Blat picat (olleta de blat)

Yield: 8 servings

Ingredients

Wheat and pulses

Blat picat (cracked wheat) — 500 g

White and pinto beans — 500 g

Meat and sausage

Pork ribs — 250 g

Pork belly — 250 g

Blanquets (white sausages) — 2 pcs

Onion black puddings (morcilla de cebolla) — 2 pcs

Vegetables

Potatoes — 3 pcs

Swiss chard — to taste

Small turnips — 2 pcs

Parsnips — 2 pcs

Pumpkin — to taste

Cardoons — 2 pcs

Sofrito and spices

Onion — 1 pcs

Tomatoes — 2 pcs

Ñoras (dried sweet red peppers) — 2 pcs

Saffron threads — 12 pcs

Cumin — to taste

Fennel sticks — 3 pcs

Olive oil — to taste

Salt — to taste

Steps

1. Twelve hours ahead, put the 500 g and the 500 g to soak together.
2. First thing in the morning, cook them over a low heat, with nothing added, for 2 hours. Pour that water away and cover them with cold water.
3. Fry the 2 pcs, stalks and seeds removed, then take them out. Crush them in the mortar with to taste.
4. Soften the 1 pcs until translucent. Add the 250 g and the 250 g, then the 2 pcs and, last of all, the 2 pcs and the 2 pcs.
5. Transfer everything to the pot (the *perol*), with the wheat and the beans. Add the well-cleaned vegetables (to taste, 2 pcs, 2 pcs, to taste and 2 pcs), the crushed ñora, the to taste, the 12 pcs, the 3 pcs, a good splash of to taste and salt.
6. Keep cooking over a low heat until the stew is done; the recipe does not time this stage, so taste the wheat.
7. Twenty minutes before the end, add the 3 pcs.
8. Adjust the salt and serve.

Sources

Olleta de Blat (Ajuntament de Benimantell; identical to the one published by Tollos town council): https://www.benimantell.es/olleta-de-blat/
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