

Poxa vida

Recipe Book

Tested and Approved

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18th April 2021

The Author Himself

* A big nerd

Poxa vida

Disclaimer

These recipes were tested by the author, which gives absolute **NO** guarantee that they will work for you. Cooking varies a lot depending on ingredients, equipment, personal technique and taste. Hence, do not be a whining biatche.

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Colophon

This document was typeset with the help of **KOMA-Script** and **L^AT_EX** using the **kaobook** class.

The source code of this book is available at:

<https://github.com/fmarotta/kaobook>

(You are welcome to contribute!)

Publisher

First printed in May 2019 by The Author Himself

From gramma to mama, from all around the world, good food always get the friends together and warms the heart.

– Leandro de Souza Rosa

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CAKES

Ella's friend's Pancake

1

1.1 Ingredients

1 egg
100 ml milk
100 g Flour

2 Spoons Sugar
2 Spoons Butter
2 g Salt

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1.2 Preparation

Separate egg yolk and white.

Mix the yolk with all the rest, beat the white till not falling. Fold the white into the batter¹.

1: Yep, it is that easy

1.3 Baking

This is the fun part. First, these are those thick girls pancakes, so pour a decent blob of batter on the frying pan. Second, the frying pan cannot be too hot, neither too cold. If it is too hot you will have several blisters on the pancakes. If its too cold it might stick. The only way to know this is by experience.

A Message

This recipe is here to remind us of the most important thing into cooking: Experience. It seems obvious that many things vary while cooking, like ingredients, temperatures, sizes, moist, etc. As such many recipes cannot be followed by letter.

Therefore, failure is inevitable, but try to learn the causes and consequences as such you can adapt to different conditions.

BREADS

Ella's Amazing Brioche Buns for Burgers

2

2.1 Ingredients

200 ml Water	35 g Sugar
1 egg + 1 for egg-wash	8 g Salt
60 g Milk	80 g Cold butter
25 g Fresh Yeast	500 g Strong flour

2.2 Preparation

Separate the butter for later.

First, add all other ingredients in a bowl and mix them until everything is combined. It does not need to be smooth, as long as you do not have large amounts of flour anywhere in the bowl. Then, wait 30 minutes before start kneading the dough¹.

When the dough is kneaded, start adding the butter in chunks. Here, if you are doing this by hand, you can add a chunk, fold a bit the dough, and add another chunk, go folding until no butter chunks are apparent. If you have a beating machine², just go throwing the butter there a chunk at the time with the machine on low speed.

With that baby dough kneaded, leave to proof for about an hour, or until it almost double in volume³. Transfer the dough to a surface with a bit of flour, and fold it into a tight ball. Divide the dough in 8 portions (usually around 110g each), and form them into 8 tight balls⁴. Put these babies in the baking tray and cover them with a tea towel, and leave them to grow until they double, or a bit more.

Egg-wash, sesame seeds, egg-wash on top before putting in the oven.

2.3 Baking

Preheat the oven to 180 – 200°C. Buns in the centre of the oven. Bake until they are delicious-golden on top.

2.4 Experiments

Making the *roux*⁵ improves the elasticity of the dough, making it easier to roast it with butter, keeping its shape while eating, and avoiding it to break apart. First test with 20% of the flour as *roux* resulted in a very nice structure. However, the shape was a bit off, which I blame on the poor shaping and baking in two layers. [need to retest.]

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1: During this time the proteins in the flour will start combining with the help of the water (*autolyze*), forming gluten. If you start knead before this, you will be kneading while the gluten forms, which is a waste of time. Relax and clean the space in the meanwhile.

2: Electrical mixer for dough

3: It will become a big girl ready to giggle in the party.

4: This girl is sticky, use a light coat of flour on your hands and part of the working surface.

Why butter in the end?

Butter has a bit of fat, which acts as a shortening to the gluten, as result, it is more difficult to knead the dough with the butter there from the beginning.

5: *water roux* or *tangzhong*

White Creamy Love Focaccia

3

This is my original recipe of Focaccia, based on Chiara's super special focaccia and Luiz's super tasty one.

