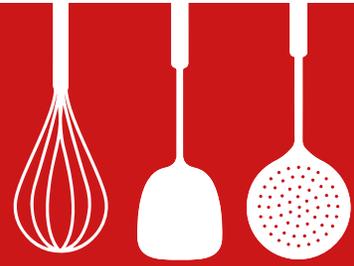




LA ESPAÑOLA MEATS, INC.

CREATORS OF CHARCUTERIE
PURVEYORS OF FINE FOODS FROM SPAIN



TIME: 3 hours

SERVINGS: 4

COCIDO

INGREDIENTS

- 300g chickpeas “La Catedral” or “Luengo” jar
- 1 Chicken thigh
- 1 pack Compango
- 2 Carrots
- 1/2 Cabbage
- 2 Potatoes
- Virgen olive oil.
- Salt
- Fideos “Romero”

PREPARATION:

1- Soak the chickpeas “La Catedral” with a handful of coarse salt since the night before you plan to cook it. If you want to make it easier you can use our pre-cooked chickpeas “Luengo”.

2- We put the meats “Compango” (a piece of bone-in Jamón Serrano ham steak and Tocino pancetta) in a pot and we add water and the seasoning. When the meat start boiling, take the spume off and add the chickpeas (if using the pre-cooked, you need to wait longer to add the chickpeas). We cover it and let it boil all together for one hour.

3- Once the hour is up, we add the chicken, the chorizo and the blood sausage.

4- We cover the pot again and let it boil for another hour.

5- Peel the potatoes, and the carrots and add it to the pot. At this moment you can add the chopped cabbage. (Instead, you could also boil it separately with a little bit of oil and a couple garlic cloves.

6- We cover the pot again, and let it cook for another 45 minutes. If you are using the pre-cooked chickpeas put them in the pot around 15 minutes before the 45 minutes is up.

7- Before the stew is done, we prepare the broth in a separately pot. Then, you add to that pot the “Pasta Romero” and let it boil for another 10 minutes.

8- Lastly, serve the soup which you can serve along chopped fresh chives of green onion. Then, put the chickpeas, veggies, and potato in a separated bowl and all the meats in another bowl.

ADVICE: For the ham bone not to give too much flavor to the stew, it is best to wash it well before adding it to the pot.

NOTES: