



PLOT

TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.

Paella is a great vehicle for using up any leftover cooked meat or sausage that you've got in your fridge. The saffron spice gives this dish a wonderful authentic flavour and 'mellow yellow' colour.

WEEK FOUR

EASY SPANISH PAELLA

INGREDIENTS

1 tablespoon oil
1 onion, finely chopped
Pinch of saffron threads (optional)
1 clove garlic, peeled and crushed
1 red pepper, deseeded and chopped
yellow pepper, deseeded and chopped
200g long grain or risotto rice
250ml white wine
500ml chicken stock
350g pack mixed seafood, frozen
Leftover cooked meat such as chicken or pork
About 2 spicy cooked sausages such as merguez or chorizo, sliced
125g frozen peas
salt
ground black pepper

INSTRUCTIONS

Heat the olive oil in a large frying pan add the onion and cook gently for 5 minutes. Meanwhile soak the saffron in 2 tbsp hot water, if using. # Add the peppers, garlic and cook for 3-4 minutes.

Stir in the rice, wine, hot stock, saffron mixture and seasoning. Bring to the boil and simmer, stirring occasionally until almost all the liquid has disappeared, add the seafood, leftover meat and spicy sausage, cover, turn the heat down and simmer for 5 min, taking the lid off every few minutes to give it a stir.

Add the peas and cook for a further few minutes until the liquid has evaporated. Season and serve immediately.

Top tip: As rice is relatively cheap, it is easy to get in the habit of throwing too much into the pot. Your standard tea mug is a handy tool for measuring uncooked rice. A full cup of rice will feed 4 adults and 1/4 mug feeds 1 adult.



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*An easy vegetarian paella recipe. Try
using it as a template and
substituting your favourite seasonal
vegetables.*

WEEK FOUR

GRIDDLED ARTICHOKE AND RED ONION PAELLA - SERVES 4

4 tbsp vegetable oil
3 red onions, finely sliced
2 garlic cloves, crushed
400g/14oz paella rice, such as calasparra
1 tsp ground turmeric
1 tsp smoked paprika
800ml/1 pint 7fl oz hot vegetable stock
1 tsp finely chopped fresh rosemary
200g/7oz cherry tomatoes
150g/5½oz fresh peas
125ml/4fl oz good quality extra virgin olive oil, preferably Spanish
1 tbsp chopped fresh parsley, to serve
1 x 400g/14oz can artichoke hearts in water, drained and rinsed

In a frying pan, heat one tablespoon of the vegetable oil over a medium heat. Add the onions and garlic and fry for 2-3 minutes, or until softened.

Add the paella rice, ground turmeric and smoked paprika and stir well to coat the vegetables in the spices.

Add the hot stock and chopped rosemary and bring the mixture to the boil, stirring well. Reduce the heat to a simmer and simmer the mixture, stirring occasionally, for 18-20 minutes, or until the paella rice has absorbed most of the liquid.

Add the cherry tomatoes and peas and continue to simmer for a further 4-5 minutes, or until the rice is just tender.

Remove the pan from the heat and drizzle over the olive oil, then stir until well combined. Stir in the chopped parsley.

Meanwhile, heat a griddle pan over a medium heat. Rub the drained artichokes all over in the remaining three tablespoons of vegetable oil. When the pan is hot, add the oiled artichoke hearts and griddle for 1-2 minutes on each side, or until golden-brown griddle marks appear on both sides (NB: Do not stir the artichoke hearts as you griddle them).

To serve, spoon the paella into the centre of four serving plates. Place some of the griddled artichokes on top of each serving.

