

# Feijoada - Central America

## Ingredients:

1 lb. black beans  
1 lb. smoked ham hocks  
1 of each: pork foot, ear, tail, tongue (optional)  
1 lb. Mexican "chorizo," or "pepperoni"  
1/2 lb. Chunk lean Canadian bacon or Brazilian "carne seca"  
1/2 lb. Smoked Pork or Beef Ribs  
3-4 strips of smoked bacon  
1 large onion  
4 Garlic cloves  
salt to taste  
hot sauce (optional)

1/2 lb. lean Pork  
1/2 lb. lean Beef  
1t Vinegar  
2t olive or vegetable oil  
black pepper



## Instructions:

Soak beans overnight in large container. Next morning, cover beans with water and cook beans for 4-5 hours at low heat.

Place ham hocks, chorizo, ribs and Canadian bacon in deep pan with plenty of water and bring to a boil.

Change water and bring to a new boil, repeating the procedure at least three times to tenderize cured meats and remove excess fat.

In a large frying pan sauté, onion and garlic using oil (smoked bacon strips optional) for two or three minutes. Toss in cubed pork and beef. Sauté an additional 2 to 3 minutes.

Mash 5-10 tablespoons of beans and add to large pot. The resulting paste will thicken sauce. Add 2 tablespoons of olive oil, 3 garlic cloves all chopped-up or mashed, along with a tablespoon of white vinegar and a teaspoon of red-hot pepper.

Stir, heat over medium fire for 2 - 3 minutes, then transfer to contents of frying pan.

(two frying pans may be needed) Let simmer for 10-15 minutes. Add everything to the beans and let boil at medium heat for 1-2 hours.

Serve over rice, with additional red-hot sauce, if desired.

