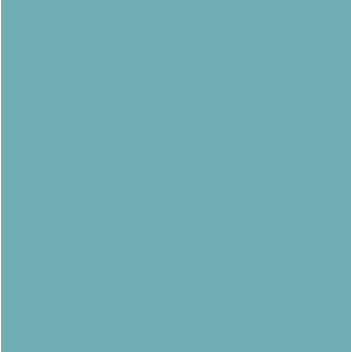
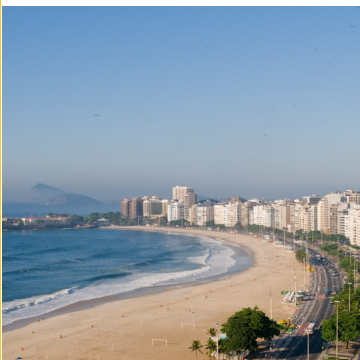




The Culinary Institute of America's

Brazil

RECIPES



Feijoada Completa

Iconic Brazilian Black Bean Stew

Yield: 10 portions

Ingredients	Amounts
Salted pork ears	¼ lb.
Salted pork feet	1 ea.
Salted pork tail	1 ea.
Black beans	3 lb.
Bay leaves	2 ea.
Yellow onions, large dice	2 cups
Carne seca (salted, cured top round), roughly chopped into 3-inch pieces <i>(recipe p.10)</i>	1 lb.
Pork ribs, 2-inch thick slices	1 lb.
Linguiça (Brazilian sausage), whole	1 lb.
Cachaça	¼ cup
Orange, small, whole, pierced with a knife	1 ea.
Canola oil	2 Tbsp.
Garlic, finely chopped	¼ cup
SIDE DISHES	
White rice, cooked	4 cups
Couve, Brazilian Style Kale <i>(recipe p.11)</i>	6 bu.
Yuca, peeled, boiled, quartered, fried	2 lb.
Farofa Tradicional <i>(recipe p.9)</i>	2 cups
Oranges, peeled, and sliced	4 ea.



Ingredients	Amounts
Malagueta peppers, preserved	¼ cup
Molho de Tomate Tomatoes, seeds removed, finely diced	2 cups
Yellow onions, finely diced	½ cup
Cilantro, finely chopped	½ cup
Malagueta peppers, finely minced	2 ea.
Vinegar, white	¼ cup
Extra-virgin olive oil	3 Tbsp.
Salt	to taste
Reserved broth from feijoada	as needed

Recipe continues on next page ▶

Method

1. One day prior to cooking, wash the salted meats in running water to remove excess salt. Soak the meats in water overnight in the refrigerator, changing the water once.
2. Cook the beans in a stockpot with enough water to cover twice the volume of the beans. Add the pig's ear, feet, tail, bay leaves, and yellow onions. Cook the mixture for 1 hour.
3. Add the carne seca, pork ribs, and continue cooking for 1 hour.
4. Check the beans for doneness and once the cooked beans and meats are cooked through, add the whole linguica sausage and simmer for another 30 minutes.
5. Add the cachaça and oranges and more reserved cooking liquid if necessary. Cook until the mixture thickens.
6. Sauté the garlic in the canola oil until lightly browned and fragrant. Add the garlic to the mixture and continue cooking for another 15 minutes.
7. Remove the beans from the heat and remove the orange slices. Cover and keep warm until ready to serve.
8. Prepare the side dishes for the feijoada and season with salt to taste.
9. Combine the molho de tomate ingredients in a non-reactive bowl. Just prior to serving, season with broth from the beans and salt to taste.
10. Serve the feijoada family style with the side dishes served in individual bowls, and the molho de malagueta and preserved malagueta peppers in smaller condiment bowls. Serve with caipirinhas or cachaça.



Note

Cooking the feijoada in a clay pot will enhance the flavor and texture of the dish and makes for a nice tableside presentation. Clay pots conduct heat well and keep food warm for long periods of time.

