

## Sample submission (not final format)

**Locro** (pronounced LOH-croh)

Argentina – Northwest Region

### Ingredients

- 500 g white corn
- 300 g dried white beans
- 500 g beef brisket or stew meat
- 300 g pork belly
- 2 chorizo sausages
- 1 onion
- 2 leeks
- 1 spring onion
- 2 carrots
- 300 g pumpkin or butternut squash
- 1 tsp sweet paprika
- 1 tsp ground cumin
- 1 tbsp oil or beef fat
- Salt and pepper to taste
- Water (approx. 3 litres)



### Preparation

1. **Soak** the white corn and beans separately in water overnight. Drain before using.
2. **Cut** the beef, pork, and chorizo into bite-sized pieces. Peel and dice the onion, carrots, and pumpkin. Clean and slice the leeks and spring onion.
3. **In a large pot**, heat the oil or beef fat. Add the onion, leek, and spring onion. Sauté over medium heat until soft.

### Cooking

4. Add the beef, pork, and chorizo. Cook for a few minutes until lightly browned.
5. Add the soaked corn and beans, then pour in enough water to cover everything (approx. 3 litres). Bring to the boil.
6. Reduce the heat to low and simmer **gently for 2.5 to 3 hours**, stirring occasionally. Skim off any foam.
7. After about 90 minutes, add the carrots, pumpkin, paprika, and cumin. Continue cooking until the meat is tender and the corn has softened and thickened the stew.
8. Season with salt and pepper to taste.

### Serving

9. Serve hot in deep bowls. Homemade bread and red wine make a good accompaniment. Traditionally accompanied by a spicy sauce called *quiquirimichi*, made from oil, paprika, chilli, and chopped spring onion.

### Contributor

**Martín Eayrs**, Argentina/UK

I've lived in Argentina for more than half my life. I've often eaten locro when travelling in the north. It's a humble dish with deep roots, always served steaming hot in mid-winter. Every family prepares it a little differently, but it always brings people together around a shared table.

### Background Notes

Locro is a traditional Andean stew, especially popular in Argentina's northwest and at national holidays like *25 de Mayo* and *9 de Julio*. Its origins lie with the pre-Columbian peoples who cultivated maize, and it remains a powerful symbol of indigenous and rural heritage.

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