

The Art of
Brazilian
Cooking

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By Sandra Cuza
Photography by Mauro Holanda



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This book is for my husband, Luis. Without his skill and expertise with the computer, his encouragement, his willingness to sample every recipe, and his companionship at the feira and in the kitchen, this book could not have been written and my sense of humor would have been lost.



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Introduction

For decades, exotic Brazil has been the consummate ideal for beaches, dental floss bikinis, samba music, and beautiful women but very little else about the country ever drew the attention of the United States public. Only recently, when former president Lula led the country to a position of worldwide importance, both diplomatically and economically, was awareness and curiosity aroused. After the announcement that Brazil would host both the 2014 World Cup and 2016 Olympic Games, there was a surge of enthusiasm concerning all aspects of Brazil. Bossa nova and samba music were revived, and a rash of carnivals sprang up across America. Portuguese newspapers and on-line publications flourished while increasing numbers of universities and language schools offered opportunities for exchange students and courses in Portuguese.

Not surprisingly, cuisine generated the keenest interest. Although small Brazilian cafés had existed for many years in Brazilian- and Portuguese-immigrant enclaves, the arrival of the upscale restaurant Fogo de Chão in the United States ushered in a wave of high-quality Brazilian restaurants. Specialty shops began to carry Brazilian foodstuffs, and an enterprising butcher in Pennsylvania devoted one day a month to slaughtering a cow in order to provide the cuts of meat favored by Brazilians. Meanwhile, adventurous gourmet cooks searched for recipes. But what exactly is Brazilian cuisine?

Modern Brazilian fare is rooted in a combination of Portuguese and African cookery and, to a much lesser extent, that of the indigenous Indians. Portuguese explorer Pedro Alvares Cabral landed in Bahia in 1500, beginning the influx of Portuguese immigrants, followed by the first slave ship in 1538. Since slavery was not abolished until 1888 and 3.5 million Africans (six times the number brought to the U.S.) survived the Atlantic crossing, virtually every white Brazilian from Rio de Janeiro to Salvador owned at least one slave for the better part of three hundred years, and these slaves controlled the kitchens. Finding many familiar comestibles in their new environment—palm oil, coconut, bananas, nuts, peppers, and fish—African cooks used their traditional cooking methods, ingredients,

and techniques and combined them with the food of their masters, including *bacalhau*, or salt cod. Gradually indigenous foods and new cooking skills learned from the Indians were incorporated into their repertoire. Because relatively few Portuguese women had immigrated to Brazil, liaisons and occasional intermarriage between female slaves and masters was tolerated, and these unions firmly established the Portuguese/African diet. *Feijoada*, the national dish, which is religiously served for Wednesday and Saturday lunch throughout Brazil accompanied by ground, toasted manioc meal called *farofa*, comes directly from slave kitchens; the ultrasweet desserts made with eggs and sugar have their origins in Portugal.

When, in 1763, the capital of the colony moved from Salvador to Rio de Janeiro, the cuisine moved with it, remaining unchanged throughout the rule of Portuguese king João VI in the 1800s. Not until the arrival of the Japanese in 1908 as contract laborers on the São Paulo coffee plantations did the Brazilian diet—short on fruits, in a country where they were to be found in abundance, and vegetables in any form—alter radically. Within thirty years, thousands of Japanese had arrived, managed to purchase small farms, and were growing almost half of all fresh produce in the state, which they introduced to an urban São Paulo population that was just awakening to the delights of more sophisticated, less parochial cuisine. In the late nineteenth century and throughout the twentieth, Brazil welcomed Italian, Polish, and German immigrants to the south where they left an indelible mark on the food of that area.

Today, traditional fare still prevails in the smaller cities and rural areas of every state, particularly the Amazon, which is separated from the rest of the country by vast jungles and a network of rivers. Only local ingredients found in that region and nowhere else in Brazil are used in food preparation. Migrants to the city of São Paulo, however, brought their culinary arts with them. In this metropolis of 22 million people, distinctive regional culinary arts lost their edge, mixed and blended, and were transformed into the sophisticated dishes of São Paulo that have become known as Brazilian cuisine.

The Art of Brazilian Cooking introduces this cuisine, including traditional dishes, to the reader through São Paulo's *feiras*, the time-honored street markets that are an integral part of the country's culture. Both Brazilian *feiras* and the farmers' markets of America are held outdoors and sell from stalls. However, in São Paulo, the sellers are no longer farmers who bring their crops to the marketplace but are professional vendors who have specialized in one type of foodstuff, are licensed by the city, and work in a

different feiras every day of the week but Monday. These are not random moves; sellers are assigned specific locations in each of the markets and may not move from one designated spot to another or change feiras without the city's permission, although they may sell their stall, if they wish. Highly organized, present-day feiras are a continuum of pre-supermarket days when the city was smaller and the farmers were also the sellers, offering produce that was only available in the open-air market. Despite the crush and noise of an enormous city, the flavor of old-time markets has been preserved in the feiras of São Paulo.

