

Recipes from Brazil

Hold a Brazilian night in your parish, put your culinary skills to the test and try out some of these tasty Brazilian recipes.



Savoury treats

Pão de Queijo (Brazilian cheese bread)

Ingredients: 60ml/2fl.oz. vegetable oil, 60ml/2fl.oz. water, 1 tsp salt, 100g/4oz tapioca flour, 1 egg, 6 tbsp plain yoghurt, 100g/4oz freshly grated parmesan cheese (makes 12 rolls)



1. Preheat oven to 230C/450F/gas mark 8, grease 2-3 baking sheets.
2. Mix the oil, water and salt in a pan and bring to the boil, mixing well.
3. Place tapioca flour in a bowl and carefully pour in water/oil mixture. Mix with a wooden spoon into a stiff dough.
4. When cool enough to touch, add the egg and mix well.
5. Blend in the yogurt and mix well, then stir in the cheese.
6. With lightly oiled hands, form the mixture into 12 balls and place well apart on the greased baking sheets.
7. Reduce oven temp to 180C/350F, gas mark 4 and bake for 25-30 minutes, or until the rolls puff up and are golden brown.
8. Remove from the oven and eat whilst still warm, or cool on wire racks.

Savoury treats

Torta de frios (Ham and cheese bake)

Ingredients: ½ cup vegetable oil, 1 tbsp butter, 1 tbsp baking powder, 2 cups milk, 3 eggs, 2 cups cornflour, 2 tbsps grated cheddar cheese, 200g mozzarella cheese cut into cubes, 200g ham cut into cubes, 1 sliced onion, pinch of salt, ½ tsp oregano
(makes 12 portions)



1. Pre-heat the oven to 180C/gas mark 4. Grease a deep fill baking tray.
2. In the blender beat the oil, butter, milk, eggs, flour, grated cheese and baking powder.
3. Pour half of this mixture into the baking tray and spread the mozzarella, ham and onions over the top. Add the salt and oregano, then pour over the other half of the mixture.
4. Bake for 40 minutes in the oven
5. Serve hot or cold

Cakes and biscuits

Banana Cake

Ingredients: 3 ripe bananas, 1 cup granulated sugar, 1 egg, 1 teaspoon vanilla extract, 1 ½ cup plain flour, 1 tsp baking powder, 1 tsp baking soda, 4 tbsps margarine, ½ cup chopped walnuts (makes 10 slices)



1. Preheat the oven to 180C/gas mark 4. Grease your loaf tin.
2. Sift the flour with the baking powder and baking soda.
3. With electric mixer on medium, beat margarine, sugar, vanilla extract, egg, mashed bananas. Blend but do not over mix.
4. Fold in the nuts and pour batter into prepared tin.
5. Bake for about 40 minutes or until golden brown.

Cakes and biscuits

Biscoitos de Maizena (Delicious and easy sweet biscuits)

Ingredients: 200g/7oz cornflour, ¼ tsp salt, 225g/8oz granulated sugar, 1 large egg, ¼ tsp vanilla extract, 175g/6oz butter
(makes 36 biscuits)



- 1.** Place the cornflour, salt and sugar in a big mixing bowl and mix well.
- 2.** Add the egg and vanilla extract, blend, then add the butter and mix well.
- 3.** Set aside for 15 minutes to rest.
- 4.** Preheat the oven to 190C/gas mark 5 and line 2 or 3 baking sheets with parchment paper.
- 5.** Form the dough into 2.5cm balls and place on the lined baking sheets, spreading well apart. Bake for 5-7 minutes. Cool on a wire rack.

Sweets

Brigadeiros (Brazilian chocolate fudge)

Ingredients: 1 can (14 oz) sweetened condensed milk, 1 tbsp margarine, 3 tbsps cocoa powder (makes 40 sweets)



1. Cook the sweetened condensed milk, margarine and cocoa powder in a saucepan over medium-low heat, stirring vigorously.
2. Cook until it thickens and pan bottom shows during stirring.
3. Pour mixture into a greased dish and cool to room temp. Take teaspoons of the mixture and make 1 ½ inch balls.
4. Roll the balls over chocolate sprinkles to decorate. Grease your hands with margarine to make the balls easily.
5. Place the balls in mini cup-cake wrappers to serve.

Sweets

Beijinho de Coco (Brazilian coconut candy)

Ingredients: 1 can (14oz) sweetened condensed milk, 1 cup of grated coconut, ½ cup of coconut milk, 3 egg yolks, 40 cloves to decorate
(makes 40 sweets)



1. Cook the sweetened condensed milk, grated coconut and egg yolks in a saucepan over a medium-low heat, stirring vigorously.
2. Cook the mixture until it thickens enough to show the pan bottom during stirring.
3. Pour the mixture in a greased dish and let it cool to room temp. Take small amounts of the mixture with a teaspoon and make 1 ½ inch balls.
4. Roll the balls over granulated sugar to decorate and stick a clove on the ball.
5. Place the balls in mini cup-cake wrappers to serve.

Drinks

Fruit Punch

Ingredients: 2 cups of different fruit juices, ½ cup of sweetened condensed milk, 1 can ginger ale, ½ cup ice cubes
(4 drinks)

Combine all ingredients in a blender. Mix well and serve.



Black Cow

Ingredients: 3 scoops of Neapolitan ice cream, 1 can of coca-cola
(each drink)

Combine all ingredients in a blender. Mix well and serve.

Limonada Suíça

Ingredients: 1 lime, 4 cups water, sugar to taste (4 drinks)

1. Quarter the limes.
2. Combine 2 cups of water with the lime quarter in a blender.
3. Beat for just 3 seconds (or it will be bitter).
4. Strain and add 2 more cups of water with ice and sugar to taste.