

The  
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Gastronomic  
Arts  
Barcelona

*Chef Gabriel's*  
**SEAFOOD, CHICKEN  
& VEGETARIAN  
PAELLA RECIPES**

*plus our*  
**TRADITIONAL**  
*Sangria*  
*Recipe*  
*and more...*

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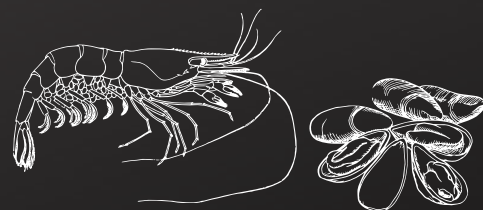
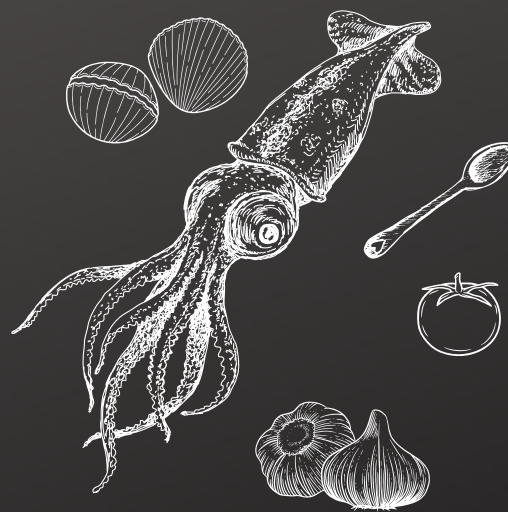
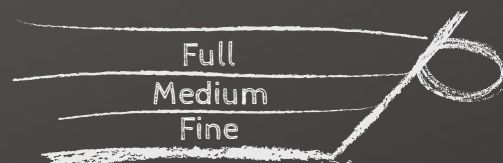
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# PAELLA GUIDE

Pan Size (cm)	Number of people served		
	Fine 355 ml	Medium 473 ml	Full 591 ml
30	1	2-3	4
32	1-2	3-4	5
34	2	3-5	6
36	2	3-5	6-7
42	3-4	5-8	9-10
46	4-5	6-10	11-12
55	5-7	8-13	14-16
60	6-8	9-15	16-20
65	7-11	12-19	20-25
70	10-15	16-24	25-30
80	15-20	21-35	26-40
90	20-25	26-45	46-50
100	35-45	45-75	78-85
115	50-60	61-100	101-120

\*\* Based on 100 grams of dry rice per person for each individual.





# CHEF GABRIEL'S SEAFOOD PAELLA

Serving  
Size: 4 ppl

## INGREDIENTS:

- Olive oil (extra virgin preferably), 160 ml (40ml per person)
- Garlic: 2 cloves (half a clove per person)
- Crushed tomato, 100g (25g per person)
- Peppers: Red, green, and/or yellow, in a proportion of  $\frac{3}{4}$  red,  $\frac{1}{4}$  yellow and/or green. 300g (Minimum 75g per person) Cut into small pieces.
- Salt: 10g (2.5g per person)
- Squid: 2 (1 for every two people)
- White dry wine: one cup
- Turmeric: 12g (3g per person)
- Black pepper: 1g (0.25g per person)
- Sweet paprika: 1g (0.25g per person)
- Saffron:  $\frac{1}{4}$  g (a pinch per person or 7 stigmas per person)
- Bomba rice, Valencian rice, or Arborio rice (Risotto rice): 400g (100g per person)
- Vegetable (or fish) broth: 1.2 liters (300 ml per 100g of rice)
- Mussels: 12 (3 per person)
- Clams: 8 (2 per person)
- Prawns or shrimp: 8 (2 per person)

Use a 50 cm paella pan if you want to make it very thin or a 42 to 46 cm paella pan, if you want to make it in medium capacity.

## PREPARATION: (Approx. 15-20 min)

1. Chop the tomato into very small cubes (almost as if were an onion into tiny pieces).
2. Chop the bell peppers, remembering to remove the seeds and also the white vein inside.
3. Peel the prawns, without removing the head or the shell of the head. Just from the tail to the neck
4. Chop a head of garlic in 2 or 3 parts
5. Select the mussels and clams, if you have bought them fresh you must be sure that they are still alive before cooking them. Some people put them in a brine (water with salt) for about 5 minutes to clean them, this is usually done in cases where they have a lot of sand.
6. Clean and cut the squid into rings.
7. Make sure you rinse the seafood when your done with it.

