

What does Paella Valenciana contain? Ingredients and materials used in cooking procedures during 20th and 21st centuries

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Introduction

Paella Valenciana is a Spanish dish originally from Valencia, which is cooked with an ingredient list protected by a Designation of Origin, as are round rice (from Valencia, in Bomba or Albufera, but absolutely round and short rice) and olive oil (from Valencia, or any Mediterranean extra virgin oil) since the end of 2011. It is usually cooked with firewood but it is possible to cook it with gas. The paella Valenciana has quite a history but etymological problems have affected the concept not only of the material used for its cooking but also in terms of its ingredients in the last decades.

Objective

The aim of this study is to review paella Valencia concept from historic and culinary perspectives during 20th and 21st centuries.



Results

Results reflected that the paella term is used incorrectly in 5, 7, 75 and 79% from the literature, grey literature, social media and webpages, respectively. In fact, in some of this bibliographic sources the paella valenciana is defined as "a dish that is made with those ingredients that you have available and throwing everything in the paella". On contrary, in other manuscripts the elaboration of the recipe appears meticulously detailed.

The ingredients found throughout history are different, such as chicken, duck, pork, chorizo in meat and artichoke, peas, green beans or peppers for vegetables. However, the standard ingredients of paella valenciana are rice, chicken, rabbit, saffron, grated fresh tomato, ferraura, rotjet or wide green bean, garrofo beans, water, virgin olive oil and salt being results obtained in the bibliographic review are wrong in the 48% of cookbooks from both centuries.



Conclusions

The concept paella has always generated confusion. Paella Valenciana nomenclature has been defined in the first half of the XXI century. In order to protect the recipe and differentiate it from other rice dishes cooked in paella, la paella valenciana includes ten standard ingredients and other supported variants and employs very precise culinary technique.

The rest of the rice dishes would be called "paellas de" to recipes cooked in paella, or "arroz con", when using other containers.

Bibliography

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