

Caldo isleño

One of the most distinctive dish of the Isleños, *caldo* is a delicious soup or stew prepared with pork, beans, and other vegetables. This dish descends from the *potaje canario* brought by Canary Islanders to Louisiana during the late eighteenth century. *Caldo* is perfect for large gatherings and is best enjoyed during cold, winter weather.

Time: 1½ - 2 hours

Serves: 10 - 12 people

Ingredients:

- 2 lb. pickled pork
- 1 c. white/navy/great northern beans, dry
- 3-4 qt. water
- 3 ears of corn, quartered
- 1 medium head of cabbage, shredded
- 3 medium sweet potatoes, cubed
- 3 large white/russet potatoes, cubed
- 1½ c. fresh green beans, diced
- Hot, cooked rice
- Salt, pepper, and other seasonings to taste

Optional Ingredients:

Many families add to the standard recipe represented above. Some common additions include the following:

- 4 bay leaves
- 2 c. tomato, diced
- 1 medium yellow onion, chopped
- 1-2 ribs of celery, chopped
- 5 cloves of garlic, minced
- 2 c. collard/mustard/turnip greens, chopped
- 4 medium carrots, chopped
- 1 medium turnip, cubed
- 1 pattypan/white or yellow squash, cubed
- ½-1 bell pepper, chopped
- ½-1 c. lima beans, dry

Acknowledgements:

The recipes and methods of Dorothy "Dot" (O'Toole) Benge, Herbert Díaz, Pauline (Asevedo) Gonzáles, Don Melerine, Margaret "Margie" (Menesses) Molero, Stella (Silvera) Pelegrin, Carmelita "Lita" (Melerine) Robin, and Myrtle (Núñez) Rodríguez were referenced, along with the recollections of community members such as William de Marigny Hyland, to develop this *caldo* recipe.

Written and compiled by Andrew T. Milosheff (January 10, 2022).



Preparation:

1. Rinse and sort the white beans. Let them soak in water for at least 8 hours or overnight.
2. Add the white beans, pork, and water to a 12-quart pot. Bring the water to a boil and then cook until the beans are tender. This should take about 1 hour.
3. Add the rest of the ingredients to the pot, and cook until tender. Feel free to add additional seasonings to taste at this step. The vegetables should take about 30 minutes to cook. Add more water if necessary.
4. Serve the dish over hot rice. Use a ladle to portion the *caldo* or serve the broth separately from the meat and vegetables for ease of selection and portioning.