## DIRECTIONS

(Approx. 45 min)

1. Over medium heat, add all the oil and fry the garlic.
2. Next, add the rest of the vegetables (tomatoes and peppers) along with the salt.
3. Sauté the sofrito for about 3 to 5 minutes until the color of the oil darkens.
4. Push the vegetables towards the edge of the pan, creating a ring of vegetables.
5. Add the squid, cut into rings, to the center of the pan and raise the heat to maximum for no more than 15 seconds.
6. Return to medium heat and mix everything together.
7. Once again, push everything towards the sides of the pan, creating a ring, and in the center, add enough wine to fill the empty space.
8. Add and mix all the spices (paprika, pepper, and turmeric), then stir them into the wine in the center.
9. Break the saffron stigmas into small pieces and add them to the wine-spice mixture.
10. Mix everything well.
11. Add the rice and mix it with the rest of the ingredients.
12. Add the broth, spread the rice evenly in the pan, and then turn the heat up to maximum.
13. Boil for 5 minutes, and while boiling, add the mollusks (mussels and clams).
14. Once the mollusks have opened, remove them from the pan and set them aside on a separate plate. Note: After 5 minutes, if any mollusk has not opened, discard it.
15. After 5 minutes on high heat, reduce to the lowest heat.
16. After 10 minutes on low heat, add the prawns or shrimp around the edge of the pan, ensuring their entire body rests on the rice. If you want them to cook faster, turn the outer ring of the burner to maximum heat.
17. Decorate the paella with the mollusks and return them to the pan.
18. Flip the prawns so they cook on the other side.
19. Keep the heat low until the socarrat (crispy rice at the bottom) forms. Once achieved, turn off the heat and let the paella rest for 2 minutes.

## HOW DO YOU KNOW WHEN IT'S DONE?

Take a metal spoon and try to scrape the bottom of the paella; if the spoon slips easily, you need more time. Ideally, you should feel moderate resistance over the entire pan. If so, switch off the heat and the rice should be perfectly browned. Then spread some chopped parsley over the top, let it rest a few minutes and it's ready to enjoy!

*"El Socarrat" is the famous crunchy rice that sticks to the bottom of the paella and adds an unparalleled flavor.*

\*\*\*It may take some practice to get a great socarrat. Often times, you may sense resistance and then realize there's no socarrat. This means you switched off the paella too early and were tricked by the resistance. If the bottom is black when served, you overdid it and burnt the rice. Serve the top rice and forget the rest. Practice makes perfect. Enjoy!



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# CHEF GABRIEL'S VEGETARIAN PAELLA

Serving  
Size: 4 ppl

## INGREDIENTS:

- 1.2 liters of vegetable broth
- 3/4 cup of white wine
- 125 to 160 ml extra virgin olive oil.
- 1 garlic clove
- 1 carrot
- 50 grams of green peas
- 10 mushrooms
- 1 zucchini (medium size)
- Two normal sized tomatoes.
- 1 red bell pepper
- 1 red or yellow bell pepper
- Salt (2.8 grams per person)
- Turmeric (3 grams per person)
- Sweet paprika (0.25 grams per person)
- 28 saffron pistils (7 per person, about 1/4 gram)
- One tea spoon of black pepper
- 400 grams of bomba rice (80 to 100 grams per person)

You can experiment with different vegetables. Eggplant - offers a meaty texture., Mushrooms - various types can add depth of flavor. Asparagus - adds a nice snap. Squash - for a bit of sweetness and color. Leafy greens - like spinach or Swiss chard, wilted into the paella, and or Cauliflower or Romanesco - for a hearty addition. Start the hard vegetables cooking first.

## PREPARATION: (Approx. 15-20 min)

1. Put one of the red peppers and cut them into thin strips.
2. Chop the tomato into very small squares.
3. Chop the red, green and yellow bell pepper into small squares, remember to remove the seeds and also the white vein they have inside.
4. Chop the clove of garlic in 2 or 3 parts
5. Cut the carrot into little cubes, do the same with the zucchini.
6. Cut the mushrooms into 2 or three parts, if it is small in 2, if it is large in 3.

