

Poxa vida

# **Recipe Book**

**Tested and Approved**

Leandro de Souza Rosa\*

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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<sup>A</sup>T<sub>E</sub>X** using the **kaobook** class.

The source code of this book is available at:

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

(You are welcome to contribute!)

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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 batter<sup>1</sup>.

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
[4 Spoons] Milk	80 g Cold butter
[1 Cube] 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 dough<sup>1</sup>.

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 machine<sup>2</sup>, 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 volume<sup>3</sup>. 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 balls<sup>4</sup>. 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*<sup>5</sup> 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<sup>1</sup>. Mix all the 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 minutes<sup>2</sup>.

Put quite a lot of oil on a baking tray, and gently open the dough on the tray<sup>3</sup>. 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.

Finally, right before putting it in the oven, mix salt, water and oil in a pot until it emulsify<sup>4</sup>. Dump your hands on the mixture generously and make the typical focaccia holes with your fingers. Here you want a lot of the mixture over the dough, which will also accumulate in the holes.

Put stuff on top, onions, rosemary, cherry tomatoes, whatever you want. Try to place them within the wholes<sup>5</sup>. Then brush the mixture on top once again, and slide into the oven.

## 3.3 Baking

Preheat the oven to 180 – 200°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.

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: Just enough water to dissolve the salt and a bit more than the same amount worthy of oil.

### 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

I need to measure better amounts for the mixture of salt, water and oil. 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 9g)	2.4 g	Salt
80 g	Water	4.8 g	Sugar
12 g	Sourdough	4.8 g	Oil EVO

## 4.2 Preparation

Mix all the ingredients, cover, and leave it to rest for 1 hour before kneading<sup>1</sup>. Relax and clean the space in the meanwhile. After kneading, shape it into a tight ball and leave it to rest for 30 minutes.

Divide the dough in equal parts<sup>2</sup> and shape them into tight, very tight balls<sup>3</sup>. Place the balls in a container leaving a space about twice as big as the balls between them, and cover the contained tightly<sup>4</sup>.

Let the dough proof until they are fatty, touching each other so much that they are almost becoming one. That is when is time to open them and make the pizza.

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 surface<sup>5</sup>. 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.

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

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1: Read Chapter 2 for the why.

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

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

4: 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!

5: 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 it<sup>1</sup> 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.

4: You will need to be creative again

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 limes<sup>2</sup>, 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 size<sup>3</sup>.

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

Oven not so hot,  $\approx 180^{\circ}C$ , it takes a while to cook. After baking it, remove and let it rest completely upside down<sup>4</sup>.

## 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 polvilhos<sup>1</sup> 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 spoon<sup>2</sup>.

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” temp<sup>3</sup> 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 hand<sup>4</sup>.

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. Parmegiano reggiano, pecorino, etc.



# DOUGHS





# Crisp-ir-irsp-ir Pie Crust

# 7

## 7.1 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	

## 7.2 Preparation

Mix salt, sugar, butter and flour in a plastic bag<sup>1</sup>. 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 minutes<sup>2</sup>.

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 shape<sup>3</sup>.

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 layers<sup>4</sup>. Wrap it<sup>5</sup>, and put in the fridge for a at least a couple of hours.

## 7.3 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 an 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: You can repeat this a couple or three times.

5: Do you remember that reusable zip-lock bag?

## 7.4 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.

## 7.5 Filling

I personally like to cook 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 bake<sup>6</sup>. 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!

**TECHNICAL**



# Acronyms

**EVO** Extra Vergine di Oliva. 5