



# EAT LIKE A BRAZILIAN

Recipes for Decent Food



Collected by members of  
The International Center for  
Development and Decent Work

# ABOUT ICDD

## **The International Center for Development and Decent Work**

The International Center for Development and Decent Work (ICDD) is a global multidisciplinary network of eight partner universities on four continents with its head office at the University of Kassel (Germany). It cooperates closely with the International Labour Organization and various non-governmental organizations. The ICDD contributes to the global fight against hunger and poverty through research and education on the Sustainable Development Goal #8 to promote inclusive and sustainable economic growth, employment and decent work for all. A special focus lies thereby on the world's 805 million people living in rural areas who face food insecurity.

## **The idea behind making this cookbook**

The International Center for Development and Decent Work, with its campuses and cooperation partners, is represented in diverse countries with varied cultural backgrounds. So the idea was to produce an ICDD cookbook to share recipes for our local dishes across the ICDD network. We thank our colleagues for taking up the initiative to make this happen.

## ACKNOWLEDGEMENTS

We would like to extend our appreciation to all the contributors. Preparing and completing this cookbook would not have been possible without the kind help of many colleagues and friends who provided wonderful recipes and valuable assistance in its production.

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## PREFACE

You may wonder what a cookbook has to do with the agenda of 'decent work'. Well, decent work is not the least about affording the ingredients of and the time for a healthy diet. More than 800 million people go hungry, most of them in Sub-Saharan Africa and Southern Asia. Paradoxically, food insecurity is most pronounced in countries with a high dependence on agriculture. These countries suffer from insufficient productive employment creation in the industry or service sector. However, even employment in export-oriented firms does not guarantee sufficient calorie intake. The low wages in some of those factories limit access to healthy food, such as fruits and vegetables. Scarce resources for food may again, paradoxically increase the prevalence of obesity. Less expensive foods are often high in calories and low in nutrients.

Low wages are frequent with long working hours, either because of forced overtime or as a sought-after compensation for the inadequate hourly wages. The result is a lack of time for orderly meal preparation and therefore a turn to unhealthy processed food.

In other words, if decent work conditions prevail, opportunities for a healthy diet open up. An inspiring cookbook can help to turn the opportunity into a reality. We hope that the delicious recipes from the ICDD partner country Brazil will let you enjoy healthy meals in friendly company.

Christoph Scherrer  
Director of the ICDD

# BAIÃO DE DOIS

“Baião de Dois” is popular in the Northeast region and parts of the Northern region of Brazil.



*Recipe by Paulo Malerba – Photo by Zé Carlos Barretta*

The dish is made with the most popular pair of Brazilian cuisine, rice and beans, especially the bean fradinho (or green). They will be prepared with dried meat, curd cheese, bacon and seasoning. A great combination!



**Preparation**  
120 minutes



**Cooking Time**  
15 minutes



**Vegetarian**  
No

## INGREDIENTS FOR BAIÃO DE DOIS

Dried Meat (cut into 7-cm cubes) .....	500gr
Black Beans .....	1 cup
Rice .....	1 cup
Onion (finely chopped) .....	1/2
Olive Oil .....	1 tablespoon
Salt .....	1/2 teaspoon
Bay Leaf .....	1

### For the “Braised”:

Rennet Cheese (cut into 1-cm cubes) .....	200gr
Cubed Bacon .....	70gr
Purple Onion (finely chopped) .....	1
Garlic Cloves (finely chopped) .....	2
Butter .....	2 tablespoons
Sliced Chives .....	3 stalks
Coriander Leaves, Salt and Black Pepper to taste	

## INSTRUCTIONS

**Step 1:** Cover the meat cubes with 5 cups of cold water. Cover the bowl with film. Leave it in a refrigerator for 24 hours, change the water at least once.

**Step 2:** Transfer only the meat to the pressure cooker. Top with water until half the pan. Bring to medium heat. As the pan starts to whistle, reduce the heat and cook for 20 minutes.

**Step 3:** Discard the cooking water. Add the black beans and repeat the previous step but cook only 10 minutes. Turn off the heat. Let the pressure off the pan.

**Step 4:** Transfer the meat cubes to a plate and unweave with two forks – discard the larger pieces of fat. Pass the beans through a sieve and reserve the cooking water.

**Step 5:** Bring to medium heat a medium saucepan. When warm, drizzle with olive oil and add onion. Season with salt and sauté for 2 minutes, until wilted. Add the rice and stir well for 1 minute to wrap all the grains with the olive oil.

**Step 6:** Drizzle 2 cups of reserved cooking water over the rice. Add bay leaf, mix and cook over medium heat. As the water dries and reaches the same level as the rice, reduce the heat and partially cover the pan. Cook until the rice soaks up all the water. Then, turn off the heat and keep the pan covered for 5 minutes.

### For the “Braised”:

**Step 1:** Bring to medium heat a large skillet, preferably non-stick. When heated, add 1 tablespoon of butter and the cheese. Let it stand for 2 minutes, until it comes out of the bottom. Stir with the spatula to brown evenly. Transfer to bowl and set aside.

