Cocido con pelotas

Yield: 4 servings

Ingredients

Broth and meats

Chickpeas — 320–400 g

Mixed meats — 1 ~ kg

Cold water — 3 ~ l

New potatoes — 4 pcs

Vegetables: celery, turnip, carrot — to taste

Morcilla (blood sausage) — to taste

Egg yolks — to taste

Lemon — to taste

Meatballs

Pelotas (meatballs) — 4–8 pcs

Steps

1. Put the 320 g–400 g to soak twenty-four hours beforehand and change the water every few hours.
2. Wash the 1 kg and the chickpeas you are going to use.
3. Put the 1 kg in the pot in order of toughness: first the pork, then the bones, then the rest. Cover them with the 3 l, always cold: never put the meat into hot water.
4. When it comes to the boil, skim the broth with a slotted spoon to remove the impurities from the meat.
5. Add the chickpeas and skim again.
6. When the meat is almost cooked, add the to taste cut into pieces and the 4 pcs, peeled and whole.
7. Add the 4 pcs–8 pcs, frozen or thawed. They must cook for at least two hours: a high heat at first and the lowest heat afterwards.
8. Almost at the end, add the to taste and the to taste, which finish cooking in the steam.
9. Serve the broth with a squeeze of to taste and, on each plate, its potato and its pelotas.

Sources

Vega Baja del Segura recipe book, recipe 5: cocido con pelotas (Convega): https://convega.com/wp-content/uploads/2026/05/Recetario.pdf

Cocido con pelotas, the typical recipe of the Vega Baja (Directo al Paladar): https://www.directoalpaladar.com/recetas-de-legumbres-y-verduras/receta-de-cocido-con-pelotas

José, president of the Cofradía del Cocido con Pelotas of Torrevieja (El Español, 19-1-2025): https://www.elespanol.com/alacant/vega-baixa/20250119/jose-presidente-cofradia-cocido-pelotas-torrevieja-jovenes-deben-mantener-tradiciones-trt/917158357_0.html

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Torrevieja holds the 7th international stew competition (Torrevieja Town Council): https://torrevieja.es/en/noticias/2026-01-09-the-7th-edition-of-the-international-stew-competition-will-be-held-on-saturday