



MEXICAN

Caldo de Res

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	6	20 min	3 hr	Simmer	Shank

Ingredients

- 1.2 kg (2 $\frac{2}{3}$ lb) bone-in beef shank, in 4 cm (1 $\frac{1}{2}$ in) slices
 - 2.5 litres (10 cups) water
 - 1 white onion, halved
 - 4 cloves garlic
 - 1 tbsp salt, plus more to taste
 - 3 tbsp tomato sauce or 1 ripe tomato, chopped
 - 4 carrots, cut into thick chunks
 - 3 medium potatoes, quartered
 - 3 corn cobs, each cut into 3 pieces
 - 2 zucchini (courgettes), cut into thick chunks
 - $\frac{1}{2}$ small green cabbage, cut into 3 wedges
 - 1 bunch cilantro, tied with string
- TO SERVE**
- Lime wedges, chopped onion and cilantro, sliced serrano chillies
 - Warm corn tortillas and rice

Steps

1. Put the shank in a large pot with the water, onion, garlic and salt. Bring to a boil over high heat.
2. Skim off the foam that rises in the first 10 minutes, then reduce to low heat.
3. Simmer partly covered for 2 hours, until the meat is nearly tender and the broth is pale gold.
4. Add the tomato sauce, carrots, potatoes and corn. Simmer 25 minutes, until the potatoes are tender when pierced.
5. Add the zucchini, cabbage and the bundle of cilantro. Simmer 10 minutes, until the cabbage is soft and the zucchini bright.
6. Taste the broth and add salt as needed; it should taste clean and beefy.
7. Remove the cilantro bundle and the onion halves. Ladle meat, bones and vegetables into large bowls.
8. Serve with lime, onion, cilantro and chillies for each person to add, and tortillas on the side.

Notes

- **Marrow:** scoop it onto a warm tortilla with salt and a squeeze of lime.
- **Make ahead:** the broth is even better the next day and freezes for 3 months; cook the vegetables fresh for the best texture.
- **Other cuts:** bone-in short ribs also work well, though the shank gives the richest broth.
- **Slow cooker:** cook the shank, onion, garlic and salt on low 8 hr, then add the vegetables for the last 1 $\frac{1}{2}$ hr on high.
- **Shortcut:** pressure-cook the shank and water for 45 minutes at high pressure, then simmer the vegetables on the stove.