

Paella Rice with Rabbit, Chickpeas and Rosemary



PREP TIME

20 MINS



COOK TIME

35 MINS



TOTAL TIME

55 MINS



SERVES 4 PEOPLE



EASY



Ingredients

3 tbsp of extra virgin olive oil
1 garlic clove, finely chopped
6 spring onions, finely chopped
1 whole rabbit, cut into bite size pieces
3 large sprigs of fresh rosemary
400g paella rice
200ml tomato sofrito sauce
1 tbsp of cumin seeds
1 small can of cooked chickpeas, drained and rinsed
800ml of hot rabbit stock
Salt and pepper to taste
Lemon wedges to garnish

Method

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

In a large paella pan (45cm diameter) or a large shallow casserole dish, heat one tablespoon of the oil. Once hot, add the rabbit pieces and fry for about 3 minutes on each side until golden brown, season with salt and pepper. 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 the cumin seeds for about 30 seconds, be careful not to burn them. This will release the essential oils within the seeds. Pour the cumin seeds into a pestle and mortar and pound them until you obtain a fine powder.

Add the remaining olive oil to the paella pan and gently fry on a low heat the chopped garlic, spring onions and rosemary sprigs 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. Return the fried pieces of rabbit and mix well. Add the toasted cumin powder and stir the rice for 30 seconds, followed by the tomato sofrito sauce. Once the sofrito has cooked into the rice, pour in the hot rabbit stock and chickpeas. 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 and place the pan in the oven. After 12 minutes, remove the pan from the oven.

Allow the paella to rest for 5 minutes before serving garnished with lemon wedges.