

Catalan Escudella i Carn d'Olla (Hearty Meat & Vegetable Stew)

A comforting and traditional Catalan stew, Escudella i Carn d'Olla combines tender meat with vegetables and chickpeas in a savory broth. Perfect for a warming main dish, this recipe delivers authentic flavors in a single bowl.



Main Dish

Catalan

75 min

Total time

Medium

Difficulty

490

kcal / serving

Ingredients

- 100g beef shank
- 1 Catalan sausage (botifarra), about 50g
- 30g chickpeas, soaked overnight
- 1 small potato, peeled and diced
- 1 small carrot, sliced
- 30g cabbage, chopped
- 1 tbsp olive oil
- 400ml water
- Salt and pepper to taste
- 1 garlic clove, minced
- 1 sprig fresh parsley (optional)

Steps

- 1 Soak chickpeas overnight, then drain.
- 2 In a pot, heat olive oil over medium heat. Brown beef shank and sausage for 2-3 minutes.
- 3 Add soaked chickpeas, potato, carrot, and cabbage. Stir to combine.
- 4 Add water and bring to a gentle boil. Skim off any foam that rises.
- 5 Add salt, pepper, minced garlic, and simmer gently for 60 minutes, until beef and chickpeas are tender.
- 6 Adjust seasoning. Serve hot, garnished with fresh parsley if using.