

Valencian Paella

Cuisine: **Spanish**

Food category: **Fish**



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Program steps

Preheating: **220 °C**

1 Schritt 1: Hähnchenkeulen anbraten

Hot air | 0 % | Termination by time | 00:10 hh:mm | 220 °C | 100 % |

2 Schritt 1: Chorizowürfel hinzugeben

Hot air | 0 % | Termination by time | 00:05 hh:mm | 220 °C | 100 % |

3 Schritt 2: Zwiebeln, Paprika, Knoblauch anbraten

Hot air | 0 % | Termination by time | 00:05 hh:mm | 220 °C | 100 % |

4 Schritt 3: Reis mit dem Gemüse und Fleisch in Brühe Garen

Combination | 80 % | Termination by time | 00:25 hh:mm | 130 °C | 70 % |

5 Schritt 3: Gambas und Muscheln zugeben und fertig garen

Combination | 80 % | Termination by time | 00:05 hh:mm | 130 °C | 70 % |

Ingredients - number of portions - 10

Name	Value	Unit
chicken legs	1.5	kg
chorizo	300	g
cod	1	kg
mussels	0.5	kg
king prawn	10	pcs
paella rice (e.g. arroz bomba)	0.5	kg
mixed peppers	3	pcs
fresh peas pods	250	g
onion	2	g
tomato	8	pcs
garlic cloves, finely chopped	5	pcs
red pepper powder	1	pcs
saffron, scar	0.3	g
rosemary sprig	1	pcs

Directions

Step 1: Cut the chorizo into approximately 1 cm cubes. Season the chicken thighs with salt and pepper, drizzle lightly with oil, and mix well. Then, in the preheated combi steamer at 220°C, in hot air mode, sear on a baking tray/container with the steam vent open for about 10 min until golden brown. Add the chorizo cubes and fry for another 5 min. Step 2: In the meantime, cut the bell peppers and onions into approximately 1 cm cubes. Finely chop the garlic. Trim the sugar snap peas. Quarter the tomatoes, remove the seeds, and cut into large cubes. Debone the fish fillet and cut it into approximately 2 cm cubes. For the prawns, use scissors to cut open the back and remove the gut. Clean the mussels. In a frying container (min. 60 mm), generously distribute olive oil. Sauté the onions, bell peppers, and garlic at 220°C in hot air mode, with the steam vent open for about 5 min. Step 3: Sprinkle the vegetables with paprika powder and

vegetable broth	1.5	l
olive oil	0.2	l
salt	1	g
whole black pepper	1	g

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	536.7 kJ
Carbohydrate	17.7 g
Fat	25.2 g
Protein	57.4 g
Water	0 g

mix well.

Evenly distribute the chicken thighs, chorizo, tomato, sugar snap peas, and fish fillet in the container. Evenly sprinkle the rice on top. Dissolve the saffron in hot stock and carefully pour it into the container. Halve the rosemary sprig and place it in the container. Cook in combi steam mode at 130°C, 80% humidity, 70% fan speed for approximately 25 min, until almost all the liquid is absorbed. Evenly distribute the prawns and mussels on the paella and cook for another 5-8 min. The paella is served with a lemon wedge. Note: There are countless variations of paella, e.g., with snails and rabbit. Anything goes that you like.

Recommended accessories



Enameled GN container