

Delivering a World of Flavour



Brazils' national dish Feijoada

500g Black beans

3 cloves garlic sliced

1 onion diced

2 bayleaf

1 Tbls Cumin

500g Pork belly diced

2 Pork Sausage

2 ltr water

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Recipe

1. Soak beans in cold water for 30 mins
2. In a pot sweat onion cumin and bayleaf
3. Add garlic, drained beans and diced pork
4. Add water turn to low and cook for 2 hours stirring occasionally
5. After 2 hours add sausage and cook for further two hours or till beans are soft
6. Season well

Sauteed Kale

1) bunch Kale washed

2) garlic clove sliced

Cut kale leaves off the stalk

In a fry pan add olive oil and sweat garlic

Add kale, seasoning and cook till soft

Serve with steamed rice, kale and toasted breadcrumbs