

Maragato stew



Provincia

León

Ingredients

(for 4 persons)

- 300 g of chickpeas.
- 200 g of shoulder of pork.
- 250 g of cured meat.
- 250 hen.
- 400 g of shank.
- 50 gr of bacon.
- 1 shank bone.
- 1 ham bone.
- 1 fresh chorizo.
- 1 pork's ear.
- 1 fresh pig's trotter.
- 1 onion.
- 2 cloves of garlic.
- 200 grams of potatoes.
- Cabbage of Asa de Cantaro.
- 100 g of medium noodles.
- Virgin olive oil.
- Paprika.
- Parsley.
- Salt.
- Water.

For the stuffing:

- 2 eggs.
- 150 grams of bread from the previous day.
- 1 clove of garlic.
- 50 grams of ham into small pieces.
- 50 grams of chorizo into very small pieces.
- Virgin olive oil.

Preparation method

Chickpeas should be put to soak the night before, in warm water and two tablespoons of salt.

In a large pot, put all the ingredients, except the chickpeas, the potatoes, the noodles and the cabbage. Cover it with water and put it to boil. After 1 hour of boiling, add the chickpeas once drained. Wait until it starts to boil again to leave the boiling simmering.

The stew should simmer over very low heat for 4 hours. Half an hour before it finishes, add the potatoes and the salt.

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Put the cabbage, washed and chopped, to boil separately for half an hour, approximately. Then peel and slice the garlic. Brown the garlic in a frying pan with olive oil, next remove the frying pan from the heat, and add to the sauce a little chopped parsley and paprika, stirring well. Add the potatoes to the cabbage and pour the sauce.

For the preparation of the soup, remove part of the broth from the stew, leaving always something so as the meat do not get dry, put it to boil and add the noodles leaving it boil for 15 or 20 minutes.

To make the stuffing, beat the eggs and add the bread, the ham, the chorizo, the parsley and the garlic very sliced. Is it fried as if it was an omelet. Serve in the table and cut into as many pieces as diners.

Maragato stew is consumed in the following order: first the meat, the bacon, the ear, the stuffing and the chorizo. Next the chickpeas with the cabbage and finally the soup, with which, if wanted, can be mixed the chickpeas.

One of the keys for a good stew is that the cooking is done slowly and the casserole is skimmed off repeatedly. If you must add water, it should be hot.