

Receta Dentro de Hacer una Deliciosa Paella

(recipe within making a delicious Paella)

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Historia:

Paella main ingredient is rice and also consists of containing shrimp, olive oil, garlic, parsley, red pepper and tomato. The origin of Paella (pronounced pa-e-ya) comes from an interesting background. Paella is actually named for the cooking pan itself! As a popular dish in Spain, it's origin home is located in Valencia which is located in Eastern Spain. It started out as a dish that farm laborers would cook over a fire for their lunch breaks. They would make it with rice and whatever food was at reach. As time went by, Valencian rice spreaded further and further so, the dish became popular and different ingredients were added time by time such as fish.

Materiales

- Large paella pan or a wide shallow skillet to cook with



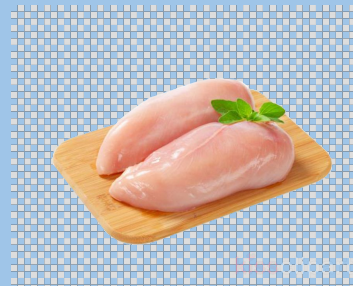
Paellera grande is a large
paella pan in *Spanish*.

Ingredientes (Ingredients)



Necesitarás lo siguiente

- **Arroz** (rice)
- **Pechugas de pollo** (Chicken breasts)
- **Cebolla** (Onion)
- **Ajo** (Garlic)
- **Aceite de oliva** (Olive oil)
- **Camaron Jumbo** (Jumbo Shrimp)
- **Almeja *Opcional*** (Clam *optional*)
- **Chícharos** (Peas)
- **Perejil** (Parsley)
- **Pimenton** (Paprika)
- **Orégano** (Oregano)
- **Tomato** (Tomate)
- **Sal** (salt)
- **Pimienta** (Pepper)
- **Agua** (Water)
- **Salsa** (Sause)



**Necesitarás lo
siguiente** means
“you will need the
following”

Medida (Measure)

- *Cuatro tazas de arroz* (Four cups of rice)
- *Cortar una cebolla* (one diced onion)
- *Cuatro dientes de ajo* (Four garlic cloves)
- *Seis tazas de agua* (Six cups of water)
- *Una cuarta taza de aceite de oliva* (one-fourth cup olive oil)
- *Una cucharada de pimentón* (One tablespoon paprika)
- *Dos cucharaditas de orégano* (two teaspoons Oregano)
- *Rodajas de tomate quince onzas* (Sliced tomatoes, fifteen ounces)
- *Media taza de guisantes* (Half cup peas)
- *Una libra de camarones jumbo: opcional* (one pound jumbo shrimp: optional)

Cucharilla means
Teaspoon and
Cucharada means
Tablespoon

*hint: look at the
endings of the word
in Spanish to note
the difference.

Pasos (Steps)

1. **Enciende la estufa** (turn on stove heat)
2. **Pon la sartén en la estufa** (Put pan on stove)
3. **Esparce aceite en la sartén** (spread oil on the pan)
4. **En una tabla de cortar, corte la pechuga de pollo poco a poco** (On a cutting board, cut chicken breast little by little)
5. **Agregue el pollo a la sartén y el ajo, la cebolla también** (add chicken to pan and garlic, onion too)
6. **Cocine la pimienta y los camarones opcionales con pollo después de cinco minutos** (cook pepper and optional shrimp with chicken after five minutes)
7. **Agregue el perejil, la sal y la pimienta y el arroz** (add in parsley, salt and pepper, and the rice)
8. **Agregue la salsa de tomate y revuelva hasta que el arroz no esté duro y todo esté completamente cocido** (add tomato sauce and stir until the rice is not hard and everything is fully cooked)

Sobre La Autora

Natalie Johnson vive en la ciudad de East Greenbush en Nueva York. Su cumpleaños es el 7 de Junio. Ella tiene un hermano menor, una hermana mayor, una hermanastra y vive con sus padres. Ella tiene tres perros y tres gatos en sus casas de mamá y papá. A ella le gusta nadar en la playa, leer libros, y estar con amigos. Ella asiste a la universidad de Saint Rose y es estudiante de comunicación. Finalmente, a ella le gusta comer y cocinar.



Sources (fuentes)

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<https://www.allrecipes.com/recipe/84137/easy-paella/>

For pictures (fotos)

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