



ARGENTINE

Puchero

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	30 min	3 hr	Simmer	Brisket

Ingredients

- 1.2 kg (2½ lb) beef brisket, in 2 or 3 pieces
- 2 litres (8 cups) water
- 2 tsp salt
- 1 onion, quartered
- 1 head garlic, halved crosswise
- 2 bay leaves
- 200 g (7 oz) chorizo colorado or fresh chorizo, whole
- 150 g (5 oz) morcilla (blood sausage), optional
- 3 carrots, cut in large chunks
- 2 sweet potatoes, peeled and chunked
- 3 potatoes, halved
- 2 ears corn, cut into 4 cm (1½ in) pieces
- 400 g (14 oz) squash or pumpkin, in big wedges
- 1 small green cabbage, quartered
- 1 can (400 g / 14 oz) chickpeas, drained
- Chopped parsley and chimichurri, to serve

Steps

1. Place the brisket, water, salt, onion, garlic and bay in a large pot. Bring to a boil over high heat and skim the foam for 5 minutes.
2. Reduce the heat to low so the surface barely moves and simmer uncovered for 1½ hours.
3. Add the carrots and sweet potatoes and cook 20 minutes, until beginning to soften.
4. Add the chorizo, potatoes, corn and squash. Cook another 25 minutes, until the potatoes yield to a knife and the brisket is fork-tender.
5. Add the cabbage, chickpeas and morcilla for the final 15 minutes. The cabbage should be silky and still bright.
6. Rest the pot off the heat for 10 minutes. Lift the beef onto a board and slice it against the grain. Cut the sausages into thick pieces.
7. Arrange the meats and vegetables on a large platter, moisten with ladles of broth, and top with parsley. Serve the remaining broth in mugs and offer chimichurri.

Notes

- **Variation:** the stock is often served first with a handful of vermicelli.
- **Make ahead:** the dish reheats well; add extra water to the broth as it reduces. Keeps 3–4 days; freeze the broth and meat 3 months, without the vegetables.
- **Other cuts:** beef shank or short ribs are also traditional for puchero.