



## **Brazilian Menu**

by Débora and Heitor

### Main dish - "Feijoada"

Black beans, pork, garlic, white rice, "farofa" (banana, bread, onion), "vinagrete" (tomatoes, onion, limon), collard greens and orange

### Desserts

#### - Sweet rice

White rice, milk, coconut milk and condensed milk

#### - "Brigadeiro"

Condensed milk, dark chocolate bar and butter

### Drinks

#### - "Quentão" (alcoholic)

"Cachaça", sugar, orange, apple, strawberry, clove, cinnamon, ginger

#### - Limonade





# “Feijoada”

(for 10 people)

## 1) *Ingredients:*

- 1 kg of black beans
- 1 garlic head
- 1 onion
- 3 sliced paio sausages
- 1 kg. of pork rib
- 2 sliced “calabresa” sausage
- 2 pork feet
- 2 Louro leafs
- oranges



## *Mode of preparation:*

*First of all, keep fresh black beans in the water for 5 hours, at least. Then, cook the pig feet for 15 minutes to release the flavour into the water. Next, in a pan, fry the garlic and the onion and add the feet with the water, the beans (remove the 5-hour water), and the others ingredients (but not the oranges). After that, we have to boil the beans into a pressure cooker for 20 min. We have to cook for 2 hours and take care of the beans and meat textures. Feijoada is a heavy dish and, we use to eat it with oranges to help digestion.*





# “*Vinagrete*”

(for 10 people)

## 2) *Ingredients:*

- *4 sliced tomatoes*
- *1 sliced onion*
- *1 limon*
- *olive oil*
- *salt*



## *Mode of preparation:*

*To prepare this salad we have only to put all the ingredients together inside a bowl. It is better if we put the “vinagrete” in a freezer for 15 min before eat time.*





# “Farofa”

(for 10 people)

## 3) Ingredients:

- 250g of bacon
- 1 onion
- 4 sliced bananas
- 1 kg of cassava flakes



## Mode of preparation:

*Fry the bacon in a frypan until melted fat. After that, add the onion and the bananas. Cook till the onion looks brown. After that, turn off the fire, add the cassava flakes, and mix.*





# *Braised Collard Greens*

*(for 10 people)*

## *4) Ingredients:*

- *40 leafs of collard greens*
- *10 clove of garlic*
- *vegetal oil*
- *salt*



## *Mode of preparation:*

*Put the leaves one over others and roll it to construct a collard greens cigar. Then, cut the collard greens cigar as thin as you can. Saute the collard in vegetal oil and garlic only for a few minutes until the leaves reduction.*





# *Sweet rice* (for 10 people)

## *Ingredients:*

- *0.5 kg of white rice*
- *1 can of coconut milk*
- *1 can of condensed milk*
- *1 l of milk*
- *cinnamon powder*



## *Mode of preparation:*

*Firstly, cook the white rice with milk until tooth texture. Then, add the condensed milk and the coconut milk. We usually sprinkle cinnamon powder over the rice before serving.*





# “Brigadeiro” (for 10 people)

## Ingredients:

- 2 spoons of butter
- 1 can of condensed milk
- 1 sliced bar of dark chocolate
- 1 can of milk cream



## Mode of preparation:

Firstly, add the butter to a heated pan. Then, add the condensed milk and the dark chocolate. We have to cook until the dough comes off the bottom of the pan. After turning off the fire, we can add milk cream to make the dough creamier.





# “Quentão”

(for 10 people)

## Ingredients:

- 10 cloves
- 3 cinnamon sticks
- 2 sliced oranges
- 2 apples
- 5 strawberry
- 1 ginger
- 1 l “cachaça”
- 0.5 kg of sugar
- 0.5 l of water



## Mode of preparation:

*In the beginning, add sugar, cloves, cinnamon, ginger, and oranges to a big pan. Cook until the sugar melts and the smell of the ingredients starts to fill the kitchen. So, add the water and the cachaça. Cook a little bit more for all the flavors to mix.*

