BASCO
GOURMET SPAIN TO YOUR DOOR

Paella Rice with Spiced Duck and Wild Mushrooms



PREP TIME
10 MINS

COOK TIME
30 MINS

TOTAL TIME
40 MINS

SERVES 2 PEOPLE

EASY

Ingredients

3 tbsp of extra virgin olive oil
1 garlic clove, finely chopped
2 whole duck breasts
1 tbsp of Chinese five-spice
100g spring onions
100g of wild mushrooms
200g paella rice
100ml tomato sofrito sauce
½ tsp smoked sweet paprika
1 good pinch of saffron strands
400ml of hot chicken stock, fresh or made from a stock cube
Salt and pepper to taste

Method

Pre-heat your oven to 150°C/300°F/Gas Mark 5.

Take the duck breasts out of the fridge and allow them to reach room temperature. On a plate, roll both breasts on the Chinese five-spice mix and season with salt and freshly cracked black pepper.

In a medium size paella pan (34cm diameter) or a large shallow casserole dish, heat one tablespoon of the oil. Once hot, add the two duck breasts skin side down and fry for about 3 minutes on each side until golden brown. Remove from the pan and set aside. Allow the paella pan to cool down for a couple of minutes.

While the pan is cooling down, in a small frying pan, gently toast on some tin foil the saffron threads for about 30 seconds, be careful not to burn them. This will release the essential oils within the saffron threads. Pour the saffron threads into a pestle and mortar and pound them until you obtain a fine powder. Pour 2 tablespoons of the hot chicken stock and mix well. The saffron powder will blend better into the hot liquid, so when you pour it into the paella rice, the saffron liquid will spread evenly.

Add the remaining olive oil to the paella pan and gently fry the chopped garlic, spring onions and wild mushrooms until soft, about 3 minutes. Add the paella rice and stir for a few minutes on a gentle heat until the rice is slightly translucent. Add the smoked paprika and stir the rice for 30 seconds, followed by the tomato sofrito. Once the tomato has cooked into the rice, pour in the hot chicken stock, followed by the saffron infused stock. Season with salt and spread the rice out evenly to cover the bottom of the paella pan. Bring to the boil. If you have a timer, set it to 17 minutes. The first 5 minutes, cook the paella on a very high heat until the rice rises to the surface. Check the stock for seasoning and add some more salt if necessary. Stir the rice again, place the two duck breasts in the centre of the paella pan and place the pan in the oven. After 12 minutes, remove the pan from the oven. If you like your

duck medium rare, cook the paella rice for about 4 minutes in the oven and then add the duck breasts and cook for the last 8 minutes.

Allow the paella to rest for 5 minutes before slicing the duck breasts and serving.

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