

Feijoada

Cuisine: Brazilian

Category: Meat

Occasion: Lunch, Dinner

Servings: 15

Ingredients:

1 pound of carne seca (or salted corned beef)
2 salted pork butts (about 3 to 3-1/2 pounds total)
2 pounds of salted pork ribs
2 pounds of dried black beans, washed and picked clean
1/2 pound of salted bacon
1/2 pound of paio, a fatty block of pork sausage, optional
1/2 pound of sweet Italian pork sausage
1/2 pound of smoked spicy sausage
1 medium onion, peeled and chopped
4 bay leaves
1 tablespoon of vegetable oil
3 large chopped garlic cloves
salt and freshly ground pepper to taste

Serves 15

Instructions:

Two Days Before Serving:

Cover and soak the meats in cold water for 24 hours, changing the water two or three times. Refrigerate while soaking. In a separate bowl, cover and soak beans in cold water at least 6 hours or overnight.

One Day Before Serving:

1. Drain the meat, cover with cold water, and simmer for 5 minutes. Then repeat this process four more times with fresh water.
2. Add the bacon to a separate saucepan of cold water, bring to a boil over high heat, and boil for 5 minutes. Drain and set aside.
3. Add the sausages to a separate saucepan of cold water, bring to a boil over high heat, and boil for 10 minutes. Drain. Add sausages to an empty saucepan, lightly brown all sides.
4. Drain beans and combine with onion and bay leaves. Cover with cold water by 8 inches. Boil then reduce heat and simmer 30 minutes, covered.
5. Add the bacon to the bean mixture. Simmer for 1-1/2 hours.

6. In a small skillet heat the oil over medium heat. Add the garlic and cook 5 minutes until golden brown. Add garlic, salt and pepper to the beans.
7. Add all meats and sausages to the beans, bring to a boil, reduce the heat and simmer for 1 to 1-1/2 hours, or until beans are tender but not thoroughly cooked. Stir periodically so that the beans do not stick to pot bottom. Do not allow mixture to boil down -- add boiling water as needed to keep the mixture covered by 8 inches of water.
8. Remove the meats from the beans and cool. Cover the meats and beans separately and refrigerate overnight to obtain the greatest flavor.

Serving Day:

(Preheat oven to 200 degrees)

1. Combine meats and beans in a large, heavy-bottomed pot. Cover mixture with cold water (8 inches), and simmer, covered over low heat for one hour.
2. Remove meats from the pot. Slice the bacon, cut pork into small flaked pieces and sausages into 1 inch pieces. Combine meats in a heatproof serving dish, and moisten with a cup or more of the liquid from the pot.
3. To serve, place beans in warmed oven-proof bowl, and serve with the meat, rice, oranges and kale.

Submitted by João Carlos Barbosa Machado, Brazil. IPA Bulletin, Volume 19 No. 3, September 2002