

Puchero

This is a member of the worldwide family of meat and vegetable stews¹.

Puchero and Ranchero seem to be spanish origin words that have entered the cuisine of Latin America. So this dish (with local variations) may be found anywhere from southern U.S. states probably all the way down to the Falklands.

Countries traced so far: **Spain**², **Argentina**³, **Bolivia**⁴, **Colombia**⁵, **U.S.**⁶, **Mexico**⁷, **Peru**⁸, **Paraguay**⁹, **Surinam**¹⁰, **Uruguay**¹¹.

Equipment.

Basically two things:

A large cooking pot. No, you definitely need a **HUGE** cooking pot.

And a gentle source of heat.

That's it. Oh and time. And a bottle of **FAIRTRADE** cooking wine. (Cooking wine = wine to drink whilst the food is cooking).

Ingredients

Main:

- 500 g to 1 kg beef or mutton
- 500 g to 1 kg pork or veal
- 500 g potatoes
- 500 g carrots
- 2 medium onions
- 5 cloves garlic
- salt and **FAIRTRADE** black pepper
- 2 sticks celery
- 2 to 4 spicy sausages (chorizo)
- 4 large tomatoes

Options:

- 4 or more chicken portions
- sweet potato
- courgettes
- apple
- turnips
- green beans
- (cooked) chick peas
- pickling onions

Spices:

- 5 ml **FAIRTRADE** ground cinnamon
- 5 ml **FAIRTRADE** ground ginger
- 3 ml hot chilli powder
- 5 ml ground coriander

¹http://www.fairtradecookbook.org.uk/courses_index/mc_stews.htm

²<http://www.fairtradecookbook.org.uk/countries/spain.htm>

³<http://www.fairtradecookbook.org.uk/countries/argentina.htm>

⁴<http://www.fairtradecookbook.org.uk/countries/bolivia.htm>

⁵<http://www.fairtradecookbook.org.uk/countries/colombia.htm>

⁶<http://www.fairtradecookbook.org.uk/countries/america.htm>

⁷<http://www.fairtradecookbook.org.uk/countries/mexico.htm>

⁸<http://www.fairtradecookbook.org.uk/countries/peru.htm>

⁹<http://www.fairtradecookbook.org.uk/countries/paraguay.htm>

¹⁰<http://www.fairtradecookbook.org.uk/countries/surinam.htm>

¹¹<http://www.fairtradecookbook.org.uk/countries/uruguay.htm>

Method

Preparation

Top and tail, remove skins and slice the onions.

Peel and cube the potatoes.

Peel and chop large the carrots

Top and tail the celery, and chop.

De-skin the garlic.

Cooking

Stage 1

Warm the pot and add a little cooking oil.

Fry the meat briefly to seal.

Once the meat is browned add the onions, garlic, celery and carrots.

Add 1 litre of water or vegetable stock. (e.g. liquid from cooking chick peas.

Adjust the seasoning to your taste.

Bring to the boil, reduce to a simmer, and cover.

Simmer on a very low heat for an hour or so until the meat starts to tenderise.

Stage 2

Add any extra meats such as chicken, duck, or veal.

Add the chorizo sausages (sliced into chunks).

Add chick peas if used.

Add any further hard vegetables, reheat and continue to simmer for 30 minutes.

Stage 3

By now the household will be complaining about cooking aromas and hunger.

Add the cubed potatoes.

After a few minutes add the extras:

One sliced **FAIRTRADE** Orange and finely sliced peel.

One chopped apple, courgettes, green beans if needed.

Add the spices.

Simmer for 20 minutes.

To serve

Serve with curried quinoa¹², or rice¹³, or pasta¹⁴, as the mood takes you. Or with hunks (doorsteps) of bread.

A salsa ¹⁵may also be appreciated.

The meats may be removed and arranged on a platter, with the veg pot and ladle on the table with the cooked grains.

Variation

The above recipe can be varied dramatically with what ever is to hand.

Add a little **FAIRTRADE** wine to the juices to add flavour to the gravy.

¹²http://www.fairtradecookbook.org.uk/recipes/curried_red_quinoa.htm

¹³http://www.fairtradecookbook.org.uk/recipes/rice_boiled.htm

¹⁴http://www.fairtradecookbook.org.uk/recipes/pasta_basics.htm

¹⁵http://www.fairtradecookbook.org.uk/recipes/mexican_tomato_sauce.htm