

Cozido à Portuguesa (Portuguese Meat Boil)

Ingredients:

- ✓ 0.5kg pork;
- ✓ 0.5kg Beef;
- ✓ 1 Spicy sausage / black pudding;
- ✓ 2 big potatoes;
- ✓ 2 big carrots;
- ✓ 4 Portuguese cabbages;
- ✓ ¼ teaspoon of fine salt



Preparation method:

1. First of all, the day before the dish is made, season the pork with salt and leave overnight;
2. Put the beef to be cooked in a pan with boiling water (during 45 minutes more or less);
3. Now put the pork to cook together with the beef;
4. Peel the potatoes and the carrots;
5. Add the carrots, potatoes, the spicy sausage and the black pudding in the pan;
6. Last but not least put the Portuguese cabbage to cook with the rest of the stew and right amount of salt;
7. As soon as everything in the pot is cooked, you can take it out to a serving dish and start serving.

Recipe for 4 people

If you want, as an accompaniment you can cook any type of rice as you prefer.

Some pictures during preparation



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