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3.1 Ingredients

150 g Semola di grano duro rimacinata	200 g Milk
150 g Manitoba (wheat min.13g)	30 g Oil Extra Vergine di Oliva (EVO)
250 g Wheat flour (tipo 0)	150 g Water
15 g Yeast	∞ EVO to slather on
11 g Salt	

3.2 Preparation

Mix the water, wheat flour, and yeast. Cover and let it rest for a 1 hour, or in the fridge overnight ¹. Mix all the other ingredients, cover, and leave it in the same bowl as the biga resting with it. Relax and clean the space in the meanwhile.

After kneading, shape it into a tight ball and leave it to rise for 1h. Then, reshape it into a ball carefully, you do not need to completely deflate the dough. After that, rest in a bowl with oil for another 30 minutes².

Put quite a lot of oil on a baking tray, and gently open the dough on the tray³. Press with your finger tips gently to help opening and shaping the dough on the tray, but not too much otherwise it will stick.

Cover it and let it rise again for 1h. ⁴. Dump your hands generously on the water/oil/salt mixture and make the typical focaccia holes with your fingers. Then spread the rest of the mixture so it fills the holes⁵. Then brush the mixture on top once again, and slide into the oven.

1: You can put less yeast and increase the fermentation time, which will add more flavour. This is the so called Biga. Typical recipes call for 1% yeast for an 16h fermentation or 24h in the fridge [link](#).

2: that gurl needs to relax a bit before being opened.

3: The dough, your hands, the tray and your soul will be covered in oil.

4: In the meanwhile, mix salt, water, oil, and the sliced onions (if you want them) and leave it there to rest. About the same amount of water and oil.

5: Also spread the onions if you may.

3.3 Baking

Preheat the oven to 160°C. If it is possible, turn off the heat from below, here you want a gentle heat from above. Focaccia in the centre of the oven. Bake until they are delicious-golden on top. Brush oil on top right after it comes out from the oven.

Relax Time?

Kneading and shaping the dough makes it tight, and very elastic. As such, it is difficult to open the dough. Whenever you need to open a dough and it springs back you need to stop, cover the dough, and let it rest for 15 minutes. After that, you will see that it opens much easier. Don't force the dough to open, or it will become a hard dense.

3.4 Experiments

Try to substitute the yeast and biga with sourdough starter, usually $\frac{1}{3}$ of the flour mass, but be aware this will completely change the fermentation times. The relaxation times should remain the same.

4.1 Ingredients

The quantities are listed for a one-person pizza. Multiply them by the number of people you are feeding.

120 g	Wheat Flour (grano tenero	2.4 g	Salt
9g)		4.8 g	Sugar
80 g	Water	4.8 g	Oil EVO
12 g	Sourdough		

4.2 Preparation

Mix all the ingredients, cover, and leave it to rest for 1 hour before kneading¹. Relax and clean the space in the meanwhile. After kneading, leave it to grow until it double-ish in size².

Divide the dough in equal parts³ and shape them into not necessarily tight balls, but make sure they are smooth⁴. Place the balls in a container and let it ferment covering them tightly⁵.

Leave them to ferment slowly, until they double radius and height, touching each other so much that they are almost becoming one. That is when is time to open them and make the pizza⁶.

To open the dough, use the scraper to cut the doughs on their edged and to pick them up from the tray. Throw them in a pile of flour and be careful to not deflate them. Press from the centre to the edges gently, leaving the edges untouched. Then, pulling it, you can use gravity, of any fancy technique. The secret here is not to deflate the dough. DO NOT USE A ROLLING PIN!

Shake the excess flour and put the pizza in a surface which makes it easy to slide into the oven. Make sure the pizza can dance on that surface⁷. Put whatever you want as toppings.

4.3 Baking

First, add some baking stones (or baking trays turned upside down) in the oven. You will slide the pizze in that surface. Preheat the oven at maximum temperature for 1h before opening the dough and making the pizza.

Slide the pizza and wait a couple of minutes to bake.

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1: Read Chapter 7 for the why.

2: usually overnight in the fridge.

3: I recommend using a scale because small differences in the balls sizes make big differences in the pizza sizes.

4: Use a light dust of flour to help. The easiest way to tight is to use the scraper.

5: It is really important to cover the contained tightly so the dough does not dry while proofing, since sourdough has long proofing times. Covering with a towel is not enough!