## DIRECTIONS:

(Approx. 35 min)

1. Heat a paella pan on medium-high heat. Add enough olive oil to cover the surface, allowing it to move quickly when you tilt the pan. Add more oil if needed.
2. Sprinkle a pinch of salt to prevent oil splattering. Add garlic and fry for about 15 seconds.
3. Add tomato pieces, red, green and yellow bell peppers. Stir and cook for at least 4 minutes until softened. Add two pinches of salt.
4. Push the mixture to the sides, creating a hole in the center. Fry julienned red bell pepper in the center for a couple of minutes. Remove and set aside.
5. Add carrot and zucchini. Stir and cook for a couple more minutes.
6. Make another hole in the center and pour in white wine. Add spices (turmeric, sweet paprika, black pepper). Mix them well in the center.
7. Break saffron with your fingers and add it to the wine mixture. Stir, then remove the mixture including vegetables. This is "The brand."
8. Add rice to the paella pan and mix it with "The brand."
9. Pour a little broth to moisten the rice with "The brand." Spread the rice evenly over the pan's surface.
10. Add broth based on your desired rice texture: 1-2.5 ratio for loose rice, 3:1 for sticky rice, 4:1 for brothy rice. Ensure broth level doesn't exceed the paella pan's level.
11. Increase heat to maximum until liquid bubbles for 2 minutes. Then reduce heat to very low.
12. Add blanched green beans and mushrooms. Cook for about 10 minutes until rice is visible on top.
13. Add julienned red pepper to the sides. The paella is almost ready.
14. Test for readiness: Scrape the pan's bottom with a metal spoon. If you feel resistance, it's ready. The rice should be slightly browned.
15. Turn off the heat and sprinkle chopped parsley over the paella. Let it rest for 2 minutes, covered.
16. Use a metal spatula to check the socarrat (crispy rice at the bottom). If it's caramelized, it's perfect.
17. Serve from the paella pan with a spoon or spatula. Enjoy!

## HOW DO YOU KNOW WHEN IT'S DONE?

Take a metal spoon and try to scrape the bottom of the paella; if the spoon slips easily, you need more time. Ideally, you should feel moderate resistance over the entire pan. If so, switch off the heat and the rice should be perfectly browned. Then spread some chopped parsley over the top, let it rest a few minutes and it's ready to enjoy!

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# CHEF GABRIEL'S CHICKEN PAELLA

## INGREDIENTS:

Serving  
Size: 4 ppl

- Chicken breast: 4 (1 per person)
- Olive oil (extra virgin preferably), 160 ml (40ml per person)
- Garlic: 2 cloves (half a clove per person)
- Crushed tomato, 100g (25g per person)
- Green beans, 200g (50g per person)
- Peppers: Red, green, and/or yellow, in a proportion of  $\frac{3}{4}$  red,  $\frac{1}{4}$  yellow and/or green, 300g. Cut into small pieces. (Minimum 75g per person) (Reserve some red pepper to cut into julienne strips)
- Salt: 10g (2.5g per person)
- White dry wine: one cup
- Turmeric: 12g (3g per person)
- Black pepper: 1g (0.25g per person)
- Sweet paprika: 1g (0.25g per person)
- Saffron:  $\frac{1}{4}$  g (a pinch per person or 7 stigmas per person)
- Bomba rice, Valencian rice, or Arborio rice (Risotto rice): 400g (100g per person)
- Vegetable (or chicken) broth: 1.2 liters (300 ml per 100g of rice)
- A 50 cm paella pan would be the most appropriate for the layer of rice to be thin. However, you can use a 46 or 42 cm one.

## PREPARATION: (Approx. 15-20 min)

1. Cut the chicken into three fillets for each breast and puncture each piece with a fork over its entire surface.
2. Add a little salt, pepper and lemon or orange zest on one side and with your fingers spread it over the entire surface of the chicken.
3. Cut the chicken into pieces and set them aside on a separate plate.
4. Cut one of the red peppers into very thin julienne strips
5. Cut the rest of the peppers and tomato into small pieces.

## DIRECTIONS: (Approx. 45 min)

1. Over low heat, add all the oil and fry the garlic.
2. Add the chicken in pieces, previously seasoned with pepper, salt, and orange zest.
3. Sear the chicken on both sides over low heat.

## DIRECTIONS (CONTINUED):

4. Remove the seared chicken pieces and set them aside on a separate plate.
5. Increase to medium heat and sauté the sofrito (tomato, peppers, and green beans) for about 3 to 5 minutes until the oil darkens in color.
6. Push the vegetables towards the edge of the pan, creating a ring of vegetables.
7. Fry the julienned red pepper for 2 minutes and remove it from the pan.
8. Add white wine, filling the empty space in the center of the pan.
9. Add and mix all the spices together (paprika, pepper, and turmeric), then mix them into the wine in the center.
10. Break the saffron stigmas into small pieces and add them to the wine-spice mixture.
11. Mix everything well.
12. Add the rice and mix it with the rest of the ingredients.
13. Add the broth, spread the rice evenly in the pan, and then turn the heat up to maximum.
14. Add the chicken back into the pan.
15. Boil on high heat for 4 to 5 minutes.
16. Reduce the heat to low and keep it that way until all the liquid evaporates. (10 to 15 minutes)
17. Add the previously fried julienned red pepper as decoration.
18. Check that the socarrat (crispy rice at the bottom) has formed.
19. Turn off the heat and let the paella rest for 2 minutes.