**Step 2:** Keep the skillet over medium heat. Add butter, the onion and sauté until wilted. Add the bacon and stir occasionally until golden brown. Add the garlic and stir for another minute.

**Step 3:** Add the shredded dried beef and stir for 2 minutes to warm. Add 1/2 teacup of the reserved cooking water and mix well. Turn off the heat, add the black beans and mix well.

**Step 4:** Open the rice pan, loosen the beans with a fork and transfer to the frying pan with the braised. Mix well, taste and salt and pepper. Add the golden cheese cubes and chives. Mix and finish with coriander leaves. Serve with lime sauce.



## BEIJINHO DE COCO

“Beijinho” is the favorite coconut candy for all Brazilian festivities, weddings and children’s parties around the country.



*Recipe by Rudá Miranda – Photo by Larissa Kozemekin*

Traditionally served at birthday parties and special events, Beijinho is a sweet Brazilian coconut candy. A type of truffle, the candy is often round in shape. While known to be served at children’s parties, this confection is a favourite candy of both young and old alike.





Preparation  
120 minutes



Cooking Time  
15 minutes



Vegetarian  
Yes

### INGREDIENTS FOR BEIJINHO DE COCO

Sweet Condensed Milk ..... 1 can  
Butter ..... 1 tablespoon  
Sweet Flake Coconut..... 1/4 cup  
Sweet Flake Coconut for decorating

### INSTRUCTIONS

Step 1: Warm the saucepan over medium-low heat.

Step 2: Bring the sweet condensed milk, the sweet flake coconut, and butter to a simmer in the saucepan over medium-low heat. Continue to cook and stir often until the milk is reduced to half and is thick.

Step 3: Remove from heat, and allow to cool a bit before pouring into a buttered bowl.

Step 4: Chill in the refrigerator until it is cold (about 2 hours).

Step 5: With buttered hands, form the mixture into tablespoon-sized balls, and roll in coconut flakes.

# BOBÓ DE CAMARÃO

“Bobó de Camarão” means shrimps in creamy yucca sauce. This dish originally stems from Bahia, the state with the largest number of African descendants.



*Recipe and Photo by Renata Moreira*

Bahian dishes are unique because cooks improvised on both traditional African and Portuguese recipes by using locally available ingredients. Like other dishes from Bahia, Bobó de Camarão have three main ingredients: coconut milk, malagueta pepper, and dende oil.



**Preparation**  
40 minutes



**Cooking Time**  
60 minutes



**Vegetarian**  
No

## INGREDIENTS FOR BOBÓ DE CAMARÃO

Shrimps (heads removed, peeled and deveined) .....	1kg
Water .....	2L
Manioc (Yuca) Roots (peeled, cut into chunks) .....	500gr
Onion .....	1 quarter
Onion (chopped) .....	1
Bay Leaves .....	2
Salt .....	2 teaspoons
Olive Oil .....	2 tablespoons
Garlic Cloves (minced and mashed) .....	4
Tomato Passata .....	200gr
Coconut Milk .....	200ml
Coriander (freshly chopped) .....	40gr
Salt and Pepper to taste	

## INSTRUCTIONS

**Step 1:** Place shrimps in a large saucepan and cover with 2 litres of water. Boil for 30 minutes. Remove from heat, strain and reserve the stock.

**Step 2:** Pour shrimps stock into a pressure cooker. Add manioc, onion, bay leaves and 2 teaspoons of salt. Cover the pressure cooker and cook. When it begins to whistle, cook for 20 minutes more. Remove from the heat and wait until all of the pressure releases.

**Step 3:** Meanwhile, heat oil in a large saucepan over medium low heat; stir in chopped onion and cook until it is soft, about 3 minutes. Add garlic and sauté for another minute. Add the passata, season with a little salt and pepper to taste and simmer for 10 minutes.

**Step 4:** Remove the bay leaves from the manioc mixture. Place manioc in a blender with shrimp stock and blend until smooth (the mixture should be thick and somewhat hard to stir). Slowly stir in coconut milk.

**Step 5:** Transfer mixture to the saucepan with the passata mixture. Add the reserved shrimps and simmer. Stir occasionally (for about 10 minutes). Garnish with fresh chopped coriander and serve hot.

## BOLO DE CENOURA

“Bolo de Cenouras” is a cake made from carrots. It can be eaten as a snack or for mid-morning breaks with coffee.



*Recipe by* Rudá Miranda – *Photo by* Alexandra

This cake is very easy to prepare because you just simply put all ingredients in a blender and mix them.



Preparation  
15 minutes



Cooking Time  
30 minutes



Vegetarian  
Yes

## INGREDIENTS FOR BOLO DE CENOURA

### For the cake:

Oil ..... 1/2 teacup  
Medium Grated Carrots ..... 3  
Eggs ..... 4  
Sugar ..... 2 teacups  
Wheat Flour ..... 2.5 teacups  
Baking powder ..... 1 tablespoon

### For the cake cover:

Butter ..... 1 tablespoon  
Chocolate Powder ..... 3 tablespoons  
Sugar ..... 1 teacup  
Milk ..... 1 teacup

## INSTRUCTIONS

Step 1: In a blender, add the carrots, eggs, and oil, and mix them. Add the sugar and mix it again for 5 minutes.

