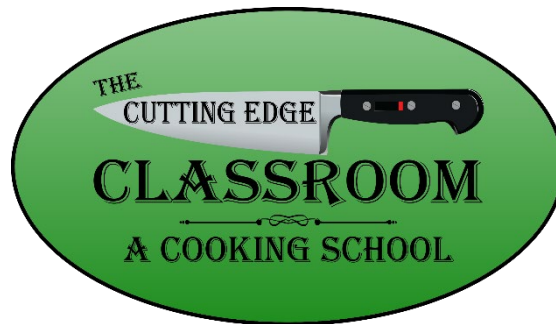


Class Date and Time:

Contact Person/Company: Lauren Abbl, McGraw Hill

Contact Phone Number: 602-397-1551

Contact Email: laurenabbl@gmail.com



## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

### The Menu

### Authentic Spanish Paella

#### Districts

Anthony Mansella 3/30

Simi Dutt 3/30

Sarah McLaughlin 3/30

Andrew Draa 4/1

Courtney Jones 4/7

Ashley Johnson 4/7



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## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

### Proteins

- ✓ 2 each boneless skinless chicken thighs cut into 1 inch cubes
- ✓ 4 oz calamari
- ✓ 4 oz mussels
- ✓ 4 oz clams
- ✓ 4 oz shrimp

### Produce

- ✓ ½ lemon sliced
- ✓ ½ onion diced
- ✓ ½ bell pepper diced
- ✓ 2 clove garlic minced
- ✓ 1 tbsp parsley minced

### Dairy

- ✓ ¼ cup unsalted butter
- ✓ 1 large egg
- ✓ 1 cup heavy cream

### Pantry Items

- ✓ 2 ½ cup chicken broth
- ✓ 2 oz olive oil
- ✓ 1 bay leaf
- ✓ ½ tsp paprika (Smoked if possible)
- ✓ ¼ tsp saffron threads
- ✓ Salt and pepper
- ✓ 1 oz white wine
- ✓ 1 cup Spanish short grain rice

### Dry/Canned Goods

- ✓ ¼ cup frozen peas
- ✓ 4 oz tomato sauce

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## **Equipment Needed**

**Below is a list of tools you'll need to make the recipes in this packet.**

### **Cutlery**

- ✓ Cutting board and knife

### **Hand Tools/Gadgets**

- ✓ Rubber spatula

### **Cookware**

- ✓ Large Paella pan, saute pan, or cast iron pan

### **Appliances**

- ✓ Stove

### **Bakeware**

### **Other**

- ✓ Assorted bowls
- ✓ Aluminum foil or lid for paella pan

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### **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

### **Notes:**

- At the end of this class you will have: Paella for 2-4 people
- Feel free to substitute proteins as you prefer. Some alternatives are tofu instead of chicken, fish cut into cubes instead of shellfish and so on.
- Feel free to contact us if you need further instructions.

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### **Spanish Paella**

Prep Time 20 mins

Cook Time 40 mins

Total Time 1 hr

Servings: 4

#### **Ingredients**

- 2 oz Extra virgin olive oil
- 1/2 onion, diced
- 1/2 bell pepper, diced
- 2 cloves Garlic
- 4 oz. tomato sauce
- 1 Bay leaf
- 1/2 teaspoon paprika , sweet or smoked
- 1/4 tsp saffron threads
- 1/8 tsp Salt and pepper
- 1 oz white wine
- 2 boneless , skinless chicken thighs , cut into pieces
- 1 tbsp Parsley minced, divided
- 1 cup Spanish Rice/short grain
- 2 1/2 cups Chicken Broth
- 1/4 cup frozen peas
- 4 oz Jumbo Shrimp, peeled, tail on
- 1/4 lb Mussels cleaned properly (beards off)
- 4 oz calamari rings
- 4 oz clams in shell
- 1/2 Lemon, for garnish
- 1 tsp hot sauce

#### **Instructions**

1. Add olive oil to a skillet over medium heat. Add the onion, bell peppers and garlic and cook until onion is translucent. Add chopped tomato, bay leaf, paprika, saffron salt and pepper. Stir and cook for 5 minutes. Add white wine and cook for 10 minutes. Taste and add salt if needed.
2. Add chicken pieces, 2 tablespoons chopped parsley and rice to the pot. Cook for 1 minute.
3. Pour the broth slowly all around the pan and jiggle the pan to get the rice into an even layer. (Do not stir the mixture going forward!). Add hot sauce.
4. Bring mixture to a boil. Reduce heat to medium low. Give the pan a gentle shake back and forth just once or twice during cooking. (We don't ever stir the rice, so that a crispy crust forms at the bottom, called a socarrat).
5. Cook for about 15-18 minutes (uncovered), then nestle the shrimp, mussels, clams, and calamari into the mixture, sprinkle peas on top and continue to cook (without stirring) for about 5 more minutes. Watch for most of the liquid to be absorbed and the rice at the top nearly tender. (If for some reason your rice is still not cooked, add ¼ cup more water or broth and continue cooking).

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6. Remove pan from heat and cover pan with a lid or tinfoil. Place a kitchen towel over the lid and allow to rest for 10 minutes.
7. Garnish with fresh parsley and lemon slices. Serve.

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