

Beans with Pig Feet

Natividad Ramos

Puerto Rico

Serves: 4-6 people

Yield: 9 cups

Time: 3:00 hours

Ingredients

¼ pound of pig's feet, thoroughly rinsed and scrubbed, each foot cut into quarters
4 cups of vegetable stock (see page 64)
2 teaspoons of salt, divided
1 bay leaf
1 pound of dried black beans (see page 68)
1 tablespoon of olive oil
1 head of garlic, minced
2 red potatoes with skin, small dice
½ teaspoon of cayenne
1 teaspoon of thyme
1 teaspoon of basil
2 teaspoons of capers
2 cups of tomato sauce (see page 62)
½ bunch of cilantro, rinsed and roughly chopped

Directions

- ✦ In a medium pot, bring vegetable stock, 1 teaspoon of salt and bay leaf to a boil. Place pig's feet in pot and boil for 5 minutes. Reduce to a simmer and cook for 2 hours. Make sure pigs feet are completely submerged in liquid. Add water if needed. Stir frequently.
- ✦ While pig's feet are cooking, drain the beans and cover with fresh water to 2 inches above beans in a medium pot. Bring to a boil and reduce to a simmer for about 30 minutes or until beans are tender. Add remaining salt and remove from heat. Keep lid on and allow to sit in salted water for about 10 minutes. Drain.
- ✦ In a large pot, heat oil and cook garlic, potatoes, cayenne, thyme, basil and capers until soft. Add tomato sauce and beans. Simmer for 10 minutes.
- ✦ Once pig's feet have finished cooking and is soft and falling off the bone, add pig's feet to bean mixture along with 2 cups of cooking liquid. Reserve remaining cooking liquid.
- ✦ Simmer beans and pigs feet for another 45 minutes. Add more cooking liquid if needed. Stir in cilantro right before service.

Did You Know?

Decreasing the amount of pig's feet in this recipe cuts the calories and fat yet allows the intensely rich flavors to accent the dish. Beans are loaded with protein, high in fiber and packed with essential minerals.