

Vegetable Paella (Vegetarian and Vegan)

Serves 4

A colourful vegetarian and vegan paella. Many vegetables work, so treat the list below as a guide to the most typical ones.

Ingredients

- Green pepper and red pepper
- Zucchini (courgette)
- Carrots
- Green beans
- Butter beans
- Cauliflower
- 1-2 tomatoes, or one small can of pureed tomato
- 3-4 cloves garlic, peeled
- 1-2 tablespoons paprika or smoked paprika
- Saffron
- Paella rice (or risotto rice if you cannot find paella rice)
- Vegetable broth
- Olive oil, at least 1/2 cup
- A splash of white wine, brandy or water, to deglaze

Method

- 1** Put the broth on low heat on one burner. On another burner (the largest one), heat olive oil in a large pan and fry the chopped vegetables, browning them nicely, for about 4-5 minutes. Remove and place in a bowl on the side.
- 2** Deglaze with white wine, brandy, or even water if you like, then add the saffron and chopped garlic. Let it cook for 30 seconds.
- 3** Add the chopped or grated tomato and cook it down into a sauce. Make sure it has enough oil and is not too dry.
- 4** Add the rice and stir it into the sauce. Let it toast for a minute or two on low heat.
- 5** Add the boiling vegetable broth and start a timer for 16 minutes, which is more or less the total cooking time.
- 6** Let the rice cook at high heat for the first 4 minutes, then lower it to medium-high heat. Never stir it, but you can shake the pan every 2 minutes to keep it from sticking to the bottom. Reserve some broth to add as necessary.
- 7** When the paella is almost finished there should be basically no broth left in the pan. If you want, turn the heat up to high to crisp the rice on the bottom, about 1 minute before the timer finishes. Not all rices cook the same way, and altitude can affect cooking times, so taste your rice at the 15-minute mark and add a few tablespoons of broth if it needs another minute or two.
- 8** Once you remove it from the heat, place a towel or aluminium foil over the top for about 3-5 minutes to finish the rice. Enjoy!