



Uncle Joe's Cow Foot Stew

Lucinda Simms

Ingredients

9lb cow foot
3 cups butter beans
3 large onions (1/2" chopped)
2 red bell peppers (1/2" chopped)
2 green bell peppers (1/2" chopped)
9 sprigs of thyme
9 stalks scallion (chopped)
18 cloves garlic (crushed)
30 pimento berries (allspice) crushed
3 scotch Bonnet peppers
6 tablespoons Grace's browning
2 tablespoons granulated garlic
2 tablespoons granulated onion
Salt and pepper to taste

Beef Stock (to cover Foot)

3 large lemons
6 tablespoons vinegar to clean
1 root ginger (grated)
3 tablespoons cooking oil

Instructions

1. Thoroughly wash cow foot in water with vinegar and lemon juice (fresh juice from lemon) and drain. Place cow foot in pot with about one-inch piece of ginger root, cover with hot water scaled for 5 to 10 minutes then drain.

2. Season cow foot with onion, salt and pepper to taste marinate overnight if possible or 2 to 3 hours.

3. Put oil in roasting pan and turn on heat to medium fire. Until heated add marinated cow foot to brown on all sides

4. Place browned cow foot in roaster with the rest of seasoned ingredients. cover with beef stock, cook in a preheated oven 350°F for 2 to 3 hours. After 3 hours check to see if the cow foot is tender.

5. Add your butter beans, thyme, and scotch bonnet peppers. Cover and put back in the oven for 5 to 10 minutes.