

Cow Heel Soup

<http://wp.me/pWGRR-1eT>



*5 lbs beef feet, beef knuckles, and oxtail (any combination will do)
1 small onion, chopped
3 sprigs thyme
2 tbsp butter or ghee
2 cloves garlic
1 bay leaf
1 scotch bonnet pepper (habanero okay)
1/2 cup dried split peas, soaked overnight
3 carrots, peeled and cut into bite-sized chunks
2 potatoes, peeled and cut into bite-sized chunks
8 pieces whole okra
2 scallions, sliced*

Serves four

Traditionally, this soup is made with split yellow peas. While peas have been given the green light by many Paleo gurus, you may want to consider soaking them overnight to make them more digestible. The night before your big cooking adventure, soak your split peas in water (cover the bowl with a paper towel), then rinse thoroughly before using. If you're still concerned about whether to use them, omitting them isn't the end of the world – your soup may just be a little thin (not a tragedy by any means). Okay, let's make the soup now.

Broil your bones in the oven for 15 minutes, until browned.

In a large stock pot, heat up the butter or ghee on med/low heat for a minute or two, then add the onion and thyme. Sauté until soft, about five minutes. Once the onion is soft, add the garlic and sauté for another minute, then add the bones and a bay leaf. Fill with enough water to cover the bones by about an inch, then bring to a boil and simmer for two hours. Adjust the heat to maintain a gentle (not rolling) boil, somewhere between low and med/low heat. Skim off fat and scum as it accumulates on top of the soup.

Next, add the split peas and whole scotch bonnet (or habanero) pepper, and simmer for two more hours. The peas will dissolve and thicken the soup, and the pepper will float on top and be slightly annoying while imparting a little flavor into the soup.

After the four total hours of simmering, the bones should be ready to go. Fish them out of the soup and set them in a colander to strain and cool. Also, fish out the bay leaf, thyme, and pepper and discard. Once the bones are cool to the touch, remove the cartilage and meat from the bones and cut into bite-sized chunks.

Next, add the carrots, potatoes, and okra and gently simmer until softened, about 25-30 minutes.

Once the veggies are soft, add the cartilage and meat to the soup and let it warm up for a minute, then serve. Garnish with sliced scallions.