Step 2: Put the mixture in a bowl or in a blender. Add the wheat flour and then mix again.

Step 3: Bake in a preheated oven at 356 degrees F (180 degrees C) for approximately 40 minutes.

Step 4: For the cake cover, mix all the ingredients, heat, and then continue mixing until the cover gets creamy. Pour it over the cake.

## BOLO DE FUBÁ

In Brazil, sweet cornmeal cake (called “Bolo de Fubá”) is a staple for breakfast or for an afternoon snack with coffee.



*Recipe by Carolina Madureira – Photo by Wilfredo Rodríguez*

In some homes, the cakes are made with cheese or coconut for a rich, dense consistency (commonly called “Bolo de Fubá Cremoso”). In this classic version, fine ground cornmeal encourages a delicate texture. As the cake cooks in the oven, it fills the kitchen with a sweet, warm aroma. Delicious slightly warm, or at room temperature, this light Brazilian Cornmeal Cake is not to be missed.



Preparation  
20 minutes



Cooking Time  
30 minutes



Vegetarian  
Yes

## INGREDIENTS FOR BOLO DE FUBÁ

Butter .....	1 tablespoon
All-purpose Flour (plus more for coating pan) .....	1 cup
Corn Meal .....	1 cup
Baking Powder .....	1 tablespoon
Salt .....	1/4 tablespoon
Sugar .....	1 cup
Eggs .....	2
Vegetable Oil .....	1/2 cup
Whole Milk .....	1 cup

## INSTRUCTIONS

Step 1: Heat oven to 350 degrees F (175 degrees C). Butter and flour pan; set aside in a refrigerator.

Step 2: In a medium mixing bowl, whisk together flour, cornmeal, baking powder, and salt until thoroughly combined; set aside. In a separate medium mixing bowl, whisk together sugar and eggs until eggs are pale yellow. Add vegetable oil, and then milk, whisking to combine. Add reserved flour mixture, whisk until smooth.

Step 3: Pour batter into a reserved pan. Bake cake until beginning to pull away on sides of pan and a thin knife inserted into the center comes out clean, about 30 minutes. Transfer to wire rack and let the cake cool in pan for 10 minutes. Invert cake onto rack; remove pan and let cool completely.



# BRIGADEIRO

“Brigadeiro” is a traditional Brazilian dessert created in 1940.



*Recipe by Juliana Camos – Photo by Mayra Chiachia*

The Brigadeiro makes up a big part of the Brazilian culture and is considered as a national icon. This dessert is normally served to children at birthday parties and is eaten after the birthday cake. The Brigadeiro may also be served in different reunions, especially when friends get together. It has a sentimental value to most Brazilians.



Preparation  
10 minutes



Cooking Time  
15 minutes



Vegetarian  
Yes

### INGREDIENTS FOR BRIGADEIRO

Butter or Margarine ..... 1 tablespoon  
Condensed Milk ..... 1 tin  
Chocolate Powder ..... 4 tablespoons  
Granulated Chocolate ..... 1 package

### INSTRUCTIONS

Step 1: Heat the pan over medium heat.

Step 2: Add 1 tablespoon of butter, put all the condensed milk with the butter.

Step 3: Add 4 tablespoons of chocolate powder and stir continuously until it comes out of the pan.

Step 4: Grease a container with butter where the mixture will be poured. Put it in the fridge until it cools down. Then make small balls with your hands (you should grease your hands with butter, too), passing them in the granulated chocolate.

# CAJUZINHO

“Cajuzinho” is a kind of truffle made with peanuts, in the form of the cashew fruit.



*Recipe and Photo by Cyntia Machado*

“Cajuzinho” combined with Brigadeiro and Beijinho forms the triad of the candies for children’s birthday parties.



Preparation  
15 minutes



Cooking Time  
90 minutes



Vegetarian  
Yes

### INGREDIENTS FOR CAJUZINHO

Sweet Condensed Milk ..... 1 can  
 Unsalted Butter ..... 1 tablespoon  
 Cocoa Powder ..... 1 tablespoon  
 Crystal Sugar ..... 1 cup  
 Peanut (without skin and without salt, roasted and ground) ..... 1 cup  
 Whole peanuts to garnish

### INSTRUCTIONS

Step 1: Put the sweet condensed milk, the butter, the cocoa powder and the peanuts into the saucepan in medium-low heat.

Step 2: Mix and stir it thoroughly until a thick paste is formed and released from the saucepan.

Step 3: Set aside to cool off. And then put it into the refrigerator for 1 hour.

Step 4: Pour the raw sugar into a bowl. Split the remaining 30 peanuts lengthways and reserve.

Step 5: Grease your hands with a little butter, scoop a small part of the paste and roll in on your hands to make a conical shape.

Step 6: Roll the sweet in the raw sugar. Add a peanut in the base of the cone to garnish.

# CAMARÃO NA MORANGA

“Camarão na Moranga” is a typical dish of the Brazilian coast.



