Soups / Costa Rica

Olla de carne



The Costa Rican meat pot with cassava, squash, corn and plantain.

Time 215 min **Servings** 6

What you'll need.

- [ ] 1.2 kg Beef shank — bone-in
- [ ] 500 g Cassava
- [ ] 400 g Squash
- [ ] 2 piece Corn — on the cob
- [ ] 2 piece Plantain — green
- [ ] 400 g Potatoes
- [ ] 3 piece Carrots
- [ ] 1 piece Onion
- [ ] 1 piece Sweet pepper
- [ ] 40 g Coriander
- [ ] 400 g Rice — to serve
- [ ] 2 piece Lime
- [ ] Salt and pepper — to taste

Let's make it.

01 Cover the shank with cold water, bring it to the boil and skim it thoroughly.

02 Add the onion, pepper and salt and simmer two hours, until the meat is tender.

03 Cut the cassava into large pieces, removing the woody core, and add it to the broth.

04 Twenty minutes later add the corn on the cob and the carrots.

05 Twenty minutes after that add the potatoes and squash in large pieces.

06 The plantain goes in last and cooks ten minutes, no longer.

07 Lift the solids out onto a platter, ladle the broth into cups and serve with rice, coriander and lime.

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