

Week 2 - Kids Paella Masterclass - 30th Jan 2021

Ingredients

- large pinch saffron strands
- 1 vegetable or chicken stock, made up to 900ml
- 3 tbsp olive oil, plus extra for drizzling
- 125g chorizo, roughly chopped
- 500g boneless, skinless chicken thighs - cut into 1 inch pieces
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- 1 red pepper, deseeded and chopped
- 2 tsp paprika
- 250g Spanish paella rice
- 3 medium tomatoes, roughly chopped OR half tin 400g chopped tomatoes
- 75g frozen peas
- 200g cooked prawns with shells on (thawed if frozen) - OPTIONAL
- small handful flat-leaf parsley, chopped, to serve
- 1 x lemon wedges, to serve

PREPARATION

In advance, please chop the chicken, onion, garlic, pepper, chorizo, tomatoes, parsley and have in bowls ready to go OR if you are working in pairs, there will be time to do this on the class.

I would even make your stock up too if you have time - 900ml

STEPS

1. MAKE YOUR STOCK - 900ml. Stir the saffron strands into the stock and set aside to infuse while you prepare the rest of the paella.
2. Heat 1 tbsp oil in a paella pan or a large deep frying pan.
3. ADD chicken & fry over a high heat for 7-8 mins, until the meat is golden and cooked through. Transfer the chicken to a bowl and set aside. Be careful of oil splattering.
4. ADD another tablespoon oil and ADD onion, pepper, & chorizo and gently fry for approx 5 mins until crisp and the oil has been released.
5. ADD garlic, pepper and paprika and cook for 1-2 mins. (add more oil if necessary to stop sticking). You can add more saffron here for flavour.
6. ADD your tomatoes - cook for 2 mins
6. With the heat still quite high, ADD rice in one go & coat well in the oil - stir for 1 min to coat in oil.
7. Return the browned chicken pieces to the pan and juices.
8. Pour in 900ml saffron-infused stock, and stir/combine with a wooden spoon.

Turn down your heat and if you have a lid, cover and cook on a medium heat for 10 mins, stirring once or twice. **(Set timer) Season to taste.**

9. ADD the peas, prawns, VEGETARIAN ADD HERE SO SAUSAGE & cover again to cook a further 5-10 mins, or until the rice is just cooked (slightly andante) and most of the liquid in the pan has been absorbed. **(Set timer)**

IF YOU DO NOT HAVE A LID, IT WILL TAKE LONGER TO COOK, AND THE STOCK WILL EVAPORATE QUICKER SO YOU MAY NEED TO ADD MORE WATER. THE RICE NEEDS TO BE COMPLETELY IMMERSSED. CHECK AFTER 15 MINS. RICE

DO NOT OVER STIR YOUR PAELLA - SHAKE THE PAN

10. Remove the pan from the heat, put the lid on and leave to rest for 5 mins or until ready to serve. ADD chopped parsley.

IF NO LID - COVER WITH A CLEAN TEA-TOWEL UNTIL READY TO SERVE

11. HAVE YOUR PLATES READY TO SERVE

The rice at the edges of the pan will take longest to cook, so to test that the paella is ready, take a little of the rice from the edges and check it's cooked through, then remove the pan from the heat and cover with a clean tea cloth for 5 minutes to absorb some of the steam. The paella is now ready – just garnish with the lemon wedges and don't forget to have hot plates ready to serve it on.

11. Serve with lemon wedges (optional)

DESSERT

This Spanish Flan recipe has just four ingredients so it is easy for the kids to take on. It does take concentration when we are cooking the sugar, and attentive timing to work with the sugar syrup so that it does harden too much.

A good flan has the texture of a just-firm-enough custard. It should wiggle and jiggle on the spoon, and still be silky smooth when you bite into it. The sticky sauce on top is a simple caramel; just melted sugar that goes into the ramekin before the custard mixture.

Spanish Flan with Caramel sauce

1 1/2 cups = 300g of sugar (200g is used to make the caramel and 100g in the custard)

4 large eggs

2 cups = 480ml milk (full fat)

1 Vanilla bean OR 2 teaspoons 10ml vanilla extract

Equipment

6 x ramekins

1 x large baking tray/dish big enough to place ramekins in a water bath (a baño de Maria or ban Marie).

Saucepan

Measuring jug

Large mixing bowl

Hand whisk OR Electric whisk (handheld or machine)

PREPARATION

- Weigh out 300g sugar and put to the side - have your scales to hand.
- Place your 6 ramekins in the baking tray ready to go.
- Can you boil the kettle too, so we are super prepared!

STEPS

TURN ON OVEN to 175°C

1. Start by preparing the ramekins OR one larger mould - Place in a baking dish.
2. Fill the dish with HOT water - boil the kettle and pour into the baking dish. The warmth is important here, since it will keep the ramekin warm when the sugar syrup goes in and stop it from hardening.
3. Cook 1 cup of the sugar (200g) over medium-low heat for 10-15 minutes & STIR until it liquefies and turns a light golden brown colour. You'll need to keep a watchful eye on the sugar here, to stop it from burning.
4. AS soon as it turns brown, take it off the heat and pour straight into the warm ramekins. If it starts to harden midway through, put it back on the heat and stir until it's smooth again. Set aside while you make the rest of the flan.
5. In a large mixing bowl, whisk together the eggs
6. Then ADD the remaining 100g of sugar until light and creamy.
7. Add the milk and vanilla and combine.
8. POUR flan mixture evenly among the six ramekins, on top of the caramel.
9. Cover with aluminium foil and tightly seal.
10. Bake in the oven for one hour, or until it wobbles and jiggles when you lightly shake the ramekin.
11. Take the ramekins out of the water-filled baking dish, pour out water and put back in - and set aside to cool to room temperature.
12. Then place in the fridge and chill for 3-4 hours.
13. To serve, take a butter knife and run it around the inside of the ramekin. You can
14. Quickly (and gently!) flip the ramekin over the plate.

The caramel should run out to coat it as a sauce. If any of the caramel has hardened and stuck to the ramekin, just leave it!