

# Tastefully Yours

## Personal Chef Services by April Lee

### FEIJOADA BRASILEIRA

*Feijoada (pronounced "fesh-WA-da") is a classic Brazilian national dish which originated in Rio de Janeiro. It's a hearty stew made of black beans, herbs, spices, and a variety of smoked and salted meats, served traditionally over rice with tangy greens, sliced sweet oranges, and farofa (toasted cassava flour). The flavor is well-seasoned and slightly smoky, but not overly spicy, although hot sauce can be added at the table.*

*This recipe can easily be made in a pressure cooker or a slow cooker. Either method will yield tender meat and also will draw the gelatin out of the boned pieces, essential for creating the rich, silky texture of this stew. Just like with all stews, feijoada benefits from being made a day in advance to allow the flavors to marry and deepen.*

*Please note: The measurements in this recipe are approximations. Don't worry if you can't get exact amounts. Taste and season as necessary. Allow time to soak both the black beans and the salted meat overnight in water before cooking. (It's always important to soak dry beans in water with baking soda to reduce the cooking time of the beans to make them tender, as well as to leach out the indigestible sugars which is the cause of any unwanted, ahem, GI effects of eating beans.)*

Yield: 10-12 servings

#### INGREDIENTS:

1/4 teaspoon baking soda  
1.5 pounds dry black beans, soaked in water overnight, drained  
1 pound smoked sausage, such as linguica or choriço sausage, \* sliced 1/4-inch thick  
1 pound carne seca or other salted cured beef such as corned beef, soaked overnight and cubed  
2 smoked ham hocks  
1/2 pound smoked pork neck bone  
1 pound baby back spareribs, cut into individual ribs  
2 cups chopped onions  
3 tablespoons chopped garlic  
1 tablespoon smoked paprika (not sweet or hot paprika)  
4 bay leaves  
Salt  
10 cups water (approximately, depending on what method you use to cook stew)

*\*(Use chorizo or even a spicy Italian pork sausage if these Portuguese sausages are unavailable.)*

#### DIRECTIONS:

1. Place black beans in large mixing bowl, sprinkle 1/4 tsp. of baking soda over beans and fill bowl with water. Also, in a separate bowl, soak cubed pieces of salted (or corned) beef in water. Place both bowls covered in refrigerator at least six hours or overnight.
2. Drain beans and salted cubed beef. At this point, you can just put all the ingredients in a large pot. However, it's best if you sauté the onion and garlic lightly in 2 tablespoons of olive oil first. Also, browning the spareribs and beef cubes is recommended to add depth of flavor. But if you don't have time, just put everything in the pot!  
  
-Pressure Cooker, Electric: Pressure cook on high for 45 minutes. Allow to depressurize naturally.  
-Pressure Cooker, Stovetop: Cook for 35 minutes; allow to depressurize naturally  
-Slow Cooker: Cook on low for 8 hours.  
-Stovetop in large, heavy pot (e.g., dutch oven): Cover with water by 2-3 inches. Bring to a boil over high heat. Reduce to a simmer and cook, topping up with water as necessary to keep beans completely submerged until beans are completely tender and liquid is a deep black, about 4 to 6 hours.
3. Remove ham hocks, spareribs, smoked pork neck bone, etc. (any boned pieces), and the bay leaves. Pull the meat off the bones and shred or chop the meat. Return meat to stew (discard bones and bay leaves). Stir stew and add salt and pepper to taste. Feijoada reheats well and is freezer friendly. Enjoy!