



## International Recipes – Brazilian Cuisine

The following are a few recipes for some different staple Brazilian foods. Feel free to use them as a way to expand your own meal and treat choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of how the recipes and dishes turn out!

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### Brigadeiro – A Brazilian Chocolatey Sweet

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This Brazilian sweet is very similar to a bonbon. Definitely for the chocolate lovers out there.

Ingredients:

3 tablespoons unsweetened cocoa

1 tablespoon butter

1 (14oz) can sweetened condensed milk



In a medium saucepan over medium heat, combine cocoa, butter and condensed milk.

Cook, stirring, until thickened, about 10 minutes.

Remove from heat and let rest until cool enough to handle.

Form into small balls and eat at once or chill until serving.

Here is a link to a website with more information about Brigadeiro -

[Brigadeiro Recipe](#)

## Pão de Queijo – Brazilian Cheese Bread

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Pão de Queijo is a popular snack and sometimes breakfast food in Brazil.

### Ingredients:

Oil or butter (for greasing)

250ml (½ cup) Full-fat / whole milk

½ x 250g pack (3 tablespoons) unsalted butter

½ teaspoon kosher salt

1 cup (about 5 1/2 oz.) tapioca starch

2 large eggs

1 ¼ ounces sharp white Cheddar cheese, finely grated (about 1/2 cup)

1½ ounces Parmigiano-Reggiano cheese, finely grated (about 3/4 cup)



Preheat oven to 450°F.

Bring milk, butter, and salt to a simmer in a small saucepan over medium, stirring occasionally.

Remove from heat.

Using a wooden spoon, quickly stir in tapioca starch until well incorporated. (Dough will be very dense and dry.)

Transfer dough to a bowl of a heavy-duty electric stand mixer fitted with the paddle attachment.

Beat on medium speed until dough has cooled slightly, about 1 minute.

Add eggs, 1 at a time, beating well after each addition.

Stir in cheeses until combined.

Using a lightly greased 1 1/4-inch (about 1 tablespoon) scoop, drop spoonfuls onto parchment paper-lined baking sheets, leaving 1 1/2 inches between each.

Place baking sheets in oven, and reduce temperature to 350°F.

Bake until golden brown and puffed, 28 to 30 minutes.

Serve immediately.

## Bahia-style Moqueca Prawn Stew

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A Brazilian-inspired seafood casserole with creamy coconut sauce and coriander garnish.

### Ingredients:

450g large, raw, peeled prawn  
75ml lime juice  
3 garlic cloves, finely chopped  
3 tbsp coconut oil  
4 spring onions, chopped  
1 onion, sliced into half moons  
1 red pepper, thinly sliced  
1 tsp chilli flakes  
2 tsp paprika  
3 plum tomatoes, deseeded and chopped  
400ml coconut milk  
2 tbsp chopped coriander  
steamed rice, to serve



Place the prawns in a bowl with 2 tbsp of the lime juice, 1 tsp of salt and 1 tbsp of the chopped garlic.  
Chill for 1 hr.

Heat the coconut oil in a large saucepan.

Add the spring onion and onion and fry for 5 minutes,  
then add the red pepper, chilli flakes, paprika and remaining garlic.

Pour in the tomatoes, coconut milk and a little salt.

Bring to a simmer and let reduce for 10 minutes.

Add the prawns, all the marinade and remaining lime juice.

Gently simmer until the prawns turn white, about 3 minutes.

Serve with the fresh coriander and rice.

## Feijoada

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Here is the first of 2 Feijoada recipes. It is a black bean and meat stew that is typically enjoyed together as a family. Be careful! It is quite heavy and known to be a sleepy causing meal

### Ingredients:

|   |   |
|---|---|
| 250g dried black bean,<br>soaked overnight, then<br>drained | 500g pork shoulder,<br>cut into 5cm cubes |
| 100g streaky smoked<br>bacon, cut into slices               | 3 onions, chopped                         |
| 500g pork rib   | 4 garlic cloves, finely chopped           |
| 3 chorizo cooking sausages                                  | pinch of chilli flakes                    |
|   | olive oil, for cooking                    |
|   | 2 bay leaves                              |
|   | 2 tbsp white wine vinegar                 |



### Directions:

Heat a large heavy-based saucepan with a fitted lid, add the bacon and fry until crisp.

Remove and keep the oil in the pan.

In batches sear the ribs, sausages and pork shoulder, seasoning each batch with salt and pepper.

Remove the meat and set aside.

Add the onion, garlic and chilli to the pan. Pour in a little olive oil if it needs more.

Season with salt and pepper and fry for 8 minutes or until soft.

Add the meat, bay leaves, white wine vinegar and drained beans.

Cover with just enough water to cover, about 650ml.

Bring to a boil and reduce the heat to a low simmer.

Cover and cook for 2 hrs, or until the beans are soft and the meat is tender.

If there is too much liquid in the pot take the lid off in the last hr.

You can also use a slow cooker on the short method (4 hr) or make a quick version using a pressure cooker in batches for 30 minutes each.

Another method is to cook it in the oven for 3-4 hrs at 160C/140C fan/gas 3.

### To include when it is ready to serve:

steamed rice, chopped parsley or coriander, hot pepper sauce and wedges of oranges.

## Feijoada with Corn Dumplings

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Here is a link to another Feijoada recipe, this time including corn dumplings! Enjoy!

### Feijoada with Corn Dumplings Recipe



## Brazilian Vinaigrette Salsa

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### Ingredients:

1 large onion, diced  
4 tomatoes, diced  
1 green or red bell pepper, diced (optional)  
1/3 cup chopped parsley  
1/4 cup white wine vinegar  
1/2 cup olive oil  
Salt and pepper to taste



Combine all the ingredients in a large bowl and mix well.

Season with salt and pepper and serve.

### **\*Tips\***

The vinaigrette tastes even better if you let it rest at room temperature (or in the fridge) for about 30 minutes to one hour!

Brazilians usually make vinaigrette salsa with yellow onions, but you can substitute to your favorite kind of onion here.

