

Calf's Foot Soup

Recipe By *Miriam Ozeri*



Cooking and Prep:  2 h

Serves:  10

No Allergens

Preference: Meat

Difficulty: Medium

Occasion: Sukkot

Diet: Gluten Free, Low Carb,

No Refined Sugar

Source: Whisk by Ami

Magazine

Cuisines: Yemenite

Ingredients (14)

Main ingredients

- 1 calf foot
- 1 onion, chopped
- 5 stalks celery, chopped
- 1 cup **Gefen Organic Chickpeas** or other cooked chickpeas (alternatively you can use raw chickpeas, soaked overnight)

- 1 tablespoon oil
 - 8 garlic cloves, minced or 8 cubes **Gefen Frozen Garlic**
 - 2 tablespoons chopped fresh coriander leaves (cilantro), plus more for garnish
 - 2 tablespoons hawaij (use gluten free hawaij if needed)
 - 1 tablespoon paprika
 - 1 tablespoon salt
 - 1 teaspoon black pepper
 - 1 hot pepper, chopped
 - 4 tomatoes, grated (in an “emergency” **Gefen Tomato Paste** will do the trick)
 - squeeze of fresh lemon juice
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Start Cooking

Prepare the Soup

1. Place the calf's foot, onion, and celery in a pot filled with water and bring to a boil.
2. Skim the top and allow to cook for one hour. Add chickpeas and cook until partially softened.
3. Heat oil in a skillet over medium heat. Add garlic and sauté until golden, about one to two minutes. Add chopped coriander and stir. Add hawaij, paprika, salt, black pepper, hot pepper, and chopped tomatoes.
4. Pour the entire mixture into the soup, lower heat, and simmer until the foot is tender.
5. Once cooked, a drop of lemon juice will add some extra zing to the soup, and/or sprinkle with fresh chopped coriander.

Tip:

Serve with pita and a dollop of hilbe (fenugreek dip).