

APPROVED

By John De Lorenzo at 4:45 pm, 7/7/06

One Pot Meals • 1

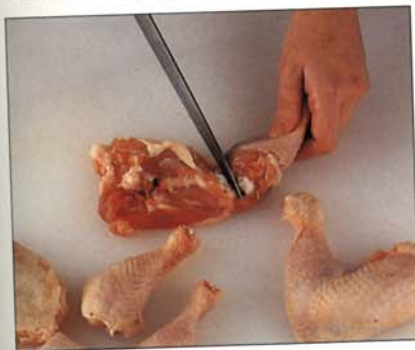
Chicken Paella

There are many variations of this basic recipe. Any seasonal vegetables can be added, together with mussels and other shellfish. Serve right from the pan.

INGREDIENTS

Serves 4

- 4 chicken legs (thighs and drumsticks)
- 4 tablespoons olive oil
- 1 large onion, finely chopped
- 1 garlic clove, crushed
- 1 teaspoon ground turmeric
- 4 ounces chorizo sausage or smoked ham
- 1 cup long-grain rice
- 2½ cups homemade or canned chicken stock
- 4 tomatoes, skinned, seeded and chopped
- 1 red bell pepper, seeded and sliced
- 1 cup frozen peas
- salt and black pepper



1 Preheat the oven to 350°F. Cut the chicken legs in half.

2 Heat the oil in a 12-inch paella pan or large flameproof casserole and brown the chicken pieces on both sides. Add the onion and garlic and stir in the turmeric. Cook for 2 minutes.



3 Slice the sausage or dice the ham and add to the pan, with the rice and stock. Bring to a boil and season to taste; cover and bake for 15 minutes.



4 Remove from the oven and add the chopped tomatoes, sliced red pepper and frozen peas. Return to the oven and cook for another 10–15 minutes, or until the chicken is tender and the rice has absorbed the stock.