*Recipe by Thales Penha – Photo by Eugenio Hansen*

“Camarão na Moranga” means shrimps in a pumpkin. This dish is special because “Moranga” is a typical pumpkin in the Brazilian Northeast region.



Preparation  
25 minutes



Cooking Time  
50 minutes



Vegetarian  
No

## INGREDIENTS FOR CAMARÃO NA MORANGA

For 6 portions:

Butter or Margarine .....	1 tablespoon
Shrimp (medium) .....	1kg
Olive Oil .....	4 tablespoons
Garlic Cloves .....	2
Onion .....	1
Tomato (with seeds) .....	5
Milk Cream .....	1 can
Creamy Cheese .....	300gr
Pumpkin .....	1
Ketchup .....	3 tablespoons
Salt and Black Pepper to taste	
Cilantro	

## INSTRUCTIONS

Step 1: Remove lid and pumpkin seeds. Wash and wrap in foil and cook in 356 degrees F (180 degrees C) for 45 minutes.

Step 2: In a pan, heat the olive oil and sauté the garlic and onion. Add the shrimps and cook for 5 minutes.

Step 3: Add chopped tomatoes, pepper, salt and ketchup.

Step 4: Turn off the heat and add the milk cream and cilantro. Mix well and add the creamy cheese.

Step 5: Sprinkle some creamy cheese inside the pumpkin and pour the shrimp cream.



# COXINHA

“Coxinha” is a popular street food snack in Brazil and is fun and economical to make.



*Recipe by Carolina Madureira – Photo by Romerito Pontes*

A savory dough is shaped into a drumstick around a creamy chicken salad filling, battered and fried. They are easy to eat on the go. They have a unique appearance.





Preparation  
60 minutes



Cooking Time  
30 minutes



Vegetarian  
No

## INGREDIENTS FOR COXINHA

Chicken Breasts .....	4 halves
Chicken Broth .....	4 cups
Carrot .....	1
Onions .....	2
Bay Leaves .....	2
Butter .....	2 tablespoons
Garlic Cloves .....	2
Lime Juice .....	.1
Cream Cheese (soft) .....	1 package (8-ounce)
Flour .....	3 cups
Eggs .....	2
Bread Crumbs (finely grated) .....	3 cups
Vegetable Oil (for frying) .....	3 cups
Salt and Pepper to taste	

## INSTRUCTIONS

Step 1: Cover chicken breasts with the chicken broth; make sure the chicken breasts are covered by at least 1/2-inch of liquid. Add one carrot, one onion (peeled and halved), and the bay leaves.

Step 2: Bring liquid to a gentle simmer, and cook for 15-20 minutes, or until chicken is just cooked through. Then, set chicken aside to cool, and strain the broth. Reserve broth.

Step 3: Shred the chicken into very small pieces. Stir the softened cream cheese and lime juice into the shredded chicken.

Step 4: Finely chop the second onion and the garlic. Sauté them in 2 tablespoons of butter until golden and soft. Add the hot garlic and onion to the chicken mixture and stir until everything is well mixed.

Step 5: Boil the chicken broth, and gradually stir in the same amount of flour (i.e. 3.5 cups of broth with 3.5 cups of flour). Stir vigorously and cook for 2 to 3 minutes. The mixture will become a stiff dough. Remove from heat and chill in the refrigerator for 1 hour. At this point, you can chill the chicken mixture and the dough for several hours or overnight.

Step 6: To shape the Coxinha, take a piece of the dough, about the size of a golf ball, with floured hands. Roll it into a ball, and then hollow out the middle for the filling. Press a golfball-sized (about 1 1/2 tablespoons) piece of the chicken filling inside the ball of dough, and press the dough closed around the filling. Shape into an approximate drumstick shape, flouring hands as necessary. Stand the Coxinha on a baking sheet, so that the pointed end sticks upwards. Whisk the eggs together in a bowl. Place the breadcrumbs in a shallow pan and season with salt and pepper. Dip the Coxinha in the egg, then in the breadcrumbs to coat. Chill for 1 hour.

Step 7: Fill a heavy-bottomed pot with enough oil to cover the Coxinha. Heat the oil to 360 degrees F (182 degrees C). Fry the Coxinha in batches until deep golden brown. Serve warm.

# ESCONDIDINHO DE FRANGO

“Escondidinho de Frango” (or Brazilian Chicken Shepherd’s Pie), a variation of the popular “Escondidinho de Carne Seca” (“Sun-dried Beef Shepherd’s Pie”) is from the Northeast region of Brazil.



*Recipe by Carolina Madureira – Photo by E. W.*

Originally, Escondidinho was made from carne seca (sun-dried beef) topped with mashed cassava and cheese. Nowadays, Escondidinho may be made from chicken, charque (a kind of meat similar to jerked beef), shrimp, ground beef, or codfish, among other things. One thing has not changed, though. It is always topped with mashed cassava or yuca and cheese (mostly queijo de coalho).



