

Pão de Queijo

It is a traditional Brazilian snack that can be served with coffee, tea, juice, or soft drinks, and can be eaten with or without fillings such as meat, ham, cream cheese, doce de leite or nutella.



Ingredients:

- 1 kg tapioca flour
- 1 and 1/2 cups of cornflour
- 2 cups of oil
- 1 cup of milk
- 1 cup of water
- 4 eggs
- 200g grated Queijo Minas (Queijo Minas is a Brazilian cheese, it can be replaced by the same quantity of grated Parmesan cheese)
- Salt



Method:

Mix the tapioca flour, the cornflour, and a bit of salt in a big bowl. Heat the water, the milk, and the oil together until they boil, then add them to the bowl with the other ingredients. Mix it and knead it, then add the eggs and the cheese and keep kneading. Taste the dough and check the salt, the dough should be even and soft, but not liquid because you should shape it like little balls. In case the dough isn't soft, add a little bit of milk. Place little dough balls in a greased baking tray and bake it at 180 degrees Celsius for 40 minutes.



Feijão Tropeiro



It's a regional side dish from the Southeast and Middle-West of Brazil, named after the troops that used to travel the region and had the dish as a main meal.

Ingredients:

- 4 cups of cooked and drained beans*
- 250g of bacon
- 300g of pork sausage
- 1 big onion, cut in small pieces
- 2 chopped garlic gloves
- 4 eggs**
- 2 cup of toasted tapioca flour
- 8 kale leaves, cut in tiny slices
- Salt, pepper, and parsley for seasoning.

Method:

Cut the bacon in regular pieces and fry it in a pot big enough to fit all ingredients together. Note that the bacon should be fried in its fat until it looks golden. When it is ready, remove it from the pot and set it aside.

Cut the sausage in small pieces and fry it on bacon's fat, then set it aside and spare the fat. Use a bit of the fat to fry the eggs in a separate pan and a bit to sauté the kale, also in a separate pan, but save about two medium size scoops of fat in the pot.

In the pot fry the onion and the garlic, then add the cooked and drained beans, stir it well and slowly add the toasted tapioca flour, the sausage, the sautéed kale, the bacon, and the parsley. Season it with salt and pepper and stir it well so all the ingredients are mixed. Serve the eggs on top.

* The beans should be soft, but not too much

** IF you prefer, you can boil the eggs and slice them instead of frying them, or you can fry them similarly to scrambled eggs and mix them with the beans instead of putting them on top.

