

Sunvil Supper Club

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February 2017 - Feijoada Choco (cuttlefish with beans)



Ingredients (serves 6-8)

- 2kg cuttlefish, cleaned and cut into chunks
- 2 cans white kidney beans (cooked)
- 1 red chili pepper (chopped)
- 2 medium onions (chopped)
- 2 cloves of garlic (finely chopped)
- 3 slices of chorizo
- 1 glass of white wine
- 50ml water
- 1 small bunch of parsley (chopped)
- 1 bay leaf
- 2tbsp tomato puree
- 4 tbsp olive oil

Method

- In a large pan, heat the oil and add the onion, garlic and chorizo
- Over a low heat, cook the onions until soft and golden
- Add the cuttlefish chunks and the tomato puree
- Add the red chilli pepper, bay leaf and parsley
- Stir and then cover
- Cook on a low heat for 20 minutes or until the cuttlefish is tender
- Gradually add the white wine, stir and cover.
- Continue cooking on a low heat. Add water if required
- Add the cooked kidney beans and season to taste
- Cook for a further 15 minutes
- Once cooked, sprinkle the feijoada with chopped parsley

As a celebratory dish, Feijoada is traditionally served on Saturday afternoons or for Sunday lunch and intended to be a leisurely midday meal. It is a stew of Portuguese origin and normally made with beef or pork, however as with this dish, you can use fish.

Find out more about our holidays to Portugal at: www.sunvil.co.uk/holidays/portugal