Paella is a traditional dish from the Valencia region of Spain and is considered one of the country’s culinary icons. It combines short-grain rice cooked with saffron, seafood such as shrimp and mussels, chicken, rabbit, and a variety of vegetables. The dish is cooked in a wide, shallow pan over an open flame, which helps develop the prized socarrat-the crispy, caramelized rice layer at the bottom. Paella reflects the Mediterranean’s vibrant flavors and communal dining culture.