



SPANISH

Cocido Madrileño

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min + overnight soaking	3 hr	Simmer	Shank

Ingredients

- 800 g (1¾ lb) bone-in beef shank
 - 200 g (7 oz) cured Spanish-style chorizo, whole (or smoked kielbasa)
 - 150 g (5 oz) morcilla (blood sausage), optional; leave it out if you cannot find it
 - 100 g (3½ oz) jamón or salt pork, in one piece
 - 250 g (1½ cups) dried chickpeas, soaked overnight and drained
 - 3 litres (12 cups) water
 - 3 carrots, peeled
 - 1 leek, trimmed
 - 500 g (1 lb) potatoes, peeled and halved
 - 1 small cabbage or ½ large, cut in wedges
 - 1 onion, studded with 2 cloves
 - 2 tsp salt, plus more to taste
 - 100 g (3½ oz) fideo noodles (fine vermicelli)
- TOMATO SAUCE**
- 400 g (14 oz) canned crushed tomatoes
 - 1 tbsp olive oil
 - 1 clove garlic

Steps

1. Put the beef, jamón, chickpeas and clove-studded onion in a large pot with the water. Bring to a boil over high heat and skim foam for 10 minutes, until clear.
2. Reduce to a low heat, cover, and simmer gently for 1½ hours.
3. Add the carrots, leek and chorizo, then continue for 30 minutes.
4. Salt the pot. Add the potatoes, and the morcilla if using, and simmer 30 minutes, until the potatoes are soft and the beef is tender.
5. Meanwhile, boil the cabbage in a separate pot of salted water for 15 minutes, until tender, then drain. Sauté it in a little oil with the garlic for 3 minutes over medium heat.
6. Warm the olive oil and garlic in a small pan over low heat, add the tomatoes and cook for 15 minutes, until thick. Season.
7. Strain 1.5 litres (6 cups) of the broth into a pan and bring to a boil. Add the fideos and cook 5 minutes, until tender, for the first course.
8. Serve in three parts: the soup with noodles first, then the chickpeas and vegetables, then the sliced meats and sausages, with tomato sauce alongside.

Notes

- **Three courses:** it is the Madrid way of eating one pot, soup first, then vegetables, then meats.
- **Leftovers:** fry the next day's chickpeas and meats in a little oil for ropa vieja.
- **Pressure cooker:** the beef and chickpeas take about 50 minutes under pressure; add the remaining ingredients afterward.

- **Make ahead:** cook the pot a day ahead, chill, and lift off the fat. Reheat until steaming hot and cook the fideos fresh.