**Preparation**  
50 minutes



**Cooking Time**  
40 minutes



**Vegetarian**  
No

## INGREDIENTS FOR ESCONDIDINHO DE FRANGO

Cassava or Yuca (frozen or fresh) .....	1 kg
Butter (soft or melted) .....	2 tablespoons
Heavy Cream .....	1
Chicken Flavored Bouillon Powder (optional) .....	2 tablespoons
Cheese (melted) .....	2 cups
Smoked Bacon (uncooked) .....	6 strips
Yellow Onion (small, diced) .....	1/2
Garlic Cloves (minced) .....	2
Roasted Chicken .....	700gr
Collard Greens (cut into thin strips) .....	1 cup
Dry White Wine .....	1/2 cup
Tomato Sauce .....	1 cup
Cooked Corn Kernels .....	1 cup
Chopped Parsley or Cilantro .....	1/4 cup

## INSTRUCTIONS

**Step 1:** If using fresh cassava or yuca, peel it first. Then, place peeled cassava in a pot filled with cold water and let boil over high heat for about 15-20 minutes or until fork-soft. Remove from the heat, reserve about 1 cup of the water, and drain. Place cooked cassava on a cutting board and while cassava is still warm but can be handled without burning, remove the woody fiber from the center. Place warm cassava back into the pot, pour the reserved warm water on top, and mash very well using a masher. Stir in the butter, heavy cream, chicken bouillon (optional), salt and pepper to taste. Set aside.

**Step 2:** Preheat oven to 350 degrees F (175 degrees C). Butter or spray a baking dish and set aside.

**Step 3:** Cook the diced bacon over medium-high heat for about 5-6 minutes, stirring occasionally with a wooden spoon. Remove bacon from the pan with a slotted spoon, place into a bowl or plate, and set aside. In the same pan, sweat the onion in the residual bacon fat over medium heat for about 2-3 minutes, stirring occasionally. Then, add the minced garlic and let cook for about 1 minute over medium heat. Add the shredded chicken and sauté over medium-high heat for 1-2 minutes, stirring occasionally. Add the greens and sauté for about 1 minute. Add the wine and let almost evaporate. Stir in the tomato sauce, the reserved cooked bacon, and salt and pepper to taste. Let cook uncovered over medium heat for 3-4 minutes. Remove from the heat, stir in the cooked corn kernels, and the chopped parsley or cilantro. Set aside.

**Step 4:** Spoon chicken mixture in one single layer into the greased baking dish. Layer mashed cassava/yuca on top of the chicken layer. Finish by sprinkling shredded cheese on top of the mashed cassava/yuca, distributing uniformly. Cover tightly with a sheet of aluminum foil. Bake for 30-40 minutes. Serve escondidinho de frango warm by itself or accompanied by a fresh salad or steamed vegetables.

## FAROFA DE BANANA

“Farofa” is a toasted cassava flour mixture. It is eaten mainly in Brazil. It can be found commercially produced and packaged but is often prepared at home based on family recipes.



*Recipe by Juliana Moreira – Photo by Steve Buissinne*

In Brazil, Farofa is also used in a stuffing for poultry and other dishes, usually containing raisins, nuts, and/or finely chopped sweet fruits like apples and bananas. In the state of Bahia, it is common for Farofa to be prepared with Dendê oil, giving it a stronger taste and a rich yellow coloring.



Preparation  
20 minutes



Cooking Time  
30 minutes



Vegetarian  
No

### INGREDIENTS FOR FAROFA DE BANANA

Sliced Bacon ..... 100gr  
 Butter ..... 3 tablespoons  
 Grated Onion ..... 1 onion  
 Diced Banana ..... 4 bananas  
 Raw Manioc Flour ..... 200gr  
 Chopped Parsley and Spring Onion  
 Chopped Chives

### INSTRUCTIONS

Step 1: Fry the bacon over medium heat until golden brown.

Step 2: Add the butter, onion, and banana and mix well.

Step 3: Add flour and stir until golden brown (about 5 minutes).

Step 4: Out of the heat, season with parsley, chives, and salt to taste.



# FEIJOADA

The Brazilian “Feijoada” is made with black beans, the name comes from “*feijão*”, Portuguese for “beans”. Due to the dish's heavy ingredients and rich flavors, Feijoada is viewed as Brazilian soul food.



*Recipe and Photo by Marco Camargo*

As a celebratory dish, Feijoada is traditionally served on Saturday afternoons or for a Sunday lunch and intended to be a leisurely midday meal. It is meant to be enjoyed throughout the day and not eaten under rushed circumstances. The meal is usually eaten among extended family and paired with an event like *Rodas de Samba*, a cultural event from Rio de Janeiro.



Preparation  
15 minutes



Cooking Time  
140 minutes



Vegetarian  
No

## INGREDIENTS FOR FEIJOADA

*This is feijoada à carioca (Rio style):*

Black Beans (soaked overnight, then drained) .....	500gr
Bacon .....	200gr
Manioc/Cassava .....	1kg
White onion .....	1
Garlic Cloves .....	1
Parsley and Chives	
Smoked Sausages (in thick slices)	
Smoked Cutlet (in large cubes with bones)	
Pig Ears, Feet and Tail	
Collard Greens	
Tabasco Sauce	
Olive Oil	
Salt and Pepper to taste	

## INSTRUCTIONS

Step 1: In a large pressure cooker, add olive oil, chopped onion and garlic together with the meat cuts. Fry it until golden. Add the beans with the water, check if the water is enough to cover the beans by at least one finger inside the pot. Season it with salt, pepper, tabasco sauce, parsley and chives, don't season too much since the water will reduce with the cooking. Put the cooker on maximum pressure. When it achieves the maximum pressure, reduce the heat and let it cook for 20 minutes.

