

Saturday Stew

Krista grew up making this Jamaican Beef Soup with her family. The method relies on slowly simmering a hefty collagen-rich beef bone, such as the knuckle bone, to make a full-bodied broth. Using tougher cuts of stew meat along with the knuckle bone is not only a more affordable way to enjoy pasture-raised Greenmarket meats, but it also makes the broth nutrient-dense, and encourages responsible whole-animal cooking.

Recipe by Krista-Rae Anderson

Serves 6 to 8

Ingredients:

*1 beef knuckle

*1-2 soup bones, such as shin, or a pound of stew meat, browned in a hot oven (as hot as your oven gets or use your broiler) for 10-20min

*2 cups all-purpose flour

roughly $\frac{3}{4}$ cup water, for dumpling dough

*1 medium-sized kabocha squash, peeled and cubed

*1 large white or yellow onion, diced

*4 cloves garlic, chopped and crushed

*4 yellow potatoes, peeled and diced

*1 turnip, peeled and diced

*1 large carrot, peeled and diced

*1 dried Scotch bonnet pepper WHOLE, do not chop, crush, or pierce

10 allspice berries, whole

*5 sprigs of thyme

*4 scallions, chopped

2 Tbsp salt, to start

1 tsp hot sauce (Hawthorne Valley offers several nice fermented hot sauces)

Optional: splash of apple cider vinegar

** Ingredients available seasonally at your neighborhood Greenmarket*

Instructions:

1. Once you have everything peeled and diced it's just a matter of adding ingredients in at their proper time! First, cover the knuckle bone in water and cook for one hour at a simmer. The water should feel sticky on your fingers once the collagen has properly broken down.
2. While the knuckle bone is simmering, make your dumplings. Mix flour and water and knead until a firm dough forms. Break off small chunks and roll into balls then lightly flatten. Set dumplings aside and cover with damp cloth to retain moisture.
3. Leaving the knuckle bone in, add the stew meat, kabocha, onion, garlic, allspice, thyme, and salt and simmer for another 45 min to one hour.
4. Once kabocha has dissolved into a lovely, orange broth, add in the potatoes, carrot, turnip and whole pepper and cook for 30 more minutes. Make sure that the whole pepper floats at the top, or that it is not crushed or pierced.
5. Add the dumplings and scallions and cook for 20 more minutes. When dumplings float the soup is done! Add the spoonful of hot sauce and adjust your salt and pepper. Some people add a pat of butter if the beef was very lean, you'd be surprised how little fat there is, especially after browning in the oven. If the hot sauce wasn't bright enough, add a dash (ONLY A DASH) of vinegar.