

# Class Handbook

## Authentic Paella

Thank you for having chosen our cooking class to know more about the Spanish food culture. Before you, thousands of guests have enjoyed this class in-person in our cooking school in Madrid, so I hope you enjoy it too.

Do not hesitate to contact us for any questions or comments, before and after the class.

Best wishes,  
Eduardo

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(Rev. 10-sep.-20)

# I. Grocery List

Include alternatives for dietary requirements<sup>1</sup>.

## ***Fruit & Veggies***

Tomatoes	2 pcs	Roma type if possible, better ripe <b>Alternative:</b> tomato puree
Green bell pepper	1 pc	<b>Alt.:</b> green onions, onion, use nothing
Red bell pepper	1 pc	<b>Alt.:</b> onion, use nothing
Lemon	1 pc	Fresh, we just need one strip of zest <b>Alt.:</b> other citrus (orange?)
Garlic	2 pcs	Fresh cloves <b>Alt.:</b> jarred, frozen, minced

## ***Meat & Seafood***

Chicken thighs	1 per person	Preferable boneless, skinless <b>Alt.:</b> other parts, breast not recommended <b>Alt.:</b> swordfish, green beans
Squid	6 oz <sup>2</sup>	Tubes and tentacles, or whole ( <a href="#">example link</a> ) <b>Alt.:</b> Mushrooms
Shrimp	6-8 pcs	Raw Peeled Deveined Extra Large ( <a href="#">example link</a> ) <b>Alt.:</b> red bell pepper, stripped
Mussels	4 pcs	Preferable fresh <b>Alt.:</b> frozen mussels, green asparagus, spring onions

## ***Refrigerated***

Milk	10 fl oz	Whole if possible <b>Alt.:</b> any non-dairy milk (almond, rice, soy...)
Eggs	2 pcs	Any size

<sup>1</sup> Acronyms: pc, pcs: piece/s; oz: ounce/s; fl oz: fluid ounces; Tbsp: tablespoon; tsp: teaspoon

<sup>2</sup> Keep in mind that frozen goods lose weight after thawing. Call for double the weight if frozen

### **Misc. groceries**

Rice	6 oz	Strongly recommend bomba variety ( <a href="#">example link</a> ) <b>Alt.:</b> arborio variety, long grain as last resort
Fish stock	18 fl oz	Home-made or from carton ( <a href="#">example link</a> ). Nicer if Spanish ( <a href="#">link</a> ) <b>Alt.:</b> chicken stock, vegetable stock, cubes, powder
Extra virgin olive oil	2 fl oz	A nice Spanish extra virgin olive oil ( <a href="#">example link</a> ) <b>Alt.:</b> Italian, Greek, Californian...
Sugar	3 Tbsp	Granulated
Corn starch	2 Tbsp	

### **Spices**

Cinnamon	1 stick	In sticks ( <a href="#">example link</a> ) <b>Alt.:</b> vanilla extract
Saffron	1 pinch	Certified Spanish saffron in threads ( <a href="#">example link</a> ) <b>Alt.:</b> saffron from other sources, use nothing
Paprika	1 tsp	Spanish sweet smoked paprika ( <a href="#">example link</a> ) <b>Alt.:</b> any ground sweet paprika, not flakes
Salt		Any type

## 2. Equipment List

Any kitchen is suitable to cook these recipes. Find below the equipment needed, and their alternatives.

### ***Pan & Pots***

Paella pan or Skillet	1	10-12" approx. ( <a href="#">example link</a> ). Stainless or enameled steel paella pan or skillet <b>Alt.:</b> aluminum, nonstick... but not cast-iron, 10" minimum size
Saucepan	1	1.5 quart, to boil milk and stock <b>Alt.:</b> other sizes

### ***Utensils***

Knife	1 per person	Any size, ideally 8" (chef knife)
Peeler	1	<b>Alt.:</b> small knife, use nothing
Cutting board	1 per person	<b>Alt.:</b> use nothing
Scale	1	<b>Alt.:</b> measuring cup
Measuring cup	1	Size 1-2 cups <b>Alt.:</b> scale
Measuring spoons	1 set	<b>Alt.:</b> cutlery spoons
Mixing bowl	1	Approx. 1.5 quart (8 inches) <b>Alt.:</b> serving bowl, tupperware
Whisk	1	<b>Alt.:</b> fork, silicon spatula
Strainer	1	To get rid of lemon zest from milk <b>Alt.:</b> chino, small colander, use a fork
Kitchen torch	1	To burn dessert's sugar crust <b>Alt.:</b> an old spoon heated over stove flame

### ***Tableware***

Ramekins	2	6 oz shallow, for the Catalan cream ( <a href="#">link</a> ) <b>Alt.:</b> flat serving bowls
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## 3. Technical Guide

### ***Kitchen set-up***

Some hints to setup the scene to help the chef to monitor your work:

- Make your kitchen as illuminated as possible.
- Place your device where the chef can see what you are working on with enough detail.
- Avoid being backlit or in the shadow.
- Be ready to hold your device so that you can shoot the stove, chopping board or plates when asked for.

