



PAELLA

Paella is a Valencian **rice dish** which originated in the **mid-19th** century near the **Albufera lagoon** (east coast of Spain). Outside of Spain paella is often viewed as a Spanish national dish, but most Spaniards consider it to be a regional **Valencian dish**, while Valencians regard it as one of their identifying symbols. The original Valencian paella consists of **white rice, green and white beans, meat (chicken and rabbit), snails, saffron** and **rosemary**. Another very common but seasonal ingredient is the **artichoke**. **Seafood paella** is a popular variant replacing meat with seafood and omitting beans and green vegetables. **Mixed paella**, by contrast, is a free-style combination of meat from land animals, seafood, vegetables, and sometimes beans. **Bomba rice** is often used for paella due to it being harder to overcook, but Valencians tend to use a slightly stickier variety known as **Senia**. The choice is up to you...



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