

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Partner: \_\_\_\_\_

Block: \_\_\_\_\_

<b>MENU:</b> Paella 		<b>CONCEPT/PRINCIPLES:</b> Valencian (Spanish) rice dish	
<b>Nutrition:</b>  Carbohydrates - rice Protein - chicken, sausage, shrimp Vitamin/Minerals - vegetables	<b>Equipment:</b>  Meat cutting board Regular cutting board French knife Mixing bowl Custard cups	<b>Ingredients (per pair):</b>  ~25 mL olive oil (divided into 3) 3 mL smoked paprika 2 mL dried oregano Salt/pepper to taste 1 chicken breast 1 clove garlic 1 mL crushed red pepper flakes 125 mL medium-grain rice 2-3 saffron threads $\frac{1}{4}$ bay leaf 30 mL Italian parsley 250 mL chicken stock $\frac{1}{2}$ lemon zest $\frac{1}{4}$ Spanish onion $\frac{1}{4}$ red bell pepper 100 g chorizo sausage 6 medium shrimp	
<b>METHOD:</b>  ALL 1. Tie hair, put on an apron, post lab plan & wash hands.  A 2. Cut chicken into 1-inch pieces. In a medium mixing bowl, mix together 8 mL olive oil, paprika, oregano, salt and pepper. Stir in chicken pieces to coat. Cover and refrigerate.  B 3. Mince garlic, chop parsley leaves, zest lemon-half, and rinse the rice. Heat 8 mL of olive oil in the saucepan over medium heat. Stir in garlic, red pepper flakes, and rice. Cook, stirring to coat rice with oil, for about 3 minutes. <i>A true paella pan is wide, round, and shallow and has splayed sides.</i>  B 4. Stir in saffron, bay leaf, parsley chicken stock and lemon zest. Bring to a boil, cover with a lid, and reduce heat to medium low. Simmer for 20 minutes.  <i>DO NOT LIFT LID or rice won't cook through. Though saffron is the most expensive spice, almost all paella recipe calls for the liquid to be infused with it, which contributes to colour and subtle background flavour to the rice.</i> <i>Rice - should be medium grain (rounded and relatively short), absorbs liquid very well, stays relatively firm during cooking (not creamy like risotto). Suitable rice includes Bahia, Balilla, Bomba, Senia, and Calasparra.</i>  A 5. Chop onion and bell pepper. Remove casing from sausage and crumble into small pieces. Peel, devein and chop the shrimp.			

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A	6. Heat 8 mL of olive oil in a skillet over medium heat. Stir in marinated chicken and onion. Cook for 5 minutes.
A	7. Stir in bell pepper and sausage and cook another 5 minutes. Stir in shrimp and cook until all sides are pink. <i>Typically, whole fresh shrimp (sometimes with shell and head attached) are used along with other shellfish such as clams and mussels.</i>
AB	8. Spread rice mixture onto serving plates. Top with the meat and seafood mixture. Enjoy!

<b>Tests for Doneness:</b>  1. Chicken is cooked through (no pink) 2. Shrimp is pink. 3. Rice has no hard centre.	<b>Product Standards:</b>  1. Rice is fully cooked. 2. Protein is cooked through, yet tender. 3. Pleasing in flavour.
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<b>Table Setting:</b> Place mat. Plate - center. Napkin - left. Spoon - right.	<b>Lab Duties:</b>  DW _____ HK _____  DD _____ SD _____ UH _____
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