

Cacoila (Stew in a Cacoila Dish)

Serves 8

Often made with pork or beef this one-pot meal is a very traditional especially during a "matança" or winter slaughtering of pigs or cattle. This recipe is from the island of Pico, in the Azores. It gets its name from the type of black clay pot called a "cacoila" used to cook it in. Depending on who you ask, the answer may differ as to what type of meat is used. Some might tell you the stew is made with beef but if it is cooked in the pot, it is called cacoila. On the mainland, this stew, using pork, would be called "Cachola".

Ingredients:

- 5 pounds bottom round beef, cut into 2 to 3-inch pieces or you can use a 5 pound, 2-inch thick chuck roast with bone-in.
- 1/2 stick butter
- 3 meaty shin bones, about 2 1/2 pounds each
- 1 pound salt pork
- 1 large onion, coarsely chopped
- 3 to 4 large cloves garlic or taste
- 1 tablespoon paprika
- 1 tablespoon wine vinegar
- 1 2-inch cinnamon stick
- 6-8 balls Jamaican allspice
- 2 teaspoons coarse salt or to taste
- 2 small "maleguetas" chili peppers or pinches of dried crushed red pepper

Directions:

1. Place all the ingredients in a deep heavy pot, large enough to accommodate all.
2. Pour in enough cold water to come up 3/4 the side of the ingredients.
3. Cover tightly and bring to a boil over medium-high heat. Reduce the heat to medium-low and simmer for 3 to four hours, until the meat is fork tender and nearly falling off the bone.

Tip: Serve, with sauteed greens and boiled potatoes.

Variation: If you wish, you can add a tablespoon of tomato paste.

Hmmm, hmmm GOOD!