COCIDO GALLEGO

Galician Stew

Galicia is well known for many things fish, Shellfish, Santiago de Compostela and its famous ancient Cathedral are just a few.

Cocido Gallego is another famous gastronomic relic of this ancient Celtic culture.

It serves 4 people with loads to spare.

INGREDIENTS

1 lb (450 grams) of boiling beef
1 lb (450 grams) jamon serrano
½ lb (225 grams) panceta
1 small chicken
2 fresh chorizos
1 lb (450 grams) of white kidney beans
1 medium size Savoy cabbage
2 lb (900 grams) of boiling potatoes

Note: Leave the beans in a bowl with plenty of cold water overnight, 12 hours is sufficient.

COOKING INSTRUCTIONS

On a large boiling pot, place all the meat cuts, cover with water and bring to boiling point.

Know simmer in a gentle heat. Remove the chicken and the chorizo from the pot after 45 minutes and place into a kitchen bowl.

Continue to boil the remaining pieces of meat in the pot, and after a further 2 hours, remove all of the meat from the pot into the bowl with the chicken.

Know place the beans into the pot and bring to boiling point, simmer for 25 to 30 minutes approximately, and add the peel potatoes to the beans, bring to a simmer once again and cook for a further 12 minutes and finally add the washed and quartered Savoy cabbage bring to a simmer and cooked for a further 4 minutes.

Remove the pot from the heat; introduce all the meat to the pot with the vegetable contents and leave to warm for 5 minutes or so.

You could have the stock and a few broken potatoes, pieces of cabbage and a few beans as a lovely soup.

For the mean meal, you can know place pieces and bits of all the stew in a plate and serve as it is or dress with a light sprinkle of olive oil and a few drops of white wine vinegar.

This recipe, is sure to warm your heart on a cold and winterish day, but if you like it as much as I do, well…. why not every weekend.