



## FEIJOADA [BEAN STEW] WITH ALJEZUR SWEET POTATOES AND TONEIRA SQUIDS

INGREDIENTS (serves 6 approx.)

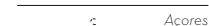
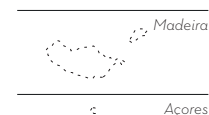
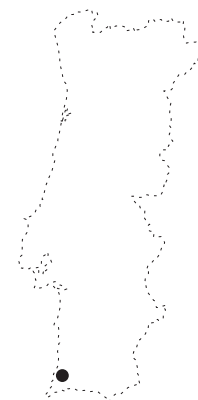
1 kg dry beans  
300 gr black pork spare ribs  
250 gr algarve black pudding  
250 gr algarve chorizo  
1 dl Selecção ESPORÃO olive oil  
2 dl ESPORÃO Reserva red wine  
1,20 kg Aljezur IGP sweet potatoes  
200 gr onions and 10 gr garlic  
1 kg squid  
30 gr parsley and 10 leaves peppermint  
1/2 dl ESPORÃO red wine Vinegar  
Sea salt

### PREPARATION

Soak the beans for 12 hours.  
Salt the meat with natural sea salt. Reserve for 12 hours.  
Boil the beans in abundant water and wash excess salt from the meat. Add the meat to the beans. Prepare and wash the squids, mince the squid tentacles and ears. When the beans are nearly cooked, add the sweet potatoes sliced into irregular pieces.  
Saute the onions, parsley and minced garlic in olive oil. Add the black pudding and chorizo. Chill the mixture with the ESPORÃO red wine, add the mixture to the bean stew and mix all the ingredients well. Add the squid tentacles and ears. Stuff the squid tubes with the bean stew and cook for another 20 minutes, approximately. Rectify the seasoning, add the peppermint leaves.  
Slice the squids into rounds. To serve, pour a ladle of stew into the plate, top with 3 rounds of stuffed squid and season with ESPORÃO red wine vinegar. Enjoy.

CHEF JOSÉ PINHEIRO  
PLACE ROGIL / ALJEZUR  
REGION ALGARVE  
Recipe inspired on the teachings of  
ANTÓNIO ROSA

OLIVE OIL ESPORÃO / SELECÇÃO  
WINE ESPORÃO / RESERVA



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