



Hola everyone 🙌 Arantxa here! Thanks so much for booking my experience, I hope you are going to have a great time and learn everything you need to know to successfully make paella at home! If you want you can cook along with me on the day, so I have put together a shopping list of ingredients that you need and the preparation that should be done before the class if you wish to cook along. If you don't want to cook and prefer to sit back, relax and watch on the day, that is fine too! I'm looking forward to seeing you soon in our class.

- Arantxa Lamas, Devour Tours, Madrid

Shopping List

For the stock:

- ½ Leek
- ½ Onion
- 1 celery stick
- 1 carrot
- A few green beans
- 1 clove of garlic
- 2-3 peppercorns
- 1 bay leaf
- ½ cup of dry white wine or brandy

For the rice:

- 400 g (14 oz) of chicken in small chunks with the skin and bones (preferable). If you can only get chicken breast that is skinless and boneless, you only need 250 grams.
- 200 g (7 oz) of clams
- 8 mussels
- 200 g (7 oz) of shrimp
- 300 g (10.5 oz) of rice (a short grain/round rice)
- 3 artichokes or 10-15 frozen artichoke hearts (frozen is fine to use, but canned/preserved is not as it will change the flavor)
- 1 tomato
- 100 g (3.5 oz) of green beans
- 100 g (3.5 oz) of bell peppers (red, green or a mix of both)
- 2 cloves of garlic
- Saffron

- Mild paprika
- 1 lemon (optional, for decoration)

Preparation Required Before The Class:

- Peel the shrimp and remove the dark “vein” across the back - [watch this video](#) that I made to show you how to do this correctly. Keep the heads and shells to make the stock.
- Prepare the stock. These are the steps, and [here is a video](#) of the process.
 - Wash and peel the stock vegetables then chop them up into very small chunks (½ a leek, ½ an onion, 1 celery stick, 1 carrot, 1 clove of garlic and a few green beans).
 - Heat up a small amount of olive oil in a large saucepan and once hot, add the shrimp heads and shells and brown them, without stirring.
 - Add the wine (or brandy) and cook until it has evaporated.
 - Add the vegetables, saute for a minute or two, then add 1.5 litres of cold water, and the peppercorns and bay leaves.
 - Bring it to the boil, skim the foam, and simmer for 20-30 minutes until it reduces.
 - Once cooked, strain the stock leaving you with just the liquid (discard the rest - the shrimp skins, vegetables etc).
- If your chicken has not been precut, cut the chicken into chunks keeping the bone and skin on (if it has it).
- Store the clams in a bowl of cold water in the fridge until you need them, so that any sand is removed.
- Rip off the brown “beard” of the mussels if they have it (the stringy bit hanging out of the shell). Wash the mussels and clams to make sure they are clean.
- Chop the tomato in half lengthways and grate it with the coarse grater.
- Dice the bell pepper and garlic finely.
- If you are using fresh artichoke remove the hard outer leaves of the artichoke leaving you with the artichoke heart, and cut it into quarters. [Watch this video](#) that I made to show you how to do this correctly
- Trim the beans ([watch here](#) to see how to do it quickly and easily!) and cut them into 1.5 inch slices.