Note

Cachaça is a liquor made from fermented sugarcane. It is the most popular distilled alcoholic beverage in Brazil and is also known as aguardente, pinga, or caninha.



Acarajé

Bahian Fradinho Bean Fritters

Yield: 20 fritters

Ingredients	Amounts
Dried fradinho beans, or black-eyed peas	2 lb.
Yellow onion, grated	2 cups
Salt	to taste
<i>MOLHO DE ACARAJÉ</i>	
Malagueta peppers, preserved, finely chopped	4 ea.
White onion, small, finely chopped	2 cups
Lime, freshly squeezed	1 Tbsp.
Cilantro stalks, roughly chopped	3 ea.
Tomato, unripe, de-seeded and roughly chopped	2 cups
Salt	to taste
Dendê (palm) oil	for frying
Yellow onion, whole	for frying
Dried, smoked shrimp	2 cups
Vatapa (recipe p.12)	2 cups
Caruru (recipe p.13)	4 cups

Method

1. Using a food processor, pulse the dried beans until the majority of the beans split open. Cover the beans in cold water and remove any film or beans that rise to the top of the water. Soak in cold water over night.
2. Strain the soaked beans and rinse under running water again. Using your fingertips, remove the papery skins



from the soaked beans. In a food processor, “pulse” the beans until a thick coarsely textured dough is formed. Add water, as needed for processing.

3. Transfer the bean mixture to a stand mixer and whip on medium-low speed using a paddle attachment. Add grated onions and salt, continue mixing until light and fluffy, about 10 minutes.
4. For the molho de acarajé, mix all of the ingredients in a bowl and marinate for at least 30 minutes.
5. Heat the dendê oil and whole yellow onion in a Dutch oven over medium-high heat to approximately 375°F.
6. To form the fritters, dip a soup spoon in water and scoop a generous amount of the acarajé mixture directly into the hot dendê oil. Splash oil over the acarajé to ensure even frying and cook until golden orange, about 3-5 minutes, and drain on paper towels.
7. To serve, split open the acarajé and spread a spoonful of vatapá on one side, stuff with a dried shrimp and spoon a generous helping of caruru inside. Serve with the molho de acarajé sauce on the side.



Pasteis de Bacalao

Salted Codfish Savories

Yield: 8 portions

Ingredients	Amounts
Codfish, dried	2 lb.
Water	as needed
Parsley, finely minced	2 Tbsp.
Olive oil	2 Tbsp.
Salt	to taste
Black Pepper	to taste
<i>PASTEIS DOUGH</i>	
All purpose flour	2 cups
Salt	½ Tbsp.
Sugar	2 tsp.
Caçhaca	2 Tbsp.
Water	½ cup
Canola oil	for frying



Method

1. Reconstitute the dried codfish in water for 12 hours, changing the water once.
2. Cover the codfish with water in a large Dutch oven and bring the water to a boil, then cook the codfish for one minute. Remove from the heat and cool.
3. Shred the codfish, removing any bones, and place in a large non-reactive bowl. Toss with olive oil, parsley, salt and pepper.
4. For the pasteis dough: sift the flour onto a clean work surface and make a well in the middle. Add salt, sugar, and cachaça to the well and stir with a fork to work the ingredients into the dough, slowly adding water. Knead the dough until smooth and pliable and rest for 15 minutes.
5. Using a rolling pin, roll out the dough to 1/8 inch thickness and cut out rectangles, 4 inches wide by 6 inches long.
6. Divide the filling into 8 equal portions and arrange on one side of the dough. Wet the edges with water, fold the dough and press down with a fork to seal. Place the pasties on a sheet pan lined with parchment paper and cover with plastic wrap until ready to fry.
7. Heat the oil in a fryer or in a large, shallow pot to 350°F and fry the pasteis until light brown and crispy on all sides.
8. Serve immediately.

