

# CHEF DALE SNIFFEN RECIPE

**Instagram** #chefdalesniffen follow me!!!!

## **Pressure Cooked Brazilian Feijoada Beef, Black Bean Stew**

Pressure cooking time            45 minutes @ full Pressure

Serves                                    6 to 8

### **Prep list**

500gm 3cm diced chuck steak + salt, cracked black pepper

4 Tbsp Olive oil

1 Red Onion roughly chopped

2 Red capsicum

10 Garlic cloves, chopped

2 Jalapeño chillies, chopped + 2 sliced for presentation

1 tbsp smoked paprika, 1 tbsp coriander seeds crushed

750ml Beef stock + 250ml Crushed tomato

200gm Chorizo sausages whole

1 Orange, zest and juiced

3 Tbsp red wine vinegar (balsamic is OK)

2 tins Black beans, drained

4 tbsp Corn flour + 3 Tbsp water to thicken sauce

### **Method**

Season diced beef with salt, cracked pepper and a dash of olive oil. Slowly pre heat pressure cooker to medium heat. Brown all the diced beef in small batches then remove. Add the rest of the olive oil and sauté, onions, capsicum, garlic, chillies and spices. Cook out for 10 minutes or until fragrant. Add browned beef + there juices, stock, tomato, sausage, orange zest, juice, vinegar and beans. Give the stew a good mixing and allow it to simmer.

- Close the lid on the pressure cooker and get to full pressure
- Reduce heat by 80% to maintain full pressure
- Pressure cook for 45 minutes. Use the water method to release pressure. Thicken with cornflour and water paste.

Serve with steamed rice, sliced sausage  
topped with salsa

Salsa  
diced tomato  
red onion  
coriander leaves  
jalapeño