

# The Brazilian Cookbook

50 Delicious Brazilian Recipes for  
Real Brazilian Cooking  
(2nd Edition)

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PAPA BLANCA  
\$40

BONIATO  
\$39 MILLO



# Baked Banana Brazilian Style

 Prep Time: 15 mins  
 Total Time: 30 mins

Servings per Recipe: 12

Calories	135 kcal
Fat	3.9 g
Carbohydrates	26.2g
Protein	0.9 g
Cholesterol	5 mg
Sodium	56 mg

## Ingredients

6 medium bananas, halved lengthwise  
1/2 C. fresh orange juice  
1 tbsp fresh lemon juice  
1/2 C. white sugar  
1/8 tsp salt  
2 tbsp butter  
1 C. flaked coconut

## Directions

1. Set your oven to 400 degrees F before doing anything else and grease a 13x9 -inch baking dish.
2. In a baking dish, place the bananas.
3. In a bowl, mix together the orange juice, lemon juice, sugar and salt.
4. Place the juice mixture over the bananas and top with the butter in the shape of dots.
5. Cook in the oven for about 15 minutes.
6. Serve with a sprinkling of the coconut.

# A LEMONADE

## From Brazil

 Prep Time: 10 mins

 Total Time: 10 mins

Servings per Recipe: 4

Calories 152 kcal

Fat 1.3 g

Cholesterol 36.2g

Sodium 1.4 g

Carbohydrates 5 mg

Protein 28 mg

### Ingredients

2 limes

1/2 C. sugar

3 tbsp sweetened condensed milk

3 C. water

ice


### Directions

1. Cut off the ends and slice the each lime into eight wedges.
2. In a blender, add the sugar, sweetened condensed milk, water and ice and pulse for about 5 times.
3. Through a mesh strainer, strain to remove the rinds.
4. Serve over the ice.



# Rio De Janeiro Style Collard Greens

 Prep Time: 10 mins

 Total Time: 2 hr 10 mins

Servings per Recipe: 6

Calories 269 kcal

Fat 19.4 g

Carbohydrates 10.1g

Protein 15.1 g

Cholesterol 32 mg

Sodium 744 mg

## Ingredients

- 1/2 lb. turkey bacon, diced
- 1 onion, chopped
- 2 lb. collard greens - rinsed, stemmed and torn into 3x6 inch pieces
- 1 C. chicken stock
- 1 tsp cayenne pepper
- 2 tbsp red wine vinegar

## Directions

1. Heat a heavy-bottomed pan on medium-high heat and cook the bacon till browned.
2. Discard most of the bacon grease from the pan.
3. Add the onion and cook for about 4 minutes.
4. Stir in the collard greens and add the broth and cayenne pepper.
5. Reduce the heat to low and cook for about 75 minutes.
6. Stir in the red wine vinegar and cook for about 15 minutes.





# CINNAMON

## Brazilian Pineapple

 Prep Time: 10 mins

 Total Time: 20 mins

Servings per Recipe: 6

Calories 255 kcal

Fat 0.3 g

Carbohydrates 66.4g

Protein 1.3 g

Cholesterol 0 mg

Sodium 13 mg

### Ingredients

- 1 C. brown sugar
- 2 tsp ground cinnamon
- 1 pineapple - peeled, cored, and cut into 6 wedges

### Directions

1. Set your outdoor grill for medium-high heat and lightly, grease the grill grate.
2. In a bowl, add the brown sugar and cinnamon and beat well.
3. Transfer the sugar mixture into a large resealable plastic bag.
4. Add the pineapple wedges and shake to coat evenly.
5. Cook the pineapple wedges on the grill for about 3-5 minutes from both sides.

# Brazilian Fudge Treat

 Prep Time: 10 mins

 Total Time: 25 mins

Servings per Recipe: 12

Calories 306 kcal

Fat 14.7 g

Cholesterol 37.9g

Sodium 8.3 g

Carbohydrates 11 mg

Protein 268 mg

## Ingredients

- 1 (8 oz.) jar roasted peanuts, skins removed
- 1 (8 oz.) package tea biscuits (such as Marie Biscuits)
- 2 tbsp white sugar
- 1 (14 oz.) can sweetened condensed milk


## Directions

1. Line a 9 -inch square baking dish with a wax paper.
2. In a food processor, add the peanuts and biscuits and pulse till the mixture resembles coarse flour.
3. Add the sugar and pulse till well combined.
4. Add the sweetened condensed milk and pulse till the mixture forms a ball that pulls away from the sides of the food processor bowl.
5. Transfer the mixture into the prepared dish and with your hands, press into an even layer.
6. Keep aside for at least 15 minutes or up to overnight.
7. Remove from the dish and cut into squares to serve.
8. Store in air -tight containers between uses.

# BEEF

## Ribs

 Prep Time: 10 mins

 Total Time: 6 hr 20 mins

Servings per Recipe: 3

Calories 698 kcal

Fat 56.5 g

Carbohydrates 0g

Protein 44.1 g

Cholesterol 163 mg

Sodium 3647 mg



### Ingredients

- 1 (3 lb.) rack of whole beef ribs (not short ribs)
- 2 tbsp sea salt, or more if needed
- 3/4 C. water

### Directions

1. Set your oven to 275 degrees F before doing anything else.
2. Place the rack of beef ribs on a work surface with the shiny white membrane facing up.
3. Slip the blade of a sharp knife under the membrane at one end, and slice the membrane off the meat in a single piece.
4. Discard the chewy membrane and rub the ribs with the salt evenly.
5. Arrange the ribs onto a cooking rack in a roasting pan.
6. Cook in the oven for about 1 1/2 hours.
7. Lightly baste the beef with the water.
8. Cook for 4 1/2 hours more, Basting after every 45 minutes.
9. Remove from the oven and keep aside to cool for about 10-15 minutes before slicing.

# Classical Brazilian Banana Bread

 Prep Time: 25 mins  
 Total Time: 60 mins

Servings per Recipe: 12

Calories	355 kcal
Fat	4.7 g
Carbohydrates	74.3g
Protein	6.1 g
Cholesterol	53 mg
Sodium	140 mg

## Ingredients

3 tbsp margarine  
2 C. white sugar  
3 egg yolks  
3 C. all-purpose flour  
1 tbsp baking powder  
1 C. milk  
3 egg whites

6 bananas, peeled and sliced  
2 tbsp white sugar  
1 tsp ground cinnamon

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour a 13x9-inch pan.
2. In a large bowl, add the margarine and sugar and beat till smooth.
3. Add the yolks and beat till well combined.
4. Slowly, add the flour and baking powder alternately with the milk, mix till well combined.
5. In another bowl, add the egg whites and beat till doubled in the volume.
6. Fold the beaten whites into the dough.
7. Transfer the mixture into the prepared pan.
8. Arrange the banana slices over the top of the dough evenly.
9. In a small bowl, mix together the 2 tbsp of the sugar and the cinnamon and sprinkle over the banana slices.
10. Cook in the oven for about 30-35 minutes or until a toothpick inserted into the center comes out clean.