## HOW DO YOU KNOW WHEN IT'S DONE?

Take a metal spoon and try to scrape the bottom of the paella; if the spoon slips easily, you need more time. Ideally, you should feel moderate resistance over the entire pan. If so, switch off the heat and the rice should be perfectly browned. Then spread some chopped parsley over the top, let it rest a few minutes and it's ready to enjoy!

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# ELEMENTS OF A PERFECT SANGRIA

## WINE

CHOOSE A WINE THAT HAS A GOOD BALANCE OF BOTH FRUIT AND ACIDITY.

## SPARKLING

ADD A SPLASH OF SPARKLING (WITH OR WITHOUT ALCOHOL) JUST BEFORE SERVING TO GIVE THE SANGRIA A LITTLE FIZZ.

## ICE

ADD A FEW ICE CUBES TO THE SANGRIA JUST BEFORE SERVING TO KEEP IT CHILLED.

## SPICES

A CINNAMON STICK, STAR ANISE, OR A FEW CLOVES CAN ADD DEPTH AND WARMTH TO THE SANGRIA.

## SWEETNER

YOU CAN ADD SUGAR, HONEY OR FRUIT JUICE TO SWEETEN THE SANGRIA. ADJUST TO YOUR TASTE.

## GLASS

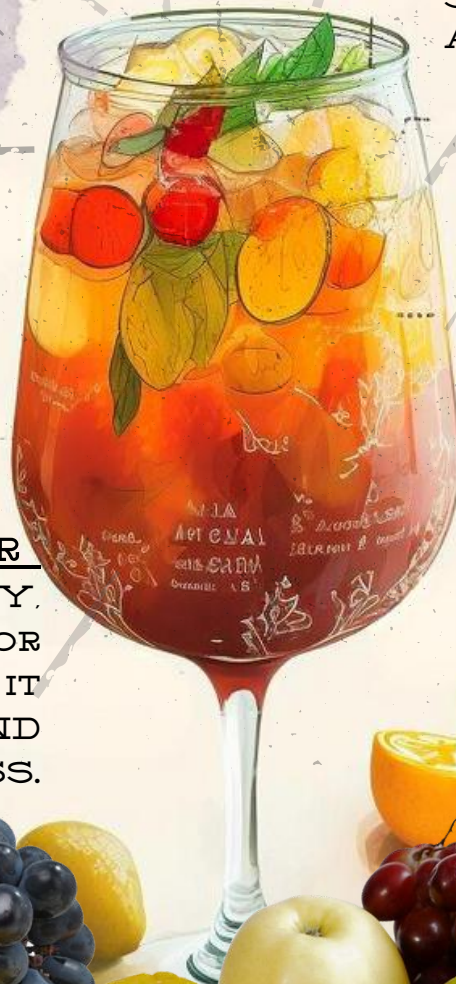
THE SHAPE OF YOUR GLASS NOT ONLY AFFECTS PRESENTATION BUT CAN ALSO IMPACT THE TASTE.

## LIQUOR

A SPLASH OF BRANDY, RUM, COINTREU OR VERMOUTH WILL GIVE IT DEPTH, BITE AND RICHNESS.

## FRUIT

BRIGHT JUICY BERRIES AND FRUIT IMPACT THE FLAVOR AND SEDUCE THE EYE.





# Traditional SPANISH SANGRIA



Serving Size:  
About 4-6 glasses

## INTRODUCTION:

As the story goes, in Spain, when wine wasn't quite up to par, they added a splash of this and a dash of that, and voila! Sangria was born. This vibrant drink made with red wine, fruit, and spices quickly gained popularity and soon became a staple in Spanish culture.

As the world's love affair with Sangria grew, so did its variations. White wine replaced red, and brandy or liqueurs were added for a little extra kick. And just like that, Sangria became a global phenomenon, enjoyed by millions at parties, gatherings, and summer soirées.

Today, Sangria is a symbol of Spain's rich heritage and a testament to the country's love for bold flavors and lively celebrations. So, raise a glass of Sangria, and let its history take you on a journey through time, one sip at a time.

