

paella Valenciana

Cuisine: **Spanish**
Food category: **Fish**






































Author: **Retigo Team Deutschland**
Company: **RETIGO Deutschland GmbH**



Program steps

Preheating:

220 °C

1	Schritt 1: Hähnchenkeulen anbraten	<div><div> Hot air</div><div><div></div><div>0 %</div></div><div><div></div>Termination by time</div><div><div></div>00:10 hh:mm</div><div><div></div>220 °C</div><div><div></div>100 %</div><div><div></div></div></div>
2	Schritt 1: Chorizowürfel hinzugeben	<div><div> Hot air</div><div><div></div><div>0 %</div></div><div><div></div>Termination by time</div><div><div></div>00:05 hh:mm</div><div><div></div>220 °C</div><div><div></div>100 %</div><div><div></div></div></div>
3	Schritt 2: Zwiebeln, Paprika, Knoblauch anbraten	<div><div> Hot air</div><div><div></div><div>0 %</div></div><div><div></div>Termination by time</div><div><div></div>00:05 hh:mm</div><div><div></div>220 °C</div><div><div></div>100 %</div><div><div></div></div></div>
4	Schritt 3: Reis mit dem Gemüse und Fleisch in Brühe Garen	<div><div> Combination</div><div><div></div><div>80 %</div></div><div><div></div>Termination by time</div><div><div></div>00:25 hh:mm</div><div><div></div>130 °C</div><div><div></div>70 %</div><div><div></div></div></div>
5	Schritt 3: Gambas und Muscheln zugeben und fertig garen	<div><div> Combination</div><div><div></div><div>80 %</div></div><div><div></div>Termination by time</div><div><div></div>00:05 hh:mm</div><div><div></div>130 °C</div><div><div></div>70 %</div><div><div></div></div></div>

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 approx. 1 cm cubes. Season the chicken drumsticks with salt and pepper, drizzle lightly with oil and mix well. Then fry in the preheated combi steamer at 220°C, in hot air mode, with the steam flap open, on a frying plate/container until golden brown, about 10 minutes. Add the chorizo cubes and fry for another 5 minutes. Step 2: In the meantime, cut the peppers and onions into approx. 1 cm cubes. Chop the garlic finely. Clean the sugar snap peas. Quarter the tomatoes, de-seed them and cut them into coarse cubes. Debone the fish fillet and cut into approx. 2 cm cubes. Cut the back of the prawns with scissors and pull out the intestines. Clean the mussels. Spread a generous amount of olive oil in a roasting container (at least 60 mm). Fry the onions, peppers and garlic at 220°C in hot air mode with the steam flap open for about 5 minutes.


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

Step 3: Sprinkle the vegetables with paprika powder and mix well.

Distribute the chicken drumsticks, chorizo, tomatoes, sugar snap peas and fish fillet evenly in the container. Sprinkle the rice evenly over the top. Dissolve the saffron in the hot stock and carefully pour it into the container. Halve the rosemary sprig and add it to the container. Cook in combination steam mode at 130°C, 80% humidity, 70% fan speed for approx. 25 minutes until the liquid is almost completely absorbed. Distribute the prawns and mussels evenly over the paella and cook for another 5-8 minutes. The paella is served with a lemon quarter. Note: There are countless variations of paella, e.g. with snails and rabbit. Anything you like is allowed.

Recommended accessories



Enameled GN container