6: The most important thing here is that they have to relax a LOT without fermenting too much. So, put them in the fridge for 6 – 8 hours and take them out 2 hours before baking.

7: Give it a horizontal shake to check is the pizza slides, otherwise dust a bit'o'flour on the bottom.

Hot stone oven?

The pizza is originally cooked in stone ovens higher than 400°C. That is, the dough will cook from below on the ho stone, and the edges from above. The high-temperature makes the pizza to cook super fast, leaving less time for the topping to dry. As such, heat you oven as much as possible, and try to make a nice surface to cook the pizza from below, otherwise the liquids from the toppings will make the bottom of the pizza soggy/uncooked, and nobody likes a soggy bottom.

Panettone

5

[This is still a work in progress, do not attempt]

First of all, it does not matter what they say, panettone is a bloody bread, and not a cake! The second point is that panettone is like an ultimate brioche, you can think of it as the result of two challenges: "How much fat can I put in a dough?" and "How light can a dough get?"

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5.1 Pre-Dough Ingredients

200 g Strong Wheat Flour (man- itoba)	50 g Room Temp. Butter
100 g Water	50 g Sugar
90 g Sourdough	5 g Malt
	50 g Yolk

5.2 Final Dough Ingredients

[100 g] Strong Wheat Flour	25 g Yolk
25 g Room Temp. Butter	4 g Salt

5.3 Souls

20 g Water	90 g Raisings
30 g Honey	60 g Dried Fruits
50 g Citrics paste	?? Whisky
1 Vanilla bean	

5.4 Preparation

This is a two steps dough. We first make the first dough, let it rise until triple in time, and then knead it again with the rest of ingredients.

The first dough is simple, mix all the ingredients except the fats (butter and yolk), leave it rest for 1h and knead. Mix the yolks and butter until soft and fluffy, add them and knead until incorporated.

Take care while kneading it because the dough will probably not release from the bow as usual. The final dough is sticky and hard to work, but I hope you will manage to make it¹ into ball and put it to rise in a covered bow until it grows 2× or 3× in size.

For the final dough, mix the first dough with all ingredients but the fat, and repeat the kneading and fat incorporation. As result, you will have what I call "base Panettone dough".

Mind your steps:

Adding pastes, spirits, fruits and stuff will alter the water content of the dough, which might need to be adjusted on the fly. But take cake, because if you add too much liquid and flour you can ruin the structure of the dough, which is very very unforgivable.

Adding souls:

The citric pastes and vanilla are added and mixed similarly to the butter. However, the solid and big stuff is better to be added onto the dough and mixed with some folds make over 30 minutes intervals.

1: Wet hands help a lot here.

2: God! Remove some of the whites too not make it to bitter.

3: You might need to be creative. Maybe you can use a big pan to cover it.

Panettone traditionally has also many flavours embedded, which vary according to the taste. Dried fruits soaked on spirit drinks are awesome. Vanilla seems to make it extra-luxurious.

To make citric pastes, you can slice oranges, mandarins, or limes², add sugar (half of the fruits weight), cook for 1h till soft, and blend it.

Make the dough into a ball, let it rest for half hour, shape it again and put it into a baking form. Cover it and let it rise until double the size³.

Remove the cover and let it rest for 30 minutes, score a cross and add a teaspoon of butter in the centre of the cross.

5.5 Baking

4: You will need to be creative again

Oven not so hot, $\approx 180^{\circ}C$, it takes a while to cook. After baking it, remove and let it rest completely upside down⁴.

5.6 Experiments

I am pretty sure some quantities need corrections.

Pão de Queijo

6

6.1 Ingredients

350 g Polvilho azedo

150 g Polvilho doce

75 g Oil EVO

[300 g] Milk

9 g Salt

2 Small to medium Eggs

400 g Half cured milk cheese

100 g Cured cheese

6.2 Preparation

Put both polvilhos¹ and salt in a big bowl.

Put the oil and milk in a pan and heat it until the moment it starts to rise. You gotta be fast to turn off the fire in this exact moment. Go mixing with your biggest and most resistant wooden spoon².

