

- Instrucciones:**
- a) Duración: 1 hora.
 - b) Puntuación hasta 10 puntos.
 - c) Se deberá realizar una traducción sin diccionario del texto propuesto (incluyendo el título), que no tendrá que ser necesariamente una traducción literal del mismo. El texto en castellano deberá respetar las normas formales de este idioma.

From grain to plate: the story of Valencian paella

On the south-eastern coast of Spain, the city of Valencia has been cultivating rice for over a millennium. Surrounding the city is 46 square miles of fertile land known as *La Huerta*. "Rice in Valencia isn't an ingredient; it's our identity card," says Santos Ruiz, an agronomist who has been working to protect and promote Valencian rice since 1999. First grown in the nearby Albufera in the eighth century, rice has been part of Valencia's history for over 1,000 years. Blessed with vegetables and meat from *La Huerta* and seafood from the Mediterranean, Valencia has hundreds of rice recipes. But the star is Valencian paella.

"Every household has its own version, but most Valencians will tell you that a Valencian paella has rabbit, chicken and vegetables," says Santos. While recipes can vary, one non-negotiable thing is the origin and quality of the rice. For best results, Valencian paella should be prepared with one of three rice varieties grown in Albufera Natural Park.

One likely theory about the origins of Valencian paella is that the dish was invented by Albufera rice farmers in the 15th century. Beyond its cultural and historical significance, rice growing in Valencia has also played a vital role in protecting the city's unique environment. Albufera Natural Park — 70% of its surface rice fields — is one of Europe's best-protected areas for migrating birds.

"Eating paella in a restaurant is nice," says Santos. "But the tradition of paella is the experience of cooking it over an open fire, surrounded by friends and family. That's the tradition of paella, and we must keep it alive."