# BANANA Pie



Prep Time: 10 mins



Total Time: 1 hr 5 mins

Servings per Recipe: 12

Calories 451 kcal

Fat 11.2 g

Carbohydrates 82.5g

Protein 11.1 g

Cholesterol 0 mg

Sodium 126 mg

## Ingredients

3 tbsp brown sugar  
1/2 C. water  
10 bananas, peeled and sliced lengthwise  
2 C. whole wheat flour  
2 C. toasted wheat germ  
3 C. rolled oats  
1 C. packed brown sugar  
1 C. light margarine  
1 tbsp cinnamon

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a small pan, add 3 tbsp of the brown sugar on medium heat and cook till melted.
3. Add the water and stir till the sugar is completely dissolved.
4. Heat the mixture between 234 and 240 degrees F.
5. In the bottom of a deep pie dish, place the syrup and tilt the dish to coat the bottom.
6. Place a layer of the bananas on top of the melted sugar.
7. In a medium bowl, mix together the whole wheat flour, wheat germ, oats and 1 C. of the brown sugar.
8. Add the margarine and with your hands, pinch it into small pieces to make a crumbly mixture.
9. Sprinkle half of the crumbly mixture over the bananas in the dish and gently, pat down.
10. Top with the remaining bananas and sprinkle with about half of the cinnamon.
11. Spread the remaining crumbly mixture over the bananas and gently, pat the pie smoothly.
12. Sprinkle the remaining cinnamon over the top.
13. Cook in the oven for about 45 minutes or till a toothpick inserted into the center comes out clean.

# Carrot Cake

 Prep Time: 20 mins

 Total Time: 1 hr

Servings per Recipe: 12

Calories 529 kcal

Fat 22.7 g

Carbohydrates 77.7g

Protein 5.7 g

Cholesterol 68 mg

Sodium 232 mg

## Ingredients

3 large carrots, peeled and thinly sliced  
4 eggs  
1 C. cooking oil  
2 C. white sugar  
2 C. all-purpose flour  
1 tbsp baking powder  
2 tbsp butter or margarine


1 C. white sugar  
1 C. instant hot chocolate mix  
3/4 C. milk

## Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease 13x9 -inch baking dish.
2. In a food processor, add the carrots, eggs, and oil and pulse till the carrots are chopped finely.
3. Transfer the carrot mixture into a bowl.
4. Add 2 C. of the sugar till well combined.
5. Add the flour and baking powder and mix till well combined.
6. Transfer the mixture into the prepared baking dish.
7. Cook in the oven for about 40 minutes.
8. Meanwhile for the icing in a pan, place the butter, 1 C. of the sugar, instant hot chocolate drink mix and milk on medium heat.
9. Heat, stirring to almost boiling and mixture becomes thick.
10. Remove the baking dish from the oven and immediately spread the icing over the top of the cake evenly.

# PUDDING

## Brazilian Style

 Prep Time: 5 mins

 Total Time: 20 mins

Servings per Recipe: 10

Calories 163 kcal

Fat 5.4 g

Carbohydrates 24.2g

Protein 5.2 g

Cholesterol 69 mg

Sodium 87 mg

### Ingredients

- 1 (14 oz.) can sweetened condensed milk
- 3 eggs
- 3 tbsp hot chocolate mix
- 3 tbsp shredded coconut

### Directions

1. In a blender, add the sweetened condensed milk, eggs, hot chocolate mix and shredded coconut and pulse till smooth and creamy.
2. In a microwave-safe bowl, place the mixture and microwave on High for about 10 to 12 minutes.
3. Refrigerate to cool before serving.

# Brazilian Tilapia Fish Stew

 Prep Time: 20 mins

 Total Time: 1 hr 5 mins

Servings per Recipe: 6

Calories 359 kcal

Fat 21.8 g

Carbohydrates 15.6 g

Protein 27.4 g

Cholesterol 42 mg

Sodium 600 mg

## Ingredients

3 tbsp lime juice  
1 tbsp ground cumin  
1 tbsp paprika  
2 tsp minced garlic  
1 tsp salt  
1 tsp ground black pepper  
1 1/2 lb. tilapia fillets, cut into chunks

2 tbsp olive oil  
2 onions, chopped  
4 large bell peppers, sliced  
1 (16 oz.) can diced tomatoes, drained  
1 (16 oz.) can coconut milk  
1 bunch fresh cilantro, chopped

## Directions

1. In a bowl, mix together the lime juice, cumin, paprika, garlic, salt and pepper.
2. Add the tilapia and toss to coat well.
3. Refrigerate, covered for at least 20 minutes up to 24 hours.
4. In a large pan, heat the oil on medium-high heat and sauté the onions for about 1-2 minutes.
5. Reduce the heat to medium and place the bell peppers, tilapia, and diced tomatoes in the pan in the succeeding layers.
6. Place the coconut milk over the mixture and simmer, covered for about 15 minutes, stirring occasionally.
7. Stir in the cilantro and simmer till the tilapia and simmer for about 5-10 minutes.





# PAO DE QUEIJO

## (Authentic Cheese Rolls)

 Prep Time: 20 mins

 Total Time: 45 mins

Servings per Recipe: 14

Calories 199 kcal

Fat 12 g

Carbohydrates 17.2g

Protein 5.8 g

Cholesterol 36 mg

Sodium 386 mg

### Ingredients

2 C. tapioca starch

1 tsp salt

1/2 C. vegetable oil

1/3 C. water

1/3 C. milk

2 eggs

6 oz. shredded Parmesan cheese


### Directions

1. Set your oven to 375 degrees F before doing anything else and lightly, grease a baking sheet.
2. In a large bowl, add the tapioca starch and salt.
3. In a pan, add the vegetable oil, water and milk and bring to a boil on medium heat till a white foam appears.
4. Place the milk mixture over the tapioca starch and stir till well combined and keep aside for about 15 minutes.
5. Add the eggs and Parmesan cheese and mix till well combined.
6. Make about 1 1/2-inch balls from the dough and arrange on the prepared baking sheet.
7. Cook in the oven for about 15-20 minutes.



