

Cocido madrileño

From Madrid, this stew (also known as *olla podrida* after the large earthenware pot in which it is traditionally cooked) is one of the oldest of Spain's traditional dishes. It provides two courses in one – the stock is served as a soup, the meat and vegetables as the main course

MAIN MEAL Serves 6–8

Overall timing 3½ hours plus overnight soaking

Equipment Bowl, large earthenware flameproof casserole

Freezing Not recommended

INGREDIENTS

| | | |
|----------|-----------------|------------|
| 8oz | Chickpeas | 225g |
| 1 | Pig knuckle | 1 |
| 1 | Pig trotter | 1 |
| 1 | Cow heel | 1 |
| ½ | Boiling chicken | ½ |
| 8oz | Chorizo | 225g |
| 1 | Onion | 1 |
| 2 | Carrots | 2 |
| 2–4 | Garlic cloves | 2–4 |
| 4½ pints | Water | 2.5 litres |
| | Salt and pepper | |
| 2 | Leeks | 2 |
| ½ | Cabbage | ½ |
| 2 | Large potatoes | 2 |
| 2 | Turnips | 2 |
| ½ teasp | Chilli powder | 2.5ml |

METHOD

- 1 Place chickpeas in a bowl, cover with water and leave to soak overnight.
- 2 The next day, drain and place in a large earthenware casserole with all the meats. Add the peeled and roughly chopped onion, scraped and chopped carrots, peeled and crushed garlic, water, salt and pepper. Bring to the boil and skim. Reduce heat and simmer for 2 hours. Skim from time to time.
- 3 Wash, trim and chop leeks. Wash and shred cabbage. Peel and quarter potatoes and turnips. Add to the pan with the chilli powder and cook for 1 hour more.

TO SERVE

Remove meats with a draining spoon and chop into fairly large pieces. Drain vegetables and put on serving dish. Arrange meats on top and spoon a little of the stock over. The rest of the stock is eaten as a soup for the first course with fried or crusty fresh bread.

Pot au feu casalingo

Knuckles and vegetables are often combined in many traditional peasant recipes. In this Italian dish, chicken is also added. When you're in a hurry, cut down on cooking time by using a pressure cooker

MAIN MEAL

Serves 6

Overall timing 4 hours

Equipment Large saucepan or flameproof casserole

Freezing Not recommended

INGREDIENTS

| | | |
|---------|-----------------------------|------------|
| 1 | Onion | 1 |
| 2 | Cloves | 2 |
| 2 | Stalks of celery | 2 |
| 1 tbsp | Chopped parsley | 15ml |
| 4 pints | Water | 2.2 litres |
| | Salt | |
| | Freshly-ground black pepper | |
| 1 | Cow heel | 1 |
| ½ | Boiling chicken | ½ |
| 2 | Leeks | 2 |
| 1 | Carrot | 1 |
| 2 | Potatoes | 2 |

METHOD

- 1 Peel onion and spike with cloves. Chop celery. Put into a large saucepan or casserole with the parsley and water. Add salt and pepper.
- 2 Bring to the boil, then add cow heel and chicken. Reduce heat and simmer for 3 hours, skimming occasionally.
- 3 Remove cow heel and chicken from pan and cut meat off bone in small chunks. Wash, trim and thinly slice leeks. Scrape and slice carrot. Peel and chop potatoes.
- 4 Strain stock and return to pan. Add meat and vegetables. Bring back to the boil, then reduce heat and simmer for 30 minutes. Serve hot in soup bowls with toasted bread.

Below: Pot au feu casalingo – chunky meat pieces served in a well flavoured broth

