

FEIJOADA À PORTUGUESA

PREPARATION TIME:

70 min

INGREDIENTS:

For 6

- 500g Feijão Vermelho Lata (Red Beans can)
- 200g de entrecosto (entrecote)
- 100g de toucinho (bacon)
- 400g de carne de porco da pá (pork meat from shovel)
- 1 pig's ear
- 1 chouriço de colorau (chorizo paprika)
- 1 chouriço de carne (sausage meat)
- 1 repolho pequeno (small cabbage)
- 1 cebola grande (large onion)
- 3 dentes de alho (cloves garlic)
- 4 tomates (tomatoes)
- 0,5 dl de polpa de tomate (tomato pulp)
- 1 dl de azeite (olive oil)
- 1 folha de louro (bay leaf)
- Sal e pimento q.b. (salt and pepper)
- 2 chávenas de arroz (rice)

DIRECTIONS:

Season the meat and cook them together with the chorizos. Once they are cooked, remove them from the water and cut them into small pieces. Finally, separate the cabbage leaves, wash them and cook them "al dente" in warm salty water. Remove and place them in cold water. Peel and wash the onion and the garlic and chop them finely. Wash and blanch the tomatoes, remove their skins and seeds and cut them into cubes. In a pan, put olive oil, add the onion and garlic, fry until onion gets transparent, then add the cut tomato and tomato paste and let it cook a little longer. Add the cooked meat, the beans and a little of the cooking broth and cook a little more. Then add the cabbage and chorizos, let ascertain, correct the seasoning, remove from heat and serve with white rice.