Feiras vary considerably in size, variety of produce offered, and price. The street market featured in this book is fairly small—two blocks long—but many others are much larger, and at least two take place in football stadiums. The economic level of each neighborhood, rather than the size of the feira, determines both the foodstuffs sold and the prices asked. In the upscale Jardims district, for example, it is not difficult to find asparagus, baby lettuce, romaine, endive, French green beans, out-of-season strawberries, and imported cherries at the feira, all commanding high prices. Conversely, foodstuffs in a poor area would be restricted to carrots, cabbage, papaya, and other low-cost comestibles. The focus of *The Art of Brazilian Cooking* is a feira located in a mixed, downtown area that is the center of São Paulo's experimental theaters and, therefore, caters to a wide variety of tastes and pocketbooks. Although an extensive selection of food is offered at fair prices, exotic imported fruits and vegetables are missing.

In the state of São Paulo, the breadbasket of the country, huge trucks from the interior haul produce, dairy products, and poultry to either CEAGESP, the enormous wholesale market in the city of São Paulo, where ten thousand tons of food plus flowers are sold daily, or to a similarly large market located in nearby Serra do Cantareira. Fish are trucked from the coast around 3:00 A.M., and feira vendors converge on these markets to buy fresh food to sell that day. By 5:30 A.M., these vendors have left the wholesale markets and are setting up their stalls all over the city, arranging pieces of fruit and vegetables, mountains of eggs, and rows of fish in attractive, artistic displays. Customers, almost always residents of the surrounding area, begin to arrive at 7:00 A.M., dragging the wire, wheeled shopping carts that will soon be stuffed and overflowing. A little later, young boys appear, offering their services as *carregadores*, or porters, to carry purchases or pull the increasingly heavy carts, accompanying their temporary employer through the feira and then on to the patron's home.

From poor families, these boys will earn one or two reais (between \$0.60 and \$1.20 U.S.) per customer.

By 10:00 A.M., the feira is packed with buyers and noisy with the competing shouts of vendors as they broadcast their prices and wares. Oddly, although the feiras teem with strangers, they are some of the safest places in the city; in crime-prone São Paulo, theft in the street markets rarely happens. As early afternoon approaches, vendors' cries become more desperate, prices drop, and the bargain hunters move in along with street dwellers who wait to collect any discarded, unsold food. At 2:00 P.M., closing time is mandated so that city workers may clean up the premises before rush hour. Although there are exceptions, most of these street markets are two to three blocks long and held in city thoroughfares that are closed to traffic on feira days. Regardless of the weather, stalls are set up on both sides of the street in an arrangement that obstructs both traffic and the driveways of homes and businesses. Since feiras are a traditional part of the Brazilian culture, those affected take it in stride, uncomplainingly using alternative transportation routes and methods.

Who shops at the feira? Just about everyone. The arrival of supermarkets did not diminish the popularity of these markets, where the best prices and freshest foods were and are to be found, along with the expertise of vendors to advise and help in the selection of any product they sell. In past times, patrons depended on the feira not just for food but for socialization; this was where friends met, gossiped, and exchanged news before finally making purchases, always from the same vendors.

Prior to the 1970s, women in the upper and relatively small middle classes did not cook; this domestic chore was entrusted to hired help who shopped for the food they would then prepare in small, dark, badly equipped kitchens that were, no doubt, holdovers from slave days. Around the mid-1970s, the situation changed when a very upscale company that designed and sold efficient and beautiful kitchens arrived in São Paulo, and it became fashionable to include this room in the overall design of the home or apartment. Her interest piqued by a spacious and well-planned kitchen that was often the envy of her friends, the *dona da casa*, or lady of the house, gradually involved herself in the preparation of family and guest meals.

Today, feira shoppers are Brazilians of all classes who do not depend on the street market for social life and conversation but prefer the fresher foodstuffs of the feira to those of the supermarkets. Most feiras have a number of stalls selling the same type of produce, but shoppers invariably patronize the same vendors week after week because they like the selection of food carried by

their chosen vendor and are confident that he or she will never cheat them on either price or quality. And although many of these male and female feira workers have little formal education, they invariably remember the likes and dislikes of their regular customers in each feira of the week, easily recall what every patron purchased last week, and counsel on items that are particularly outstanding or not really up to par.

Written by an American woman who has lived since the 1990s in São Paulo preparing the food of the country, *The Art of Brazilian Cooking* is a guide for those who want to recreate Brazilian cuisine in their own kitchens with ease and confidence. Throughout the book, authentic Brazilian recipes using ingredients available in the United States are offered, together with interesting histories and folk beliefs connected to the various foodstuffs.

