

Crubeens (from [Irish](#) *crúibín*, meaning "pig's trotter")

Ireland

Ingredients

- 2 pig's trotters, split lengthwise
- 1/2 small green cabbage, finely sliced (about 1 quart)
- 4 large potatoes.
- 3 bay leaves
- 4 medium carrots, coarsely chopped (about 2 cups)
- 2 medium onions, coarsely chopped (about 2 cups)
- 5 medium garlic cloves, coarsely chopped (about 5 teaspoons)
- 4 medium russet potatoes, peeled and cut into 2-inch pieces
- Kosher salt and freshly ground black pepper

Utensils

- large stock pot
- roasting or frying pan
- cheese cloth

Note:

- Boil cabbage and potatoes (spuds) together in a separate pot
- Leave the hock for stuffing and roast or fry with slices of crispy bacon
- Use your hands to eat the crubeens
- Save some broth for another day.

Background Notes

Crubeens are a traditional Irish dish made from boiled pigs' trotters (especially hind feet), often cooked until meltingly tender and then fried or roasted for a crispy exterior. The name crubeens comes from the Irish *crúibín*, meaning pig's trotter. Seasoned with onions, garlic, bay, thyme and pepper, they're usually breaded or wrapped in caul fat or bacon, then fried or roasted—and sometimes deboned and stuffed with mashed potatoes for a more refined version. Traditionally eaten by hand, crubeens have historically been a pub snack meant to be enjoyed with a stout, especially Guinness.



A Recipe for Crubeens

They say every part of the pig is eaten and I can verify that, except for the hair. For in Limerick Town, I have partaken in many a meal from head to trotter, which people from there call toes.

As custom ordains, they eat pig's feet, boiled with spuds and cabbage, and one does not easily forget such a meal, nor that old adage about the plenitude of swine.

It is a traditional Irish dish called Crubeens, which are bought from a butcher who will swish the saw lengthwise to cut from toe to elbow.

First you place two trotters in a pot, covered with cold water and simmer for 2 or 3 hours until the meat is soft and tender, removing foam from time to time.

Another way is to wrap two crubeens in cheesecloth, place in a pot of water with bay leaves, carrots, garlic, onions and bring to a 2 or 3-hour simmer, skimming the foam off the top.

Remove the cheesecloth and serve intact, seasoning with salt and pepper, the cabbage and mash in reserve. For such is this simple wonder with a glass of Guinness or beer.

John Liddy is from Ireland, and has published many collections of poetry.