



Pressure cooker "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.

The pressure cooker makes it quick & easy, cooks in 30 minutes.

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

Soak pulses in water overnight (or at least 6 hours)

Use a large pressure cooker

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 2-3" chunks.

Drain pulses

Place the meat & bones in the pot, cover with the stock or water, add 1 tsp of salt, bring to a boil.

Once it's boiling, skim off the scum that rises to the top, then add the pulses and vegetables.

Fill to max level with water/stock, cover and heat on high until the pressure is up.

Reduce heat & cook 25-30 minutes. When the pressure bleeds off, adjust salt as needed & strain off (and save) the stock.

Serve it all together like a stew, or serve pulses, meat & veg separately. The leftover stock is full of flavor, save it, make soup or freeze it for later.

Notes:

Serve with a drizzle of olive oil or a splash of tomato sauce.

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.

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!

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