*The Art of
Brazilian
Cooking*

Onions, Garlic, Rice, and Beans

At 7:00 A.M. my husband and I begin our tour of the feira, starting with the stand that sells the basic Brazilian diet, the food that has kept the poor alive for centuries and is now a part of Brazilian culture. Today, it is difficult to find any Brazilian meal that doesn't include these four staples, the first two in almost any cooked main or side dish, and rice and/or beans as accompaniment to shrimp, chicken, meat, in a *feijoada*—the national dish—or as a simple supper. Traditionally, only white rice is served in homes and restaurants, but recently whole-grain rice has begun to appear on the tables of more experimental cooks; at this stand, we can find all types and grades of rice along with cornmeal and many varieties of dried beans. By and large, the same beans are found in both the U.S. and Brazil, with the exception of limas, which are unavailable here, and *cordas*, which I think are unobtainable in the States.

Vendors offer heads of garlic arranged in an attractive design and onions sorted according to origin, size, and type at one end of the stand; at the other end, cornmeal and beans are displayed. These dry foodstuffs are bought in





Validade: 180 Dias
Produto sujeito a prazos de Prazo.
Seco, Arrojado e Fresco.Conservar em Local U

Leopolds
Produtos

10 kg
Líquido
Peso

ALP
200g
PUN

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Handwritten text on a sign or label, possibly a price tag or product label.

Handwritten text on a sign or label, possibly a price tag or product label.

bulk by the stand owners who package them in half-kilo (1.1 pounds) plastic bags for resale to the public. As is the case with all the stands, a clothesline is run from one support to the other and is positioned just above eye level. Prices are marked on pieces of paper and clipped, with clothespins, to the line above each section of food, an arrangement that allows the vendor to quickly mark down prices throughout the day.

As is our custom, we stop first at the stand owned by Armando and his wife, Keiko, both of whom have worked in feiras since the 1980s. Keiko now works just at this Sunday feira while Armando's only day off is Monday, when all feiras are closed. In accordance with customary good manners in Brazil, before doing business we always exchange greetings with the seller, comment on the good or bad weather, and inquire about the vendor's health and family. As Armando artfully arranges a pyramid of garlic heads and the couple's adult daughter sorts onions, we ask Keiko if their two grown children who are living in Japan will be visiting soon. When she sadly replies that the distance and cost of airfare severely limit any visits, I can truly sympathize since we are similarly curbed in our travels to the U.S. Looking around, I realize that their third son, a computer-science student at a local college who usually helps out on Sunday, is missing and Keiko explains that he is studying for an exam. She thanks us for the chocolate-chip cookies we brought last weekend, and I remember some of the gifts she has given us over the years, including a black-lacquered Japanese tray and small Buddha.

Pleasantries over, I get down to serious business and bend over the red onions and garlic.



Feijão
Feijão Novo
Escolhido
SAFRA
MINEIRA



Baião de Dois Dance of Two

This is one of those basic rice and bean dishes found everywhere and is often served with fish or chicken. I have found that, with the cheese, it is perfect for lunch or a light supper accompanied only by a salad and crusty bread. In Brazil, it's made with *corda* beans—brown black-eyed peas—but I have successfully substituted pintos. Here, jack cheese has replaced *coalho*, but any mild, white cheese may be used.

2 cups pinto beans, soaked overnight
2 cups rice
4 tbsp. butter
1 hot red pepper, minced
1 green pepper, chopped
1 large onion, chopped
4 cloves garlic, minced
½ lb. jack cheese
Chopped parsley
Chopped cilantro

Cook the beans and rice separately, reserving the cooking liquid from the beans. While they are cooking, melt the butter in a large skillet and sauté the hot red pepper, green pepper, onion, and garlic. Grate a half-cup of the cheese and cut the remainder in thin slices. Add the rice, beans, 1 cup of bean liquid, and the cheese to the frying pan, heat the mixture, and turn into a serving bowl, sprinkling with the parsley and cilantro.

Serves 8.

Feijão Preto com Bananas Black Beans with Bananas

This is the perfect accompaniment to almost any simple chicken, fish, or meat dish. The beans may be prepared ahead of time and reheated while the bananas sauté. Although the recipe calls for plantains, those starchy bananas that retain their shape when cooked, I have successfully used ordinary bananas in this dish when plantains were not available. In such an event, sauté the bananas very lightly and fold them carefully into the beans to avoid dissolving the fruit.