Step 2: Release the pressure and open the pot, pick up some spoons of the black beans and the water and process it in a food processor to make the broth thicker and darker.

Step 3: Add it back to the pot, check the seasoning and close it to cook with pressure for 10 more minutes.

Step 4: Add the collard greens to a frying pan with butter, chopped onion, garlic, salt and pepper, and heat until the butter disappears and the garlic and onion are fried and the collard turns into dark green.

Step 5: The manioc/cassava needs to be peeled, boiled in hot water to soften. Afterwards, dry in paper towel. Add frying oil and heat it to 392 degrees F (200 degrees C), fry the pieces of manioc until a golden crust appears. Dry in paper towel.

Step 6: Make the plate with the feijoada, rice, farofa, collard greens, fried manioc and a slice of orange.

Note: In Rio style, it is recommended to cook it hours before the meal, let it rest for at least 6 hours, and heat before serving. The process of resting helps the broth to accumulate more flavor.



# FRANGO COM QUIABO

"Frango com Quiabo" is a stew made with chicken and okra, normally served with rice.



*Recipe and Photo by Cyntia Machado*

It is a typical dish from Minas Gerais, the cuisine from this region was influenced by the Portuguese, the Africans and the Indians. Greatly appreciated by farm workers, this food spread around the 19<sup>th</sup> century when Minas Gerais access to food from other places became problematic for people living in that place and the ingredients were easily found there.



Preparation  
140 minutes



Cooking Time  
15 minutes



Vegetarian  
No

### INGREDIENTS FOR FRANGO COM QUIABO

Chicken (legs and thighs) .....	1 kg
Okra .....	500gr
Garlic Cloves .....	2
Oil .....	3 tablespoons
Onion (cut in slices) .....	1
Tomato (peeled without seeds) .....	1
Boiled Water .....	1 cup
Salt	
Juice of Lemon (half)	

### INSTRUCTIONS

Step 1: Clean the chicken, but do not take the skin off. Add the garlic, the lemon juice and the salt in a bowl for 1 hour (it would be better if the chicken could be marinated for one day).

Step 2: Clean the okra, strain and cut them into 2-cm pieces. If you want less goop, marinate in water with lemon for 1 hour.

Step 3: Fry the chicken until it turns golden.

Step 4: Take off the chicken and sauté the onion and the tomato in the same pan.

Step 5: Throw the chicken inside the pan again with the boiled water. Cook for 10 minutes.

Step 6: Add the okra and cook for 5 minutes. Add the salt to taste.

# MOQUECA

This is a traditional dish from Salvador, Bahia (Northeast of Brazil).



*Recipe and Photo by Renata Moreira*

It was influenced by the Portuguese, some African regions and Brazilian indigenous cultures. This dish is traditionally eaten on Fridays in Salvador.



**Preparation**  
20 minutes



**Cooking Time**  
30 minutes



**Vegetarian**  
No

## INGREDIENTS FOR MOQUECA

For 4 portions:

Fish Fillets (monkfish or seabass) .....	4
Tiger Shrimps (deveined) .....	400gr
Garlic .....	2 cloves
Yellow Onion .....	1
Tomatoes (ripe) .....	1
Red Pepper .....	1
Coconut Milk .....	1 cup
Green Pepper .....	1
Limes (in juice) .....	2
Water .....	350ml
Palm Oil .....	6 tablespoons
Fresh Coriander (chopped) .....	1 bunch
Olive Oil	
Salt and Pepper to taste	

## INSTRUCTIONS

Step 1: Sprinkle the shrimps and the fish in a bowl with the juice of 2 limes and keep refrigerated for at least 15 minutes while preparing the vegetables.

Step 2: Peel the garlic and chop it into small pieces. Peel and slice onion to 1/2 cm thickness. Cut the pepper into thin strips.

Step 3: Clean the chillies, cut them in half and remove all seeds and white parts. Cut into thin strips and set aside.

Step 4: Wash the tomatoes, remove the stalk and cut them into thin slices.

Step 5: Heat the olive oil in a pan and fry the onions and garlic over high heat.

Step 6: Add sliced fish pieces and shrimps. Cook and turn regularly for 2-3 minutes.

Step 7: Add coconut milk and palm oil. Simmer for 10 minutes before serving.

Step 8: Add the green and red pepper, tomatoes, coriander and flavor it with salt and pepper. Lower the heat and cook for 5 minutes.

Suggestion: Serve hot with white rice.



## MOQUECA CAPIXABA

“Moqueca” is a Brazilian recipe based on salt water fish stew, tomatoes, onions, garlic and coriander. It is slowly cooked in a terra cotta casserole, optionally served with prawns, and includes by preference a mix of boneless fish species, like small shark, swordfish, etc.



