



# FEIJOADA

BRAZILIAN RECIPE BY RODRIGO AZEVEDO,  
OXFAM PROGRAMME SUPPORT ASSISTANT

## INGREDIENTS

450g black beans, dried - not from a tin	big chunks
450g salted pork ribs	450g smoked pork ribs, cut into pieces
450g salted bacon	450g smoked bacon, cut into chunks
8 tbs olive oil	1 tbs freshly ground black pepper
2 onions, peeled, finely chopped	5 bay leaves
6 cloves garlic, peeled, finely chopped	Cooked rice, orange slices, spring greens, as accompaniment
2 large smoked sausages, cut into	

## INSTRUCTIONS

**Soak** the beans, salted ribs and bacon separately in cold water overnight, making sure they are completely covered.

**Drain** the beans and place them in a large saucepan of cold water. Bring to the boil over medium heat, then simmer for 30 minutes until tender.

**Rinse** the soaked salted ribs and bacon well, add to the beans and cook for 30 minutes over a medium heat.

**Heat** a very large saucepan and pour in the olive oil so it covers the bottom. Add the onions and garlic and cook until softened.

**Add** the sausages, smoked ribs and bacon, pepper and bay leaves. Pour in cooked beans and meat and top up with water. Simmer for about 1 hour, until the meat falls off the bone.

**Serve** the Feijoada with boiled white rice, slices of orange, and very finely sliced spring greens fried in olive oil with finely chopped onion and garlic.

image if available

ENJOY A DELICIOUS MEAL. SUPPORT THE WORLD'S  
SMALL-SCALE FARMERS. AND HELP MAKE THE  
WORLD A FAIRER PLACE. JOIN THE MOVEMENT.

**GROW**  
FOOD. LIFE. PLANET.

  
**Oxfam**