# *Pudim de Leite* Condensado (Creamy Textured Flan)

 Prep Time: 20 mins

 Total Time: 3 hr 15 mins

Servings per Recipe: 8

Calories 303 kcal

Fat 7.3 g

Carbohydrates 53.1g

Protein 7.9 g

Cholesterol 112 mg

Sodium 108 mg

## Ingredients


- 1 C. white sugar
- 4 eggs, separated
- 1 (14 oz.) can sweetened condensed milk
- 3/4 C. milk, plus
- 2 tbsp milk

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a heavy pan, add the sugar on low heat and melt for about 10 minutes, stirring continuously.
3. Immediately, place the sugar syrup into a round baking dish.
4. Tilt the dish to coat with the sugar syrup evenly and keep aside to cool.
5. In a blender, add the egg yolks and pulse on medium for about 5 minutes.
6. Add the condensed milk, 3/4 C. plus 2 tbsp of the milk and egg whites and pulse till all the ingredients are combined.
7. Place the egg mixture into the baking dish and with a foil paper, cover it.
8. Line a roasting pan with a damp kitchen towel and arrange the baking dish over the towel.
9. Place the roasting pan over the oven rack.
10. Add the boiling water in the roasting pan to reach halfway up the sides of the baking dish.
11. Cook in the oven for about 45-50 minutes or till a knife inserted 1-inch from the edge comes out clean.
12. Remove from the heat and keep aside to cool before unmolding onto a plate.
13. Refrigerate before serving.

# BRAZILIAN Tropical Cake

 Prep Time: 20 mins

 Total Time: 4 hr

Servings per Recipe: 10

Calories 540 kcal

Fat 17 g

Carbohydrates 90.4g

Protein 9.9 g

Cholesterol 65 mg

Sodium 202 mg

## Ingredients


3 C. all-purpose flour  
1 tbsp baking powder  
3 egg whites  
2 1/2 C. white sugar  
3 egg yolks  
1 C. orange juice  
1 3/4 C. milk  
1 (14 oz.) can coconut milk  
1 (14 oz.) can sweetened condensed milk  
1 C. flaked coconut

## Directions

1. Set your oven to 450 degrees F before doing anything else and grease and flour a 13x9-inch pan.
2. In a bowl, sift together the flour and baking powder.
3. Add the egg whites and beat till the soft peaks form.
4. Slowly, add the sugar, beating continuously till the stiff peaks form.
5. Fold in the egg yolks till well combined.
6. Add the flour mixture alternately with the orange juice, mixing well.
7. Transfer the mixture into the prepared pan.
8. Cook in the oven for about 40 minutes or till a toothpick inserted into the center comes out clean.
9. Remove from the oven and with a fork, poke all over the top of the cake, in 1-inch intervals.
10. In a small bowl, add the milk, coconut milk and sweetened condensed milk and mix till well combined.
11. Place the milk mixture over the cake evenly and sprinkle with the coconut flakes.
12. Refrigerate to chill for about 3 hours.

# Maracuja (Tastier Mousse)

 Prep Time: 15 mins

 Total Time: 1 hr 15 mins

Servings per Recipe: 6

Calories 515 kcal

Fat 35.2 g

Carbohydrates 45.4g

Protein 7.3 g

Cholesterol 131 mg

Sodium 120 mg

## Ingredients

- 8 passion fruits
- 1 tbsp white sugar
- 1 (14 oz.) can sweetened condensed milk
- 2 C. cream


## Directions


1. Half the passion fruits and empty contents into a bowl.
2. With a little water, rinse the juice out of the skins.
3. With your hands, mix to soften the pulp and through a sieve, strain the mixture into a bowl.
4. Stir in the sugar and sweetened condensed milk.
5. In a chilled bowl, add the cream and beat till the stiff peaks form.
6. Fold 1/3 of the cream into the passion fruit mixture.
7. Immediately, fold in the remaining cream till no streaks remain.
8. Refrigerate for about 1 hour.





# CREAMY Coconut Chicken

 Prep Time: 15 mins

 Total Time: 45 mins

Servings per Recipe: 4

Calories 345 kcal

Fat 19.9 g

Carbohydrates 11.5g

Protein 29.3 g

Cholesterol 72 mg

Sodium 234 mg

## Ingredients

- 1 tsp ground cumin
- 1 tsp ground cayenne pepper
- 1 tsp ground turmeric
- 1 tsp ground coriander
- 4 skinless, boneless chicken breast halves
- salt and pepper to taste
- 2 tbsp olive oil
- 1 onion, chopped
- 1 tbsp minced fresh ginger
- 2 jalapeno peppers, seeded and chopped
- 2 cloves garlic, minced
- 3 tomatoes, seeded and chopped
- 1 (14 oz.) can light coconut milk
- 1 bunch chopped fresh parsley

## Directions

1. In a bowl, mix together the cumin, cayenne pepper, turmeric, coriander, salt and pepper.
2. Add the chicken and rub with the spice mixture evenly.
3. In a skillet, heat 1 tbsp of the oil on medium heat and cook the chicken for about 10-15 minutes per side.
4. Remove from the heat and keep aside.
5. In the same skillet, heat the remaining oil and Cook and stir the onion, ginger, jalapeño peppers and garlic for about 5 minutes.
6. Stir in the tomatoes and cook for about 5-8 minutes.
7. Stir in the coconut milk and pour over the chicken.
8. Serve with a garnishing of the parsley.

# Cornmeal Cake

 Prep Time: 10 mins

 Total Time: 40 mins

Servings per Recipe: 8

Calories 508 kcal

Fat 18.3 g

Carbohydrates 79.2g

Protein 8.1 g

Cholesterol 72 mg

Sodium 106 mg

## Ingredients

2 C. cornmeal  
1 1/2 C. white sugar  
1 C. milk  
1 C. coconut milk  
1 C. all-purpose flour  
3 eggs  
1/3 C. vegetable oil


1 tsp baking powder

## Directions

1. Set your oven to 340 degrees F before doing anything else and grease and flour a 10-inch cake pan.
2. In a blender, add the cornmeal, sugar, milk, coconut milk, flour, eggs and vegetable oil and pulse till smooth.
3. Add the baking powder and pulse till well combined.
4. Transfer the cornmeal mixture into the prepared cake pan.
5. Cook in the oven for about 30-40 minutes or till a toothpick inserted into the center comes out clean.

