

Black Bean & Meat Stew - Feijoada



*Chorizo, pork ribs and pork shoulder make the base for this hearty **Brasilian casserole** with deeply savory spiced pulses.*

Ingredients

- 9 oz. dried black bean, soaked overnight, then drained
- 1 lb. corned beef cut into chunks
- 1 lb. pork rib
- 3 chorizo cooking sausages
- 1lb. pork shoulder, cut into 2 inch cubes
- 3 onions, chopped
- 4 garlic clove, finely chopped
- pinch of chili flakes
- olive oil, for cooking
- 2 bay leaf
- 2 tbsp. white wine vinegar

Method

Heat a large heavy-based saucepan with a fitted lid, add the oil; in batches sear the corned beef, ribs, sausages and pork shoulder. Season each batch with salt and pepper.

Remove the meat and set aside. Add the onion, garlic and chili to the pan. Pour in a little olive oil if it needs more. Season with salt, pepper then fry for 8 minutes, or until soft.

Add the meat, bay leaves, white wine vinegar and drained beans. Cover with just enough water to cover, about 4 cups. Bring to a boil and reduce the heat to a low simmer. Cover and cook for 2 hrs. or until the beans are soft and the meat is tender. If there is too much liquid in the pot take the lid off in the last hr. You can also use a slow cooker on the short method (4 hrs.) or make a quick version using a pressure cooker in batches for 30 mins each. Another method is to cook it in the oven for 3-4 hrs. @ 320°/285° .

Serve with rice, a sprinkle of parsley or coriander, hot pepper sauce and orange slices