



SOPA DE PATA

SERVINGS 8

⌚ PREP TIME 1 HR

COOK TIME 2 HR 45 MIN

INGREDIENTS

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| • 2 cow's feet , sliced | • 1 green hot pepper , chopped | To serve |
| • 3 lb beef tripe | • 4 ears corn , cut into large chunks | |
| • 9 cups water | • 1 small cabbage , cut into pieces | |
| • 1 head garlic , pressed | • 4 tablespoons finely chopped Mexican cilantro | |
| • 2 tablespoons achiote | • 3 scallions | |
| • 1¼ cup beef broth | • Salt | • Lime freshly squeezed |
| • 4 chayotes , cut into pieces | • Pepper | • Dry chili powder |
| • 1 teaspoon oregano | | • Mexican cilantro finely chopped |
| • 8 lb cassava peeled and cut into pieces | | |
| • 2 tomatoes , peeled, seeded and crushed | | |

DIRECTIONS

1. Wash the cow's feet and soak them for 20 minutes in a large volume of very cold salted and lemony or vinegar water.
2. Then place them in a large pot of boiling water.
3. Boil them over high heat for 5 minutes and drain them. Set aside.
4. Wash the tripe thoroughly by rubbing vigorously under a running stream of cold water and soak for 20 minutes in a large volume of very cold salted and lemony or vinegar water.
5. Then place in a large pot of boiling water.
6. Boil over high heat for 5 minutes and drain.
7. Then boil again 2 times for 5 minutes and drain. Set aside.
8. In a large pressure cooker, place the cow's feet and garlic. Season with salt. Cover with water.
9. Cover the pressure cooker, place it on medium-high heat, until the steam starts to come out, put the pressure regulator and when it starts to vibrate, lower the heat and cook for an hour on low to medium heat.
10. Open the pressure cooker, add the tripe and cover everything with boiling water.
11. Cover the pressure cooker, put it on a medium to high heat, until the steam starts to come out, put the pressure regulator and when it begins to vibrate, lower the heat and cook for an hour on low to medium heat.
12. Open the pressure cooker.
13. Add the achiote, oregano, cilantro and beef broth, stir and add the vegetables in this order:
14. First the cassava and chayotes, pepper, cover and cook for 15 minutes.
15. Then add the cabbage, hot pepper, tomatoes, corn pieces, and cook for 15 minutes, covered.
16. Adjust seasoning.
17. To conclude, add the scallions cut into julienne, including the green, to decorate.
18. Serve the sopa de pata very hot, accompanied by lime juice, Mexican cilantro and chili powder, to taste.