# BEAN Soup

 Prep Time: 30 mins

 Total Time: 1 hr

Servings per Recipe: 6

Calories 80 kcal

Fat 2.7 g

Carbohydrates 13.3g

Protein 1.7 g

Cholesterol 0 mg

Sodium 788 mg

## Ingredients

- 1 tbsp olive oil
- 3 C. onion, chopped
- 8 cloves garlic, chopped, divided
- 1 carrot, diced
- 3 tsp ground cumin
- 2 tsp salt
- 1 red bell pepper, diced
- 2 (15 oz.) cans black beans, drained and rinsed
- 1/2 C. water
- 1 C. orange juice
- 1 pinch cayenne pepper

## Directions

1. In a large pan, heat the oil on medium heat and sauté the onion, half of the garlic, carrot, cumin and salt till the onion becomes tender.
2. Stir in the remaining garlic and red pepper and sauté till tender.
3. Add the beans, water, orange juice and cayenne pepper and mix.
4. Remove from the oven and keep aside to cool slightly.
5. In a blender, add the soup in batches and pulse till smooth.
6. Return the soup to the pan and simmer for about 10 minutes.



# True Brazilian Rice

 Prep Time: 15 mins

 Total Time: 45 mins

Servings per Recipe: 8

Calories 201 kcal

Fat 3.7 g

Carbohydrates 37.5g

Protein 3.4 g

Cholesterol 0 mg

Sodium 297 mg

## Ingredients

- 2 C. long-grain white rice, rinsed
- 2 tbsp minced onion
- 2 cloves garlic, minced
- 2 tbsp vegetable oil
- 1 tsp salt
- 4 C. hot water

## Directions

1. In a pan, heat the oil on medium heat and sauté the onion for about 1 minute.
2. Stir in the garlic and cook till golden brown.
3. Add the rice and salt and cook, stirring till the rice begins to brown.
4. Add the hot water over rice mixture and gently, stir to combine.
5. Reduce the heat to low and simmer, covered for about 20 - 25 minutes.



LARGO  
BOTICARIO  
26



# SÃO PAULO

## Coffee Cookies

 Prep Time: 30 mins

 Total Time: 40 mins

Servings per Recipe: 24

Calories 101 kcal

Fat 3.2 g

Carbohydrates 16.8g

Protein 1.4 g

Cholesterol 8 mg

Sodium 71 mg

### Ingredients

1/3 C. shortening  
1/2 C. packed brown sugar  
1/2 C. white sugar  
1 egg  
1 1/2 tsp vanilla extract  
1 tbsp milk  
2 C. all-purpose flour

1/2 tsp salt  
1/4 tsp baking soda  
1/4 tsp baking powder  
2 tbsp instant coffee powder

### Directions

1. Set your oven to 400 degrees F before doing anything else and line the baking sheets with the parchment papers.
2. In a bowl, add the shortening, brown sugar, white sugar, egg, vanilla and milk and beat till fluffy.
3. In another bowl, mix together the flour, salt, baking soda, baking powder and instant coffee.
4. Add the flour mixture into the sugar mixture and mix till well combined.
5. Make about 1-inch balls from the mixture.
6. Place balls on the prepared baking sheets in a single layer about 2 inches apart.
7. With the sugar dipped fork, flatten the cookies to 1/8-inch thickness.
8. Cook in the oven for about 8-10 minutes.

# Pao de Queijo (Brazilian Parmesan Puffs)

 Prep Time: 10 mins

 Total Time: 40 mins

Servings per Recipe: 8

Calories 175 kcal

Fat 10.4 g

Carbohydrates 15.6g

Protein 5.1 g

Cholesterol 33 mg

Sodium 428 mg

## Ingredients

1/4 C. canola oil

1/4 C. water

1 tsp salt

1 C. tapioca starch

1 egg

1/3 C. plain yogurt

1/2 C. grated Parmesan cheese



1/2 C. grated mozzarella cheese

## Directions

1. Set your oven to 375 degrees F before doing anything else and arrange the rack in the middle of the oven.
2. In a pan, mix together the canola oil, water and salt and bring to a boil.
3. In a metal bowl, place the tapioca starch.
4. Place the oil mixture over the tapioca and mix completely.
5. Add the egg and beat well.
6. Stir in the yogurt, Parmesan cheese and mozzarella cheese.
7. Transfer the mixture into mini-muffin tins.
8. Now, set the oven to 350 degrees F.
9. Cook in the oven for about 25-30 minutes.

# PAO DE QUEIJO II

## (Brazilian Parmesan Puffs)

 Prep Time: 10 mins  
 Total Time: 40 mins

Servings per Recipe: 6  
Calories 385 kcal  
Fat 22.6 g  
Carbohydrates 39.9g  
Protein 6.3 g  
Cholesterol 71 mg  
Sodium 555 mg

### Ingredients

1/2 C. olive oil  
1/3 C. water  
1/3 C. milk  
1 tsp salt  
2 C. tapioca flour  
2 tsp minced garlic  
2/3 C. freshly grated Parmesan cheese  
2 beaten eggs

### Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a large pan, mix together the oil, water, milk and salt on high heat and bring to a boil.
3. Immediately, remove from the heat and stir in the tapioca flour and garlic till smooth.
4. Keep aside for about 10-15 minutes.
5. Add the cheese and egg into the tapioca mixture and mix till well combined and becomes.
6. Place about 1/4 C.-sized balls of the mixture onto an ungreased baking sheet.
7. Cook in the oven for about 15-20 minutes.

# *Bolo de Leite Condensado* (Sweetened Condensed Milk Cake)

 Prep Time: 10 mins

 Total Time: 50 mins

Servings per Recipe: 10

Calories 351 kcal

Fat 7.8 g

Carbohydrates 62.7g

Protein 8.4 g

Cholesterol 60 mg

Sodium 198 mg

## Ingredients

1 (14 oz.) can sweetened condensed milk  
14 fluid oz. milk  
2 eggs  
2 tbsp unsalted butter  
2 C. all-purpose flour  
1 C. white sugar  
1 tbsp baking powder

1 pinch salt

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour a 9-inch cake pan.
2. In a blender, add the condensed milk, milk, eggs and butter and pulse till well combined.
3. Add the flour, sugar, baking powder and salt and pulse till smooth.
4. Transfer the mixture into the prepared cake pan.
5. Cook in the oven for about 40 minutes.









# FEIJAO NA PRESSAO

## (Black Beans Pressure Cooker)

 Prep Time: 20 mins  
 Total Time: 41 mins

Servings per Recipe: 4  
Calories 298 kcal  
Fat 14.3 g  
Carbohydrates 33.2g  
Protein 11 g  
Cholesterol 1 mg  
Sodium 262 mg

### Ingredients

2 C. water  
1 C. dry black beans  
1 onion, chopped  
1 cube beef bouillon, crumbled  
1 bay leaf  
1/4 C. olive oil  
1 tsp chopped garlic  
salt to taste

### Directions

1. In a pressure cooker, add the water, black beans, onion, beef bouillon and bay leaf.
2. Close the pressure cooker securely and bring to a high pressure according to manufacturer's directions.
3. Cook for about 15 minutes after steam starts to escape.
4. Remove from the heat and keep aside the pressure cooker to release the pressure naturally.
5. In a skillet, heat the oil on low heat and sauté the garlic for about 1 minute.
6. Add the garlic mixture into the beans and stir to combine.
7. Remove the bay leaf and season with the salt.

