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Feijoada

Ingredients

48 oz. dried black beans
2 lb. carne seca (you can use a good piece of South African biltong or beef jerky – not the snack variety)
2 lb. sweet sausages
2 lb. spare ribs
3 fl oz. oil
1 onion, chopped
2 cloves garlic
minced
1 dried red chili
handful parsley
1 bay leaf
salt & pepper to taste

Preparation

- 1 Soak the beans and carne seca overnight in water (separately)
- 2 Cover the beans in water and bring to boil, reduce the heat
- 3 Cut the meat and sausage into bite sized pieces and section the ribs
- 4 add the meat and herbs to the beans, season and simmer over a medium heat for 2 hours, stir occasionally and replenish any evaporated water
- 5 Heat the oil in a pan and sauté the onion and garlic until brown
- 6 scoop out 2 ladles of beans and blend till smooth, add this to the onion and garlic and sauté
- 7 add this bean mash to the pot of beans, this will thicken the stew, continue simmering for another hour
- 8 Serve with rice and enjoy.

Cooks Note
