

# Polished Steel Paella Pans - Use & Care Guide

## General Safety Guidelines

- Never put the pan on the heat when empty.
- Avoid overheating the pan.
- Monitor the heat intensity at all times.
- If using in the oven, do not exceed a temperature of 250°C for more than 10 minutes. For oven use, we recommend our enamelled products.
- Never use in a microwave oven.
- Wooden and stainless steel implements may be used. Plastic implements are not recommended, as when using this kind of product, higher temperatures than usual tend to be reached.
- When in use, every part of the pan will become very hot.
- Please take great care and never leave the pan cooking without responsible adult supervision.
- Keep well out of reach of children.

## Can I use a Paella Pan on my electric hob?

No, you must only use the stand and burner provided.

## Can I use a Paella Pan on my normal domestic gas hob?

No, you must only use the stand and burner provided.

## Cooking Techniques

Rather than a recipe this is a collection of techniques for the various stages used to cook a meat based paella. When it comes to making the stock, there are several ways that this can be accomplished.

Some people make the stock (this is the most traditional way) by first frying the meat, spices & sofrito (see later) then filling the pan almost full with water (with perhaps a stock cube) and reducing this back to a point where the rice is added. This is an excellent way of producing the stock as it is taking its flavour from the added ingredients and also the meat doesn't need to be fully cooked through as it is also being cooked in the stock too. This keeps the meat from going hard and chewy too ! - The problem is knowing exactly at what point the rice can be added.

The other method is to create the exact amount of stock for the rice separately, and when the meat is cooked adding it along with the rice - This has the advantage of being quicker, but you are not taking as much advantage of the other flavours in the pan (Also you need to ensure the meat is cooked through).

The other method is our "hybrid" method which combines the above 2 methods which is described below:

- **Stage 0 - Before Starting**

Whatever cooking method you are using, ensure your paella pan is level. This is because with all the liquid in the pan it will be near the top and will be difficult to adjust when it is full or hot.

Once you get going the ingredients are added quite quickly, so like all the TV cooking programmes it's best to have all your ingredients ready! Also have your stock prepared and kept hot before starting to cook.

For the stock for a meat based paella we generally use a chicken & vegetable stock. You want to prepare 2 times the volume of rice if you are using for normal paella rice and 3 times for Bomba rice. (As a guide 1 Kg of rice is about 1 litre in volume - so it's pretty easy !!). The stock needs to be quite strong and if you are making fresh stock you will need to season with salt. If you are using stock cubes, the stock will probably be salty enough . You can also infuse a pinch of saffron in a cup of boiling water at this point too.

If you smell gas, switch off the equipment and do not use . Call for further advice.