# Brazilian Macaroons

 Prep Time: 30 mins

 Total Time: 50 mins

Servings per Recipe: 18

Calories 151 kcal

Fat 9.6 g

Cholesterol 14.9 g

Sodium 2.1 g

Carbohydrates 10 mg

Protein 69 mg

## Ingredients

2 C. quick cooking oats

3/4 C. white sugar

2 tsp orange zest

1/2 tsp salt

1/2 C. vegetable oil

1 egg

1/2 C. finely chopped Brazil nuts

## Directions

1. In a bowl, mix together the oats, sugar, orange rind and salt.
2. Stir in the salad oil and refrigerate, covered for overnight
3. Set your oven to 350 degrees F.
4. Remove the oat mixture from the refrigerator and stir in the beaten egg and nuts.
5. With a tsp, place the mixture onto ungreased cookie sheet in a single layer, about 1-1/2 inches apart.
6. Cook in the oven for about 15 minutes.

# BRAZIL

## Nut Crumble

 Prep Time: 30 mins

 Total Time: 50 mins

Servings per Recipe: 6

Calories 449 kcal

Fat 20.5 g

Cholesterol 67.9g

Sodium 3.7 g

Carbohydrates 27 mg

Protein 233 mg

### Ingredients

4 C. thinly sliced apples  
1 1/2 C. prepared mincemeat pie filling  
2 tbsp lemon juice  
1/2 C. all-purpose flour  
1/2 C. Brazil nuts, chopped  
1/3 C. packed brown sugar  
1/3 C. quick cooking oats  
1/3 C. butter

### Directions

1. Set your oven to 375 degrees F before doing anything else and lightly, grease a 9x9-inch baking pan.
2. In a bowl, mix together the apples, mincemeat and lemon juice.
3. Transfer the mixture in the prepared pan evenly.
4. In another bowl, mix together the flour, nuts, sugar and oats.
5. With a pastry cutter, cut the butter and mix till crumbly.
6. Sprinkle the crumb mixture over the apple mixture evenly.
7. Cook in the oven for about 45 minutes.

# *Fried* Bananas Skillet

 Prep Time: 10 mins

 Total Time: 15 mins

Servings per Recipe: 6

Calories 169 kcal

Fat 6 g

Carbohydrates 30.5g

Protein 0.7 g

Cholesterol 15 mg

Sodium 42 mg

## Ingredients

3 firm bananas, halved lengthwise  
1/2 C. white sugar  
1 1/4 tsp ground cinnamon  
3 tbsp butter

## Directions


1. In a shallow dish mix together the sugar and cinnamon.
2. Cut each banana half into 3-4 pieces.
3. in a skillet. melt the butter on medium-low heat.
4. Add the banana slices and cook for about 5-10 minutes.
5. Transfer the banana slices to a paper towel-lined plate to drain.
6. Coat banana slices with the cinnamon-sugar.





# PINEAPPLE Cookies

 Prep Time: 30 mins

 Total Time: 50 mins

Servings per Recipe: 48

Calories 337 kcal

Fat 19.8 g

Cholesterol 39.1g

Sodium 4.9 g

Carbohydrates 22 mg

Protein 120 mg

## Ingredients

1 C. butter  
1 1/2 C. packed brown sugar  
3 eggs  
1 tsp ground cinnamon  
1 tsp baking soda  
1 tsp salt  
1 tsp vanilla extract  
2 1/2 C. all-purpose flour

1 lb. red and green candied cherries, chopped  
1 lb. chopped pecans  
1/2 lb. chopped blanched almonds  
1/2 lb. Brazil nuts, chopped  
2 lb. pitted dates  
4 candied pineapple rings, finely chopped  
1/2 lb. chopped walnuts

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease the cookie sheets.
2. In a bowl, add the butter and the sugar and beat till creamy.
3. Add the eggs and beat till well combined.
4. In another bowl, add the cherries, pecans, Brazil nuts, almonds, dates, pineapple, walnuts and 1/2 C. of the flour and toss to coat well.
5. In a third bowl, sift together the remaining flour, baking soda, cinnamon and salt.
6. Add the flour mixture into the butter mixture and mix well.
7. Fold in the fruit and nut mixture.
8. Place the spoonful mixture onto the prepared cookie sheets in a single layer.
9. Cook in the oven for about 10-15 minutes.



# Brazilian Sugar Truffles

 Prep Time: 15 mins

 Total Time: 15 mins

Servings per Recipe: 60

Calories 93 kcal

Fat 2.3 g

Cholesterol 16.7g

Sodium 1.7 g

Carbohydrates 6 mg

Protein 24 mg

## Ingredients

3 C. powdered milk  
1 lb. confectioners' sugar  
3/4 C. canned coconut milk  
white sugar for rolling

## Directions

1. In a bowl, add all ingredients except the white sugar and mix till a stiff dough forms.
2. Make walnut-sized balls from the mixture and coat with the white sugar evenly.
3. Refrigerate before serving.

# BRAZILIAN Smoothie

 Prep Time: 10 mins

 Total Time: 10 mins

Servings per Recipe: 5

Calories 202 kcal

Fat 4.1 g

Cholesterol 38.6g

Sodium 4.4 g

Carbohydrates 15 mg

Protein 62 mg

## Ingredients

- 1/2 (14 oz.) can sweetened condensed milk
- 2 C. diced mango
- 1 tsp vanilla extract
- 1/2 C. milk

## Directions

1. In a blender, add all ingredients and pulse till smooth.
2. Serve immediately.

# Palmito ao Forno (Mushroom and Bean Casserole)

 Prep Time: 25 mins

 Total Time: 1 hr 5 mins

Servings per Recipe: 4

Calories 876 kcal

Fat 69.3 g

Carbohydrates 137.2g

Protein 32.4 g

Cholesterol 226 mg

Sodium 1785 mg

## Ingredients

- 1 tbsp butter
- 2 tsp minced garlic
- 2 C. cream
- 1 3/4 C. grated Parmesan cheese
- 1 yellow onion, minced
- 1 tbsp olive oil
- 1 C. sliced fresh mushrooms
- 1 (7 oz.) can hearts of palm, rinsed, drained, and cut into 1/2-inch pieces
- 1 (15.25 oz.) can Mexican-style corn, drained
- 1 C. arugula
- 1 (15 oz.) can green beans, drained
- salt to taste
- 3/4 C. grated Parmesan cheese