Pour the hot wet on the dry ingredients immediately, and mix vigorously with the wooden spoon. At this point you must be brave, and start mixing this bloody hot dough with your hand, until it becomes smooth and uniform.

Wait the dough come to “milk for babies” temp³ and add the eggs and start incorporating them with your hands until is uniform and very well mixed. As you work the dough, it should become cohesive and stop sticking to your hand⁴.

Add the half cured cheese, and the cured cheese both coarsely grated and work it until everything is uniformly incorporated.

Make 50g balls, or resort to any trick to make uniform sized balls.

6.3 Baking

On a baking tray, nothing fancy required. Oven at medium temp, place the tray in the centre of the oven. They will be done when golden yellow on the outside with orange spots on the surface. **DO NOT** bake until they look Caucasian, it is a waste of potentially good pães de queijo, ppl who do that should be in jail.

6.4 Experiments

Instead of grating the cured cheese, chop some of it into small pieces, so when you eat you find those pieces of good cheese.

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1: Polvilho is a starch made of mandioca, a traditional root in Brazil. You can use only the sour (azedo), but the pão de queijo will have a bit drier skin.

2: Do not use plastic or metal spoons, the first will melt and deform and the second will scratch the bowls and pan.

3: Break it into small pieces to speed up the cooling.

4: Wash your hands and come back to work the dough to test if it is not sticky.

Which cheese?

For a half cured cheese is a simple one, the trick here is to leave it outside for a few days so it can dry a bit. The ideal point is when it has a hard skin outside but it is still tender on the inside. For the cured cheese, use whatever “flower” you want. Parmegianno reggiano, pecorino, etc.

Basic Brioche / Croissant

7

7.1 Ingredients

500 g Strong Wheat Flour	250 g Butter for Layers
125 g Water	100 g Sugar
125 g Milk	10 g Salt
12 g Fresh Yeast	1 egg for wash
50 g Cold butter for Dough	some Rosemary

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7.4 Baking	17

7.2 Preparation

Mix all the dough ingredients for the dough, except the butter. Knead until kneaded and add the dough butter by pieces.

Now, for Croissants:

While the dough is kneading, open the butter for the layers with a rolling pin between parchment paper sheets, try to make it as square as possible.

Rub the dough with flour, open it twice as large as the butter, centre the butter in the dough and close it¹. Then, repeat the following about 3 times:

- ▶ Open the dough;
- ▶ Make a 4 layers fold;
- ▶ Wrap it on plastic tightly;
- ▶ Rest in the coldest place in the fridge for 1 hour.

1: Rubbing a bit of water helps to close the dough

7.3 Shaping

Open the dough until it is about half finger thick, and cut the edges to have clean edges. Cut triangles, the size an number of croissants depend on the size of the triangles². Make an incision on the bottom of the triangles so that part separates while rolling, as such the croissant wont be too thick in the middle.

2: You gotta do some math.

Egg-wash them and leave then to grow until twice the original size.

7.4 Baking

Preheat the oven to 160°C. Egg-wash again before putting the babies in the centre of the oven. Bake until they are delicious-golden on top.

DOUGHS

Crisp-ir-irsp-ir Pie Crust

8

8.1 Ingredients

The quantities are listed for a one-person pizza. Multiply them by the number of people you are feeding.

200 g Butter	30 g Sugar
400 g Weak wheat flour (8 g)	X spoons Ice bloody cold water.
8 g Salt	

8.2 Preparation

Mix salt, sugar, butter and flour in a plastic bag¹. Toss the butter with flour and start cutting it into chunks, tossing them in flour very often, until you have everything smaller than a finger. Put the bag in the freezer for at least 30 minutes².

Here you have three options to finish the dough:

- Use you lovely hand to constantly rub the chunks of butter with flour, until you reach uniformity. Put the mix into the freezer ever so often.
- Use a mixer with a batter attachment. Low speed in the beginning, can increment to medium low.
- Use a food processor (best), pulsating until the dough is uniform.

Now add one spoon of water, and toss the dough around, and repeat, until you get the consistency of a wet sand, if you press it, it should keep its shape³.

Gather all the crumbs together, just press them together, do not need the dough, into a square shape. Cut it into four pieces, dust lightly with flour, and stack them together, to create some layers⁴. Wrap it⁵, and put in the fridge for a at least a couple of hours.

