



Menu

Feijoada

Pao de Queijo

Moqueca de Peixe

Rice

Brigadeiros (dessert)

Guarana (beverage)



Glossary

Brigadeiros: A simple Brazilian chocolate candy, created in the 1940s and named after Brigadier Eduardo Gomes, whose shape is reminiscent of that of some varieties of chocolate truffles. It is a popular candy in Brazil and it is usually served at birthday parties. Gomes was Brazilian Air Force Brigadier. Later he ran unsuccessfully for the presidency in 1946 and 1950. This was a time of shortage of traditional imports such as nuts and fruits because of the war. But, at the same time, Nestle was introducing its brand of chocolate powder and condensed milk into the country.

Churrasco: In Brazil, *churrasco* is the term for a barbecue (similar to the Argentine, Uruguayan, Paraguayan and Chilean asado) which originated in southern Brazil. Brazilian churrasco contains a variety of meats which may be cooked on a purpose-built "churrasqueira", a grill or barbecue, often with supports for spits or skewers. Portable "churrasqueiras" are similar to those used to prepare the Argentine, Paraguayan and Uruguayan asado, with a grill support, but many Brazilian "churrasqueiras" do not have grills, only the skewers above the embers. The meat may alternatively be cooked on large metal or wood skewers resting on a support or stuck into the ground and roasted with the embers of charcoal (wood may also be used, especially in the State of Rio Grande do Sul).

Dende oil: Used in Brazilian and West African cooking palm or dende oil is made from the kernel of the palm fruit. The oil is thick and red-orange in color with a nutty flavor and high in saturated fat. Use to flavor stews and sauces, even used in some dessert recipes. It costs about \$6 for a large bottle.

Farofa: Farofa is a toasted manioc flour mixture. It is eaten in South America and West Africa, especially in Brazil and Nigeria, where a variant is known as gari.

Feijoada: A dish of rice and black beans baked with various kinds of meat and sausage. A popular myth states that the Brazilian *feijoada* was a "luxury" dish of African slaves on Brazilian colonial farms, as it was prepared with relatively cheap ingredients and leftovers from salted pork and meat production. Over time, it first became a popular dish among lower classes, and finally the "national dish" of Brazil, offered even by the finest restaurants. However, historians like Luís da Câmara Cascudo consider that *feijoada* is a Brazilian version of stews from Southern European countries like France (cassoulet) Spain, Italy and Portugal. Traditional Portuguese bean-and-pork dishes (*cozidos*) like those from the regions are the ancestors of Brazilian *feijoada*.

Guarana: A climbing plant in the maple family, Saubdaceae, native to the Amazon Basin and especially common in Brazil. Guarana features large leaves and clusters of flowers, and is best known for its fruit, which is about the size of a coffee bean. Brazil, which is the third-largest consumer of soft drinks in the world, produces several soft drink brands from guarana extract.

Moqueca: A traditional Brazilian seafood stew. Brazilians have been making Moquecas for 300 years. It basically consists of fish, onions, tomatoes, garlic, and additional ingredients. It is cooked slowly, with no water added.

Pão de queijo: Cheese buns, or cheese breads are small, baked, cheese-flavored rolls, a popular snack and breakfast food in Brazil. Made of cassava starch, very accessible, a lot of people habitually buy the mix and bake it at home rather than buying it ready, although *pão de queijo* is broadly sold at snack bars and bakeries.

Piri Piri: Piri-piri is an African word for chilli and also a hot chilli sauce used in Portuguese, African and Brazilian cookery. The Portuguese introduced chillies to their African colonies after discovering them in Brazil so piri-piri plays a major part in the fiery food of Mozambique. Chicken, fish, seafood and vegetables are all cooked with piri-piri.

Feijoada: Traditional Brazilian Stew

(c) Jamie Oliver 2003

Prep Time: 15 min

Inactive Prep Time: 8 hr (don't worry, we've already prepped it!)

Cook Time: 2 hr 0 min

Level: Intermediate

Serves: 4 servings

Ingredients

- 1 pound black beans, dried - not from a tin
- 1 pound salted pork ribs
- 1 pound salted bacon
- 8 tablespoons olive oil
- 2 onions, peeled and finely chopped
- 6 cloves garlic, peeled, finely chopped
- 2 large smoked sausages, cut into big chunks
- 1 pound smoked pork ribs, cut into pieces
- 1 pound smoked bacon, cut into chunks
- 1 tablespoon freshly ground black pepper
- 5 bay leaves
- Cooked rice, orange slices, spring greens, as accompaniment

Directions

Soak the beans in cold water overnight, making sure they are completely covered. Also soak the salted ribs and bacon in cold water overnight.

Drain the beans and put them into a large saucepan of cold water. Bring to the boil over medium heat, then simmer for 30 minutes until tender.

