

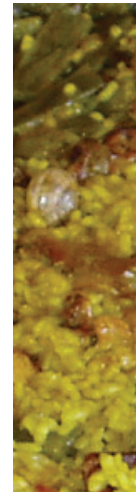
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ELECTION OF THE TOOLS. 1st secret

The Paella.



The plate took the name of the tool with which Paella was cooked . Other very clear examples are a Pan or Stew. Nobody needs to know in the village for the lunch time there is pan or stew. It is understood perfectly that these words define simultaneously plate and tool, both are inseparable in its meaning, although obviously you can acquire in the commerce pans or stews and put the ingredients that more long for you, but not for it, we are



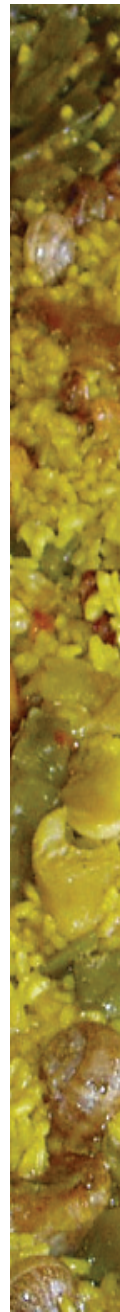
going to change the denomination of the tool. In Valencia always tenth for plate and tool, paella and not paella pan that is a name I think that hispanicized. Anyway it is necessary to make clear that each one chooses the meaning that turns out to be more comfortable to him, a paella or paella pan. The last one has been generalized especially in the commerce where the tool sells and to distinguish tool plate.

In fact it is a frying pan of little depth with two handles clinched on both sides to be able to handle in her more weight. The height of the paella indicates us theoretically the necessary rice quantity.



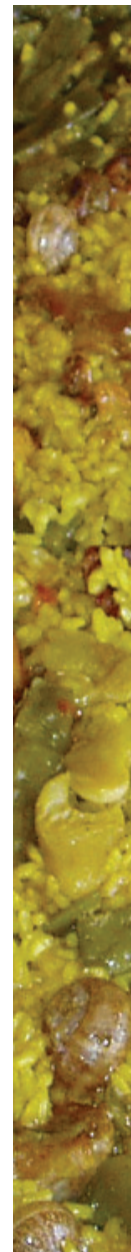
With few rice quantity one can control the cooking, on the contrary with very much rice thickness you cannot control the cooking time. The commerce has of paella pans with the messmates number indicated in the buy tag.

In all the cases the quantities are superior to those who in fact must fit. It is preferable than on little rice to which we remain short in the rations. I even recommend to cook paellas with a pair of rations more for that friend or family that cannot come to take the lunch. Personally I recommend the following proportion; a 45 cm paella of diameter for 5 persons. From this proportion we will be able to calculate the



rations according to the available diameters. On the market there appear handles of two colors, red and green. I do not recommend any if manufacturer bothers but those of green color are marked better with the clinches by the exact level of the necessary broth. The red ones have the a little higher limit and if you are not accustomed when you realize broth remains you and the rice passes to you.

Since, the best are those of polished iron, the maintenance is very important so much at the beginning of the dish as in the end. Once bought, we place it on the fire, put water to boil with little vinegar and when it begins raising the boiling we will spill the rice and we will allow to cook. With this one trick the grain will absorb all the metallic flavors. Already this it lists to cook. As I say the maintenance is important at the beginning and at the end. Gathered the paella we will clean remains of rice, meats or vegetables, will fill of water up to the clinches and will set to boil. Once the water I smoked very warmly we will be able to clean the paella pan without any effort. For finish put oli with a washcloth around the iron. The oil opposite to the custom of the flour wins followers since this one seals better the entry of moisture and possible oxides.



The ladle



It is another essential tool. Named of multiple forms, ladle, palette, round skimmer or spatula. Its base is something peculiar it presents an almost flat disc with a light concavity. It is a disc of approximately 10 cm. of diameter pierced in its surface. This design allows that the oil or the broth penetrates in it. Another peculiarity is its handle. Length and hollow to give him more resistance. This structure allows to handle the meat being fried from the distance, necessary distance to avoid possible burns or not wished spots while the chicken and rabbit is fried by oil. 60 cm long are the advisable thing. If the paellas are bigger than the meter from now on we will have to increase the same way its length. There is no any more tools, paella and ladle, this way of easy. Let's remember that paella and ladle sell together in infinity of webs in Internet.