## Directions

1. Set your oven to 400 degrees F before doing anything else. Arrange the rack in the top of the oven.
2. In a pan, mix together the butter and garlic on medium heat and cook till the butter melts completely.
3. Stir in the cream and simmer for about 3-5 minutes, stirring continuously.
4. Add about 1 3/4 C. of the Parmesan cheese and stir till melts completely.
5. Stir in the onion and immediately, remove from the heat.
6. In a large skillet, heat the oil on medium heat and cook the mushrooms till they just begin to brown.
7. Stir in the hearts of palm, Mexican-style corn, arugula and green beans.
8. Add the mushroom mixture and salt into the cream mixture.
9. Transfer the mixture into a large baking dish and sprinkle with 3/4 C. of the Parmesan cheese.
10. Cook in the oven for about 40-50 minutes.






# BRAZILIAN

## Apple Pastry

 Prep Time: 25 mins

 Total Time: 1 hr 10 mins

Servings per Recipe: 2

Calories 1058 kcal

Fat 71.3 g

Carbohydrates 196.3g

Protein 12.1 g

Cholesterol 143 mg

Sodium 496 mg

### Directions

1. Set your oven to 400 degrees F before doing anything else and butter 2 (6-ounce) ramekins and dust with the white sugar. Arrange the oven rack in the middle of the oven.
2. In a microwave safe plate, place the apple slices, overlapping slightly and microwave on High for about 45 seconds.
3. With a plastic wrap and a kitchen towel, cover the plate.
4. In a bowl, mix together the sugar and cinnamon.
5. Roll the puff pastry sheet to less than 1/8-inch thickness.
6. With a pizza cutter, cut 2 (3x12-inch) rectangles.
7. Place the melted butter over the dough and sprinkle with a generous amount of the cinnamon-sugar.
8. Place the apple slices along 1 long edge of the dough, about 1/4-inch beyond edge of the dough, overlapping the slices slightly.
9. Fold the bottom half of the dough over the apple slices to form a long folder of dough with the rounded edges of the apple slices exposed.
10. In a bowl, add the egg and water and beat well.
11. Coat the surface of the dough with the egg wash and sprinkle with the more cinnamon-sugar.
12. Starting from one end, roll the dough not too tightly to form a rose-shaped pastry. Seal roll with end of dough strip.
13. Transfer the roses into the prepared ramekins and sprinkle with a little more cinnamon-sugar.
14. Place ramekins directly on middle rack of preheated oven.
15. Cook in the oven for about 45 minutes.
16. Remove the ramekins from the oven and place on baking sheet to cool for about 510 minutes.
17. Remove the apple roses from the ramekins and finish cooling on rack.
18. Serve with a dusting of the confectioners' sugar.

### Ingredients

- 1 large red apple, cored and very thinly sliced
- 1/4 C. white sugar
- 1 tsp ground cinnamon
- 1 sheet frozen puff pastry, thawed
- 1/4 C. melted butter
- 1 egg
- 2 tsp water
- 1 tsp confectioners' sugar

# *Creamy* Seafood Stew

 Prep Time: 30 mins

 Total Time: 1 hr

Servings per Recipe: 4

Calories 442 kcal

Fat 21 g

Carbohydrates 17.6 g

Protein 46.5 g

Cholesterol 143 mg

Sodium 268 mg

## Ingredients



2 lb. firm white fish, such as monkfish, cut into 2-inch pieces  
1/2 lb. medium shrimp, peeled and deveined  
salt and pepper to taste  
3 tbsp red palm oil  
1 onion, cut into 1/2-inch pieces  
1 tbsp minced garlic  
2 tomatoes, seeded and diced

1 red bell pepper, chopped  
2 long, hot peppers, seeded and chopped  
1/2 C. fish stock  
1/4 C. chopped fresh cilantro  
1 bunch green onions, diced  
2 bay leaves  
1 1/2 tsp hot pepper sauce  
1/2 C. coconut milk

## Directions

1. In a bowl, add the fish, shrimp, salt and pepper and toss to coat well, then keep aside.
2. In a large skillet, heat oil on medium heat and sauté the onion till tender.
3. Add the garlic and and sauté till golden brown.
4. Stir in the tomato and cook for about 5 minutes.
5. Stir in the red bell pepper and hot peppers and cook softened and increase the heat to medium-high.
6. Add the fish stock, cilantro, green onions, bay leaves and hot sauce and bring to a boil.
7. Reduce the heat to medium and simmer till it reduces by 1/4.
8. Add the coconut milk and stir in the fish.
9. Simmer till the fish is firm and opaque.
10. Serve immediately.

# TRADITIONAL Beef Hash (Picadillo)

 Prep Time: 30 mins  
 Total Time: 1 hr 30 mins

Servings per Recipe: 12  
Calories 292 kcal  
Fat 18 g  
Carbohydrates 9.8g  
Protein 23.6 g  
Cholesterol 74 mg  
Sodium 1064 mg

## Ingredients

2 tbsp olive oil  
7 cloves garlic, chopped  
1 1/2 C. chopped onion  
1 1/2 C. chopped green bell pepper  
3 lb. lean ground beef  
1 (5 oz.) jar green olives, pitted and halved  
5 oz. capers, rinsed and drained  
1/4 C. white vinegar  
1 tsp salt  
1 tsp freshly ground black pepper  
1 tsp ground cinnamon  
1 tsp ground cloves  
2 dried bay leaves  
1/4 tsp hot sauce  
6 C. canned tomatoes, half - drained

## Directions

1. In a large skillet, heat 1 tbsp of the oil on medium heat and sauté the green pepper, onion and garlic till tender.
2. Transfer the onion mixture into a bowl and keep aside.
3. In the same pan, heat the remaining oil and cook the ground beef till browned completely.
4. In a another pan, mix together the olives, capers, vinegar, salt, pepper, cinnamon, cloves, bay leaves and hot sauce on medium .
5. Simmer for about 10 minutes.
6. Add the olive mixture, onion mixture and half of the drained tomatoes on medium heat and cook for about 1 hour, stirring occasionally.



