

FEIJOADA – OLYMPIAN STEW

(National dish of Brazil)

[pronounced fay-ZHWA-dah]

This hearty meat & bean stew (mostly meat!) is traditionally made with off-cuts of meat such as trotters, ears & tails brined & soaked overnight and then cooked very slowly in a large earthen pot. I have reduced this down to create a simplified version that is no less delicious – just a lot faster to make. Perfect additions to this recipe are okra & cherry tomato that thicken the stew and add sweetness. Substitute bacon for the pork belly and other sausage such as Chorizo or even ground pork. Side dishes include tomatoes, long grain rice and fried cabbage, which I added Malabar spinach to for color & flavor. This will feed at least 6 people as it is very filling, and it is fun to watch the Olympic Games with a crowd!

Ingredients

2 Tablespoons Blended Oil
1-pound Pork Belly
1 large Onion, about 12 ounces
1 pack Hippo Hollow Uncured Sausages
1 medium Cayenne Pepper
1 Jalapeño Pepper
1 Tablespoon chopped Garlic
Juice of 1 Lime
2 x 15ounce cans Organic Black Beans
2 Tablespoons Tomato Paste
2 Bay leaves
1/8 teaspoon ground Clove
10 ounces Okra, about 15-20 medium
1-pint Cherry Tomato

Directions

Heat oil over medium-high in a large Dutch oven. Cut pork belly into ¼ x 1-inch strips and add to the pot to begin cooking for 3 minutes. Dice onion and add to the pot when the belly has rendered off some fat and is turning pale. Slice sausage on a diagonal and add to the pot.

Stir all ingredients together before adding sliced peppers and turn heat down to medium. Continue to cook for 5 minutes; at this stage the belly is beginning to brown, and all the aromas start to come together. Add the garlic and tomato paste and stir well, making sure that the pot is not scorching. Pour in lime juice and stir well.

Pour in black beans including the liquid and then rinse each can with a little water and add that to the pot. Add the bay leaves & ground clove, stirring well to incorporate.

Reduce heat to a simmer and allow to cook for 20–30 minutes (the longer the better!) Begin cooking side dishes such as rice & cabbage. When ready, wash & chop the okra and cut cherry tomatoes in half and stir into the stew before cooking 6 minutes longer. Taste for seasoning and add salt & pepper to taste. Garnishes like hot sauce, sliced hot peppers, minced herbs and sour cream allow guests to customize their plate and create a winning combination.