*Recipe by Marco Camargo – Photo by Eloy Olindo Setti*

Originally from Espírito Santo in the Southeast of Brazil, the reason why it is called “capixaba”, the demonym of someone born in that state. The name “Moqueca” comes from the term “muheka” in the Kimbundu language, from Angola. Brazilians have been making Moqueca for at least 300 years.



**Preparation**  
40 minutes



**Cooking Time**  
20 minutes



**Vegetarian**  
No

### INGREDIENTS FOR MOQUECA CAPIXABA

Skinless Hake or Pacific Cod Fillet .....	8 pieces
Fresh Lime Juice .....	1/4 cup
Bottled Malagueta Peppers (finely chopped) .....	1/2 teaspoon
Garlic Cloves (finely chopped) .....	3
Salt .....	2 teaspoons
Extra-large Shrimp (peeled and deveined; reserve shells) .....	400gr
Tomatoes (cut into 1/2-inch cubes) .....	600gr
Large Onion (chopped) .....	1
Green Bell Pepper (chopped) .....	1/2 cup
Yellow Bell Pepper (chopped) .....	1/3 cup
Yellow Plantains (peeled, diagonally cut into 8 pieces) .....	2
Fresh Cilantro (finely chopped) .....	1/2 cup
Fresh Flat-leaf Parsley (finely chopped) .....	1/4 cup
Extra-virgin Olive Oil .....	1/4 cup

### INSTRUCTIONS

Step 1: Pat fish fillets dry and put in a bowl. Stir together lime juice, malagueta peppers, 1 tablespoon of garlic, and 1 1/2 teaspoons salt, then pour over fish and toss to combine. Marinate, covered and chilled, for 30 minutes. Add shrimp and chill for at least 30 minutes, but no longer than 1.5 hours.

Step 2: Put tomatoes at the bottom of a wide 5- to 6-quart heavy pot. Top with onion and remaining tablespoon of garlic, then sprinkle with bell peppers. Place plantains on top of vegetables. Sprinkle evenly with remaining 1/2 teaspoons of salt.

Step 3: Arrange fish in 1 layer on top of plantain. Sprinkle cilantro and parsley over fish, then arrange shrimp in 1 layer over herbs and reserved marinade. Pour oil and marinade evenly over mixture in pot.

Step 4: Bring to a simmer, then cover pot. Adjust heat to gently simmer until vegetables are softened and have released liquid and fish is just cooked through, about 20 minutes.

# PAÇOCA

"Paçoca" is a typical Brazilian sweet, consumed in all regions.



*Recipe and Photo by Paulo Malerba*

The dish is known as the queerness or feasts of Saint John. It is consumed during the June festivals.





Preparation  
40 minutes



Cooking Time  
20 minutes



Vegetarian  
Yes

### INGREDIENTS FOR PAÇOCA

Peanuts (roasted) ..... 1.5 cups  
Brown Sugar ..... 1/2 cup  
Toasted Manioc Flour ..... 1/2 cup

### INSTRUCTIONS

Step 1: Put the roasted peanuts (without skin and still warm) in the processor.

Step 2: Add the brown sugar and process until it turns into a homogeneous paste.

Step 3: Add the roasted cassava flour and process again.

Step 4: Model right after processing (roll up as in the picture) by hands or use a metal cylinder.

# PAMONHA

“Pamonha” is a common dish in the Central and Northeast of Brazil that was created by the Tupi Indians.



*Recipe and Photo by Maria Carolina*

The corn has been cultivated in America since indigenous times. For this reason, numerous Brazilian dishes include corn in their recipes. Alongside with manioc, “Pamonha” is the most important food of the continent.



Preparation  
20 minutes



Cooking Time  
80 minutes



Vegetarian  
Yes

### INGREDIENTS FOR PAMONHA

For 10 portions:

Corncobs .....	7 corncobs
Sugar .....	1/2 teacup
Salt .....	1/2 spoon
Coconut Milk .....	1/2 teacup
Milk .....	4 spoons

### INSTRUCTIONS

Step 1: Peel the corncobs, thresh and separate corn grains, and put them with the other ingredients in a blender and mix them well.

Step 2: Put a good portion equivalent to your palm inside the bark and close it when it is a small bundle and tie it up with a string.

Step 3: Take a big pan with 3 liters of water to boil in medium heat. As soon as the water boils, put in the small bundles and cook them for 1 hour or until they are firm.

Step 4: Take them out and serve them when they are still warm.

# PÃO DE QUEIJO

“Pão de Queijo” is a small, baked cheese roll and known as the Brazilian cheese bread.



*Recipe by Cheng Li – Photo by Rix Mascarenhas*

It is a very popular Brazilian snack and traditional breakfast food together with coffee. Though its origins are uncertain, it is speculated that the recipe has existed since the eighteenth century, although it became popular around the 1950s. Today it is a traditional Brazilian recipe, from the state of Minas Gerais, Brazil.



