



VEGAN COOKING 101 COOKING FOR A CROWD: SPANISH PAELLA

Cooked on the stove top or outdoors on a grill, learn how to plan, time, and cook a hearty plant-based paella with a combination of lots of fresh veggies, arborio rice, and meat and seafood alternatives your friends and family will enjoy. Recipe from the Vegan Seafood section of Liz Gary's upcoming book, *Black Belt in TOFU*.

Summer cooking for a crowd made easy!

SUNDAY, AUGUST 11TH | 2:00 - 3:30 PM
PACIFIC BEACH TAYLOR BRANCH LIBRARY



THE VEGAN PAELLA CHALLENGE

SPANISH PAELLA ON THE GRILL

INGREDIENTS

¼ cup Spanish olive oil, divided
1 (12 ounce) package vegan sausage, sliced
8 ounces of firm tofu
Juice of 1 lemon
1 teaspoon lemon pepper
1 teaspoon saffron
8 cups vegan chicken stock (or substitute with vegetable broth)
2½ cups paella rice
2 medium onions, diced
2 red bell peppers, chopped
6 cloves garlic, minced
2-3 ounces oyster mushrooms, sliced
4 large Roma tomatoes, diced
2 bunches broccolini, chopped
1 (14 ounce) can or jar of artichoke hearts, packed in water and drained
1 cup frozen peas
2 small zucchinis, sliced thin
½ cup pimento stuffed green olives, sliced
½ cup fresh flat leaf Italian parsley, chopped
2 lemons cut into wedges for garnish
1 cup premium wood chips (for grilling)

DIRECTIONS:

Heat an outdoor grill. Place a cup of wood chips in a BBQ smoke box and set it under the grate on the flame to one side of the grill.

Heat a heavy bottomed medium stockpot alongside the paella pan on the grill. Once the pot is hot add the saffron and stir it for sixty seconds until it becomes fragrant and lightly toasted. Carefully transfer the lightly toasted saffron to a mortar and pestle to crush it. Add the eight cups of stock and the crushed saffron back into the pan and heat it to a low simmer. Remove it from the heat, cover it, and keep it warm.

Use an 18-inch paella pan or shallow heavy bottomed Dutch oven and place it on the grill. Add two tablespoons of olive oil and grill the sausage until it browns. Transfer the sausage to a bowl and set it aside.

Cut the block of tofu into three equal slabs. Use small canopy cutters to create medallions. Sprinkle the tofu medallions with lemon pepper and sauté them in the hot pan squeezing fresh lemon juice over them as they begin to lightly brown. Transfer the grilled tofu into the bowl with the sausage and set it aside.

Add the remaining two tablespoons of olive oil to the paella pan. Sauté the onion for 6-10 minutes or until it becomes translucent and begins to lightly caramelize. Add the bell pepper, garlic, mushrooms, rice, and tomatoes. Cook until the tomatoes begin to break down and coat the mixture to create a sofrito. Add four cups of the hot broth and the chopped broccolini. Stir and cook until the liquid is absorbed for about ten minutes.

Add the remaining four cups of hot broth, the artichoke hearts, reserved grilled sausage, and tofu medallions. Stir to combine then spread the peas over the top and arrange the sliced zucchini around the rim of the pan. Allow the rice to continue cooking until al dente without stirring for an additional 10-15 minutes.

Grill two lemon halves cut side down until golden brown while the rice is cooking.

Remove the rice from the grill and let it rest for 5-10 minutes before serving. Wrap the grilled lemon halves in a single layer of cheesecloth and squeeze the juice over the top. Garnish the top with fresh lemon wedges, chopped flat leaf parsley, and sliced green Spanish

Substitute the tofu medallions with white flaky fishless fillets, grilled, then broken into chunks, and gently mixed into the paella before simmering.



