

# 2024 UConn Dining Culinary Olympics Winning Recipe

## 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 of 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 of vinegar to clean  
1 root ginger (grated)  
3 tablespoons cooking oil

### Instructions

1. Thoroughly wash the cow foot in water with vinegar and lemon juice (fresh juice from lemon) and drain. Place the cow foot in a pot with about a 1-inch piece of ginger root, cover with hot water, scale for 5 to 10 minutes, then drain.
2. Season the cow's foot with onion, salt, and pepper to taste. Marinate overnight if possible, or for 2 to 3 hours.
3. Put oil in the roasting pan and turn on the heat to medium fire. Until heated, add the marinated cow foot to brown on all sides
4. Place the browned cow foot in the roaster with the rest of the 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 return to the oven for 5 to 10 minutes.