

Brazilian Cooking Class
Thursday, September 10th, 2009
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Brigadeiro
(Chocolate Candy)



Ingredients

- Sweetened condensed milk - 1 can
- Nesquik (Nestle)– 7 tablespoons
- Butter – 1 tablespoon
- Chocolate sprinkles
- Small papers candy cups

Directions

Combine ingredients in a heavy pot and stir constantly over medium heat. Continue stirring until mixture becomes thick (you may see the bottom of the pan).

Let cool completely in a separate bowl.

Coat hands with butter and scoop out a teaspoon sized amount into the palm of your hand. Roll into a small ball, roll over the sprinkles and let rest in paper cup.

A different method to serve is pour into little plastic cups (candy should be a slightly more fluid), cover with sprinkles and eat it with a spoon.

Makes about 30.

Moqueca de Peixe e Camarão

(Seafood Stew) – 6 servings



Ingredients

- Halibut fish filets – 1 1/2 pound
- Raw Shrimp shelled, deveined - 1 pound (26-30)
- Onion sliced - 2
- Red Bell peppers sliced - 2
- Green Bell peppers sliced - 1
- Red chili pepper, minced - 2
- Tomatoes, seeded and diced - 3
- Coconut milk - 2 cups
- Palm oil (Azeite de Dendê) - 2 tablespoons
- Fresh cilantro , chopped – ¼ bunch
- Salt and Pepper

Directions

Season fish filets and shrimp with salt, pepper.

In a large sauté pan, using half of the vegetables start making layers of onions, bell peppers. Cover the layers with the fish and cilantro.

Cover the fish making other layers with shrimp, the remaining onions, bell peppers, tomatoes and cilantro. Add palm oil, coconut milk and sprinkle more salt. Simmer over low heat for 20 minutes or until fish and vegetables are cooked. Serve with white rice and farofa (manioc flour).