Note

A popular street food in Brazil, pasteis have a pleasant texture as the cachaça that is incorporated into the dough bubbles when fried. You may also substitute hearts of palm for the codfish in this recipe to make pasteis de palmito - heart of palm savories.



Vinagrete de Lula

Brazilian Marinated Squid Salad

Yield: 6 portions

Ingredients	Amounts
<i>SQUID</i>	
Water	4 qt.
Yellow onion, quartered	1 ea.
Green bell pepper, seeds removed, quartered	1 ea.
Salt	to taste
Squid, cleaned, sliced	2 lb.
Lime, Persian, freshly juiced	1 ea.
Cilantro, finely diced	½ bu.
Extra-virgin olive oil	¼ cup
Salt	to taste

Ingredients	Amounts
<i>VINAGRETE</i>	
Roma tomatoes, de-seeded, finely diced	4 ea.
Green onions, white part only, finely diced	6 ea.
Red bell pepper, de-veined, finely diced	1 ea.
Green bell pepper, de-veined, finely diced	1 ea.
White sugar cane vinegar	¼ cup
Extra- virgin olive oil	¼ cup
Limes, freshly juiced	2 ea.
Salt	to taste

Method

1. For the squid: Bring a pot of water to boil with the yellow onion, green bell pepper, and salt to taste. Once the water comes to a rolling boil, blanch the squid for 1 minute; immediately remove from the water and place in an ice bath. Once cooled, drain the squid and toss with lime juice.
2. Add the finely chopped cilantro, olive oil and marinate the squid for 20-30 minutes. Season with salt to taste.
3. For the vinagrete: Combine all the ingredients in a bowl and season with salt to taste.
4. Toss the squid and vinagrete mixtures together and refrigerate for one hour prior to serving. Will last for up to 48 hours in the refrigerator.

Note

Any type of blanched shellfish may be substituted for squid.



Pão de Queijo

Traditional Tapioca Cheese Rolls

Yield: 2 1/2 dozen rolls

Ingredients	Amounts
Polvilho azedo, soured tapioca starch	4 ¾ cups
Kosher salt	1 Tbsp.
Baking powder	1 tsp.
Whole milk	1 ½ cups
Canola oil	½ cup
Eggs, large	2 ea.
Aged Minas Gerais cheese, or Parmesan, grated and tightly packed	2 cups

Method

1. In a large bowl, combine the polvilho, salt, and baking powder. Heat the milk and oil over low heat until hot but not boiling. Pour the hot liquid over the polvilho mixture and stir until the dough begins to ball.
2. Add the eggs one at a time and knead the mixture until each of the eggs is incorporated. At this point the dough should be wet and sticky.
3. Add the grated cheese to the dough and knead until combined. Cover with a damp towel and rest for 1-3 hours (raw dough will last up to one day in the refrigerator).
4. Preheat oven to 400°F. Cover your hands with a generous amount of vegetable oil and roll tablespoon-size portions of the dough and space evenly on an ungreased baking sheet. Bake for 15 minutes or until fragrant.
5. Serve immediately.

Note

Polvilho azedo is available at Latin markets.



Farofa Tradicional

Traditional Toasted Manioc Meal

Yield: 4 1/2 cups

Ingredients	Amounts
Yellow onion	1 cup
Butter, unsalted	3 Tbsp.
Farinha, manioc flour	4 1/2 cups
Salt	to taste
<i>GARNISH</i>	
Banana, firm, sliced	1 ea.
Bacon, finely diced, cooked until crispy	1/4 cup
Parsley, finely chopped	2 Tbsp.



Method

1. Grate the yellow onion using the large hole of a box grater.
2. Heat the butter in a saucepan and cook the grated onion until caramelized and dark brown.
3. Add the farinha and toast until the flour becomes fragrant and turns light brown. At this point, you may choose to garnish and season the farofa with only banana slices, or with a combination of bacon, and parsley.
4. If serving immediately, garnish the farofa with bananas and serve with beans, rice and carne seca.

