

# Chickpea stew

Before giving you the recipe for this dish, which can fortunately still be found in almost every local restaurant in the Canary Islands, we would like to clarify the difference between *garbanzos* and *garbanzas*, terms which tend to disconcert foreigners. It is quite easy to differentiate between them, according to Manuel Iglesias, co-author of this book: *garbanzo* is the raw legume, which becomes a *garbanza*, at least in the language of these islands, when it has been cooked.

## Preparation:

Soak the chickpeas, ribs (and the trotters, if they are salty) each in a different container of water from the previous night. You may add half a teaspoon of bicarbonate to the chickpeas to make them softer. Place these three ingredients in new water and bring to come to the boil on a low flame. Add the *cachos* or pieces of rasher and the chorizo sausage roughly twenty minutes after it comes to the boil for the first time.

In the meantime, make a *sofrito* by lightly frying garlic, onion, tomato (peeled and seeded) and the pepper, all finely chopped.

Take the *sofrito* off the heat and add a little paprika. Then add the mixture to the pot and mix with the ingredients. Add a bay leaf, 4 or 5 black peppercorns, a little saffron or food colouring and just a pinch of cumin crushed in the palm of the hand over the vapour rising from the stew.

Peel and dice the potatoes and fry lightly in oil to add to the mix when the chickpeas are almost done.

Season with salt if necessary. Take care at this point, as there are many salty ingredients already in the dish.

## Note...

Pigs' trotters are almost always used in this preparation in Tenerife, but rarely in other Islands. However, we recommend that you do include them as they give the guisote or stew a nice consistency and a wonderful flavour.



## Ingredients:

*Half kilo of chickpeas.*

*350 grs. of potatoes.*

*A couple of pigs' trotters.*

*150 grs. of salted pork ribs.*

*One nice piece of white salted pork.*

*One piece of chorizo sausage.*

*2 onions.*

*One large red pepper.*

*2 or 3 tomatoes.*

*4 cloves of garlic.*

*One teaspoonful of paprika.*

*Bay.*

*Black pepper.*

*Cumin.*

*Saffron or food colouring.*