



A TASTE OF TECATE: MY FAVORITE SEAFOOD PAELLA
RECIPE FROM RANCHO LA PUERTA



Ready for a 2022 reboot of wellness? Make your way to Tecate, Mexico to the ultimate fitness resort and spa, [Rancho La Puerta](#). But, if you're not ready to travel just yet, try a healthy recipe from their "Cooking With The Seasons" cookbook that will wow your dinner party guests. "The Ranch" is a retreat for super active guests who spend an intense week working on mind and body, as well as enjoying indulgences including: a four-star organic chef, a spa sanctuary incorporating medicinal herbs and healing plants, manicured gardens, and charming Casitas to nest in after a full day of transformative activities.



Located just a few miles south of the border in Baja, Rancho La Puerta has been attracting guests to its glorious 3,000 private acres of gardens, mountains and meadows for more than 55 years. With a staff of over 20 full time instructors, their fitness program is unmatched with a choice of five different classes offered every hour. Days begin with an early morning hike ascending Mount Kuchumaa [over 25 miles of trails offered], followed by a varied schedule of classes, including: Pilates, yoga, T'ai Chi, dance, circuit training, water sports, spinning, meditation, tennis, and more.

See more about The Ranch in my new article in Hamptons Real Estate Showcase magazine, below.

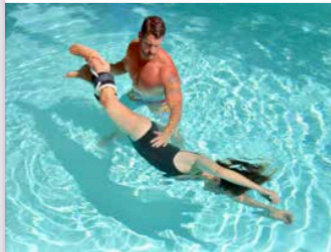
TRAVEL

A TASTE OF TECATE

BY KELLY DELANEY KOT @KDHAMPTONS



Kelly Delaney Kot



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RANCH HIGHLIGHTS:

Watsu Aquatic Massage Therapy: Water-based bodywork performed in a 96' heated pool.

Healthy Cooking Class at La Cocina Que Canta: The Ranch's state-of-the-art kitchen situated in the middle of their rolling organic gardens.

The Extended Hiking Program: From meadows to the top of Mount Kuchumaa, where ravens soar. Choose from four different levels of breathtaking hikes each day.

SEAFOOD PAELLA RECIPE:

Serves 6 (12" wide x 3" deep pan)

Ingredients:

- 1 tsp Spanish saffron threads
- 1/4 cup hot water
- 1 tbs olive oil
- 2 diced poblano chiles
- 10 cloves minced garlic
- 1 cup small diced fennel
- 1/2 white onion, diced
- 1 chopped leek
- 2 cups long-grain brown rice
- 3 diced Roma tomatoes
- 1 cup white wine
- 3 cups vegetable stock
- 1/2 tsp sea salt
- 6 large peeled shrimp
- 6 large clams and mussels
- 1 roasted, chopped red bell pepper
- 1/2 tsp Spanish paprika
- 1/2 cup Spanish olives

Preheat oven to 375 degrees. Soak saffron in hot water for 30 minutes. In a 12-inch sauté pan, heat the olive oil on medium. Sauté the poblano chiles until soft, stirring often, about 1 minute. Add onion, leek and garlic, and cook stirring for 2 minutes. Stir in the rice, then tomatoes, and cook for 1 minute more. Add white wine. Add the saffron liquid and the stock and salt, and stir gently to combine.

Bring the Paella almost to a boil; shake the pan gently, but do not stir. Add shrimp, clams, and mussels and cook for 1 minute. Add roasted peppers, olives and cover.

Move the Paella to the oven and bake for 10 minutes. Sprinkle the seafood with paprika and return to the oven for 10 minutes more, or until the seafood is cooked. Remove from the oven and scatter peas over the top. Let rest for 15 minutes. Serve with lemon wedges.



Healthy Cooking Classes are offered at La Cocina Que Canta, the Ranch's state of the art kitchen situated in the middle of their rolling organic gardens. Here's my favorite recipe for Seafood Paella.



Ingredients:

- 1 tsp Spanish saffron threads
- 1/4 cup hot water
- 1 tbs olive oil
- 2 diced poblano chiles
- 10 cloves minced garlic
- 1 cup small diced fennel

- 1/2 white onion, diced
- 1 chopped leek
- 2 cups long-grain brown rice
- 3 diced roma tomatoes
- 1 cup white wine
- 3 cups vegetable stock
- 1/2 tsp sea salt
- 6 large peeled shrimp
- 6 large clams and mussels
- 1 roasted, chopped red bell pepper
- 1/2 tsp Spanish paprika
- 1/2 cup Spanish olives

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Bring the Paella almost to a boil; shake the pan gently, but do not stir. Add shrimp, clams, and mussels and cook for 1 minute. Add roasted peppers, olives and cover.

Move the Paella to the oven and bake for 10 minutes. Sprinkle the seafood with paprika and return to the oven for 10 minutes more, or until the seafood is just cooked. Remove from the oven and scatter peas over the top. Let rest for 15 minutes. Serve with lemon wedges.

