



Complexity level: Easy

Calories level: High-calories level

Price estimation: 5 - 10 \$

Ingredients

1 lb
chickpeas (garbanzos)
1
chicken leg quarter (or hen leg quarter)
1 lb
beef foreshank (or any cut for stew)
2
potatoes
2
carrots
1
leek
1/2
cabbage (optional)
1 T
salt
1/2 t
ground black pepper
12 1/2 c
water (3 liters)
1
spanish chorizo sausage
5 oz
slab bacon (1 piece - optional)
1
blood sausage / black pudding (optional)
1
beef bone marrow
1

pork bone
2
dry-cured ham bones
5 oz
angel hair pasta

Instructions

1. In a large bowl pour over enough cold water to cover chickpeas and set aside overnight to soak.
 2. Drain and rinse chickpeas or garbanzos once they have soaked for at least 8-10 hours.
 3. Clean and trim fat of the chicken leg quarter. You can keep the chicken skin or remove it, in our case we prefer to remove it to avoid excess fat.
 4. Clean and trim fat of the beef fore Shank. In this case we use beef fore Shank because is a really good cut for stews and is the original cut for this typical Spanish dish, but if you don't find beef fore Shank you can use any other nice cut for stews.
 5. Peel potatoes and carrots.
 6. Peel and wash the leek. Clean cabbage if you want to add it.
 7. Add chickpeas, chicken, beef fore Shank, potatoes, carrots, leek and Spanish chorizo sausage to a large pressure pot. In case you use any of the optional ingredients such cabbage, slab bacon or blood sausage add them to the pot at this point.
 8. Add 12.5 cups of water, 1 tablespoon of salt and half teaspoon of ground black pepper. Optionally you can add 1 tablespoon of extra virgin olive oil, but is not needed.
 9. Bring the pot to a boil.
 10. Once it started boiling wait for 2-3 minutes and skim off the frothy foam.
 11. Add the beef bone marrow, pork bone and 2 dry-cured ham bones to the pot and tap the pressure pot.
 12. Cook under maximum pressure for 18-20 minutes.
 13. Set aside and slowly release pressure.
 14. Once pressure is fully released open the pressure pot, remove chickpeas from the pot with the help of a skimmer and place them in a large serving platter.
 15. Remove the other ingredients from the pot (chicken, beef, potatoes, carrot, leek, chorizo,...) and place them in a different large serving platter.
 16. Discard bones and reserve the broth.
 17. Slice chorizo and cut into small chunks the chicken and beef.
 18. Place some broth in to a small pot and bring it to a boil to make a soup. You don't need to add all the broth, there should be enough to make a soup for 4 people, so you can keep the remaining broth for a different day in the fridge or even in the freezer.
 19. Add Angel hair pasta and simmer for 3-4 minutes (follow your pasta instructions).
- Serve soup and add chickpeas and the rest of the ingredients to your taste. Traditionally the soup is the first dish and the chickpeas with the meat is served as a main course, but many people mix everything!

Source URL: <https://thespanishcuisine.com/recipes/cocido-madrilen0-stew>