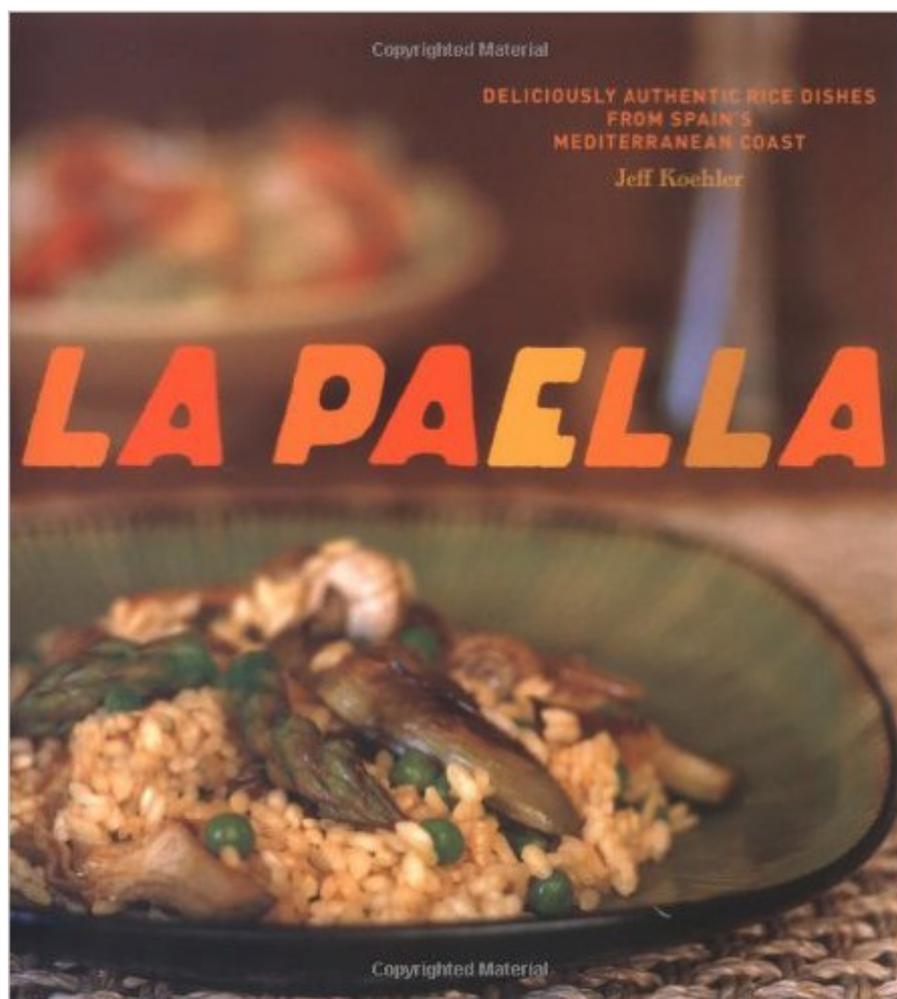


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# La Paella: Deliciously Authentic Rice Dishes From Spain's Mediterranean Coast



## Synopsis

The most famous dish of the hottest cuisine in town right now, paella is as flavorful as it is festive. Longtime Barcelona resident and Spanish food expert Jeff Koehler fills us in on this cherished rice dish, from its origins to just what it takes to make the perfect one (even without an authentic paella pan). Thirty recipes range from the original paella valenciana, studded with chicken and rabbit, to his mother-in-law's Saturday shellfish special, to sumptuous vegetarian variations, to surprising soups and sweet takes. Stunning scenic photographs, shots of the finished dishes, plus a source list of unusual ingredients and special equipment round out this gorgeous homage to one of Spain's national culinary treasures.

## Book Information

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## Customer Reviews

I received this book for Christmas and was very excited about making paella over the holiday break. The intro is very informative regarding the pan and ingredients. When I read the Fisherman's Paella recipe, it appears to have some steps missing. In the recipe, clams and mussels are cooked ahead but nowhere does it tell what to do with them, only the clam broth. It says to cook the shrimp for two minutes each side. The recipe never says to remove them, but they are readded with the fish. As a paella novice, I thought the book would be more explicit. Will try Rosa's Shellfish Paella since all ingredients are accounted for although I am concerned about cooking the shrimp so long. The prawns are removed after 10 minutes, but not the shrimp. Ah ha, in subsequent recipes, I found the clams are added with the rice and the mussels at the end. The Mixed Poultry and Seafood Paella

recipe does say to remove the shrimp after cooking for two minutes each side. I will try to piece this all together for the Fisherman's Paella and hopefully will be successful.

