

Delicious and authentic recipes to cook at home



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Introduction

Brazilian cooking is very appealing to North Americans, because it has evolved from many different countries, much like the food in the United States. Each wave of immigrants has come to Brazil with its own style of cooking and unique tastes. The native Indians liked corn, mandioca, bananas, fish, and shrimp.

The Portuguese, who were the original European settlers in Brazil, introduced rice, coffee, canes, spices, olives, codfish, stews, many egg dishes, cinnamon and sugar. Because the Moors had occupied Portugal, Brazilian cakes and pastries resemble Arabian sweets. Slaves were brought to Brazil and with them came complicated and highly spiced dishes such

as the famous Vatapá from Bahia, requiring coriander, cashew nuts, peanuts, shrimp, bananas and coconut milk. Coconut milk is used in many Brazilian recipes. In the United States this is a commercial product. The slaves also liked to use okra and dendê oil. Dendê oil is a coconut oil often used in Africa. During the nineteenth century, European immigrants created vast cattle ranches in the Southern pampas, which results an excellent beef for the Brazilian barbecues.

Brazilian Rice

Rice is a staple food in the Brazilian diet. It's a part of life in Brazil, it is a part of the culture, and it is something you need to know how to cook when making Brazilian food.

Ingredients

- 1 cup of chopped onion
- 1 garlic clove, minced
- 2 tablespoons olive oil
- 1 cup tomato, chopped
- 1 cup long grain white rice
- ½ teaspoon salt
- 1/4 teaspoon pepper
- 1 ½ cups water or 1 ½ cups broth





Directions

- 1 Wash and drain rice.
- 2 Set aside.
- 3 Sauté onion and garlic in olive oil until soft.
- 4 Add tomatoes, rice, salt, pepper and water or broth.
- 5 Bring to a boil.
- **6** Bring heat to medium.
- 7 Cook until all bubbles on surface have disappeared.
- **8** Cover and cook on low heat for 20 minutes.

Feijoada Brazilian Black Bean Stew

Feijoada has as many versions as there are cooks, but in Brazil it almost always has black beans and always has a mixture of salted, smoked and fresh meats.

Ingredients

1 package dry black beans, soaked overnight

1 ½ cups chopped onion, divided

½ cup green onions, chopped

1 clove garlic, chopped

2 smoked ham hocks

8 ounces diced ham

½ pound thickly sliced bacon

1 tablespoon olive oil

2 bay leaves, crushed

1/8 teaspoon ground coriander

Salt and pepper to taste

½ cup chopped fresh cilantro

1/4 cup chopped fresh parsley





Directions

1 Heat the oil in a large pot. Add 3/4 cup of chopped onion, onions, green and aarlic: cook and stir until softened, about 4 minutes Pour in the soaked beans and fill with enough water to cover beans by 3 inches. Bring to a boil, then reduce heat to medium-low, and simmer uncovered for 2 hours.

2 While beans are cooking, place ham hocks in smaller pot with 1/4 cup of the chopped onion. Cover with water and simmer, until meat pulls off of the bone easily, about 1 hour. Drain and add to the beans.

3 Preheat oven to 375 degrees. Place ham, bacon, and remaining onion in a baking dish. Bake 15

minutes or until mixture is crispy.

4 Drain the bacon and ham mixture, and add to the beans. Season with bay leaves, coriander, salt and pepper. Simmer uncovered 30 minutes more. Stir in chapped cilantro and parsley just before serving.

Moqueca

Brazilian Shrimp Stew

Moquecas are Brazilian seafood dishes which are the most popular and traditional in Brazilian cuisine.

Ingredients

1 ½ lbs raw shrimp, peeled & deveined

1/4 cup olive oil

1/4 cup onion, diced

1 garlic clove, minced

1/4 cup roasted red pepper, diced

1/4 cup fresh cilantro, chopped

14 ounces diced tomatoes and green

chilies

1 cup coconut milk (or whole cream if

you don't want it as sweet)

2 tablespoons sriracha sauce

2 tablespoons fresh lime juice

salt and pepper





Directions

- 1 Heat olive oil in a medium saucepan.
- Sauté onions for several until translucent, then minutes add the garlic and peppers and cook for several minutes more. 6 Serve hot, garnished with fresh **3** Add the tomatoes, shrimp and cilantro.
- cilantro to the pan and simmer gently until the shrimp turns opaque.

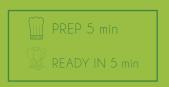
- 4 Pour in the coconut milk and Sriracha sauce, and cook just until heated through - do not boil.
- 5 Add lime juice and season with salt and pepper to taste.

Caipirinha

Caipirinha is made with cachaça, an intensely sweet Brazillian style of rum made from sugarcane juice. The Caipirinha is the national drink of Brazil, where it originated, and is a common Carnaval drink.

Ingredients

- ½ lime, quartered
- 2 teaspoon white sugar
- 2 ½ fluid ounces Cachaça (Brazilian rum)
- 1 cup ice cubes.





- 1 Cut a large lime into 8 wedges and place 4 lime wedges in rocks glass.
- Add 2 tablespoons of superfine sugar and mash lime and sugar into a juicy slurry with a muddler for 15 seconds. Muddling well is the key to releasing all of the fruit's flavor and fully mixing the sugar with the fruit.
- 3 Fill the rocks glass with ice. For best results, use crushed ice. Crushed ice will slightly melt in the mixing process which helps to blend all the flavors.
- 4 Add the Cachaça and shake well for 5 to 10 seconds. Shaking with the shaker on the bottom ensures the liquid stays in the container. Stirring is an alternative method of mixing.
- 5 Pour all the contents of the shaker into a rocks glass. Add ice as needed and garnish with a fresh lime.