**Preparation**  
20 minutes



**Cooking Time**  
30 minutes



**Vegetarian**  
Yes

### INGREDIENTS FOR PÃO DE QUEIJO

Milk .....	240ml
Eggs .....	3 eggs
Cheese (Mozzarella/Parmesan) .....	300gr
Cassava Flour .....	1kg
Vegetable Oil/Butter .....	240ml
Water .....	240ml
Salt .....	2 tablespoons

### INSTRUCTIONS

Unlike other types of bread, “Pão de Queijo” is not leavened. Small pockets of air within the dough expand during baking and are contained by the elasticity of the flour paste.

Step 1: Put 1 cup of oil, 1 cup of water, 1 cup of milk and 2 tablespoons of salt in a pan. Heat over medium heat until boiling.

Step 2: Put 1kg of Cassava flour inside a bowl, open a hole in the flour and pour the boiled milk into that bowl. With a spoon, quickly mix the hot milk in the flour until completely blanched.

Step 3: Then add 3 eggs to the mixed dough. Again, add 300gr of cheese and mix until all ingredients are incorporated and the dough is smooth.

Step 4: With a spoon, take small pieces of dough, make balls and place in the baking dish.

Step 5: Bake in a medium oven preheated to 392 degrees F (200 degrees C) for about 30 minutes and until golden brown. Remove from the oven.

# PICANHA CON FAROFA

“Picanha con Farofa” is Brazilian grilled steak with farofa.



*Recipe by Ana Paula Melli – Photo by Pexels*

Farofa is made by toasting farinha de mandioca (a flour made from the root) in oil and melted butter with salt in a skillet over low-medium heat. It results in something more about texture than flavor. It is a wonderful salty, buttery flavor.





**Preparation**  
45 minutes



**Cooking Time**  
10 minutes



**Vegetarian**  
No

## INGREDIENTS FOR PICANHA CON FAROFA

### For grilled steak (Picanha):

Tri-tip or Picanha Steak ..... 4-6-ounces  
Sea Salt  
Olive Oil

### For farofa:

Flaked Yucca, Cassava or Manioc Flour ..... 6 ounces  
Salted Butter ..... 2 ounces  
Chopped Parsley ..... 1/4 cup  
Salt

### For vinaigrette:

Lemon Juice ..... 1/2 cup  
Chopped Onion ..... 1.5 ounces  
Salt ..... 1/2 teaspoon  
Sugar ..... 1 teaspoon  
Olive Oil ..... 1/2 cup  
Chopped Tomatoes ..... 1.5 ounces  
Chopped Spring Onion or Scallion ..... 1.5 ounces

## INSTRUCTIONS

### For the grilled steak:

Step 1: Preheat a grill pan. Sprinkle the steaks with the salt.

Step 2: Drizzle some olive oil on the grill pan and sear the steaks for 2 minutes on each side. Let the steak rest for 2 minutes more. Reheat and serve.

### For the farofa:

Step 1: In a pan over medium heat, slowly melt the butter and then add the flour.

Step 2: Break the flour slowly with a wooden spoon until it combines with butter and has a texture. Stir constantly until it is golden brown. Finish with the parsley and salt to taste.

### For the vinaigrette:

Step 1: In a bowl, mix the lemon juice, chopped onions, salt and sugar. Let rest for 30 minutes.

Step 2: Add the olive oil and mix well. Keep refrigerated until serving. Just before serving, add chopped tomatoes and spring onions.

Note: Plate the steak with the farofa on the side and some vinaigrette on the top when serving.

# PUDIM DE LEITE CONDENSADO

“Pudim de Leite Condensado” is a popular Brazilian dessert made of milk, eggs and sugar. It is originally from Portugal.



*Recipe and Photo by Renata Moreira*

This dessert was invented by a Portuguese priest, Manuel Joaquim Machado, who used to be in charge of banquets of Portuguese royal courts in the 19<sup>th</sup> century. No one could replicate the dessert at that time. The recipe was only revealed after his death. The ingredient that made all the difference for his recipe is lard! Nowadays, this dessert can be easily made with a can of sweet condensed milk.



**Preparation**  
20 minutes



**Cooking Time**  
55 minutes



**Vegetarian**  
Yes

### INGREDIENTS FOR PUDIM DE LEITE CONDENSADO

White Sugar .....	1 cup
Eggs (separated) .....	4
Sweetened Condensed Milk (14 ounce) .....	1
Milk .....	3/4 cup and 2 tablespoons

### INSTRUCTIONS

Step 1: Preheat an oven to 350 degrees F (175 degrees C).

Step 2: Melt the sugar in a heavy saucepan over low heat, stirring constantly. Once the sugar becomes a golden brown syrup after about 10 minutes, pour it immediately into a round baking dish, swirling so that the syrup coats all sides of the dish. Set aside to cool.

Step 3: Place the egg yolks into a blender and blend on medium for 5 minutes, then add condensed milk, milk, and egg whites. Continue to blend until all ingredients are combined. Pour egg mixture into the baking dish and cover with aluminium foil.

Step 4: Line a roasting pan with a damp kitchen towel. Place baking dish on towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the baking dish.

Step 5: Bake in the preheated oven until a knife inserted 1 inch from the edge comes out clean, 45 to 50 minutes.

Step 6: The center of the flan will still be soft. Allow flan to cool before unmolding onto a plate. Refrigerate before serving.

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