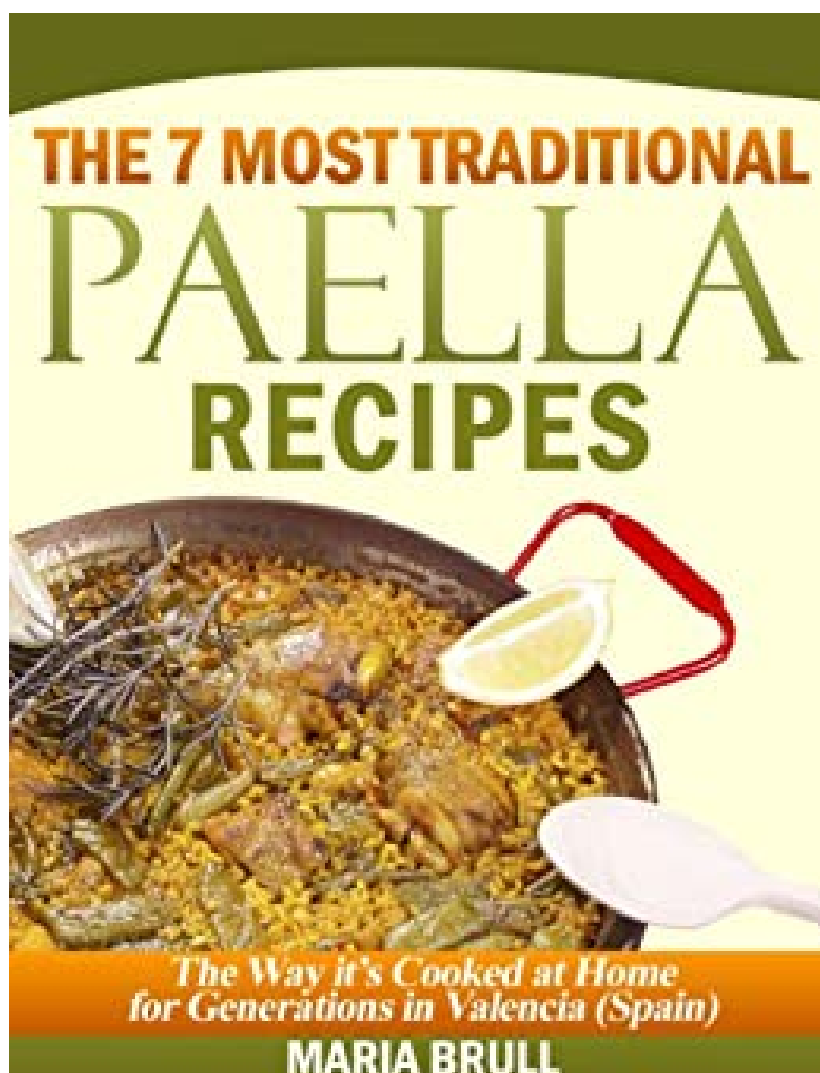


# The 7 Most Traditional Paella Recipes: The Way It Has Been Cooked At Home For Generations In Valencia (Spain)

by  
Maria Brull



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## Synopsis

Mom's Best Paella Recipes

### Sort review

From the Author This paella recipe book brings me very good feelings and memories. First, because it contains the traditional cooking that I always had at home. I remember my mom cooking these dishes at home since I was a kid. Some dishes were cooked during week days, like Baked Rice (more humble and affordable meal), some others on most of the Sundays and special occasions, like Valencian Paella, or mainly during summer holidays, like Seafood Paella. These are the exact ways the different Paella variations are traditionally cooked in Valencia (Spain) and its surrounding counties. Second, because of the quality time I spent with my mom writing them down and trying to tell the story behind each recipe. I liked how enthusiastic she was about it. For her, Internet is an unknown world and, knowing that her recipes could be reached from anywhere in the Planet she was really excited. If you are interested in traditions and cooking, with some interest and patience you can taste at home the flavor of Paella as it's cooked at the shores of the Mediterranean Sea. Wishing you to enjoy the good family time I had around these meals. Maria Brull. About the Author Besides being a Classic Ballet teacher and Yoga practitioner, Maria Brull is above all a lover of Culture and Traditions. Born in Valencia (Spain), she likes nature and healthy living. She is part of a traditional dancing group and she likes to cultivate and keep alive the traditions of her homeland. In this way, she has written two books to spread the knowledge of the internationally known dish called Paella. Maria is a loving person that will be willing to teach you more about the valencian culture.

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## What people say about this book

Henry Garman, "Real Authentic Spanish Paella Recipes - a great cook book. Maria's mother has been using the traditional recipes put together in this e-book all her life. What you'll find in this recipe book is knowledge that's been handed down through the generations. I thoroughly recommend downloading this e-book if you want authentic and traditional paella recipes. Whether you've been to Valencia and tasted real paella or not set foot outside your own country but would still like to cook paella dishes as it's cooked in its motherland, then all you need is between the pages of this e-book. You'll find paella recipes with meat, seafood, squid ink and vegetarian choices all to delight your taste buds. I like the way the author sat down with her mother and together, they cooked the dishes before writing the recipes for us. So, buen provecho as they say in Spain - good appetite and happy cooking."

