

BRAZILIAN RECIPES

MOQUECA DE CAMARÃO (SHRIMP MOQUECA)

½ garlic clove
½ teaspoon salt
1 pound fresh shrimp, cleaned and deveined
1 thinly sliced onion
Juice of 1 lemon
2 tablespoons of vinegar
1 tablespoon of finely chopped parsley
2 tablespoons tomato paste
Black pepper to taste
2 tablespoons dende oil (if dende unavailable use olive oil + peanut oil + 1
teaspoon paprika)
1 large grated coconut

Crush garlic with salt and add to shrimp. Let stand 15 minutes. Make a marinade from onion, lemon juice, vinegar, parsley, tomato paste and pepper. Mix in the dende oil and the raw shrimp. Grate the coconut and the extra thick milk. Add 1 cup hot water to the residue and extract thin milk. Add thin milk to the shrimp mixture and cook over a low flame. When the shrimp is cooked, add the thick milk and continue to cook slowly for a few minutes. Serve with rice that has been cooked in coconut milk.

VARIATION: Substitute cooked fish or chicken for the shrimp. (Jandarc Silva Sanchez, Bahia)

FISH MOQUECA

2 1/2 POUNDS FISH FILET (SMALL FISH ARE BEST)	2 TOMATOES
5 OR 6 CORIANDER SEEDS	1/4 TEASPOON SALT
1 ONION	JUICE OF 1 LEMON
1 SMALL HOT PEPPER	1 CUP OF WATER
1/2 CUP DENDE OIL	

Grind coriander seeds, onion, hot pepper and tomatoes to reduce to a paste. Add salt and lemon juice. Marinate fish in this mixture for at least 1 hour. Place fish and the marinade in a covered skillet, add water and oil and cook over medium heat until fish is done. Serve with Brazilian rice.

BRAZILIAN RICE (ARROZ BRASILEIRO)

2 cups uncooked rice
2 tablespoons shortening
1 onion thinly slices
1 peeled, chopped tomato or 2 tablespoons tomato sauce
2-2 1/4 cups boiling water
1 teaspoon salt

Wash and pick rice very well (preferably using long-grain rice.) Melt shortening in a medium size skillet. Use oil, lard, margarine or bacon fat, but **not** butter. Fry the rice with onion, gently stirring with a wooden spoon until the mixture has a swishing sound. This takes about 10 minutes over a low flame and is a very important factor in producing the dry final product, which is one of the prime requisites of Brazilian rice.

Add tomato, stir once or twice, remove from heat and pour 2 cups of boiling water which have been mixed with the salt, over the fried rice. Care must be taken at this point because the mixture will splatter. Stir once or twice (no more), return to heat and bring to a boil. When it boils, cover and reduce heat to very low. Cook 20 to 25 minutes, until all the water has evaporated.

Taste 1 or 2 grains to see if they are cooked, if not, add the other ¼ cup of boiling water. Do not stir. When rice is done, remove from the heat, uncover and allow some steam to evaporate. Place in a serving dish. Makes approximately 6 cups.

*(Reprinted from author's article in July, 1963 issue of Gourmet Magazine.
Author: Brazilian Cookery Traditional and Modern; Margarete De Andrade
A Casa Do Livro Eldorado Rio De Janeiro)*

BRIGADEIRO, (a typical Brazilian sweet)

- 1 can of sweet condensed milk
- 1 tablespoon of butter
- 1 egg yolk (optional)
- 2 tablespoons of cocoa powder (sweet or without sugar)
- 1 package of chocolate sprinkles
- Small paper patty cases

PREPARATION:

1. Put the condensed milk, butter, egg yolk, and cocoa powder in a pan and mix them all together.
2. Let the mixture cook over low heat for about 12 minutes, stirring it constantly until the mixture loosens from the bottom of the pan and is thick like cream.
3. Put the mixture on a greased plate and allow it to cool down completely.
4. Roll 1 teaspoon of the mixture into small balls. **Tip:** Grease your hands with butter before making the balls. Wash your hands once in a while as necessary.
5. Put the chocolate sprinkles in a bowl and roll the small balls in the chocolate sprinkles.
6. Place balls in small paper patty cases and then on serving plate.