Jeff Koehler's recipes comprising *LA PAELLA: DELICIOUSLY AUTHENTIC RICE DISHES FROM SPAIN'S MEDITERRANEAN COAST* requires access to fresh seafood for success. That said, this is a culinary recipe collection that packs in paella rice/seafood dishes on nearly every page - and adds a few non-seafood dishes from rabbit to pork to boot - making for an excellent survey of the varied tastes of paella. Color photos of Spanish dishes and finished paellas liberally pepper a survey which lends to beginner use: dedicated gourmet club members and community libraries strong in ethnic cookbooks will find it a very appealing addition to their collections.

This is the book to get if you want to make authentic paella that comes out great. The instructions at the beginning of the book are outlined as "The Four Key Elements," covering the pan, the rice, the bases (El sofrito and La picada) and lastly the liquid. My advice: 1. Invest in an authentic paella pan, they are not expensive, I have a couple of sizes depending on how many people to be served. I bought the steel pans. 2. Use Valencian or Bomba rice as the author recommends, you can order it on if you can't find it locally, it is designed to soak up the broth properly when cooking so you get the right consistency when the paella is done. 3. Follow his steps for the sofrito and picada for a tasty result and be sure to get the pimenton (Spanish smoked paprika) and real saffron for authentic flavors. I cook my paella on the Weber charcoal barbecue with a single layer of very hot coals, since it can provide even heat under the paella pan that you can't do on a stovetop. I follow his advice and cook the components on the stovetop, then assemble everything in the paella pan over the barbecue fire. At that point it cooks up in about 18 minutes. If you follow the basics for the pan, rice and bases, you can put pretty much anything you want on top of the rice, the book has lots of tasty recipes. This is a very festive and delicious dish to serve to guests, with a real wow factor. Que aproveche!

*La Paella* is really great book. It describes the history of Paella, various in Paella depending of geographical location and gives you great tips to make the best Paella ever. I mean it. Just don't forget to get right Paella pan.

I went on a quest for authentic paella after Christmas, bought a pan, ordered authentic chorizo, bomba rice, imported sweet smoky paprika and saffron from Spain and this cookbook. Really a let

down after all that according to this cookbook to use a lot of his recipes I also needed to buy squid ink, maybe a rabbit, some snail, some cuttlefish (I thought only parakeets ate that)....and here I was planning on just purchasing some chicken, mussels, scallops, shrimp, lobster, whatever. So would I recommend this cookbook, well like so many rustic cookbooks they'd work great if you were living in a rustic place in the country of origin...outside the region with a specialized set of recipes it becomes problematic...I won't even go into the story of going online and ordering fresh chorizo online from Spanish specialty store here in the US for \$24.50 only to receive it 10 days later unrefrigerated despite labels all over the package saying "Keep Refrigerated"...so La Paella is definitely a go to cookbook if you live in Spain, don't speak Spanish and want to make paella or you live in the US and just so happen to have a relative in Spain to mail you groceries overnight.

I have come to find out that searching for the "right" Paella book has been a personal quest. I am very happy to share that my journey is over! I find La Paella to be an easy read. I have just started to season my paella pan and I look forward to trying out the many recipes this book has to offer. Also received book very quickly.

Seattle native and travel and food writer Jeff Koehler has lived the last 20 years in Barcelona married to a native Catalan. In this book he tackles paellas, cazuela (rice casseroles), and calderos (rice stews). Koehler's in-laws expand and deepen his understanding and appreciation of Spanish food and culture. His discussions of the basics gives the aspiring paella cook a good foundation to begin with. He covers equipment, raw materials, and techniques. Koehler details 16 paellas that rely on ingredients available in most larger American cities. He follows the paellas up with 12 rice dishes prepared in the cazuela (casserole) and the caldero (similar to a Dutch oven). He finishes up with 2 rice desserts and provides a list of sources for equipment and key ingredients. This attractive, well written and well-illustrated book gives even the novice cook a good starting point for making paella. One problem - sometimes you have to read more than one recipe to get all the steps down. Koehler does an especially good job capturing the culture of paella - an enjoyable book with several recipes worth trying.

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