# Brazilian Chicken Soup (Canja)

 Prep Time: 30 mins

 Total Time: 50 mins

Servings per Recipe: 6

Calories 507 kcal

Fat 27.2 g

Carbohydrates 11.4g

Protein 50.4 g

Cholesterol 1165 mg

Sodium 1306 mg

## Ingredients

3 lb. boneless, skinless chicken meat  
1 onion, chopped  
6 C. chicken stock  
1/4 C. long-grain white rice  
3/4 C. tomato - peeled, seeded and chopped  
1/2 C. chopped carrots  
salt to taste

ground black pepper to taste  
3/4 C. diced turkey  
1 tbsp chopped fresh parsley

## Directions

1. In a large pan, add the chicken, onion and chicken broth and bring to a simmer.
2. Reduce the heat to low and simmer, covered for about 45 minutes.
3. Transfer the chicken onto a platter and keep aside to cool.
4. Through a sieve, strain the broth in a bowl and discard the solids.
5. Carefully, skim off the extra fat from the broth.
6. Rinse out the pan and return the broth in it.
7. Add the rice, tomatoes, carrots, salt and black pepper and bring to a simmer.
8. Cook for about 25 minutes.
9. After cooling, cut the chicken into about 1/2X1 1/2-inch strips.
10. Return the chicken to the soup with the turkey and cook till heated completely.
11. Stir in the parsley and serve.





# PICADINHO'A

## Brasileira (Brazilian Style Ground Beef)



Prep Time: 30 mins



Total Time: 2 hr 30 mins

Servings per Recipe: 8

Calories 448 kcal

Fat 31.1 g

Carbohydrates 8g

Protein 25.2 g

Cholesterol 210 mg

Sodium 223 mg

### Ingredients

1/2 C. olive oil  
2 onions, chopped  
4 cloves chopped garlic  
2 lb. ground beef  
3 stalks celery, chopped  
1 green bell pepper, chopped  
6 eggs  
1 (15.5 oz.) can diced tomatoes, with liquid

1 C. chopped fresh parsley  
1 1/2 C. broth  
1/4 tsp crushed red pepper flakes

### Directions

1. In a large pan, heat the oil on medium heat and sauté the onion and garlic for about 15-20 minutes.
2. Meanwhile, in a bowl, add the ground beef, eggs, celery, bell pepper, tomatoes and parsley and mix till well combined.
3. Add the meat mixture into the caramelized onions and increase the heat to medium-high.
4. Cook, stirring for about 10 minutes.
5. Reduce the heat to medium-low and simmer, covered for about 15 minutes.
6. Stir in the broth and red pepper flakes and simmer, covered for about 1 hour.

# São Paulo Pesto

 Prep Time: 15 mins

 Total Time: 15 mins

Servings per Recipe: 12

Calories 234 kcal

Fat 23.9 g

Cholesterol 1.9g

Sodium 3.7 g

Carbohydrates 4 mg

Protein 70 mg

## Ingredients

- 3 C. chopped fresh basil
- 1 C. extra virgin olive oil
- 1/2 C. pine nuts
- 1/8 C. Brazil nuts
- 2/3 C. grated Parmesan cheese
- 2 tbsp minced garlic
- 1/2 tsp chili powder

## Directions

1. In a blender, add the basil and about 1 tbsp of the oil and pulse till a paste forms
2. Slowly, add the pine nuts, Brazil nuts, Parmesan cheese, garlic, chili powder and the remaining oil and pulse till smooth.

# BRAZILIAN Cherry Pecan Cake

 Prep Time: 40 mins

 Total Time: 1 hr

Servings per Recipe: 36

Calories 439 kcal

Fat 26.6 g

Cholesterol 49.2g

Sodium 6.8 g

Carbohydrates 21 mg

Protein 52 mg

## Ingredients

- 1 C. white sugar
- 1 pinch salt
- 1/2 tsp vanilla extract
- 4 eggs
- 1 1/2 C. all-purpose flour
- 2 tsp baking powder
- 1 lb. Brazil nuts
- 1 lb. chopped walnuts
- 1 lb. pecan halves
- 1 lb. red candied cherries
- 1 lb. green candied cherries
- 2 lb. pitted dates

## Directions

1. Set your oven to 350 degrees F before doing anything else and line 3 (9x5-inch) loaf pans with the greased loaf pans.
2. In a bowl, add the eggs, salt and vanilla and beat till very light and lemon colored.
3. Add the sugar, 1 C. of the flour and 2 tsp of the baking powder and mix well.
4. In another bowl, mix together the Brazil nuts, walnuts, pecans, red and green cherries.
5. Sprinkle with the remaining 1/2 C. of the flour.
6. Add the egg and sugar mixture and mix well.
7. Divide the mixture into the prepared loaf pans evenly.
8. Cook in the oven for about 1 hour.

# *Carmen's* Beijinho de Coco



Prep Time: 30 mins



Total Time: 2 hr 50 mins

Servings per Recipe: 10

Calories 152 kcal

Fat 5.4 g

Carbohydrates 23.5g

Protein 3.3 g

Cholesterol 16 mg

Sodium 69 mg

## Ingredients

1 (14 oz.) can sweetened condensed milk  
1 tbsp butter, plus more for pan  
1/4 C. sweetened flaked coconut  
sweetened flaked coconut for decorating  
whole cloves for decorating

## Directions

1. In a pan, add the milk on medium-low heat and bring to a gentle simmer.
2. Cook, stirring occasionally for about 20 minutes.
3. Remove from the heat and immediately, stir in 1/4 C. of the coconut.
4. Keep aside to cool slightly.
5. Transfer the milk mixture into a buttered bowl and refrigerate to chill for about 2 hours.
6. With buttered hands, make tbsp-sized balls from the milk mixture.
7. Coat the balls with the coconut flake and stick a clove into the each beijinho as decoration.









## EASY

# Brazilian Steak (Brazilian Churrasco)

 Prep Time: 5 mins  
 Total Time: 15 mins

Servings per Recipe: 2  
Calories 249 kcal  
Fat 14.2 g  
Carbohydrates 0g  
Protein 28.3 g  
Cholesterol 90 mg  
Sodium 223 mg

### Ingredients

1 (12 oz.) 1/2-inch thick top sirloin steak  
sea salt, to taste

### Directions

1. Set your grill for medium heat and grease the grill grate.
2. Rub the salt over the steak evenly.
3. Cook the steak on the grill for about 5 minutes.
4. Carefully, change the side and cook for about 5-10 minutes more.