## INGREDIENTS:

- Red wine (preferably a Spanish red wine like Tempranillo or Rioja)
- Orange juice (or your favorite juice)
- Fruit (get creative)
- Sweet Liquor
- Carbonated drink (with or without alcohol)
- Ice
- Brown Sugar (depending on wine)

\*\*\* Please read full directions first to find your preferred Sangria Ingredients

## DIRECTIONS:

1. To begin, pour in a bottle of red wine (some sweet wine goes better but if it is too dry, add a spoonful of brown sugar)
2. Third of orange juice, or the juice of any other sweet fruit, such as a peach or pineapple
3. Put in some more chunks of fruit (anything you like, although we prefer apples, oranges, and strawberries)
4. Place it in the refrigerator for 24 hours so the wine has enough time to absorb all the flavors of the fruit (if you don't have much time, at least attempt to set it aside a few hours)
5. Add five seconds of your favorite sweet liquor, such as Cointreau, white or dark rum, brandy, or cognac (although cognac is our personal favorite).
6. Then stir it around in a clockwise motion (or counter-clockwise if you prefer a dryer sangria)
7. When you are ready to serve, pour some fizzy beverage over the top, such as champagne, cava, or cider. You could also add carbonated water, Sprite, or 7-Up. Cava or Carbonated cider would be a far better choice.
8. Ice should be added on top, and then "OLE!" (Yes you really do have to say that).
9. Then pour, serve, sip and enjoy!

While Sangria's sweetness and fruity notes are part of its appeal, they can also be a double-edged sword. On one hand, the sweetness can make the drink more palatable and mask the taste of alcohol, making it easy to consume more than intended. On the other hand, consuming too much sugar can lead to headaches and one hell-ova-nasty hangover.

\*\*\* PLEASE DRINK RESPONSIBLY \*\*\*

Lastly, *counter-clockwise stirring does not make your drink taste dryer but at least you read to the end!*

Enjoy,

*GabLab Team*



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# La TARTA de SANTIAGO



Serving Size: (23cm or 9-inch)

About 12 to 16 servings

Time: approx. 30 minutes

## INTRODUCTION

La Tarta de Santiago, or Santiago Cake, is not only a beloved dessert in Spain but also carries a rich history and cultural significance.

Legend has it that the cake originated in the Middle Ages as a pilgrimage cake along the Camino de Santiago, or the Way of St. James, a network of pilgrimage routes leading to the shrine of the apostle St. James the Great in the Cathedral of Santiago de Compostela in Galicia, northwestern Spain.

The cake was traditionally made by local monasteries and convents along the pilgrimage route to provide sustenance to the weary travelers making their way to Santiago de Compostela. Its simple yet flavorful ingredients, including almonds, sugar, eggs, and citrus zest, made it an ideal snack for pilgrims on their long journey.

The distinctive cross of St. James, known as the "Cruz de Santiago," is often depicted on top of the Tarta de Santiago, traditionally created by placing a stencil of the cross on the cake and dusting it with powdered sugar. This symbolizes the spiritual journey of the pilgrims and their arrival at the final destination of Santiago de Compostela.

Today, the Tarta de Santiago remains a symbol of Galician culinary tradition and is enjoyed by locals and visitors alike, whether as a sweet treat during the pilgrimage or as a delicious dessert to celebrate any occasion. Its history and symbolism continue to make it a cherished part of Spanish gastronomy.



## INGREDIENTS:

- 5 eggs
- 250 grams of almond flour
- 200 to 250 grams of sugar
- A little orange, lemon, or lime zest

## INSTRUCTIONS

1. Preheat your oven to 160°C (320°F). Grease a 9-inch (23cm) tart pan and set it aside.
2. Beat the eggs for one minute.
3. Add the sugar and continue beating.
4. Add the zest of the citrus fruit of your choice.
5. Gradually add the almond flour while continuing to beat until fully incorporated and a consistent mixture is obtained.
6. Pour the mixture into a tart mold.
7. Bake in the preheated oven for 30 minutes, at 160°C (320°F) or until the top is golden brown and a toothpick inserted into the center comes out clean.
8. Once baked, remove the tart from the oven and allow it to cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
9. Once cooled, you can optionally dust the top of the tart with powdered sugar for a decorative finish.
10. Slice and serve the Tarta de Santiago, if possible, accompany it by drizzling a little muscat wine over the top.



Enjoy,  
*Chef*  
*Raquel*



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# TO OUR NEW FRIENDS & FAMILY

Thank you for being part of our table. It was a joy to cook, laugh, and share with you — you're not just guests anymore, you're part of our GAB LAB family.

As a small thank you, we'd love for you to use this promo code AARZ10 when booking your next experience. Feel free to use it yourself or pass it along to someone you think would love what we do.

Don't be a stranger — share your stories, photos, and home-cooked creations with us! We'd love to see how the flavors live on in your kitchen.

Warm regards,  
The GAB LAB Team

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