

Paella valenciana

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Paella is the greatest symbol of **Valencian cuisine** and probably Spanish gastronomy as well, famed throughout the world. Its origin, like all humble dishes, comes from the combination of ingredients readily available to families, especially from the **Valencian countryside**, which provided fresh vegetables. It was also common for families to raise their own chickens and breed rabbits, and so given the abundance in which rice crops are grown in La Albufera, the result is this **authentic Valencian dish** named after the pan in which it is cooked.

For:

4

Ingredients:

400 gr. Rabbit, 700 gr. Chicken, 300 gr. Green beans, 100 gr. Tavella, 200 gr. broad beans, 1 ripe tomato, 400 gr. Rice, D.O.Valencia, 8 spoonfuls of oil, a pinch of paprika, saffron and salt.

Elaboration:

Heat a paella dish and add the oil, once this is hot add the meat cut up into pieces, fry it well and then add the green beans, the broad beans and the tavella. Continue to lightly fry this for about eight minutes and then add the grated tomato, when this is fried add the paprika and, without letting it burn, add water up to the rim of the dish. Leave it to cook for 30 minutes and add salt to taste. When the broth reaches the remaches add the rice and spread it round the dish, add the saffron and leave it to cook for a further 17 minutes. Leave it to sit for a few minutes before serving.

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