Unit 5: Exercise 5

Listen to a chef explaining how to make paella. Choose True or False.



1 Paella is usually made with chicken and seafood.

◯ True ◯ False

2 Paella is a wonderful dish to eat alone.

◯ True ◯ False

3 Paella is an expensive dish to make.

◯ True ◯ False

4 A special pan is used for making paella.

◯ True ◯ False

5 Chicken is the first ingredient you need to fry.

◯ True ◯ False

6 You should cook the paella quickly.

◯ True ◯ False

7 The last ingredient to add to the pan is the rice.

◯ True ◯ False

8 You should add a little salt at the end if you want to.

◯ True ◯ False

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Recording Script

Paella is one of the most famous dishes from Spain. It comes from Valencia in the south east of the country. The main ingredient is rice. Rice grows in the Valencia area. Traditional paella is made with rabbit, but now most people make it with chicken and seafood.

I love paella because it makes me think of home and the sun and the sea! And it's a wonderful dish to share with family and friends. It's not a dish to eat alone!

It's quite a cheap dish to make. These are the ingredients you need: chicken, seafood – prawns and squid for example – oil, onions, peppers, tomatoes, green beans, garlic, and saffron, which is a very expensive ingredient that gives the dish flavour and a beautiful golden colour – you only need a very small bit. You also need to add a little salt, and stock, which is a kind of sauce that is flavoured with chicken and vegetables. And of course, most importantly, you need some rice.

You also need a special, wide pan, for making the paella.

First, cut the chicken into pieces and chop the onions, peppers, tomatoes and garlic. Heat the oil in the pan and when it's hot, add the chicken pieces. Fry the chicken for a few minutes until the pieces are golden brown, then add the onions, peppers, tomatoes and garlic and fry all the ingredients for a few more minutes. Next add the saffron, the rice and the salt and mix everything together. When the stock boils, cook slowly until the chicken and the rice are nearly done, then add the seafood and the green beans; you may need a little more stock. Cook for a few more minutes and finally, taste and add more salt if you wish. But not too much! Enjoy!

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