medium (2 square inches each) raw chicken pieces skin on, bone-in (try chicken thighs ...or breasts cut in 1/2
- 3 1/2 cups BOMBA Spanish rice
- 1 lb fresh raw fish or shellfish in bite sized pieces (1/2 to 3/4 inch) - try

cooking paella

- Cooking the paella **in total will take approximately 25-35 minutes from this point**. Add all the rice to your pan and stir rice gently so that every grain is coated with sofrito juices. Do not overstir. Turn heat up to medium or medium-high and add all the broth. Remember (if you have a quality pan) you are trying to mimic an open-air fire so you will be cooking this rice carefully but at a heat hotter than you would normally be used to. If you are working with electric heat, you can cover this dish, if it is oven-proof, and bake it in a PREHEATED oven at 325 F. (Follow timing of seafood and ingredients accordingly. Adjust cooking times and liquid amounts according to taste.)
- Set a kitchen timer for 8 minutes. You will not be following this timing exactly, but it will keep you on track.
- Place the chicken pieces back in the pan. Add the sliced cooked sausage. Shake the pan to distribute the broth. You are aiming for a vigorous evenly distributed simmering bubble of the broth through the rice.
- Watch your cooking ingredients and move the pan and distribute the heat as needed depending on “hot spots” for the next 8 minutes. Taste your rice when the timer goes off. You will find it to be quite crunchy and still undercooked but the chicken and sausages have been adding flavours.
- Set the timer again for 10 minutes. Now would be the time to add large pieces of fish like monkfish, pickerel or other favorite mild fish or very large shrimp. Add a lid or foil to steam the fish.
- About 5 minutes later add mussels or clams in the shell, medium-sized shrimp, bite-sized lobster pieces (or for instance calamari slices). Try not to stir. Steam them with a lid on, continuing to check the rice and heat for hot spots. Taste your rice now for flavour and texture. Now would be the time to add some salt to taste and think about the texture of your rice. You will get used to judging as you gain more experience.
- You have approximately 5 minutes of cooking left. You will then let the rice sit in the pan, covered, off the heat for 5 - 10 minutes to get the consistency and ingredients together.

the socarrat

- This is the delicious caramelized (not burnt!) rice that reveals itself on the bottom of the pan near the end of cooking (usually in the middle). It is a prized taste and texture for diners that results from confident and careful use of heat. Every fire is different, every pan is different, every ingredient is different and every day is different - and you can do your best to control your results with quality ingredients and experience and care. Use your senses of smell and hearing and taste and sight to determine the doneness of your dish. (If you cook this dish in the oven, you may have to nudge the socarrat along for a few minutes on a burner after the baking process .
- [Nancy Henley Tree House Kitchen | Cooking classes, speaking engagements and more in Dundas, Ontario](#) Every one of my FREE newsletters is devoted in some way to the topic of cooking “perfectly”. Why don't you sign up?

perfect finish

- Taste your rice and bite into your seafood and have a look at your chicken - is it done? Make choices about seasonings, liquids, extra cooking time now. Clams and mussels need to be steamed open.
- If you are confident that the rice is tender yet textured, the seafood and chicken are done and at this point you have not under-seasoned or over-seasoned this dish (as that would be sad) - add your fresh peas and cooked sweet peppers and gently stir and take the pan off the heat. Let it sit covered for 10 minutes to finalize the magical cooking process. Serve communally with lemon slices.

variations to try

- There are countless paella variations. Try rabbit, duck, squid, saffron threads made into a tea, fresh rosemary or thyme leaves, vary your broth flavours, vary your vegetables or try bean varieties. In the Catalan region paella is served with Spanish garlic mayonnaise! Remember the rice and the stock is the star. I encourage you to engage with me by email or twitter to ask questions about cooking your individual your paella.

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monkfish, pickerel, peeled shrimp, shelled lobster (see demo)

[Daves Fish Market - Home](#)

1 lb live fresh raw mussels or clams - shell on and cleaned following safe guidelines

[Canadian Farmed Mussels : Species: Aquaculture in Canada: Canadian Aquaculture Industry Alliance](#)

[Mussel Recipes PEI - Mussel Cooking Instructions - PEI Blue Mussel Recipes - PEIAA - Canada](#)

2 Chorizo ready to eat sausage (made with smoked pimenton/paprika) or other favourite precooked sausage - sliced in rounds

1 cup fresh peas or shelled edamame
6 - 7 cups of roasted or boiled bone, shellfish or vegetable broth - preferably unsalted

(typically rice:stock is 1:2)

salt to taste

[Garnish](#) lemon wedges or slices

chef secret

a note about smoked flavourings •
When working with smoked ingredients like pimenton (smoked paprika), try not to let your personal preferences get in the way of your hard work. There is nothing worse than being overwhelmed by pungent smoked essences when there are many more ingredients vying for your affections. Remember that everything needs to work together in a balanced unison - no one ingredient should overpower the rest.

bonus chef secret

I have made North American paella for 100's of people & I have loved my research on paella in Spain! You must go and tell me about it!!

cheat sheet • precook large meats-sausages-colourful peppers, make a sofrito, stir in dry rice, add delicious stock, work with the best seafood, watch and cook perfectly in stages, taste-taste, end with colourful vegetables, let sit, serve. Experiment and make it your own.