

Cavalier Cooking 101: Brazilian

Brigadeiro – Brazilian Chocolate Truffles

Ingredients

2 cans (14 oz each) sweetened condensed milk
1/4 cup unsweetened baking cocoa
2 tablespoons unsalted butter
1/2 cup chopped pistachio nuts
1/3 cup chopped sliced almonds
1/3 cup shredded coconut
1/3 cup chocolate candy sprinkles
1/3 cup colored candy sprinkles



Directions

Grease large shallow pan or platter with butter. In 4-quart nonstick heavy saucepan, heat condensed milk, cocoa and 2 tablespoons butter to boiling, stirring constantly with wooden spoon. Reduce heat to medium-low; cook 10 to 15 minutes, stirring constantly, until mixture is thick and shiny and starts to pull away from bottom and side of saucepan when pan is tilted. Pour mixture into shallow pan; cool completely (refrigerate to firm up faster).

Place remaining ingredients in separate small bowls. Use teaspoon or melon baller to scoop truffle mixture, then use greased hands to shape into 1- to 1 1/2-inch balls. Roll each ball in pistachios, almonds, coconut or sprinkles. Place in mini paper baking cups.

Store tightly covered at room temperature up to 2 days or in the refrigerator up to 1 week.

Brazilian Stroganoff (Estrogonofe de Carne)

Ingredients:

1.5 pounds tender steak, cut into small cubes
4 tablespoons olive oil, divided
1 medium onion, finely chopped
2 garlic cloves, minced
1/2 cup brandy or cognac
(equally divided into 2 1/4 cup portions)
1 small can tomato paste
1 tablespoon good quality beef base
2 tablespoons brown sugar



1/4 cup ketchup
1 cup water
6 oz white mushrooms, sliced
2 tablespoons fresh rosemary, finely chopped
1 can of Media Crema (table cream)

Directions

In a large saucepan, heat 2 tablespoons of olive oil on high heat. Sear the meat for about one minute. Add the onions and garlic and cook for about 3 minutes. Add the 1/4 cup cognac and stir until it evaporates. Turn the heat down to medium and add the tomato paste, beef base, brown sugar, ketchup, and water. Cook about 8 to 10 minutes, stirring occasionally.

In the meantime, heat the remaining olive oil in a medium skillet set over high heat, until smoking. Add mushrooms and rosemary and cook about 2 minutes, stirring occasionally. Add the remaining 1/4 cup cognac. Be careful, since it might flame. Cook for another minute, stirring to deglaze pan.

Add the mushrooms to the steak sauce and fold in the Media Crema. Serve the dish immediately with a side of white rice.