

Brazil

Latin America

Menu

1. *Feijoada* (Brazilian black beans)

Ingredients:

- 8 cups dried black beans
- 3 lbs. Brazilian salted cured beef
- 2 lbs. sweet sausage (Portuguese choriço)
- 2 lbs. baby back spareribs
- 2 bay leaves
- 1 large onion
- 2 cloves garlic
- 3 Tbsp. olive oil
- Sliced oranges
- Collard greens or kale, shredded
- Hot sauce

Directions:

Soak beans overnight in an airtight container. Soak the beef also. Drain beans and place in a large pot with water to cover by at least 3 inches. Bring the beans to a boil in medium heat. Meanwhile, cut the beef into 1-inch pieces. Cut the sausage into 1-inch pieces. Prick the sausage with a fork and simmer for ten minutes in water. Cut the ribs into 2-rib sections. Add the beef, sausage, ribs, and bay leaves to the beans. Simmer for about 2 hours or until soft, stirring from time to time, adding water as necessary to keep beans covered. Keep an eye on the beans so they don't burn at the bottom. Chop the onion and garlic. Heat the olive oil in a cast iron skillet over medium heat. Add the onion and garlic and cook until golden brown. Add two ladlefuls of beans and mash them. Put this back into the pot. It will thicken and season the beans. Continue to simmer gently for at least another hour, adding water as necessary. A good *feijoada* should have a creamy consistency when done. Remove the bay leaves. To serve *feijoada*, put a mound of rice on your plate and place a ladleful or two of *feijoada* on top. Arrange oranges and cover around the sides. Sprinkle collard greens on top and place a spoonful of hot sauce on the side.

2. *Arroz* (cooked rice)

Life in Brazil

Brazilians are a culturally diverse people, deriving their way of life from the regions they inhabit. Just as their traditions are varied, so are the causes of their poverty. In rural areas, families often lack safe water, sanitation, and health services. Although Brazil is comprised of many races, most of its citizens are united by language and religion. Eighty-nine percent of Brazilians are Christian, and Portuguese is spoken throughout the country.

Typical meal

Brazilian foods have a heavy Portuguese, African, and native influence. The national dish of Brazil is *feijoada*. Coffee is a common beverage. A typical meal consists of *arroz*, which is white rice, *feijao*, which are black beans, and *farinha*, which is like flour. These are usually eaten with red meat, chicken or fish.

Eating lunch



These children are eating a meal at the World Vision Casa de Apoio in Belo Horizonte.

References:

Maria Brazil. May 21, 2006. Feijoada. <http://www.maria-brazil.org/feijoada.htm>. Accessed June 14, 2006.