D. Waisner, "Paella Uncovered and Discovered. I have tried Paella once and enjoyed it very much. I have seen it made on TV cooking shows and they always make it look so easy. While it looks complicated the authors have given us recipes that have been handed down for generations in this Spanish family. It's nice to see seafood, meat and even a vegetarian paella. It is great to see what is considered traditional and authentic recipes. Some ingredients may be more difficult to find in certain areas of the country, but acquiring them will make a difference. The photos of the different paella's are mouthwatering and attractive. I will be making two of these recipes."

Scot Conway, "Looks delicious. You never know how you end up with a book sometimes. This one came to be by a collision of conversations. I am an author, and I had noted that among other countries, my books are in Spain. In what I thought was an unrelated conversation, I was talking about how my wife and I are eating a lot healthier and have been enjoying dishes and recipes that are quite an adventure. Somehow the question came up about paella. Then, because a friend of a friend is connected to this particular book - it ends up on my Kindle, my wife and I get to peruse the recipes - and here I am....Looks delicious! Admittedly, I cannot speak to the authenticity with any knowledge - but the recipes look delicious. They really do look like what I might expect to get in the kitchen of a Spanish grandmother if I were visiting Spain. As I'm reading the recipes, I can just imagine one of our old family friends in a traditional style kitchen making the dish. Perhaps that is part of why I liked this book so much - not just for the recipes themselves and how delicious they look - but for the story behind the dishes. I only have a little actual Spanish blood in me, but I have friends with family ties to Spain - and, to them, I imagine this little recipe book would spark a great many wonderful thoughts. If you want to try authentic paella, if you want to do it like they do it in Spain, this, to me, looks like just the way to go. It very well may be worth five stars, but I do not know authentic paella from inauthentic, so I leave that determination to someone with the background to say so. Assuming so, though,

someone in whom these recipes stir more stories and memories than they do in me would very likely give it five stars.”

rodman, “I love Paella!. Ever since I had friends from Spain I have always loved Paella. Being south american, this dish is very different to our traditional meals. I love it when one of my spanish friends invites us over and treats us to a traditional Paella! My wife loves to cook and has always wanted to have a cookbook explaining how to cook Paella. I like how it gives a little intro into each variation of this dish, giving a background and history. Recipes are easy to follow. Book is a little short but I guess there are only so many traditional variations of this dish. Very good resource for learning to cook this meal. Worth getting if you love spanish food and want to cook it the traditional way.”

J. Gifford, “Great recipes, so-so directions. Very good recipes, and for the most part, the author gave good directions for how to prepare them. I liked the little bits of history included as well. However, coming from the US, I am not used to using weights to measure out the ingredients. I think the book would have been better if it included both the weights as well as size measurements (i.e. 600 grams rice vs. 2 cups rice). When trying these out I had to convert as best as possible into cup measurements.”

sanita, “discover paella. I started to love paella since my visit to Spain. This dish is very different from our traditional meals. I love inviting my family and friends over and treats them to a traditional paella since I discovered this little book! I like the way that a little intro is given into each variation of a dish, giving a background and history, the recipes is also easy to follow. The book is a little short but I guess there are only so many traditional variations of the paella dish.”

T.V. Lerreaux, “Can't wait to try these recipes!. This is a nice collection of paella recipes, and what I really liked was the background information that the book provided about the source of the recipes! These all came from the author's mother, who in turn learned them from her mother. So you know that these recipes are going to be AWESOME!The winter months are coming here, and I think at least a few of these recipes will find their way to my table!”

refidex, “Yummy. For Kindle I like short recipe books (long books make finding a recipe too difficult for me, in that case I prefer paperbacks). As the title suggests just 7.I have made 3 (Valencian, Vegetarian and Baked rice), all turned out great. The cost per serving was good as the amount of meat or fish is not too large.Note that you may need to become friends with your butcher and/or fishmonger. For example I had to order rabbit for the first of the recipes that I tried.”

A. Reilly, “Truly authentic paella recipes - superb. My wife and I had been reminiscing about spending time in Spain a few years ago. We were at a restaurant on the coast and my wife

ordered the paella, this is her favourite meal and to this day she'd never tasted anything like it. Now with the recipe's and advice in this book, she is going to enjoy having a go at making paella in her own kitchen. This is an excellent little `cookbook' full of easily workable authentic recipes.”

GB, “Arroz Perfect. Genuine and very straightforward recipes with the minimum of herbs and spices.”

The book by Maria Brull has a rating of 5 out of 3.9. 36 people have provided feedback.

## **Book Information**

Language: English

File size: 507 KB

Simultaneous device usage: Unlimited

Text-to-Speech: Enabled

Screen Reader: Supported

Enhanced typesetting: Enabled

X-Ray: Enabled

Word Wise: Enabled

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Lending: Enabled

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