Rinse the soaked salted ribs and bacon well, add to the beans and cook for 30 minutes over a medium heat. Heat a very large saucepan and pour in the olive oil so it covers the bottom. Add the onions and garlic and cook until softened. Add the sausages, smoked ribs and bacon, pepper and bay leaves. Pour in the cooked beans and meat and top up with water. Simmer for about 1 hour, until the meat falls off the bone.

Serve the Feijoada with boiled white rice, slices of orange, and very finely sliced spring greens fried in olive oil with finely chopped onion and garlic.

Moqueca-Brazilian Fish Stew

Recipe courtesy Emeril Lagasse, 2007

Prep Time: 30 min

Inactive Prep Time: 20 min

Cook Time: 20 min

Level: Intermediate

Serves: 6 to 8 servings

Ingredients

- 2 1/2 pounds red grouper, cut into 2-inch pieces (or substitute redfish, flounder, striped bass, escolar or any other white fleshed fish) – *(I use frozen tilapia because it's the most affordable!)*
- 3 tablespoons fresh lime juice
- 1/4 cup dende oil (Brazilian palm oil) or olive oil
- 1 1/2 cups thinly sliced onions
- 1 tablespoon minced garlic
- 2 tablespoons tomato paste
- 2 cups roughly chopped tomatoes, plus 2 tomatoes sliced into 1/4-inch rounds, divided
- 1/2 cup fish stock or water (*we'll use water*)
- 2 teaspoons salt, divided
- 1/4 cup Piri Piri, recipe follows
- 1 (14.5-ounce) can coconut milk
- 2 tablespoons chopped fresh cilantro leaves
- Steamed white rice, as an accompaniment

Directions

Put the fish in a large nonreactive mixing bowl along with the lime juice and set aside for 20 minutes.

Heat a large saute pan over medium-high heat. Add the dende/olive oil to the pan, and once hot, add the onions and saute, stirring often until translucent, about 3 to 4 minutes. Add the minced garlic to the pan and saute for an additional 30 seconds. Add the tomato paste, chopped tomatoes, fish stock and 1 teaspoon of the salt to the pan and stir well to incorporate. Bring to a boil, and add the fish with the lime juice, as well as the Piri Piri, and the coconut milk; stir to combine.

Once the liquid comes to a boil, dot the top of the pan with the sliced tomatoes and cover with a lid. Reduce the heat to medium-low and continue to cook until the flesh starts to flake, about 10 minutes. Remove the cover and sprinkle the cilantro over the fish. Season with the remaining salt, if needed. Serve with the rice.

For the Piri Piri (yield: 3/4 cup):

- 1 tablespoon, plus 1/2 cup olive oil
- 5 cloves garlic, smashed
- 4 cayenne chile peppers, stemmed, ribs and seeds removed, and roughly chopped (or substitute other hot red peppers)
- 1/4 cup fresh squeezed lemon juice
- 1/2 teaspoon salt

Heat a small saute pan over medium-high heat. Add 1 tablespoon of the olive oil to the pan. Once the oil is hot, add the garlic and peppers to the pan. Saute, stirring often, until the edges of the garlic start to turn brown, 3 to 4 minutes. Add the lemon juice and remove from the heat.

Place the contents of the saute pan into a blender and add the salt. Puree the peppers and garlic until mostly smooth. With the motor running, drizzle the remaining 1/2 cup of olive oil through the feed tube of the lid of the blender. Let cool before using, and store refrigerated in an airtight container.

Pao de Queijo Yoki Mix Recipe



Each bag costs about \$3.50. I haven't found a store in Charlottesville that carries this mix, but you can order it online.

Place the content of the bag in a medium size bowl, add water (1/2 cup) and 2 eggs.

Mix well until all the liquid is absorbed by the dough. Keep working the dough until it gets smooth and homogeneous.

Make small balls and place them in a tray leaving some space in between so that they do not stick together when they grow.

Place the tray in a pre-heated oven (350 degrees F) for about 40 minutes or until they get a golden color.

You can mix in fresh parmesan cheese for extra flavor!

Brigadeiros



Ingredients

- 1 tablespoon and 1-1/2 teaspoons unsweetened cocoa
- 1-1/2 teaspoons butter
- 1/2 (14 ounce) can sweetened condensed milk

Directions

In a medium saucepan over medium heat, combine cocoa, butter and condensed milk. Cook, stirring, until thickened, about 10 minutes. Cook the mixture until it thickens enough to show the pan bottom during stirring.

Pour the mixture in a lightly greased dish and let it cool to room temperature.

Now you are ready to form the little balls, remember to grease your hands with margarine first.

Roll the balls in chocolate sprinkles. Place the balls in candy cups (small size) and voilla!

Refrigerate until ready to serve.