### ***Setting Up Zoom Application***

Before the class:

- Install Zoom in your device. Download it here:  
<https://zoom.us/download>
- Sign-up if you don't have an account.

First time you launch the application on a computer, you should test your speaker and microphone:

- Launch the application and click on "New meeting".
- Select "Test Speaker and Microphone" and follow the instructions. Once done, exit the application.
- Get familiar with the most common options: mute, select view...

## ***To join the class***

We recommend you join the meeting 5 minutes before the class starts:

- Click on the Join Meeting link you will received from us.
- To join the class with your microphone active, click on "Join Audio" (computers), or tap on "Call using Internet Audio" (mobile or tablet).
- You may be asked to wait if it is too early.

## ***During the class***

Have this at hand as a quick guide:

- You can change the video<sup>3</sup> you want to see at any time.
- Choose Gallery View: to see a mosaic with all participant videos.
- Choose Speaker View: to see only one video on full screen, rest in thumbnails on a side.
- To Pin view, tap on the screen to keep the video regardless who is speaking. On PC, find option at the ellipsis button (...) at the upper right corner of the view.
- Full Screen (PC, Mac): click on it to gain all your screen size.
- Plus / Minus (iPad, tablets), tap on thumbnail corners to display all participant thumbnails.

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<sup>3</sup> Video = video feed = participants' or host's camera view

# Mixed Paella



## Ingredients (2 servings):

9 ounces bomba rice  
2 chicken thighs, roughly chopped  
2 tablespoons extra virgin olive oil  
2 clove garlic, finely chopped  
3 ounces green bell pepper, diced  
3 ounces red bell pepper, diced  
6 ounces squid, roughly chopped  
1/2 teaspoon sweet paprika  
1 large tomato  
2 cups fish stock  
1 pinch saffron (1/8 teaspoon), ground  
1/2 teaspoon salt (to taste)  
6 shrimp (about 16/20 size)  
5 mussels, fresh, clean

## Instructions:

Heat oil in 12-inch paella pan or stainless-steel skillet on medium high. Brown the chicken for 3 minutes.

Move the chicken to the side of the pan. Lower the heat to low-medium and add the garlic. Once garlic browns, add the peppers, mix, and sauté for about 5 minutes, until they are soft, stirring occasionally and adding oil if it gets dry.

Turn the heat to medium high and add the squid. Keep simmering until the calamari turns whiter and dryer. Once the calamari are dry, add paprika and grated tomato. Mix and simmer until the mixture gets dry again.

**Notes:**

Add the rice and mix everything well.  
Remove the pan from heat.

In a small pot, heat stock on medium.  
Add salt to make a salty broth. Add saffron and simmer 1-2 minutes. Turn up the heat to high and bring it to a boil. Meanwhile, heat up the paella pan to medium high.

Add the boiling stock to the pan and use a spoon to spread the rice and other stuff evenly. Stir only occasionally. Simmer for 12 minutes.

After the paella simmers for 12 minutes, don't stir anymore. Turn the heat to low-medium, add the mussels, and simmer for 8 minutes. Add the shrimp at same point before the end.

Remove from the heat, cover with a clean lightly wet cloth or aluminum foil and let paella rest for 10 minutes.



# Catalan Cream



## Ingredients (2 servings):

10 ounces whole milk  
1 strip of lemon zest  
1 cinnamon stick  
2 egg yolks  
1 tablespoon sugar  
1 1/2 tablespoons corn starch

### Crust:

2 teaspoon sugar

## Notes:

## Instructions:

In a saucepan, bring to boil milk, with the zests and cinnamon. Remove from heat just when starts boiling. Put aside to cool.

In a bowl, whisk egg yolks, sugar, and cornstarch. Remove zests and cinnamon from the milk and add it to the egg while moving the mix to keep it from setting.

Return to the saucepan and heat to simmer while moving constantly to break the lumps. When the custard thickens, pour it out into ramekins. Chill in the refrigerator.

Just before serving, sprinkle sugar onto the top of the cream. Caramelize using a kitchen torch.

## Ali-oli<sup>4</sup>



### Ingredients (4 servings):

1/2 cup extra virgin olive oil  
1/2 cup olive oil  
1 egg  
0.5 tablespoon lemon juice  
1/2 teaspoon garlic, finely minced  
1/2 teaspoon salt

### Notes:

### Instructions:

Mince the garlic as much as possible.

#### Hand blender:

Put all the ingredients in a mixing jar. Sink the blender and start mixing. Keep the blender down, touching the bottom, until seeing mix starts getting thick.

Move the blender slowly upward, to mix the oil that was over the blades.

#### Regular blender:

Mix oils in a single cup.

Put all the ingredients except the oil in the blender jug.

Blend while pouring in the oil in a steady stream to emulsify, thicken the mix.

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<sup>4</sup> Bonus recipe: not included as part of the class, nor in the grocery list