Note

Farinha can be found at Brazilian and Latin markets in various textures. Choose a thicker textured farinha for this recipe.



Carne Seca

Brazilian Style Jerked Meat

Yield: 8 portions

Ingredients	Amounts
Carne seca (salted Brazilian top round)	2 lb.
Yellow onion, quartered	2 ea.
Garlic cloves, peeled	4 ea.
Olive oil	¼ cup



Note

Carne seca can be sourced from Brazilian or Latin markets and online resources.

Method

1. Soak the meat in water for 12 hours, changing the water several times. Be careful to not entirely wash away the flavor of the salt from the meat, as it is an essential element of the dish.
2. Cut the meat into 2-inch pieces, cover with water, and simmer for one hour.
3. Strain the meat, transfer to a cutting board to cool, and shred the meat by hand.
4. Sauté the onion and garlic cloves in the olive oil and discard once browned.
5. Add the shredded meat to the flavored olive oil and brown for 10 minutes, or until the meat is succulent and crispy.
6. Serve with farofa, couve, mashed cooked pumpkin, black beans, white rice, or fried bananas.



Couve

Brazilian Style Kale

Yield: 8 portions

Ingredients	Amounts
Kale, rinsed, tough stems removed	2 bu.
Garlic cloves, minced	4 ea.
Olive oil	3 Tbsp.
Salt	to taste

Method

1. Tightly roll the collard greens into the shape of a cigar and thinly cut across the rib of the greens.
2. Fry the garlic in olive oil until fragrant. Add the greens and sauté for 5 minutes over medium heat. Season with salt to taste.
3. Serve with carne seca or feijoada completa.

Arroz Branco Brasileiro

Brazilian White Rice

Yield: 8 portions

Ingredients	Amounts
White rice, long grain	2 cup
Canola oil, or butter	2 Tbsp.
Garlic clove, peeled	2 ea.
Sea salt	3 tsp.

Method

1. Cover the rice with hot water and let stand for five minutes. Drain the rice through a colander and rinse until the water runs clear. Remove excess water from the rice by shaking the colander vigorously.
2. Heat the canola oil in a medium saucepan and sauté the garlic cloves until fragrant. Add the rice and cook until the rice crackles when stirred, about 3 minutes.
3. Add 4 cups of hot water to the saucepan and allow the rice to come to a full boil. Season with salt.
4. Reduce the heat to a simmer and cover with a tight fitting lid. Cook for 20 minutes, or until small holes appear in the rice. Fluff with a fork and cover until ready to serve.

Vatapá

Yield: 10 portions

Ingredients	Amounts
Dried, smoked shrimp	1 cup
Fish stock	4 cups
Yellow onion, quartered	2 ea.
Red onion, quartered	1 ea.
Ginger, peeled, 2" piece, sliced	1 ea.
Coconut milk, freshly pressed or canned Thai	2 cups
Cashews, toasted	1 ½ cups
Spanish peanuts, skin on, untoasted	¼ cup
Dried, smoked shrimp	½ cup
Finely ground farinha, manioc flour	1 cup
Dendê (palm) oil	3 Tbsp.
Salt	to taste



Method

1. Combine the dried shrimp and fish stock in a blender and purée until smooth. Add the onions and ginger and process until smooth, reserve.
2. Blend the coconut milk, cashews, and peanuts until smooth, reserve.
3. Transfer the blended mixtures to a large bowl.
4. Using a blender, grind the dried shrimp until the mixture is processed but not finely ground. Add the shrimp to blended mixture and continue to mix until thoroughly combined.
5. Slowly stir in the farinha until it is incorporated into the mixture.
6. Heat the dendê oil in a saucepan set over medium-low heat. Add the vatapá and cook for 30 minutes, stirring frequently to ensure the mixture cooks evenly and does not scorch or burn. The mixture should reduce and thicken to the consistency of cooked grits and the color should change from a light color to dark orange.
7. Season with salt to taste.

