



Recipe of the week:

Feijoda

1 lb black beans, soaked overnight
1 small onion, small diced
½ lb chorizo, medium diced
½ lb pork, cut bite size
½ lb tomato, diced
Sea salt
Cumin
4Tbsp garlic, chopped
2Tbsp Olive oil
6 quarts Beef or pork stock

1. In a large stock pot, sauté oil with onions and tomato until soft.
2. Add pork and chorizo, sauté for 4 minutes, until pork starts to brown, Add cumin and garlic, stir.
3. Add beans and stock, (the stock should cover the beans and meat by about 3-4 inches) cover and let come to a boil. Immediately turn the flame to simmer. Let simmer for 1 hour, stirring occasionally.
4. Check beans to make sure they are tender. It should be a thick stew.
5. Add sea salt to taste.

Serve with rice.

Chef Liz