

Brazilian Whole Banana Pie

Type: Dessert/Snack

Serves: 30

Recipe source: Allrecipes.com

Fresh from the garden: bananas

"This whole banana pie is a hit in Brazil, mainly in the city of Rio de Janeiro. Almost all the ingredients are natural, except for the margarine. It is also made with whole grains, which contribute for a good health. It supplies a lot of energy and the bananas give an extra dose of potassium. That is why this pie is consumed by athletes and people who practice sports in general. Besides, it is simply delicious!"

EQUIPMENT:	INGREDIENTS:
Bowls	3 tablespoons brown sugar
Chopping board	1/2 cup water
Knife	10 bananas, peeled and sliced lengthwise
Wooden spoon	2 cups whole wheat flour
Measuring cups & spoons	2 cups toasted wheat germ
Saucepan	3 cups rolled oats
Pie dish	1 cup packed brown sugar
	1 cup light margarine
	1 tablespoon cinnamon

What to do:

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Sprinkle 3 tablespoons of brown sugar over the bottom of a small saucepan or skillet. Cook over medium heat until melted.
3. Stir in water until sugar is completely dissolved.
4. Heat to between 234 and 240 degrees F (112 to 116 degrees C), or until a small amount of syrup dropped into cold water forms a soft ball that flattens when removed from the water and placed on a flat surface.
5. Pour the syrup into a round baking dish or deep dish pie plate and spread to coat the bottom.
6. Make a layer of bananas on top of the melted sugar.
7. In a medium bowl, stir together the whole wheat flour, wheat germ, oats and 1 cup of brown sugar.
8. Mix in the margarine using your hands, pinching it into small pieces to make a crumbly dough.
9. Sprinkle half of this over the bananas in the dish and pat down.
10. Top with the remaining bananas and sprinkle with about half of the cinnamon.
11. Spread the rest of the dough over the bananas and pat the pie smooth. Sprinkle remaining cinnamon over the top.
12. Bake for 45 minutes in the preheated oven, until the pie topping is toasted and a toothpick inserted into the centre comes out clean.

Brazilian Potato Salad

"churrasco"

Type: Main

Serves: 30

Recipe source: Food.com.au

Fresh from the garden: eggs, garlic, carrot, potatoes, green apple, parsley, peas

EQUIPMENT:	INGREDIENTS:
Bowls	500g potatoes, cut into 1 inch cubes
Chopping board	500g carrot, cut into 1/2 inch cubes
Knife	1 clove garlic, crushed
Wooden spoon	1 teaspoon salt
Measuring cups & spoons	2 hard-boiled eggs, sliced
Saucepan	1 cup cooked peas, cooled and drained (can also use corn)
Colander	1 green apple, peeled, cored and cut into 1cm dice
Whisk	1/2 cup seedless raisins
Peeler	1 cup mayonnaise
	chopped parsley (to garnish)
	can also use pimento olives to garnish

What to do:

- 1.** Scrub the potatoes, peel and dice into 2cm cubes.
- 2.** Place in a large saucepan and cover with water.
- 3.** Sprinkle with 1 tablespoon salt and cover.
- 4.** Bring to a gentle boil and boil for 20 to 30 minutes or until tender.
- 5.** Drain and let stand until the potatoes are cool enough to handle.
- 6.** Place potato cubes into a bowl.
- 7.** Gently simmer frozen peas until just cooked.
- 8.** Toss all ingredients except for mayonnaise in with the potatoes.
- 9.** Fold in mayonnaise until all ingredients are combined. Serve

Brazilian Black Bean Stew

Feijoada

Type: Main **Serves:** 30 **Recipe source:** Allrecipes.com
Fresh from the garden: onion, garlic, bay leaves, parsley, coriander

EQUIPMENT:	INGREDIENTS:
Bowls	1 (12 ounce) package dry black beans, soaked overnight
Chopping board	1 1/2 cups chopped onion, divided
Knife	1/2 cup green onions, chopped
Wooden spoon	1 clove garlic, chopped
Measuring cups & spoons	2 smoked ham hocks
Saucepan	8 ounces diced ham
Colander	1/2 pound thickly sliced bacon, diced
Baking dish	1 tablespoon olive oil
Large serving spoon	2 bay leaves, crushed
	1/8 teaspoon ground coriander
	salt and pepper to taste
	1/2 cup chopped fresh cilantro (optional)
	1/4 cup chopped fresh parsley (optional)

What to do:

1. Heat the oil in a large pot or Dutch oven.
2. Add 3/4 cup of chopped onion, green onions, and garlic; cook and stir until softened, about 4 minutes.
3. Pour in the soaked beans and fill with enough water to cover beans by 3 inches.
4. Bring to a boil, then reduce heat to medium-low, and simmer uncovered for 2 hours, or until tender.
5. While beans are cooking, place ham hocks in smaller pot with 1/4 cup of the chopped onion.
6. Cover with water and simmer, until meat pulls off of the bone easily, about 1 hour.
7. Drain and add to the beans.
8. Preheat oven to 375 degrees F (190 degrees C).
9. Place ham, bacon, and remaining onion in a baking dish. Bake 15 minutes or until mixture is crispy.
10. Drain the bacon and ham mixture, and add to the beans.
11. Season with bay leaves, coriander, salt and pepper.
12. Simmer uncovered 30 minutes more.
13. Stir in chopped cilantro (optional) and parsley just before serving.

Brazilian Cheese Bread

"Pao de Queijo"

Type: Main/Side
Allrecipes.com

Serves: 30

Recipe source:

Fresh from the garden: eggs, garlic

EQUIPMENT:	INGREDIENTS:
Bowls	½ cup olive oil
Chopping board	2 eggs beaten
Knife	2 cups tapioca flour
Wooden spoon	1/3 cup water
Measuring cups & spoons	1/3 cup milk
Whisk	1 teaspoon salt
Garlic crusher	2 teaspoons minced garlic
Saucepan	2/3 cups grated parmesan

What to do:

1. Preheat oven to 375 degrees F (190 degrees C).
2. Pour olive oil, water, milk, and salt into a large saucepan, and place over high heat.
3. When the mixture comes to a boil, remove from heat immediately, and stir in tapioca flour and garlic until smooth.
4. Set aside to rest for 10 to 15 minutes.
5. Stir the cheese and egg into the tapioca mixture until well combined, the mixture will be chunky like cottage cheese.
6. Drop rounded, 1/4 cup-sized balls of the mixture onto an ungreased baking sheet.
7. Bake in preheated oven until the tops are lightly browned, 15 to 20 minutes.