

## A classic "puchero"

The term "puchero" refers to a large pottery vessel with a lid. There are many versions of this dish around Spain. It's a one pot meal that typically includes pulses, meat & vegetables. There are an infinite number of possibilities, using the framework outlined here:

### Ingredients

- Pulses - garbanzos, dried beans (white, navy, kidney, etc.)
- Meat - lamb, beef, chicken, pork, ribs, venison
- Vegetables - carrot, leek, potato, onion, garlic, etc.
- Optional extras - salt pork, chunk bacon, chorizo, ham bone, marrow bone
- Stock or water

---

•Olive oil, salt, spices (bay leaf, pepper corns...)

### Preparation

- At lunchtime - put 1 1/2 cups of the chosen pulse in a bowl with ample water to soak
- After supper - preheat oven to 80°C (175°F)
- Use a large oven-proof stock pan with lid or dutch oven
- Leave potatoes whole, cut chosen vegetables in 2" chunks (1 medium onion, 10" of leek, 1 medium carrot, 3 cloves of garlic, 2 medium-size potatoes)
- 1 pound of meat (500 grams), cut in 3" chunks.
- Salt, pepper & lightly brown the meat in a splash of olive oil, set aside.
- Add a bit more oil if needed, lightly sauté the vegetables, set aside
- Drain pulses and add them to the pot, top with meat, vegetables & the extras.
- Cover with the stock or water, add 1 tsp of salt, cover & bring to a boil
- Once it's boiling, pop it in the oven and cook at 80°C (175°F) for about 8 hours. Check water level from time to time, add water or stock if needed.

---

•Adjust salt as needed & serve it all together like a stew, or serve beans, meat & veg separately. The leftover stock is full of flavor, save it, make soup or freeze it for later.

### Notes:

- Best to use tougher cuts of meat (game, pork cheeks, beef shank, chuck, ribs, stewing chicken); more tender cuts may overcook & dry out, tougher cuts have more flavor.
- Browning the meat & sautéing the veg is not a requirement, but enhances the flavor.
- A chunk of salt pork or bacon are a welcome flavor addition. Also the green parts of leek - wash & tie together a small bunch of the green bits with string for easy retrieval.

---

•Spices: bay leaf is typical, I like whole peppercorns or allspice. Pick the ones you like: curry, fresh chiles, thyme...the list goes on.

Enjoy!