

# Vegetarian Paella

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom  
or 6 at home

**Fresh from the garden:** beans, capsicums, garlic, lemons, onion, peas, tomatoes, zucchini

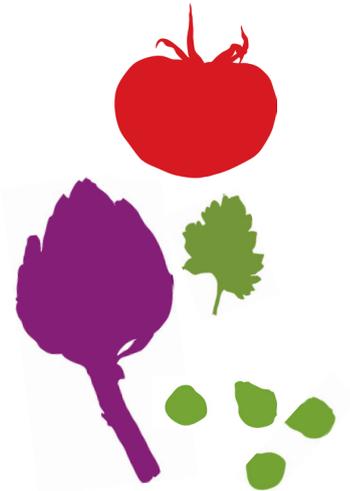
This paella is a great way to introduce Spanish or Portuguese cuisine to a kitchen class. It's a big dish with a lot of colour and flavour – just like the culture it comes from. It's fun to make outside on a special paella pan, but if you don't have one of these, you could try a Weber-style barbecue or just cook it on the stove indoors.

## Equipment:

metric measuring cups and scales  
medium pot  
clean tea towel  
chopping board  
cook's knife  
citrus juicer  
bowl of cold water  
50 cm paella pan (or equivalent large wide pan)  
paella cooker (as above)  
large heavy-based pot  
wooden spoon  
heat-proof jug

## Ingredients:

2 medium tomatoes  
½ cup olive oil  
1 large onion, peeled and chopped  
6 garlic cloves, peeled and finely chopped  
5 cups vegetable stock or broth  
8 strands of saffron threads (or use ground turmeric)  
2½ cups rice  
1 tsp Spanish smoked paprika  
1 red and 1 green capsicum, de-seeded and cut into thin strips.  
1 medium zucchini, diced  
¾ cup green peas  
1 cup green beans  
juice of 3 lemons  
artichoke hearts, to garnish  
olives, to garnish  
extra lemon, cut into wedges, to garnish  
fresh parsley, roughly chopped, to garnish



## What to do:

1. In the medium pot, bring enough water to boil to cover the tomatoes.
2. Prepare all of the ingredients based on the instructions in the ingredients list.
3. Cut a cross in the bottom of each tomato and cut out the core from the stem end. Dip the tomato into the water for 30 seconds, then remove and quickly

- place in the bowl of cold water. Once cool enough to handle, strip off the skin. De-seed the tomatoes and chop them into small pieces.
4. Heat the olive oil in the paella pan and sauté the onion and garlic until the onion is tender and translucent.
  5. At the same time, heat the stock or broth in the large pot. Crush the saffron threads (if using) with the back of the wooden spoon and add them (or the turmeric) and the smoked paprika to the broth. Bring it to a simmering heat.
  6. Pour the rice into the paella pan and sauté for about 3 minutes.
  7. Add the capsicums, zucchini, tomatoes and beans, and cook for a further 3 minutes.
  8. Using a jug, add the simmering vegetable broth and cook over medium heat for 20 minutes or until the rice is almost tender and almost all the liquid has been absorbed.
  9. Stir in the peas.
  10. Quarter the artichoke hearts and sprinkle them with lemon juice. Slice the olives. Arrange the artichokes and olives over the rice in an attractive pattern.
  11. Continue cooking the paella until the liquid has been absorbed and the rice is tender.
  12. Serve the paella straight from the pan, garnished with parsley and lemon wedges.

