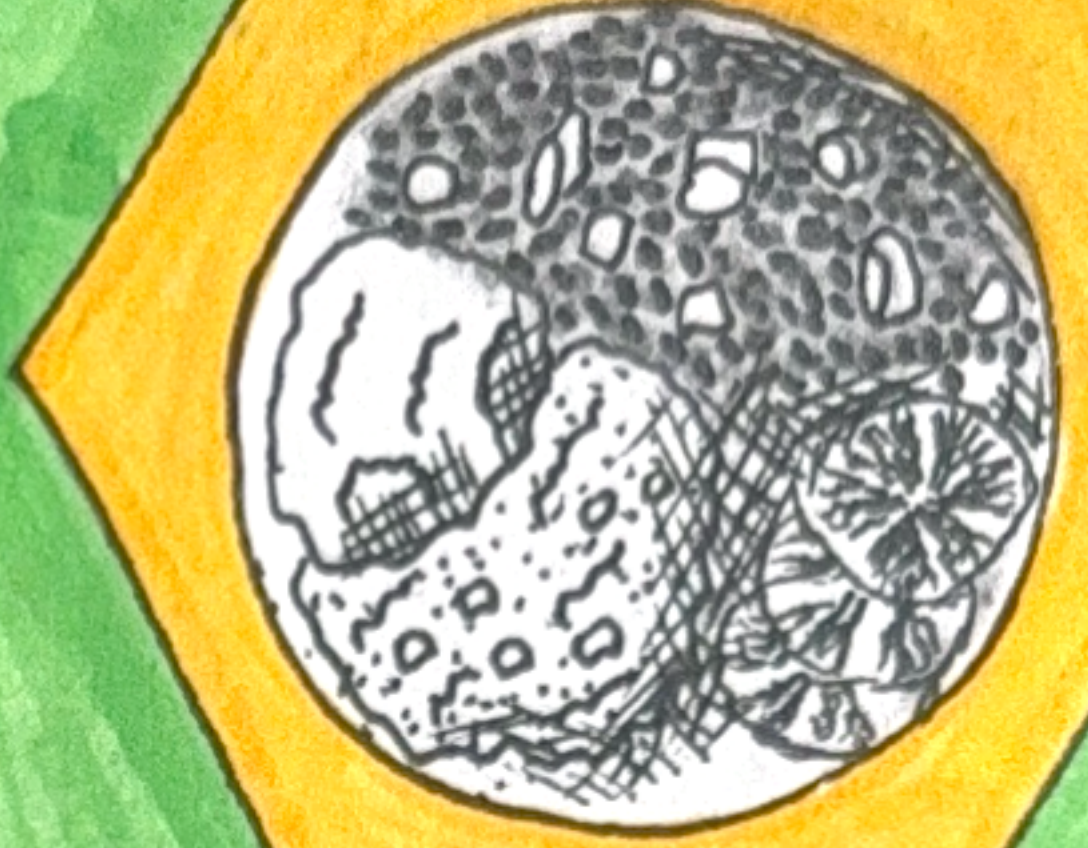


BRAZIL

FEIJOADA

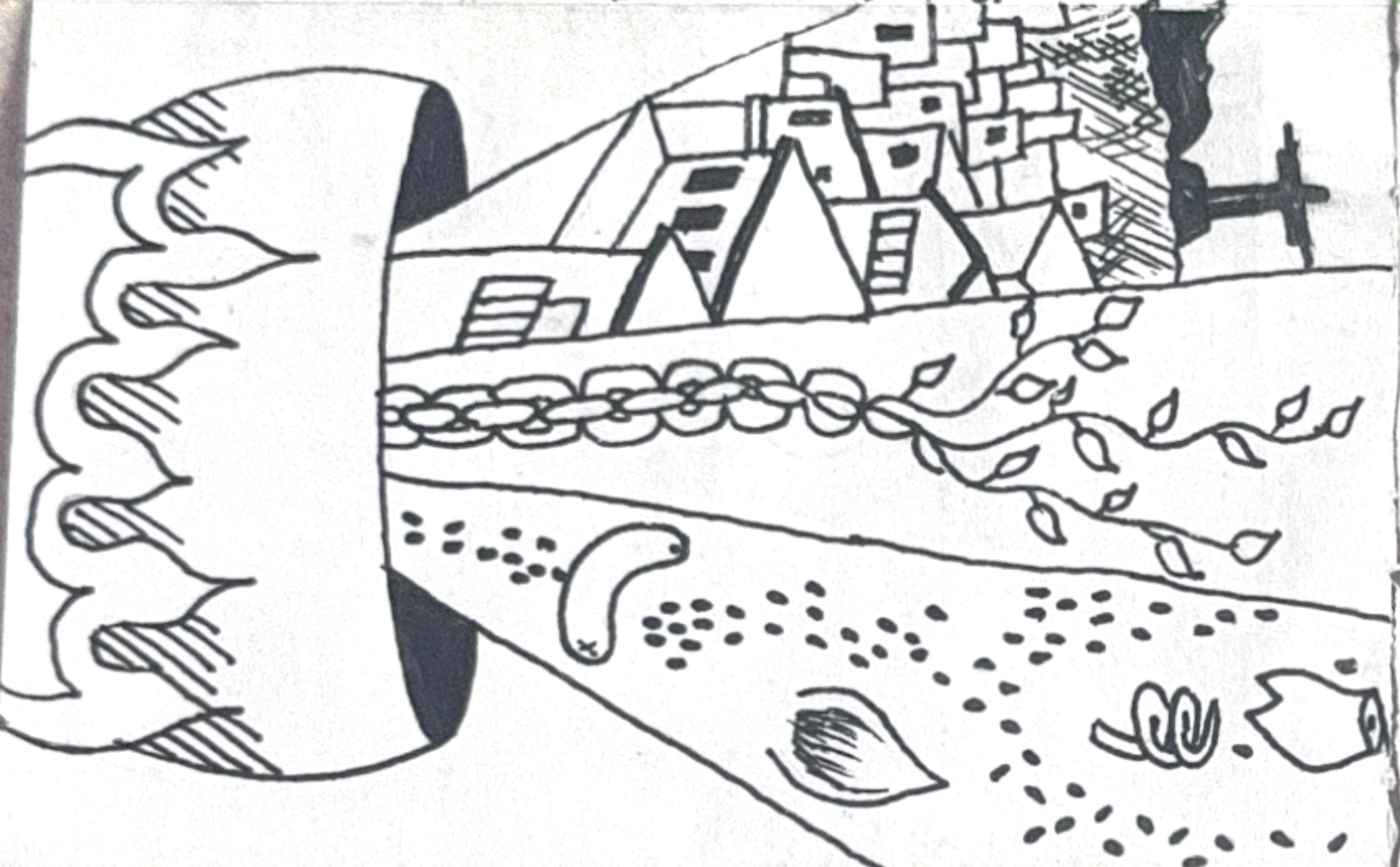


BACKGROUND

Feijoada is a staple bean and meat dish in Brazil. It is typically eaten at special events like holidays, parties, or on Sundays as a family meal.

ORIGIN

The most widely accepted origin story is that of African slaves on sugarcane plantations in Brazil making stew out of leftover pig meat and beans, of which there was an abundance. They took the unused ears, feet, and tail of pig and made a hearty stew giving modern feijoada its main ingredients.



Feijoada is a cultural pillar that unites Brazilians, and is said to be the first thing many people think of when asked to describe their foodways.



INGREDIENTS PREP

A standard recipe for a gathering uses over 4 pounds of beans, which is about seven cans, along with an entire pork of bacon, pork loin, sausage, chorizo, and ham hock, ears and sometimes tail. Once the bacon and onions are browned in a pot, all the other ingredients are thrown in with some water and are left to stew for several hours. It's a 'set it and forget it' recipe perfect for a Sunday afternoon after church or for a big holiday party. It yields a hearty protein rich, and flavorful stew with surprising diversity of textures between the pork meat, and pig ear cartilage.

CULTURAL IMPORTANCE

The word Feijoada was derived from the Portuguese word for bean, Feijão. It has since evolved in Brazil to hold more cultural significance, as a dish but also, as a word. Feijoada has become synonymous with a word for mixture, specifically in the cultural/religious sense, reflecting its nature as a diverse mixture of meats, beans, and seasonings. It has been used in Brazilian social theory to represent a diversity of culture, not unlike the English metaphor 'melting pot'. Aside from its literary meaning, it symbolizes community, festivity, and a touch of resourcefulness and efficiency, hailing back to its origins.

