

LAWFUL FEIJOADA

Time:24hrs Cooking Time:4hrs Serves:6-8

Ingredient's

- * Olive oil
- * 1 1/2 cup Black bean (soaked over night in 4 cups of water)
- * 170g Cured Beef Steak (Dry Meat) soak in water for 24 hours before cooking changing water 3 times (this removes a lot of the salt and rehydrate
- * 200g Stewing Beef, boneless and cut into medium sized cubes
- * 450g Goat meat on bone
- * 2-3 Beef Stock Cubes
- * 150g Smoked Chicken sausage
- * 1/2 Orange
- * Smoked Macon aka Lamb Rashers (optional)
- * 4 Bay Leaf
- * 1 Bulb of Garlic
- * 1 Large White Onion
- * Whole Scotch bonnet yellow is best for flavour. or choice of Hot Pepper sauce optional
- * Salt and Black Pepper to taste.

Tip

1. Lightly marinade stewing beef over night with salt and black pepper.
2. Ideally a dutch pot or a oven clay pot is preferred but this is optional.
3. From time to time stir bottom of pot to make sure nothing sticks to the base

Instructions

Step 1

Add stewing beef, goat meat and cured beef into a pot, add cold water until meat its submerged. Bring to a boil, once boiling let it boil for 20 minutes then strain water to remove impurities.

Step 2

Remove goat meat and reserve in bowl/plate. Place pot back on the stove add enough hot water back into the pot (about 2-3 inches above the meat), add the beef stocks, bay leaf, orange, smoked chicken sausage and scotch bonnet in whole into the pot, cover and leave it to simmer for 30 minutes.



Step 3

After the 30 minutes remove orange and bay leaf and discard. Remove smoked chicken if tender and reserve. Strain and rinse black bean before adding to the pot. Finely chop garlic and onion, sauté in a pan with the olive oil and a sprinkle of salt on a low heat until fragrant, add the sautéed garlic and onion to the pot. Using same frying pan fry the Macon until brown and crisp on high heat, using a chopping board and knife chop bacon into small rectangular pieces then add to the pot. Stir pot being careful not to lose the scotch bonnet pepper. Leave pot to simmer for a further 90 minutes.

Step 4

Add the goat meat back into the pot, if needed add more water to that it covers everything 1 inch above. Leave it to simmer for a further 90-120 minutes or until meat and bean is tender.

Step 5

Using a ladle remove 2 scoops of stew beans, mash it with a fork to release the starch, this will be your thickener. Remove scotch bonnet. Place mashed beans and smoked sausage into the pot, turn up heat to a medium-high heat and constantly stir until very thick (if need be take out another ladle of beans and mash if not thick enough)

Taste the stew before adding salt and black pepper to taste.

Step 6 (optional)

If you like your stew spicy you can burst the scotch bonnet in the stew releasing the seeds and mashing the flesh into tiny pieces or/and add your choice of hot sauce for an extra kick of spice.