Recipes By Delaware

FULL MEAL RECIPE FEATURING CHICKEN PAELLA

SALAD
Mediterranean Orange and Fennel Salad

Ingredients

- 2 oranges, peeled and sliced
- 1 fennel bulb, thinly sliced
- 4 cups mixed greens
- ¼ cup sliced red onion
- ¼ cup toasted almonds
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- Salt and black pepper

Preparation

1. Arrange the greens, orange slices, fennel, and red onion in a serving bowl.
2. Whisk together the olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and sprinkle with toasted almonds.

Presentation

Serve chilled on a wide platter, arranging the orange slices on top for a colorful Mediterranean presentation.

Entrée: Chicken Paella

Ingredients

- 2 pounds boneless, skinless chicken thighs, cut into bite-sized pieces
- 2 cups Spanish or short-grain rice
- 4 cups chicken stock, warmed
- 1 medium yellow onion, diced
- 1 red bell pepper, sliced
- 3 garlic cloves, minced
- 1 cup crushed tomatoes
- 1 cup frozen peas

- 1 teaspoon smoked paprika
- ½ teaspoon saffron threads, soaked in 2 tablespoons warm water
- ½ teaspoon dried oregano
- 3 tablespoons olive oil
- 1 lemon, cut into wedges
- Salt and black pepper
- Chopped fresh parsley for garnish

Preparation

1. Season the chicken thighs with salt, pepper, smoked paprika, and oregano.
2. Heat the olive oil in a large paella pan or wide, heavy skillet over medium-high heat. Brown the chicken for 5–7 minutes, then transfer it to a plate.
3. Add the onion and bell pepper to the pan. Cook for 4–5 minutes until softened.
4. Add the garlic and cook for 30 seconds.
5. Stir in the crushed tomatoes and cook for 2 minutes.
6. Add the rice and stir for 1 minute, coating it with the tomato mixture.
7. Pour in the warm chicken stock and saffron water. Return the chicken to the pan and distribute it evenly.
8. Bring to a gentle boil, then reduce the heat. Cook uncovered for approximately 20 minutes without stirring, until the rice is tender and most of the liquid is absorbed.
9. Scatter the peas over the top during the last 5 minutes of cooking.
10. Remove from the heat, cover loosely with foil, and let rest for 5 minutes.

Presentation

Garnish with parsley and arrange lemon wedges around the edge of the pan. Serve the paella directly from the pan for an inviting family-style presentation.

Side Dish 1: Garlic-Roasted Green Beans

Ingredients

- 1 pound fresh green beans, trimmed
- 2 tablespoons olive oil
- 3 garlic cloves, minced
- Salt and black pepper
- 1 tablespoon lemon zest

Preparation

1. Toss the green beans with olive oil, garlic, salt, and pepper.
2. Roast at **425°F** for 15–18 minutes, turning once.
3. Finish with lemon zest.

Presentation

Serve on a long platter with the beans arranged neatly and a few lemon wedges on the side.

Side Dish 2: Spanish-Style Patatas Bravas

Ingredients

- 1½ pounds baby potatoes, quartered
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- Salt and black pepper

Sauce:

- ½ cup mayonnaise
- 1 tablespoon lemon juice
- 1 small garlic clove, grated
- ½ teaspoon smoked paprika

Preparation

1. Toss the potatoes with olive oil, smoked paprika, salt, and pepper.
2. Roast at **425°F** for 30–35 minutes, turning halfway through.
3. Combine the mayonnaise, lemon juice, garlic, and paprika.
4. Drizzle the sauce over the roasted potatoes or serve it on the side.

Presentation

Pile the potatoes in a shallow serving bowl and drizzle lightly with the sauce. Garnish with a little chopped parsley.

Dessert: Cinnamon-Orange Flan

Ingredients

- 4 large eggs
- 1 can sweetened condensed milk
- 1 cup whole milk
- ½ cup sugar
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1 teaspoon grated orange zest

Preparation

1. Melt the sugar in a saucepan over medium heat until golden. Pour it into a round baking dish.
2. Whisk together the eggs, condensed milk, whole milk, vanilla, cinnamon, and orange zest.
3. Pour the mixture over the caramel.
4. Place the dish in a larger pan filled halfway with hot water.
5. Bake at **350°F** for 45–55 minutes, until set.

6. Cool completely, refrigerate, and invert onto a serving plate.

Presentation

Serve chilled with the caramel sauce flowing over the top. Garnish with a small strip of orange zest.

Wine Pairing

Ethero Albariño White Wine

Ethero Albariño is an excellent choice because its bright acidity and fresh citrus character complement the saffron, tomato, and lemon flavors in the paella. It also refreshes the palate alongside the tender chicken thighs without overpowering the dish.