

Traditional Mexican Beef Stew (Caldo de Res)

Prep: 20m

Cook: 100m

Total: 120m

6 servings



Video ref: De Mi Rancho a Tu Cocina (Doña Ángela)

COOKING SEQUENCE & CHECKPOINTS

- 1

Prep Vegetables, Simmer & Skim

20 min

Prep all vegetables. Place beef shank (2 lbs) and beef short ribs (1.5 lbs) in an 8-quart pot with cold water (12 cups), halved white onion (1), garlic head (1), and kosher salt (1.5 tbsp). Bring to a gentle boil and skim away surface grey foam for 20 minutes.
✓ Checkpoint: Clear golden broth surface.
- 2

Low Collagen Braise & Corn

1.1h (65m)

Cover partially and simmer gently over low heat for 50 minutes until the beef softens, then add the sweet corn rounds (2 ears) and simmer 15 minutes more (65 minutes total).
✓ Checkpoint: Tender beef and sweet golden corn rounds.
- 3

Simmer Dense Vegetables

20 min

Add cubed chayote (2), quartered potatoes (3), thick carrot chunks (3), and green cabbage wedges (0.5 head). Simmer gently for 20 minutes until tender and beef reaches 195°F–205°F (90°C–96°C).
✓ Checkpoint: Fork-tender potatoes, carrots, and chayote.
- 4

Finish with Zucchini, Herbs & Serve

15 min

Add zucchini chunks (3), fresh spearmint sprigs (3), and fresh cilantro sprigs (0.5 bunch); simmer 15 minutes until zucchini is tender-crisp. Ladle into deep bowls and serve hot with lime wedges (2 limes) and warm corn tortillas (12 units).
✓ Checkpoint: Fragrant ranch beef soup with vibrant vegetables ready to serve.

MISE EN PLACE / INGREDIENTS [16]

- ☐ 2 lbs Bone-in beef shank cross cuts (chamorro)

☐ 12 cups Cold water

☐ 1 head Whole garlic head, top trimmed

☐ 2 ears Fresh sweet corn ears, cut into 2-inch rounds

☐ 3 medium Yukon Gold or white potatoes, quartered

☐ 3 whole Mexican zucchini (calabacitas), cut into thick chunks

☐ 3 sprigs Fresh spearmint sprigs (hierbabuena)

☐ 2 units Key limes or Persian limes, cut into wedges (for serving)
- ☐ 1.5 lbs Bone-in beef short ribs

☐ 1 large White onion, halved

☐ 1.5 tbsp Kosher salt

☐ 2 whole Chayote squash, peeled and cubed

☐ 3 medium Carrots, peeled and cut into thick chunks

☐ 0.5 head Green cabbage, cut into wedges

☐ 0.5 bunch Fresh cilantro sprigs

☐ 12 units Warm corn tortillas (for serving)

US SUPERMARKET BRAND GUIDE

Beef Shank: Beef Shank Cross Cuts
Rich marrow bones melt into gelatin. • Fresh meat aisle.

FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) USDA SAFE MINIMUM FOR WHOLE-CUT BEEF AND PORK (WITH A 3-MINUTE REST)
USDA Food Safety Minimum (≥145°F / 63°C) vs Culinary Collagen Target (195°F–205°F / 90°C–96°C): While whole-cut beef and pork are pathogen-safe at 145°F (63°C), slow-braised and roasted cuts must reach 195°F–205°F (90°C–96°C) so tough connective collagen melts into silky, fork-shreddable gelatin.

MASTER DONENESS CHECKPOINT:
Golden crystal-clear broth with tender meat sliding off the marrow bone.

WHY IT WORKS:
Staggered Vegetables: Adding dense vegetables early and delicate vegetables late prevents mushiness.

TROUBLESHOOTING:
Cloudy broth: Keep at gentle simmer and skim foam early.