Note

For a Fish and Dried Shrimp Vatapá, add 1-lb. of flaked Pollock.

Soaked bread can also be substituted as a thickener, instead of the manioc flour.

Look for smoked and dried shrimp in specialty Brazilian markets, or substitute dried shrimp.



Caruru

Bahian Okra Stew

Yield: 8 portions

Ingredients	Amounts
Okra, fresh, whole	2 lb.
Dried, smoked shrimp	1 cup
Yellow onion, quartered	1 ea.
Water	4 cups
Dendê (palm) oil	2 Tbsp.
Salt	to taste



Method

1. Finely chop the okra into small pieces.
2. In a food processor, blend the dried shrimp, yellow onion, and water until smooth. Transfer the blended mixture to a saucepan and cook over medium heat until boiling.
3. Add the okra and dendê oil and continue cooking until the okra is cooked through and reduced, about 30 minutes. Season with salt to taste.



Bolo de Coco

Coconut and Cassava Pound Cake

Yield: 8 portions

Ingredients	Amounts
Fresh coconut, shell removed	½ ea.
Yuca root, peeled and quartered	2 lb.
Eggs, whole	2 ea.
Butter	½ cup
Sugar	1½ cups
Baking powder	1 tsp.
Cinammon	to taste
Powdered sugar	to taste



Method

1. Preheat the oven to 375°F.
2. Using the grater disc of a food processor, grate the coconut and yuca until fine. While the motor is running, add one egg at a time. Add the butter, sugar, and baking powder. Continue to blend until the ingredients are combined, the batter should be thick, like a cake batter.
3. Generously butter a bundt pan and dust with flour. Add the batter and bake for 1½ hours. Avoid opening the oven during cooking to ensure the cake rises properly.
4. Remove the cake from the oven and cool for 30 minutes. Invert the pan onto a serving dish and sprinkle with cinnamon and sugar.
5. Serve this cake at breakfast or for an afternoon tea.



Crème de Papaia com Cassis

Papaya with Crème de Cassis

Yield: 8 portions

Ingredients	Amounts
Papaya, ripe, seeds removed	1 ea.
Vanilla ice cream	4 cups
<i>GARNISH</i>	
Crème de Cassis	to taste



Method

1. Scoop the papaya pulp and ice cream into a blender and puree. Pour into eight wine glasses and drizzle with generous amounts of Crème de Cassis liquor.
2. Serve immediately.



Note

In Brazil, the large oblong papaya is called a mamão, and the smaller, round variety is called a papaya. Only the larger variety should be used for this recipe. Avocados may be substituted for papaya for a sweet avocado dessert

Caipirinha

Yield: 4 glasses

Ingredients	Amounts
Cachaça	8 oz.
Large seedless limes, halved	4 ea.
Sugar, refined	½ cup
Crushed ice	as needed
GARNISH	
Lime wedges	4 ea.
<i>OPTIONAL (Instead of limes, use any of the following):</i>	
Passion fruit pulp, with seeds	1 cup
Pineapple, skin removed, roughly diced	1 cup
Kiwi, skin removed, roughly diced	1 cup
Cashew fruit pulp, roughly diced	1 cup
Strawberries, stems removed, diced	1 cup
Lemon grass, green leaves, finely diced	½ cup
OPTIONAL GARNISH	
Carambola (starfruit), sliced	4 ea.
Limes, thinly sliced	4 ea.



Method

1. Using a knife, remove the pithy midsection from the limes and quarter.
2. Divide the limes and sugar between 4 cocktail glasses. Using a wooden muller, mull the sugar and limes until the sugar dissolves.
3. Add 2 ounces of cachaça to each glass.
4. Fill each glass with ice and top with a cocktail shaker. Vigorously shake each cocktail individually for several seconds and return to the glasses.
5. Garnish with a lime wedge and serve immediately.

