



Amelia's Pressure-Cooker Paella

From the start, I'll say the is not a "real" paella - but is certainly a practical substitute for home use. This is designed for a pressure-cooker, but can be cooked in a normal pan - cooking time is longer (about 20 minutes & requires a bit more liquid).

Ingredients:

1/2 Chicken cut in medium-sized chunks

Shrimp or prawns

1/4 cup tomato paste (or puree)

1-2 cloves garlic

A pinch of saffron (or: paprika, tumeric or yellow food coloring)

1 cup short-grain rice

1 3/4 cups hot "shrimp water"

Green beans and/or lima beans

1/4 cup olive oil

Salt

Preparation:

Lightly cook green beans (or limas) in salted water. Peel shrimp. Boil the shells (only the shells) in salted water to make the "shrimp water".

Brown chicken pieces and garlic in hot olive oil; Add tomato paste, cook over high heat until it begins to stick.

Reduce heat, add rice, green beans, saffron, and shrimp. Mix well, add "shrimp water".

Cover pressure-cooker and raise to high heat. When pressure is up, reduce to low heat, and cook for exactly 8 minutes.

Remove from heat, leave in cooker for 10-12 minutes, uncover and serve with a nice Spanish wine.

Notes and comments:

Don't scrimp on olive oil or salt - both are important for the right taste.

Don't over cook - the rice should be "al dente" (but not too hard)

You can use a variety of meats (or fish) as alternatives. Possible vegetables include peas and artichokes - which can blacken the rice, but are just great.

If you don't use shrimp, substitute vegetable water or stock for "shrimp water".



[Download in PDF](#)

[Recipe List](#)

[Recipe List](#)

JRNet

Copyright © JRNet, sI 1995-2020 ---. All Rights Reserved.

Contact: jrjis@jrnet.com Cell: +34 616 339 569