

**Brazilian Cooking Class**  
**Thursday, September 10<sup>th</sup>, 2009**  
**Christiana Maesano & Vanessa Santos**

**Brigadeiro**  
(Chocolate Candy)



**Ingredients**

- Sweetened condensed milk - 1 can
- Nesquick (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 (so you can run a spoon along the bottom of the pan and the chocolate pulls away from the bottom so you can 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 (toast manioc flour in a sauté pan with palm oil until it takes on a warm color).