



SPANISH SEAFOOD PAELLA

METHOD

- 01 Heat up a frying pan with oil. Then sear shrimp, squid and mussels to half-cooked. Set aside.
- 02 In the same pan, add oil and saute garlic, onion, Jalapeno pepper and chorizo.
- 03 Add Spanish rice and mix well. Season with salt and pepper.
- 04 Add Saffron, white wine and water or chicken stock, bring to a boil then turn off the heat.
- 05 Preheat the Miele oven using the "Bottom Heat" function to 170°C. Put the whole pan with all ingredients into the preheated oven and bake for 20 minutes.
- 06 Place the half-cooked seafood on top of the rice. Then bake for another 5 minutes. Ready to serve when done.

INGREDIENTS

Spanish Rice	200 g
Shrimp	5 pcs
Squid (sliced)	5 pcs
Mussels	5 pcs
Jalapeño Pepper (chopped)	1 pc
Chorizo (sliced)	40 g
Garlic (chopped)	2 pcs
Onion (chopped)	1/4 pc
Saffron	1 pinch
Water/Chicken Stock	400 ml
White Wine	50 ml
Oil	Moderate
Salt	Moderate
Black Pepper	Moderate

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Tips

- Only half cook the seafood in step one to avoid over cooking in the oven.
- The "Bottom Heat" function retains the moisture of the rice and its surface as the heat is transmitted only from the bottom.



40 mins



3~4 persons

焗西班牙海鮮飯

做法

- 01 預熱鑊後落油，將蝦、魷魚和青口煎香至半熟，盛起備用。
- 02 加油後將蒜頭、洋蔥、墨西哥辣椒和西班牙辣肉腸炒香。
- 03 加入西班牙米炒勻，以鹽和黑胡椒調味。
- 04 加入藏紅花、白酒和水/雞湯，煮至沸騰即可關火。
- 05 選用「底部加熱」功能預熱 Miele 焗爐至攝氏 170 度，將西班牙米連煎盤放入 Miele 焗爐，焗 20 分鐘。
- 06 將半熟海鮮放在西班牙米上，再焗 5 分鐘，完成後即可即用。

材料

西班牙米	200 克
蝦	5 隻
魷魚 (切片)	5 隻
青口	5 隻
墨西哥辣椒 (切碎)	1 隻
西班牙辣肉腸 (切片)	40 克
蒜頭 (切碎)	2 粒
洋蔥 (切碎)	1/4 個
藏紅花	1 撮
水/ 雞湯	400 毫升
白酒	50 毫升
油	適量
鹽	適量
黑胡椒	適量

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貼士

- 海鮮在半熟狀況放入焗爐中，可避免過熟。
- 利用「底部加熱」功能，熱力只由底部傳送，減少西班牙飯表面水份流失。

🕒 40 分鐘

👤 3~4 人份