

[54] Title: METHOD TO PREPARE PRE-COOKED PAELLA

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ABSTRACT

[57]

This invention relates to food products having rice as base thereof and to the process of preparing the same. More specifically, this invention relates to a pre-cooked paella consisting essentially of rice for the purpose of inexpensive material and controlled superior swelling quality and the process therefore.

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SPECIFICATION

5 This invention relates to food products  
having rice as base thereof and to the process  
of preparing the same. More specifically, this  
invention relates to a pre-cooked paella  
consisting essentially of rice for the purpose  
of inexpensive material and controlled superior  
swelling quality and the process therefor.

10 Researchers all over the world are now  
engaged in studies to provide new food products  
and materials and to the employment of method  
and materials never before known or used.

15 The present invention contemplates to  
contribute to some very small extent such a new  
method using materials easily available anywhere.  
It is directed to food composition utilizing rice  
as a base thereof and other known food components  
the employment of which are determined by the  
20 nature of the end products desired. The present  
invention also is concerned with certain food com-  
positions which are specifically designed for  
people who by reasons of health are forbidden to  
eat pork and other meat product.

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It is therefore the object of the present invention to provide for novel rice based food products and to the process for manufacturing the same.

5           Another object of the present invention is to provide a pre-cooked paella which include all the precise ingredients and components.

          Still another object is to provide a food product through which certain components (e.g.  
10   sauce, rice, seafoods and others) are in a pre-cooked stage which allows that at the consumption moment, it will be enough to submit the product to a simple cooking stage.

          A further object is to provide for a  
15   process wherein the product obtain exhibits superior taste quality and palatability.

          Other objects of this invention shall become apparent from the detailed description of the same which shall hereinafter set forth.

20           Accordingly, the method of the present invention includes the stages of preparing the sauce which include the different seasoning for paella, mixing of the prepared sauce with the predetermined amount of rice, cooking of the



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The prepared sauce and rice are mixed

thoroughly and then cooked at high temperature between 50 to 260<sup>0</sup>C for a period of 7 minutes stir until the grains of rice are loose after having absorbed all the sauce and oil added. The aim of the preceeding stage is getting the rice grains to be the carrier of the sauce with its flavour. In the same time, the rice gets a conservation stage due to the absorbed oil.

To get different flavours of the desired product, the pre-cooked rice was seasoned with different flavour dehydrated item such as meat dehydrated, seafood or fish dehydrated, green dehydrated and saffron - based colouring agent.

For each kilogram of product to be prepared, there are to be mixed 450 - 700 grams of rice with 250 - <sup>450</sup>~~450~~ grams of sauce adding between 25 - 50 grams of flavour dehydrated and 25 - 50 grams of vegetable oil.

In case the paella is meant to have no special flavour, it won't be necessary to add and dehydrated. If the paella is to have fish or seafood dehydrated is added. If the paella is to have green and vegetable ~~flavour~~ green

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rice and sauce until all the sauce absorbed  
by the rice and packing of the resulting product  
through vacuum packing and deep freezing system.

5 The basic ingredients of the sauce includes  
smashed tomato, smashed onion, vegetable oil,  
fine salt, ground garlic, sweet coloured paprika,  
sugar, ground black pepper and an assortment of  
natural saffron, parsley, almond, hazelnuts, and  
pine nuts. The components ingredient are pre-  
10 pared weighed, mixed and cooked on low fire, par  
boiled and fried until obtaining an amount thick  
sauce.

The above material thus prepared, the  
following are weighed according to the following  
15 table:

	COMPONENTS	WEIGHT/GRAMS
	Smashed Tomato	340-730
	Smashed Onion	150-300
	Vegetable Oil	50 - 150
20	Fine Salt	10 - 40
	Smashed garlic	10 - 20
	Sweet Red Paprika	10 - 40
	Sugar	10 - 40

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and vegetable dehydrated is to be added.

Varying the type and rate of the dehydrated added reached a prepared product of more or less strong flavours and the health and nutritious value needed by the consumer.

The prepared product is then cooled and then packed in rations, adding greens in natural state, refried meat and/or refried seafood and fresh Eustaces depending on the dehydrated added before.

Once introduced into its container the rice prepared and the added products mentioned-above are packed in conventional manner vacuum process or deep freezing system.

Important thing to be noted when the pre-cooked paella is to be consumed, the rice is poured into a container and exposed to low fire, adding the different products packed together with the rice, when the temperature reaches the boiling stage, they end up their cooking at the same time, being the end product paella ready to be consumed and not requiring to receive any other product or additive.

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5 The base of the invention lies on the fact that  
the pre-cooked rice is the carrier of the neces-  
sary sauce and oil with the required color and  
taste and on the fact that the rice remain also  
in a refried state and conservation due to the  
absorption of all the other ingredients.

10 It is understood that variations to the  
methods and products herein described may be  
made which variations do not depart from the spirit  
and scope of the present invention which is de-  
fined by the following claims.

I CLAIM:

1. The method for the preparation of a pre-cooked paella which comprises:

a) Preparing the sauce from the following ingredients:

Smashed tomato	-	340-730 gms.
Smashed onion	-	150-300 "
Vegetable oil	-	50-150 "
Fine salt	-	10-40 "
Smashed garlic	-	10-20 "
Sweet red paprika	-	10-40 "
Sugar	-	10-40 "

Mixing and cooking on low fire, par boiled and fried until an almost thick sauce is obtained;

b) Mixing 250-450 gms. of the prepared sauce with 450-700 gms. of rice;

c) Cooking the mixture of sauce and rice at high temperature between 50-260°C for 7 minutes, stirring until all the grains of rice are loose after having absorbed all the sauce and adding 25-50 gms. of vegetable oil;

d) While the cooked mixture is still warm, adding 25-50 gms. of dehydrated flavor selected from



the group consisting of meat dehydrates,  
seafood or fish dehydrates, green vegetable  
dehydrates and saffron-based coloring agent;  
and

- 5      e) Finally cooking the thus prepared product and  
packing into container.

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