

August 2011:

Hot and humid days call for creative cooking - here is a recipe you can do on your grill. A Paella pan is great to have, but if you don't own one, a heavy bottomed pot will work just as well. I like to use cast iron - a 12" Dutch oven style would make a pot-full of heaven to eat with a good crusty bread and garden fresh salad. Enjoy!



**Paella:**

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|---|---------------------------------------|
| 1+ 1/2 lb. chicken, cut up (thighs and legs are good for this as they give the dish lots of flavor) |                                       |
| 3 Tbsp. Olive oil   | 1/2-1 C. cubed ham                    |
| 1 C. chopped onion  | 1 med. green pepper, chopped          |
| 1 med. fresh tomato, chopped  | 1-2 cloves garlic, peeled and minced  |
| 1+ 1/2 C long-grain rice  | 20-24 oz. chicken broth               |
| 1 tsp. saffron threads  | 1 lb. med. shrimp, shelled & deveined |
| 1 C. frozen peas (or peas & carrots)  |                                       |

Optional:

- |   |                                    |
|---|------------------------------------|
| 2 frozen lobster tails, thawed and cut up | 1 doz. little neck clams, scrubbed |
| 1/2 lb. mild Italian Sausage - optional   | 1 doz. mussels, scrubbed           |
| 1/4 C. pimiento strips                    |                                    |

- Brown chicken in HOT olive oil about 5 min. on each side. Add sausage (if using) and ham; brown slightly. Stir in onion, green pepper, tomato and garlic and cook about 2 min.
- Push vegetables and meat to one side; add rice. Saute 5 min; add chicken broth and saffron, stir.
- Cover and simmer on med-low 25 min. or until rice is tender. Stir in seafood, peas and pimiento; simmer 5-10 min. more, or until shrimp and lobster are pink and shellfish open. Serves 6-8 dinner servings.