

## Tabasco Style Soup

### Puchero Tabasqueño

#### Ingredients (6-8 portions)

|                           |   |
|---------------------------|---|
| 2 lb (1 kg)               | beef shoulder with bone (or chicken pieces) |
| ½                         | onion; peeled and cut in half               |
| 2 cloves                  | garlic; peeled                              |
| ½ tsp                     | salt  |
| Water, as needed          |   |
| 2 ears                    | corn; husks and silk removed                |
| 2                         | potatoes                                    |
| 1                         | yam   |
| 1                         | large yuca                                  |
| 1                         | winter squash, such as butternut            |
| 1                         | sweet potato                                |
| 1                         | pear squash (chayote)                       |
| 1                         | plantain                                    |
| 2 cups                    | green beans                                 |
| 2                         | tomatoes                                    |
| 1                         | sweet pepper (any colour)                   |
| 1 clove                   | garlic                                      |
| ½                         | onion                                       |
| 1 bunch                   | cilantro                                    |
| 1 bunch                   | parsley                                     |
| Salt and pepper, to taste |   |

Place the first four ingredients in a large pot, adding water as needed, to cover. Bring to a boil, skim foam with a spoon, then reduce heat to a simmer, and cook, covered, for about one hour, or longer, until meat is tender and fully cooked. Add corn and cook for another 10 minutes. Let cool. Remove meat, shred and discard bones (and skin, for chicken); reserve. Remove corn on the cob, then either slice into cylinders, or shave kernels with a knife and discard cobs; reserve. Strain broth through a fine mesh into another large pot; discard leftovers in colander and reserve broth.



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


Wash and dry all the vegetables (for more details, see chart at the end). Bring reserved broth to a rolling boil over high heat. Meanwhile, peel, cube and add veggies to the pot, in this order: potatoes, yam, yuca (remove fibrous centre), butternut squash (remove seeds), sweet potato, and chayote. Trim green beans and cut into one-inch cylinders; add to the pot. Trim ends from plantain, peel and slice into thick quarter discs. Add enough water to cover all the vegetables, bring to a boil; incorporate reserved chicken and corn, bring back to a boil, then reduce heat to a simmer. Cover and let cook for another 10 minutes.



Meanwhile, prepare the sauce: wash and dry tomatoes, pepper, cilantro and parsley. Remove stem end from tomatoes and cut into quarters; remove stem and seeds from pepper, and cut into chunks; peel onion and garlic clove. Place all in a blender jar; add ½ tsp salt, 2 sprigs of cilantro, and the leaves from 2 sprigs of parsley. Process until smooth, then add to the pot. Mix all ingredients, adjust seasoning with salt and pepper; let simmer for another 10-15 minutes, just until all the ingredients are fully cooked and hot. Chop the rest of the cilantro and parsley (leaves only). Serve *puchero* in soup bowls, with a sprinkle of chopped cilantro and parsley on top.



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| Photo   | Scientific name             | Name(s) in English  | Other Names  | Place of origin  |
|---|-----------------------------|---|--|--|
|    | <i>Solanum lycopersicum</i> | Tomato  | Jitomate, tomate, tomate rojo  | Mexico   |
|    | <i>Capsicum sp.</i>         | Sweet pepper, capsicum,   | Chile dulce, pimiento, ají dulce   | Mexico   |
|    | <i>Zea mays</i>             | Maize, ear of corn  | Elote, mazorca   | The American continent (first domesticated in Southern Mexico)         |
|    | <i>Cucurbita sp.</i>        | Winter squash ( <i>C. maxima</i> , <i>C. moschata</i> )<br>Pumpkin ( <i>C. pepo</i> ) | Calabaza, ahuyama, zapallo maduro,   | Mexico and Central America ( <i>C. maxima</i> native to South America) |
|    | <i>Ipomoea batatas</i>      | Sweet potato, yam (US)  | Camote, batata, kamote   | Mexico and Central America; Polynesia                                  |
|    | <i>Sechium edule</i>        | Pear squash   | Chayote, sayote, mirliton, shoo shoo, labu siam, choko, christophene, maerakkai, chow-chow, gurkha fruit, Budha's hand melon, ishkus | Mexico and Guatemala   |
|    | <i>Solanum tuberosum</i>    | potatoes  | Papa, patata   | Peru and Bolivia   |
|    | <i>Manihot esculenta</i>    | Yuca (pronounced joo-kah)   | Cassava, manioc, macaxeira, mandioca, aipim and Brazilian arrowroot  | Brazil   |
|  | <i>Dioscorea sp.</i>        | Yam (true)  | Macal, ñame  | Africa and Asia  |
|  | <i>Musa paradisiaca</i>     | Plantain  | Plátano macho, plátano bellaco   | Southeast Asia   |