



Ingredients

2 cups garbanzos soaked overnight

250 g beef shank (1/2 pound)

1 or 2 medium sized chorizo sausages

1 or 2 medium sized blood sausages

Pork spare ribs (4/5 ribs)

Chunk of salt pork (4/5 oz)

Chunk of smoked ham or bacon (4/5 oz)

2 beef bones (marrow bones are best)

1 ham bone

1 quarter stewing chicken (leg & thigh)

2/3 carrots, 2 stalks of celery, 1 leek

3 medium sized potatoes

1/4 head of cabbage (sliced in wedges)

2 tsp salt, water as needed

Pasta: Angel hair type noodles (fideos) - **see notes**.

Optional: 1 pigs trotter - split & rinsed (for extra richness)

Optional: black pepper, chunks of turnip or parsnip, onion

Cocido Madrileño

Cocido madrileño is a type of puchero based on chickpeas, and a very popular dish in Madrid. There are many variations and cooking methods, but the key ingredients remain the same: garbanzos (chickpeas), meat & vegetables, cooked together in a large pot. The stock/broth is served with thin noodles as a first course, followed by the garbanzos, meat & veg.

This recipe is based on the one my wife makes, and is cooked all together in a pressure cooker. Conventional methods require several stages and a long, slow cooking process on the stove top. This one's easy, a lot faster and still a tasty treat. This will feed at least four people.

Preparation

Put meat, bones (but not the sausages) in the pressure cooker, cover with cold water

Bring to a boil (uncovered), skim off the scum that rises to the top

Add the garbanzos, vegetables & salt, fill with water to to the max line.

Cover and cook on high pressure for 40 minutes

Meanwhile, cook the sausages separately in water to get rid of excess fat.

Once the pressure bleeds off, strain off the broth, bring broth to a boil, add noodles.

Serve the broth with noodles as a first course

Present on a large platter, separating the garbanzos, sausages, meat & vegetables

Enjoy!

Notes:

1. The ingredients suggested here are normally available in the US/UK.
2. The pasta for the broth is usually "fideos", a short thin noodle not generally available outside Spain. Any small, quick cooking pasta will work just fine: orzo, chopped thin spaghetti, alphabet pasta...
3. Many recipes call for boiling the cabbage separately in salted water. Your choice.
4. For stove top cooking, a large stock pot is all you need. Cooking time 2 to 3 hours (until the garbanzos are fully cooked).
5. As usual, this is the basic recipe/method - feel free to innovate.
6. [Another recipe for Cocido Madrileño](#).



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Recipe List

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