

cabbage in boiling water for 10 minutes, drain and cut into fine shreds. Melt the butter in a large, heavy pot over a medium heat, add the bacon, the onion and the leeks. As soon as they are lightly golden, add the celery, carrots and tomatoes and blend well. Cook gently, stirring occasionally, for 10 minutes. Add the sliced tripe, pour in 3.5 litres (6 pints) of the reserved tripe liquid, add salt and pepper if necessary, return to the boil, and reduce the heat. Add the potatoes and simmer, covered, over a moderate heat for 20 minutes. Then add the cooked beans and cabbage and simmer for about 5 minutes.

When ready to serve, sauté the chopped *prosciutto* fat and garlic in a frying pan for 5 minutes, and add the fat pieces and garlic to the soup. Pour into soup bowls and serve the Parmesan cheese and the croûtons separately.

LUIGI CARNACINA  
GREAT ITALIAN COOKING

## Mexican Tripe Soup

### Menudo

For the technique of preparing tripe, see page 48.

*Nixtamal* hominy is the white fermented corn used in the authentic Mexican *menudo*, a soup which is traditionally cooked over a hickory or mesquite fire.

To serve 10 to 12

2 kg	tripe, washed and cut into 2.5 cm (1 inch) cubes	4 lb
2	calves' feet or 1 veal knuckle, washed	2
6 litres	water	11 pints
600 g	<i>nixtamal</i> hominy, rinsed, or two 850 g (1¾ lb) cans hominy, drained	1¼ lb
2	onions, chopped	2
4	garlic cloves, finely chopped	4
1 tbsp	crushed dried oregano	1 tbsp
2 tbsp	chopped fresh coriander	2 tbsp
	salt and freshly ground pepper	

Bring the water to the boil in a stock-pot. If using calves' feet, add them to the pot; cover and simmer for 1 hour before adding the tripe and the rest of the ingredients. If veal knuckle is being used instead, add it to the pot with the tripe, the *nixtamal* hominy, onions, garlic, oregano, coriander, and salt and pepper to taste. (If you are using canned hominy, this is added during the last hour of cooking.) Bring to the boil, cover, reduce the heat and simmer for 3 to 4 hours, or until the tripe is tender. Serve, providing dishes of additional chopped onions, chopped coriander and chili peppers for each person to add according to his taste.

JANA ALLEN AND MARGARET GIN  
INNARDS AND OTHER VARIETY MEATS

## Philadelphia Pepper Pot

Peppery pot, piping hot! In colonial days, the pepper-pot vendor plodded Philadelphia's twisting streets and alleyways chanting the pepper-pot call:

All hot! All hot!  
Pepper pot! Pepper pot!  
Makes back strong,  
Makes live long,  
All hot! Pepper pot!

To serve 8 to 10

1 kg	honeycomb tripe, pre-cooked, cut into 1 cm (½ inch) squares	2 to 2½ lb
1	veal knuckle	1
3.5 litres	cold water	6 pints
1	bouquet garni or 2 bay leaves, 10 sprigs parsley, 2 sprigs celery leaves	1
1½ tsp	salt	1½ tsp
12	peppercorns, slightly bruised	12
2	onions, each stuck with a clove	2
4	potatoes, cubed	4

### Suet dumplings

175 g	beef suet, chopped	7 oz
270 g	flour	9 oz
½ tsp	salt	½ tsp
	chopped parsley	

Put the tripe and veal knuckle into a kettle with the water, bring to the boil, and skim carefully. Add the bouquet garni and simmer gently for 3 hours, adding, after 2 hours, the salt and peppercorns. Remove the meat from the bones, and cut into small pieces. Strain the broth, return it to the kettle, then add the onions. Simmer for 1 hour, then add the potatoes, meat and tripe. Taste for seasoning, and let simmer gently while you make the dumplings.

For the dumplings, combine the suet, 250 g (8 oz) of the flour and salt. Add enough ice-cold water to make a workable dough, and form it into dumplings about the size of marbles. Roll them well in the remaining flour to prevent sticking, and drop them into the simmering soup. Cook about 8 to 10 minutes. Stir some chopped parsley into the soup and serve, in heated soup plates, accompanied by brown bread and butter.

LOUIS P. DE GOUY  
THE SOUP BOOK

