

BRAZILIAN COOKING CLASS 101

A little taste of all mix from Brazil!

STROGONOFE

Ingredients

- ½ Red bell pepper
- ½ Green bell pepper
- ½ Onion
- 4Lbs of Boneless and Skinless Chicken Breast
- 3 Table Creams
- ½ Ketchup bottle
- 2 table spoons of olive oil

Directions

1. Clean the chicken, make sure all fat is out of it and then cut it into little pieces
2. Chop the onion, green and red bell pepper in very little cubes
3. In a pan put the oil, the onions, bell peppers and chicken to grill. You can use high temperatures to make it faster. Make sure the chicken is good before proceeding
4. Add the ketchup and stir, making the chicken get the redish coloration
5. Add the table cream and stir. Make sure to turn off the stove



*Serve it over regular rice and with baked potatoes. If you are in a hurry you can serve with potato chips

BAKED POTATO

Ingredients

- 3 to 5 potatoes
- Salt
- Calabrese Pepper
- Olive Oil

Directions

1. Pre heat oven to 450F
2. Clean the potatoes and cut it in 4- 6 pieces
3. Put it to boil in a pan
4. After some time, try to stick a fork into the potatoes, if it goes in and out easily turn the stove off
5. Lay all the potatoes in a tray. Drizzle oil and sprinkle pepper over it to your taste.
6. Let it broil into oven during 40– 50 minutes

*If you wish, before put it into oven put some cream cheese over it

PIAMONTESE RICE

Ingredients

- Rice
- ½ cup of milk
- 1 Table Cream
- ½ Lbs of mozzarella cheese
- 2 table spoon of butter

Directions

1. Melt the butter on the stove.
2. Add the table cream to the cooked rice.
3. Stir for a while and then add the mozzarella cheese chopped into small pieces. Stir it until it melts.
4. Add the milk and stir a little more.

EASY-SALMON

Ingredients

- 1 fillet of salmon
- Olive Oil
- Black pepper
- Salt
- Lemon

Directions

1. Pre heat oven to 420F
2. Place one fillet of salmon on a sheet of aluminum foil with the skin facing down
3. Put in some olive oil, black pepper, salt and lemon
4. Wrap the aluminum foil around the salmon to cover it
5. Put the tray in the oven for 30 minutes
6. In the final 10 minutes unwrap the salmon and leave it there for the remaining time

*Serve it with the piemontese rice



BRIGADEIRO (Chocolate candy)

Ingredients

- 1 can of condensed milk
- 5 table spoons of cocoa powder
- 1 tablespoon of butter

Directions

1. Melt the butter
2. Add the condensed milk and the cocoa powder
3. Start stirring. Make sure to never stop it and cover the whole pan all the time, stir the center and then go to the outside part
4. When you are able to slightly turn over the pan and the candy does not stick in the bottom it`s ready.
5. Take it out from the pan and wait a little to serve.

*There are two ways to it *Brigadeiros*. If you want to curl it, leave it a little longer on the pan, and then when take out just spread your hands with butter and curl it manually. You can add sugar on top of it or any other topping you want.



Bom Appetite!