8.3 Baking

Use some flour to open the dough with a rolling pin. Just put the dough in the tray and hit it with the filling, no need to bake before-hand. Egg-wash and sprinkle sugar on top.

Bake at 200°C for about 30 minutes, but keep and eye to not roast the top by putting it too close to the heat source. Ideally you have bottom heating as well.

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1: Reusable zip-lock bag is awesome for this.

2: The bag will probably fit in your freezer, while a big bow might not.

Water balance

This is really sensitive to the amount of water, go slow. If you messed it up, dust a spoon of flour while mixing to correct it.



- 3:
- 4: You can repeat this a couple or three times.
- 5: Do you remember that reusable zip-lock bag?

8.4 Experiments

Instead of water, add something acidic, alcoholic, and possibly sweet to the dough. Great candidates are: Orange juice, White wine, and Cachaca. The alcohol should evaporate during cooking, helping to keep the dough more crispy, while before cooking it helps to keep the dough "hydrated", making it easier to handle. I guess the acid makes it harder to form gluten, resulting in a more flaky dough.

8.5 Filling

I personally like raw apples, with a bit of corn starch (by eye), and seasoning, in very low heat, without stirring, to not brake the apples, but to remove some moist before putting in the dough to bake⁶. It a great use for the zast and rest of the juice used to hydrate the dough.

Great candidates are peaches, and berries in general, mind if they have too much water.

Now, you can also use this dough to savoury pies, by simply reducing the amount of sugar by half.

6: Avoid soggy-bottoms. Amen!

9.1 Ingredients

The quantities are listed for a one-serving of pasta. Multiply them by the number of people you are feeding.

100 g Flour
1 egg

pinch Salt

9.2 Preparation

Mix the shit by hand, and knead it until you are tired. wrap in plastic and leave in the fridge for 2 hours¹.

9.3 Experiments

Substitute the flour for semolina rimacinata, or the eggs for water, depending on what you wanna make with the past.

Dough with water is easier to stretch, so it is a good ideal to make filled past, I guess.

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1: Italians say half hour, but the dough is often not relaxed making it difficult to open.

INGREDIENTS

10.1 Ingredients

- 2 Orages
- 1 Sicilian Lime

Quite Some Sugar

10.1 Ingredients 27

10.2 Preparation 27

Usage 27

10.2 Preparation

Slice the oranges and lime and weight them, remove the seeds, boil them in the water for 15 minutes.

Throw the water away and restart the process, but now add half of weight of critics in sugar. Boil and reduce until jelly.

Blend them very well, and lock it in long lasting pots (See Section 12).

Usage

To give flavour to doughs, as panettone.

As jelly on top of bread, or with cheese.

Use your imagination!

Ella's friend's Pancake

11

11.1 Ingredients

Lots Thick bones with marrow and connective tissue

Some Carrots

Some Tomatos

Some Onions and Garlic

Some Salt

Lots Spices, herbs, and flavouring stuff you like

11.1 Ingredients 29

11.2 Preparation 29

11.3 Usage 29

11.2 Preparation

Bake everything on the pressure cooker for 3 hours¹

Strain all the solids and reduce until jelly.

Put in a big pot and put in the fridge overnight. O the next day, remove the fat layer on top, melt it on the fire with a bit of water, and save it in long lasting pots (See Section 12).

1: You can bake it in the oven before and then reduce the the pressure cook time. It is a good idea to get tomato past and rub all over the veggies and bones before baking in the oven.

11.3 Usage

TECHNICAL

Pots, Compotes, and Long Lasting Stuff

12

12.1 Ingredients

12.1 Ingredients 33

12.2 Preparation 33

x Glass pots with metal lid | **Some** Stuff you want to preserve

12.2 Preparation

The stuff you want to preserve must be boiling hot, so it works only with cooked stuff.

Boil the pots and lids for 15 minutes, add the stuff while super hot and boiling in the pots, and close them.

Return the pots to the boiling water for another 15 minutes, for extra safety.

Leave the pots to cool down upside down. Store wherever, forever(-ish).

Acronyms

EVO Extra Vergine di Oliva. 5