



NATURE'S PEARLS

EASY TO COOK, BURSTING WITH HEALTH



ACF Legumes from Europe Online Competition Recipe Template

Dish Title “Frijolada”

Traditional Colombian dish of braised Red kidneys beans, flavoured with tomatoes sofrito and fresh bay leaves, served with roasted pork, steamed garlic rice and avocado.

Recipe for 10 serves



Frijolada ingredients:

- Red kidney beans, 2 can (420g each)
- Tomatoes 1 can (420g)
- Green peas 1 can (420g)
- garlics gloves 2 (5g) mince
- red onion 100 g brunoise
- Fresh bay leave 1
- Olive oil 8ml
- Coriander shopped and as a garnish 10 g
- Salt and pepper.
- Avocado 2 as a accompaniment

Method:

1. In a medium- High heat pot add the oil and when is hot add the onion and garlic until golden brown.
2. Add the tomatoes, bay leave and let it cook for 5 minutes.
3. Then add the Red kidney beans with the liquid of one can, mix all the ingredients and reduce the heat to low and let it cook for 30 minutes (This is going to help to infuse the flavours together), seasoning with salt and pepper, cover with lid.
4. Wash the green peas and add to the Red kidney beans, and cook for other 5 minutes.
5. Add the chopped coriander and correct seasoning.







Roasted pork ingredients

- Pork leg 1kg
- Vegetable oil 10 ml
- Salt 8 g
- Garlic powder 5g
- Italian herbs 5g
- Bay leave 2
- Coriander seeds 3g
- Cumin 3g
- Lime 1 (as a garnish)

Method

1. Preheat the oven 200°C
2. Pat dry the pork with paper towel.
3. Using a sharp knife, deepen scoring in rind and fat of pork (don't cut through meat). Season the pork skin with salt and add salt, garlic powder and Italian herbs trout to the meat (don't add to the skin, because this can burn and also it doesn't have good appearance).
4. Place the Pork Leg on the wire rack into a deep roasting pan and add water, wine or broth to the pan (be careful that the liquid doesn't touch the meat), with bay leave, coriander seeds and cumin (those are going to help to bring flavour and rich smell to the pork) place the leg roast into the preheated oven 200°C for 40 minutes. Do not open oven door during this period.
5. After this time increase the temperature to 230°C and take the pork and cover the meat with foil (It help to prevent to dry), rotate the pork every 10-15 minutes (this will help to evenly cook).
6. Remove Pork from the oven and allow to rest in the roasting pan 10-15 minutes prior slicing.
7. Serve with lime slice.







Steamed garlic rice ingredients

- Long grain rice 350 g
- Garlic gloves minced 5g
- Olive oil 10ml
- Salt to seasoning

Method

1. Wash the rice twice.
2. In a pot add the oil in medium heat, when it is hot add the garlic until golden brown.
3. Add the rice and mix together.
4. Then add water 600 ml and let it cook until the water is absorbed.
5. Reduce the heat to low and cover with lid.
6. After 20 minutes fluff and remove from the stove.





Plating instruction



In a bowl add 190g of Frijolada (Red kidney beans) and garnish with the coriander leaves, in a plate serve 80g of pork with lime slice, 70g of rice and 30g of avocado.