

Brazilian Feijoada

Black bean and pork stew - serves 8

Serves 8 • Soak overnight • Cook 3 hr • Brazil

INGREDIENTS

The beans & meat

- 1 lb dried black beans, soaked overnight
- 1 lb pork shoulder, in chunks
- 0.75 lb smoked pork ribs
- 0.5 lb linguica or smoked sausage, sliced
- 0.25 lb bacon or salt pork, diced
- 2 bay leaves

The base & the table

- 1 large onion, diced
- 5 garlic cloves, minced
- 2 tbsp olive oil
- 1 tsp cumin, salt and black pepper
- To serve: white rice, farofa (toasted cassava flour), sauteed collard greens, orange slices

METHOD

1. Soak the black beans overnight in plenty of cold water. Drain. If using very salty cured meats, soak those separately too and discard the water.
2. Render the bacon in a large heavy pot, then brown the pork shoulder, ribs and sausage in batches. Set the meat aside.
3. Soften the onion in the same pot 6 minutes, add the garlic and cumin for 1 minute more.
4. Return all the meat with the drained beans and bay leaves. Cover with water by 2 inches. Bring to a boil, then reduce to a gentle simmer.
5. Simmer partly covered 2.5 to 3 hours, stirring now and then and topping up with water if needed, until the beans are creamy and the pork falls apart.
6. Thicken it: crush a ladle of beans against the side of the pot and stir back in. Season with salt and pepper.
7. Serve over white rice with farofa, collard greens and fresh orange slices on the side.

Tip • The orange is not a garnish - the acidity cuts through the fat and is traditional. And crushing a ladleful of beans into the pot is how you get that thick glossy body without any flour.