Vegetable Paella Institutional

Introduction

Paella originated in Valencia, Spain, where rice is traditionally cooked in a wide, shallow pan so the grains absorb a seasoned cooking liquid while developing concentrated flavor. This vegetable version adapts that approach for institutional production in a gastronorm tray. In this recipe, **SHO - Concentrated Light Stock** is combined with hot water, then added to the roasted rice and vegetables to deglaze the tray and support braising-style absorption cooking. **SHO** brings depth and complexity to the dish without relying on animal proteins, reinforcing the savory character of the vegetables, tomato, mushrooms, artichokes, beans, and saffron.

Recipe Details

Yield/Servings: 10 servings (Approx. 302g per serving)

Allergens: No major allergens identified from the listed ingredients; verify packaged ingredient labels before service.

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients

Ingredient	Quantity (g)
SHO - Concentrated Light Stock	60
Olive Oil	160
Bomba Rice	400
Frozen Broccoli	150
Frozen Cauliflower	150
Frozen Mushrooms	150
Frozen Green Peas	100
Canned White Beans	100
Canned Artichokes	300
Tomato Paste	40
Frozen Crushed Garlic	10
Saffron	0.2
Water	1400

Instructions

1. Preheat the oven to 200°C. Prepare a standard-size gastronorm tray. Drain the canned white beans and canned artichokes. Cut the cauliflower, mushrooms, broccoli, and artichokes into evenly sized pieces if required for consistent cooking.
2. Combine the water and **SHO - Concentrated Light Stock** in a pot. Bring to a gentle simmer and keep hot.
3. Add the olive oil, Bomba rice, broccoli, cauliflower, mushrooms, green peas, white beans, artichokes, tomato paste, crushed garlic, and saffron to the gastronorm tray. Mix thoroughly so the rice and vegetables are evenly coated.
4. Place the uncovered tray in the preheated oven and roast at 200°C for 15 minutes.
5. Carefully pour the simmering stock mixture evenly over the roasted rice and vegetables. Stir once, scraping the base of the tray to release the concentrated roasted flavors and distribute the rice evenly.
6. Return the uncovered tray to the oven and cook at 200°C for approximately 20 minutes, or until the rice is tender and the liquid has been absorbed.
7. Remove the tray from the oven and rest for 5 minutes before serving. Fluff or gently loosen the rice only as needed to preserve its structure.

Tips and Notes

- Keep the stock mixture hot before adding it to the tray so the oven temperature and rice cooking process are not interrupted.