

# Mexican Tripe Soup — Menudo (Pancita)

## Ingredients

1 lb (454 g)	beef stomach tripe, pre-cooked and bleached
2-3	beef feet, pre-cooked and deboned (optional)
2 tbsp	fresh epazote, chopped (if available)
½	onion
1 clove	garlic
6-8 cups	water
1 cup	roasted guajillo adobo (recipe follows)
2	bay leaves
1 tbsp	dry oregano
1 tbsp	salt, or to taste
1 can 25 oz (709 g)	hominy corn (optional)

## To serve:

Chopped onion

limes

Dry oregano

Tostadas (crisped tortillas) or tortilla chips

Thoroughly rinse beef tripe and feet (if using) under running water; they should be odorless and free of impurities. Cut into bite size pieces, and place in a pot with the chopped epazote (if not available, omit), and 2 cups of water. Bring to a boil, then simmer, covered, for about 20 minutes. At the end of this time, most of the water has been absorbed or evaporated. Add the onion and garlic, along with about four cups of hot water, or enough to cover all the ingredients. Let it simmer for another 30 minutes, until all the beef is tender. Pour roasted guajillo adobo in, season with salt, and let it simmer for another ten minutes. Add hominy (if using), bay leaves and oregano, and simmer for another ten minutes. Remove and discard onion, garlic and bay leaves. Serve with a side of tostadas, chopped onion and limes, along with extra oregano to sprinkle on top, to taste.



# Roasted Guajillo Adobo

## Ingredients:

10 dry guajillo peppers  
¼ medium onion, cut into large chunks  
1 clove garlic, peeled  
1 tsp salt, or to taste  
Boiling water

Roast pepper on a dry iron skillet until crispy but not blackened. Open one side of each pepper with a fork or paring knife; remove stem and seeds.



Place cleaned peppers in a bowl with boiling water, and let soak for 10 minutes:



Process soaked peppers, onion, garlic, salt and one cup of the soaking water in the blender for about three minutes, until very smooth:

