



## “Bouyon Pye Bef” Haitian Cow Feet Soup

### Ingredients:

2.5 – 3 lbs Cow Feet	¼ cup Sour Orange	4 tbsps. Epis
2 Maggie Chicken Bouillon Cubes	3 – 4 sprigs Thyme	1 pkg. (16 oz.) frozen Mixed Vegetables
1 Onion	2 – 3 bunches Watercress	2 Plantains
2 tsps. Seasoned Salt	3 Garlic Cloves	1 ½ - 2 cups Flour
3 tbsps. Oil	4 tbsps. Butter	Water
1 Scotch Bonnet or Habanero Pepper (optional)		

### Directions:

1. Clean the cow feet according to the “Cleaning Meat” page. It’s important to use vinegar in the cleaning process. Remove any hairs if there are any and thoroughly rinse the cow feet after washing.
2. Season the cow feet with the following ingredients: ¼ cup sour orange, 1 finely crushed Maggie cube (the cube can also be dissolved in the sour orange), thyme, and if desired, add 1 scotch bonnet or habanero pepper sliced in half. You can remove some of the seeds to cut down on the heat. Mix the ingredients thoroughly and allow it to marinate for at least 30 minutes or overnight.
3. Place the marinated cow feet in a pressure cooker. Add about 6 cups of water to the bowl to gather up remaining liquid and transfer it to the pressure cooker. Cook on high in the pressure cooker for 25 – 35 minutes.
4. Meanwhile, prepare the remaining vegetables. With 2 – 3 bunches of watercress, cut off the thick stems and discard. Thoroughly wash them and set the watercress aside.
5. Peel 2 plantains and cut them into about ½ inch width pieces. Set them aside in a bowl of cool water to prevent them from turning brown.
6. Largely dice an onion and mince 3 garlic cloves. Set the onions and garlic aside.
7. Prepare the “boys” (dumplings). In a bowl, combine 1 ½ cups of flour with ½ cup of water. Mix and combine well to form a dough. You may add more water or flour as needed. Knead the dough with your hands until it becomes nice and uniform. Tear off a small portion of the dough and spin it back and forth between the palms of your hands to form thin logs. It’s better to form them thin. They will eventually swell up but it will also allow them to cook faster. Make them the size of your choosing.
8. When the timer on the cow feet is up on the pressure cooker, release the pressure. Then, place 3 tbsps. of oil in a large pot along with the garlic and onions on high heat. Sauté for about 2 – 3 minutes.



Bouyon Pye Bef Continued...

9. Very carefully, after the pressure has been released, transfer the cow feet and all the liquid to the large pot. It will be very hot. Remove the hot pepper if it hasn't fully disintegrated. Also, remove as much of the thyme twigs as possible. Add an additional 3 cups of water
10. As it comes up to a boil, add in 2 tps. of seasoned salt, the 2<sup>nd</sup> crushed Maggie cube, the plantains, and in batches, the watercress. Mix contents thoroughly.
11. Once the water returns to a roaring boil, add in the dumplings. Let the dumplings boil in the liquid for at least 2 minutes before stirring the contents in the pot. Let the soup boil for about 20 minutes, stirring occasionally.
12. At this time, you can sample the liquid and then add salt to taste if desired. Then, add in the package of frozen mixed vegetables. Stir the contents and let it cook covered for an additional 10 minutes on high heat. Turn off the heat and the bouyon is ready to be served.