

Enchilada Pig Ears

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Serves: 4-6 people

Yield: 6 cups

Time: 2:00 hours

Ingredients

3/4 pound of pig ears
4 cups of vegetable stock (see page 66)
1/2 teaspoon of sea salt, divided
2 teaspoons of sazón (see recipe on page 60,
made without achiote), divided
1 cup of dried white beans (see page 70)
2 teaspoons of olive oil
1 yellow onion, sliced
1 red bell pepper, seeded and sliced
1 green pepper, seeded and sliced
2 tablespoons of capers

Did You Know?

Although high in fat and cholesterol, pigs ears are also full of nutrient rich proteins needed for healthy skin cell formation. Popular in many parts of the world, stewing tenderizes the chewy texture and allows the complex flavors of the dish to develop.

Directions

- ✦ In a medium pot, bring vegetable stock, 1/4 teaspoon of salt and 1 teaspoon of sazón to a boil. Place pig ears in pot and boil for 5 minutes. Reduce to a simmer and cook for 1 hour ensuring the pig ears remain completely submerged in liquid and adding water if needed. Stir frequently.
- ✦ After 1 hour, or when ears are soft, slice ears in thin strips and place back into cooking liquid and simmer for another 30 minutes.
- ✦ While pig ears 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.
- ✦ Heat oil in a large sauté pan and sauté onions, peppers and capers. Cook until soft.
- ✦ Drain and add beans, then cook for another 5 minutes.
- ✦ Drain pig ears and add to vegetable mixture. Serve hot.