

Secret Recipes

Feijoada Brasileira (Brazilian Black Bean Stew)

Serves 8

Ingredients

225 g dried pork meat
225 g salted pork meat
450 g black beans
220 g chunk of prosciutto or pancetta
450 g Portuguese pork sausages*
3 tablespoons sunflower oil
3 large onions, chopped
150 g streaky bacon, diced
5 garlic cloves, chopped
5 bay leaves
225 g smoked pork ribs*
5 tomatoes, chopped
1 green capsicum, chopped
1 red capsicum, chopped
1/2 cup chopped fresh parsley
3 tablespoons vegetable oil
1 teaspoon black pepper
1 tablespoon red or white vinegar

*Portuguese sausages and smoked pork ribs are available at Italian delicatessens.

Method

1. The evening before cooking, soak the dried meat and salted meat together, changing the water at least once.
2. Soak the beans overnight, too.
3. The next day, rinse the soaked meats and rinse and drain the beans.
4. Cut the dried and salted meats and the prosciutto into large chunks.
5. Cut a few slices from the sausage and then heat the oil and fry the slices to give flavour to the oil. Remove the slices and set aside to throw in at the end.
6. Add half each of the quantities of onion, bacon, garlic and the bay leaves, then add the beans. Fry for 1 minute, stirring.
7. Add enough cold water to cover the beans.
8. Cut up the remaining sausage into chunks about 3 cm long.
9. Add the sausage chunks and other meats, and then add more water to cover the meat and beans. Simmer for two hours, stirring from time to time.
10. It is important to watch the water level and check that the beans don't cause the mixture to become too thickened. If this happens, add a little more water.
11. When the beans are soft and the meats cooked, fry in a separate saucepan the remaining onions, bacon and garlic, plus the tomatoes, capsicums and parsley in some fresh oil. Add ground black pepper and simmer for 5 minutes or until soft.
12. Add the vinegar and 2 ladlefuls of the sauce from the cooked beans and stir through.
13. Transfer the vegetable and bacon mixture to the large saucepan and mix with the remaining beans and meats.
14. Cook for a further 15 minutes or until the beans and the mixture are cooked right through.
15. Serve with white rice, [farofa](#) (this link will open in a new window), [Chinese broccoli](#) (this link will open in a new window) and sliced oranges.