

Canarian rancho stew

Rancho canario is a humble dish and originally it was probably the food eaten by the poor. Admittedly it is difficult to digest “*de entullo*”, but, nowadays, it is considered an extraordinary *condumio* (stew), with great character and amazing success amongst foreigners that try it for the first time- when it is well made.

Preparation:

Desalt the ribs and pick over the chickpeas the previous day. Add half a teaspoon of bicarbonate to the chickpeas to soften them.

The next day, place the ribs and chickpeas in a pan and cover with water. Roughly one hour later, add the potatoes. When it comes to the boil again, add a *sofrito* prepared with the finally chopped tomato and onion. When the *sofrito* is almost ready, add the *lasquitas* or slices of chorizo sausage and a little paprika and food colouring (use saffron if you can). When everything is almost ready and the potatoes start to *apotajarse*, add the noodles to the mixture so they boil for the amount of time indicated on the packet.

Remove from the heat, allow to stand a while and serve.

Note...

You can add garlic to the *sofrito*. Some add it in a *majado* with some cumin.

A variation of *rancho* is what in Gran Canaria is known as *judías, papas y fideos*, which has tender beans instead of chickpeas and which is made, preparing the *sofrito* first and then adding the rest of the ingredients. This procedure can also be used in the recipe we have given.



Ingredients:

A quarter kilo of salty ribs.

A quarter kilo of chickpeas.

300 grs. of potatoes.

One piece of chorizo sausage for frying.

One large tomato.

One large onion.

150 grs. of thick noodles.

A little paprika and food colouring.