

**Boston University  
Presents**



# **Spain**

With Deborah Hansen

## Taberna de Haro's Paella

Paella is a wonderful dish.... fragrant and busting with flavors and textures. Variations abound from family to family and town to town. In making this dish, you must consider cooking times of various ingredients. As well, be thoughtful about presentation. You will receive ooh's and ah's when you pull the lid off your paella pan at the table! Vary the seafood as you will, or add meats, sausages, etc.

- 1 chicken, cut into 10 pieces
- 1 large onion, diced
- 1 red bell pepper diced
- 2 cubanelle peppers diced
- 2 cloves of garlic, minced
- 2 tomatoes, diced
- ¼ teaspoon saffron
- 3 cups short grain rice
- 6 c fish or chicken stock
- 1 dozen clams – cleaned
- ½ pound of fresh white fish such as cod, haddock or hake, cut into 1-inch pieces
- ½ pound squid including tentacles-cleaned and cut into rings
- 1 dozen mussels-washed and de-bearded
- Olive oil for cooking
- Kosher salt and black pepper to taste
- 2 lemons cut into wedges for garnish

Bring stock to a boil, add saffron, turn off heat and set aside.

In a paella pan or a large frying pan, add 2 tablespoons of olive oil to coat the pan. Add chicken and brown the chicken on all sides and remove. Add onions, peppers and garlic and sauté until soft. Add tomato and allow the liquid to evaporate. Add rice and briefly toast in the pan. Add stock, bring to a boil and add seafood. Cover and simmer until the chicken is cooked through and mussels and clams have opened and the rice is tender about 20 minutes (do not stir). Let rest for 5 minutes. Check for seasoning Garnish with lemons. Serve and enjoy family style.

## **TORTILLA (Tortilla Española)**

(Serves 8)

2 cups Spanish cooking olive oil  
6 large potatoes, peeled and sliced  
1 small onion, peeled and sliced  
6 or 7 eggs  
1 Tbsp sea salt

In a large frying pan, heat oil over medium high heat. Fry potatoes in batches until cooked through and are light golden. Remove to a colander. Collect oil. Add onions to last batch of potatoes half way through. Beat eggs with salt in a large bowl. Add potatoes and onions. Stir well. Heat an 8" or 9" non-stick frying pan. Add 1 Tbsp of collected oil and coat pan. Spoon in all the egg and potato mixture; and smooth the top. Shake and swirl pan gently for 3-4 minutes. Cover with a 10" plate and invert mixture onto pan. Slide back into pan raw side down. Smooth edges. Shake and swirl for 3 more minutes. Invert onto a plate. Serve hot, warm, or cold in wedges.

## **Flan**

(8 – 10 servings)

1/2 cup sugar

2 1/2 tablespoons water

4 whole eggs plus 4 egg yolks

3 cup milk

1/2 teaspoon vanilla

Preheat oven to 350°F. In a saucepan, combine sugar and water, and boil rapidly until a deep amber color. Pour the mixture in the bottom of a 9-inch glass or ceramic pie pan and coat sides.

Let cool. In a bowl, combine eggs, egg yolks, milk and vanilla. Mix batter well. Pour mixture into the caramelized sugar-coated pie dish. Place dish in large roasting pan or baking pan. Add enough hot water to come halfway up sides of pie dish. Bake flan in water bath for 45-50 minutes, until set in center.

Let cool, then cover and chill overnight. (Flan can be made two days ahead and kept in the refrigerator)

### **To serve:**

Allow flan to come to room temperature. Run a sharp knife around the edge to loosen. Place a serving plate that's slightly larger than the pie pan on top of the pie pan, and flip upside down. Gently remove the pie pan and cut the flan into wedges.