



FEIJOADA COM BATATA-DOCE DE ALJEZUR E LULAS DA TONEIRA

INGREDIENTES (6 pessoas aprox.)

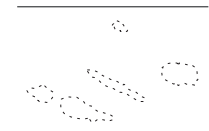
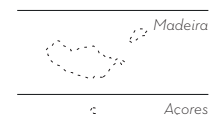
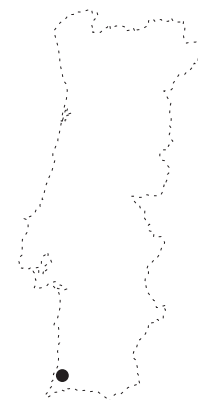
1 kg feijão seco
300 gr entrecosto de Porco Preto
250 gr morcela algarvia
250 gr chouriça algarvia
1 dl azeite Selecção ESPORÃO
2 dl vinho tinto ESPORÃO Reserva
1,20 kg batata-doce de Aljezur - IGP
200 gr cebola e 10 gr alhos
1 kg lulas
30 gr salsa e 10 folhas hortelã
1/2 dl Vinagre vinho tinto ESPORÃO
Sal marinho

PREPARAÇÃO

Demolhar o feijão durante 12 horas.
Salgar as carnes com sal marinho natural por 12 horas.
Colocar o feijão a cozer em água abundante e lavar a carne para retirar o excesso de sal. Juntar as carnes ao feijão. Limpar e lavar as lulas, picar os tentáculos e orelhas. Quando o feijão estiver quase cozido adicionar as batatas-doces cortadas em bocados irregulares. Preparar um refogado com o azeite, cebola e salsa. Refreshar com vinho tinto ESPORÃO e alhos picados, adicionar a morcela e a chouriça. Juntar à feijoada, envolver todos os ingredientes. Adicionar os tentáculos e orelhas das lulas. Recheiar os tubos das lulas com a feijoada e cozinhar aproximadamente mais 20 minutos. Retificar os temperos, adicionar as folhas de hortelã. Cortar as lulas em rodela ao seu gosto. Para servir, colocar uma concha de feijoada no fundo do prato, sobrepor 3 rodela de lula recheada e aromatizar com vinagre tinto do ESPORÃO. Bom apetite.

CHEF JOSÉ PINHEIRO
LOCAL ROGIL / ALJEZUR
REGIÃO ALGARVE
Receita inspirada nos ensinamentos de
ANTÓNIO ROSA

AZEITE ESPORÃO / SELECÇÃO
VINHO ESPORÃO / RESERVA



Veja o vídeo da receita no Youtube e subscreva o nosso canal





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

INGREDIENTS (serves 6 approx.)

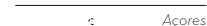
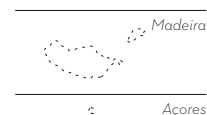
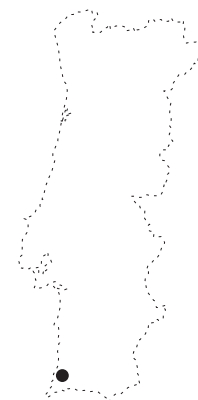
1 kg dry beans
300 gr black pork spare ribs
250 gr algarve black pudding
250 gr algarve chorizo
1 dl Selecção ESPORÃO olive oil
2 dl ESPORÃO Reserva red wine
1,20 kg Aljezur IGP sweet potatoes
200 gr onions and 10 gr garlic
1 kg squid
30 gr parsley and 10 leaves peppermint
1/2 dl ESPORÃO red wine Vinegar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



Watch the recipe video on Youtube and subscribe our channel

