



SOPA DE PATA

SERVINGS 8
 PREP TIME 1 hr.
 COOK TIME 2 hrs. 45 mins.

INGREDIENTS

For the Meat & Stock Base

- 2 cow's feet, sliced into cross-sections
- 3 lb beef tripe, thoroughly cleaned and trimmed
- 9 cups water
- 1¼ cups beef broth
- 1 head garlic, pressed
- 2 tablespoons achiote paste (or ground achiote)
- Salt and freshly ground black pepper to taste

For the Vegetables & Aromatics

- 8 lb cassava (yuca), peeled and cut into medium bite-sized pieces
- 4 ears corn, cut into large round chunks
- 4 chayotes, chopped into thick pieces

- 1 small cabbage, core removed and cut into wedges
- 2 ripe tomatoes, peeled, seeded, and crushed
- 1 green hot pepper, finely chopped
- 1 teaspoon dried oregano

For Finishing & Garnish

- 4 tablespoons finely chopped Mexican cilantro (culantro)
- 3 scallions, trimmed and finely sliced

DIRECTIONS

- Clean & Prepare the Meats (Prep Time):** Scrub the sliced cow's feet and beef tripe thoroughly under cold running water. Cut the cleaned tripe into bite-sized strips (12 inches). In a small bowl, dissolve the achiote into the pressed garlic and a small splash of warm water to create an aromatic rub.
- Simmer the Gelatinous Broth (Cook Time: 1 hour 45 minutes):** In a large stockpot (at least 12–16 quarts), place the prepared cow's feet, tripe, 9 cups of water, 1¼ cups of beef broth, and the achiote-garlic paste. Bring to a rapid boil over medium-high heat, skimming off any foam or impurities that rise to the surface. Reduce heat to low, cover tightly, and simmer gently for about 1 hour and 45 minutes, or until the cow's feet are tender and releasing rich collagen into the broth.
- Build the Flavor & Add Hearty Roots (Cook Time: 30 minutes):** Stir in the crushed tomatoes, chopped green hot pepper, and dried oregano. Season generously with salt and black pepper. Add the peeled cassava pieces and corn chunks to the simmering pot. Cover and cook for 30 minutes until the cassava starts to soften.
- Add Tender Greens & Finish (Cook Time: 30 minutes):** Layer the chayote pieces and cabbage wedges into the pot. Cover and continue to simmer for the final 30 minutes until all vegetables are fork-tender and the broth is deeply rich and golden-orange. Taste and adjust seasoning with additional salt or pepper as needed.
- Serve:** Ladle generous portions of broth, tripe, cow's foot, and root vegetables into large soup bowls. Top each serving with finely chopped Mexican cilantro and fresh sliced scallions. Serve piping hot with fresh lime wedges on the side if desired.

