
Rabbit and Snail Paella

J. Kevin Walker, CMC

Servings: 8

100 milliliters olive oil
2 each rabbit, cut into 1 oz pieces, reserve the bones
1 each red onion, small, small diced
3 sprigs thyme, chopped
1 sprig rosemary, chopped
2 cloves garlic, minced
1 each nora pepper, stem and seeds removed, coarsley crumbled
1 teaspoon smoked paprika
2 each tomatoes, concasse
3 cups bomba rice
6 cups rabbit stock, made from reserved rabbit bones
1 pinch saffron
100 milliliters sherry vinegar
24 each snails or periwinkles
1 cup fava beans

Preheat the barbecue or grill. Make sure that the paella pan is completely level to ensure that the paella cooks evenly. Heat the olive oil in the paella pan over medium-high heat or by positioning the pan close to the heat source.

Sauté the rabbit, browning on all sides. Remove and reserve with the thyme, rosemary, garlic and ñora pepper.

Add onion and saute till translucent. Add garlic, thyme, rosemary and nora pepper, saute for 1 minute. Add the tomatoes, cook, stirring until starting to thicken and reduce.

Finish reducing the tomato over low heat by removing some embers from underneath the pan or by positioning it far enough from the heat source for the contents to cook very gently. Add the paprika and cook for a few seconds more, stirring together all the ingredients thoroughly.

Add the rice and sauté for a few minutes, stirring with a wooden spatula, until thoroughly coated and translucent; do not allow to burn. Add the hot stock, saffron and season with salt and pepper. .

Arrange the rice and other ingredients attractively in the pan. They will stay where you put them until the paella is served – from now on, the rice should be left to cook undisturbed.

After 5 minutes, reduce the heat by removing some embers from under the pan or raising the trivet or grill rack so that the pan is further away from the heat source (or by moving the pan to a cooler part of the barbecue or grill). As soon as the rice rises to the surface, reduce the heat again so that the paella cooks very gently.

Finish cooking the rice, allowing all the remaining stock in the pan to evaporate and adding snails and fava beans towards the end. Taste to check whether the rice is cooked: it should be tender but still very slightly firm to the bite. If it is a little too firm, cover the paella with a clean, damp dish towel for 2–3 minutes to finish cooking. If it is much too firm, sprinkle a few tablespoons of hot water over the surface of the rice and continue cooking until the rice is tender. Allow to rest for 3 minutes before serving.

If you want to make a socarret, or crust on the bottom of the pan, remove the dish towel and place the pan directly on the embers or over the hottest part of the barbecue for 2 minutes. A thin layer of rice will stick to the bottom of the pan; the texture will be crunchy, with no trace of bitterness. Remove the pan from the heat and serve immediately.

Per Serving (excluding unknown items): 257 Calories; 15g Fat (52.0% calories from fat); 17g Protein; 15g Carbohydrate; 6g Dietary Fiber; 32mg Cholesterol; 30mg Sodium. Exchanges: 1 Grain(Starch); 2 Lean Meat; 1/2 Vegetable; 2 1/2 Fat; 0 Other Carbohydrates.