# Rice Casserole

 Prep Time: 15 mins

 Total Time: 1 hr

Servings per Recipe: 6

Calories 442 kcal

Fat 22.5 g

Carbohydrates 42g

Protein 17.4 g

Cholesterol 68 mg

Sodium 318 mg

## Ingredients

3 C. water  
1 1/2 C. uncooked white rice  
1 tbsp butter  
1 tbsp olive oil  
1 tbsp olive oil  
1 small onion, diced  
2 cloves garlic, minced

2 (5 oz.) cans tuna, drained  
3/4 C. heavy cream  
3 tbsps ketchup  
1 tsp hot pepper sauce  
salt and pepper to taste  
1/2 C. sliced black olives  
1/2 C. shredded Cheddar cheese

## Directions

1. Get the following boiling: 1 tbsp of olive oil, rice, butter, and water.
2. Once the mix is boiling, place a lid on the pot, and set the heat to a low level. Cook the rice for 27 mins.
3. Now set your oven to 350 degrees before doing anything else.
4. Stir fry your onions and garlic in 1 tbsp of olive oil for 7 mins then add the following: pepper, tuna, salt, hot sauce, ketchup, and cream.
5. Cook the contents for 12 mins.
6. Now add half of your rice to a casserole dish then top it with the tuna then add the rest of the rice.
7. Coat the layers with cheese and olives.
8. Cook the casserole in the oven for 25 mins.
9. Enjoy.

# FAVA BEANS

## Spanish Style

 Prep Time: 15 mins

 Total Time: 45 mins

Servings per Recipe: 8

Calories 221 kcal

Fat 9.5 g

Carbohydrates 27.7g

Protein 7.4 g

Cholesterol 0 mg

Sodium 300 mg

### Ingredients

5 tbsps olive oil  
3 large onions, diced  
2 cloves garlic, minced  
2 tbsps red pepper flakes  
1/4 C. tomato sauce  
2 C. hot water  
3 tbsps diced fresh parsley  
salt to taste

1/2 tsp black pepper  
2 tsps paprika  
2 (19 oz.) cans fava beans

### Directions

1. Stir fry your garlic and onions in oil until browned.
2. Now add paprika, pepper flakes, pepper, tomato sauce, salt, parsley, and hot water.
3. Get the mix boiling, set the heat to low, and cook everything for 35 mins.
4. Now add in your beans and shut the heat.
5. Let the beans sit in the mix for 15 mins with a lid on the pot.
6. Enjoy.

# Spicy Spanish Beef Stir Fry

 Prep Time: 10 mins

 Total Time: 30 mins

Servings per Recipe: 6

Calories 467 kcal

Fat 38.6 g

Carbohydrates 4g

Protein 20.5 g

Cholesterol 81 mg

Sodium 272 mg

## Ingredients

- 3/4 C. broth
- 1/4 C. water
- 10 cloves garlic, diced
- 1 tbsp chili paste
- 1/2 tsp white pepper
- 1/2 tsp salt
- 6 (4 oz.) beef tenderloin steaks
- 1/3 C. vegetable oil


## Directions

1. Get a bowl, combine: salt, broth, white pepper, beef, water, chili paste, and garlic.
2. Mix everything to make sure the beef is covered with seasonings.
3. Fry your beef for 3 mins per side then place them to the side.
4. Pour the beef drippings into the broth mix and add the beef back into the pan and fry everything for 3 more mins with additional oil.
5. Combine the broth mix with the beef and get everything boiling.
6. Let the contents cook for 5 mins.
7. Enjoy.





# BRAZILIAN Street Plantain

 Prep Time: 5 mins

 Total Time: 20 mins

Servings per Recipe: 4

Calories 218.3

Fat 0.6g

Cholesterol 0.0mg

Sodium 7.1mg

Carbohydrates 57.0g

Protein 2.3g

## Ingredients

4 very ripe plantains (black skin)  
cooking spray


## Directions

1. Before you do anything, preheat the oven to 450 F.
2. Grease a baking sheet with a cooking spray. Discard the plantain peel and slice it into 1/2 diagonal pieces.
3. Lay the plantain pieces on the baking sheet. Cook it for 14 to 16 while flipping it halfway through.
4. Once the time is up, allow the plantains slices to cool down completely then serve them.
5. Enjoy.



# Homemade Piri Piri

 Prep Time: 5 mins

 Total Time: 1 hr 20 mins

Servings per Recipe: 1

Calories 692.0

Fat 70.6g

Cholesterol 0.0mg

Sodium 2468.4mg

Carbohydrates 17.6g

Protein 3.4g

## Ingredients

4 tbsps lemon juice  
5 tbsps olive oil  
1/4 C. vinegar  
1 tbsp cayenne pepper  
1 tbsp garlic, minced  
1 tbsp paprika  
1 tsp salt


1 tbsp chili flakes


## Directions

1. Get a medium mixing bowl. Combine in it all the ingredients.
2. Use this sauce to coat you chicken with it before grilling or roasting it in the oven. Serve it warm.
3. Enjoy.

# HOW TO MAKE

# Dulce de Leche

 Prep Time: 2 mins

 Total Time: 4 hr 2 mins

Servings per Recipe: 1

Calories 171.6

Fat 4.6g

Cholesterol 18.1mg

Sodium 67.9mg

Carbohydrates 29.0g

Protein 4.2g

## Ingredients

1 can sweetened condensed milk

## Directions

1. Use a sharp knife or a bottle opener to pierce the top of the milk can.
2. Remove the paper from the can and discard it.
3. Place a large saucepan over medium heat. Place in it the milk can and pour in the saucepan enough water to cover 1 inch of the can.
4. Wrap a small piece of oil on top of the can and let it cook for 4 h over low medium heat.
5. Once the time is up, discard the foil and open the milk can. Serve your dulce de leche with some cut up fruits, crackers...
6. Enjoy.

# Estroganafe (Stroganoff)

 Prep Time: 30 mins

 Total Time: 50 mins

Servings per Recipe: 4

Calories 1707.3

Fat 173.9g

Cholesterol 239.6mg

Sodium 235.1mg

Carbohydrates 8.8g

Protein 21.8g

## Ingredients

2 lbs beef or 2 lbs chicken fillets, cut into 1 inch pieces  
2 garlic cloves, minced  
1 onion, chopped, divided  
salt  
1/4 tsp nutmeg  
1/2 tsp oregano

1/2 C. dry broth  
2 tbsps oil  
1/2 lb cultivated white mushroom, sliced  
2 - 3 tbsps ketchup  
1 1/2 tbsps mild mustard  
1/2 C. sour cream

## Directions

1. Get a large mixing bowl: Combine in it the meat with garlic, half the onion, salt, nutmeg, oregano and broth. Toss them to coat. Let them sit for 1 h.
2. Place a large skillet over medium heat. Heat the oil in it. Combine in it the rest of the onion with mushroom. Cook them for 4 min.
3. Stir in the meat mix with mustard, ketchup and few tbsps of water. Let them cook for 8 to 12 min or until the meat is done.
4. Once the time is up, stir in the cream. Heat the stew for 2 min then serve it hot.
5. Enjoy.

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