1 cup dry black beans
1-2 tbsp. olive oil
¾ cup onion, finely chopped
2 cloves garlic, minced
¾ cup red bell pepper, finely chopped
½ tsp. dry oregano
½ tsp. dry cumin
1 bay leaf
Salt and pepper to taste
2-3 plantains cut in thick slices
1 tsp. wine vinegar

Rinse the beans and soak overnight. Transfer the beans and soaking liquid to a pot and set aside. In a separate pan, heat a minimum of olive oil and sauté the onion, garlic, bell pepper, oregano, and cumin until tender. Add to the beans along with the bay leaf and additional water, if needed. Cover and cook for 1 hour or until done, adding water from time to time if necessary. When the beans are done, salt and pepper to taste. Just before serving, sauté the plantains and add to the bean mixture along with the wine vinegar.

Serves 4.

Caldinho do Feijão Dulce's Bean Soup

On a winter night when the temperature dropped to 8 degrees, this steaming soup was served in small ceramic cups along with wine and glasses of *cachaça* at an event in one of the experimental theaters. Soup, either hot or cold, is frequently served in demitasse cups, without spoons or saucers, at large luncheons, but this was the first time I had experienced soup at an opening. It was absolutely delicious, and when asked for the recipe, Dulce Muniz, actress and director of the Teatro Studio 184 and also creator of the soup, was delighted to oblige.

Traditionally, the problem with Brazilian recipes has been the fact that they are very vague; sometimes no oven temperatures are given, no pan sizes are indicated even for cakes, cooking time is not designated, and there may be no clear idea of how many people the recipe will serve. In this instance, the ingredients had been listed along with only a rough idea of amounts and



it took a few tests before I was able to duplicate the flavor of her creation. The soup should have a bite but not be terribly spicy. If fresh red chili pepper isn't available, any fresh or canned pepper may be substituted.

4 cups cooked beans (pinto or red; no white or black)
4 cups water (more or less)
2 tbsp. olive oil
2 medium onions, chopped
1 tbsp. minced ginger
1 cup loosely packed fresh cilantro leaves
1 fresh red pepper without seeds
¼ lb. bacon, cooked very crisp
1 tbsp. olive oil
2 cloves garlic, minced
Salt and pepper to taste

Pulse the cooked beans in a blender, gradually adding water until the soup is almost smooth and slightly thinner than you want the finished product to be. In a pan, sauté the onions in 2 tbsp. olive oil until wilted. Add the cooked onions, ginger, cilantro, and red pepper to the soup, blend, and return to the cooking pot. Crumble the bacon and add it to the soup. Set aside. Add 1 tbsp. olive oil to the pan in which the onions were sautéed and sauté the garlic, cooking only until it is a very light tan, as it will turn bitter with browning. Add to the soup, salt and pepper to taste, and cook over low heat for 20 minutes or until it has amalgamated and thickened, stirring from time to time. Add salt and pepper and remove from the fire.

To serve, Brazilians use a black ceramic pot with a lid but any attractive soup pot will do. Accompany it with the following, each in a small dish to be passed around the table.

1. 4-6 large cloves garlic, sautéed
 2. Fresh ginger
 3. Cilantro leaves, finely chopped
 4. 6 fresh red peppers without seeds, minced
- Serves 6.

Caldo Toscano Tuscan Soup

Ribollita is an Italian vegetable soup from Tuscany that may contain any combination of vegetables, but it always includes dried white beans and bread. This delicious version speaks to the Italian immigrants who brought the recipe with them and, as Brazilians, then abbreviated it.

- 1 cup dried white beans
- ½ cup chopped onion
- 1 medium leek, white part only, finely chopped
- 3 cloves garlic, minced
- 2 tbsp. olive oil
- ¾ lb. cabbage, both red and white
- 4 cups vegetable stock (homemade or bouillon cube)
- 1 tsp. fresh thyme
- Salt and pepper
- 4 slices of Italian bread, toasted

Wash the beans, drain, and soak overnight in water, covering by at least 2 inches. In the morning, cook until done (the length of time depends on the age of the beans, but it will be anywhere from 1 to 2 hours). Meanwhile, sauté the onion, leek, and garlic in oil. Drain the cooked beans and combine with the onion mixture, cabbage, stock, and seasonings. Cook until the cabbage is done, adding



more stock, if necessary, and adjusting the seasonings. Put one slice of toast in the bottom of each soup plate, then pour the soup over the toast. Accompany with more toasted Italian bread. Serve immediately to preserve the beautiful purple and white color contrast. After a few hours, the dish will be completely lavender.

Serves 4.

Feijão de Tutu Bean Tutu

This recipe originated in the neighboring state of Minas Gerais and is one of those recipes with endless variations. Traditionally, it is served with thinly sliced, cooked kale and rice and can also be garnished with chopped, hard-cooked eggs and scallions. Sometimes the beans are mashed, and it often accompanies grilled meat.

3 cups cooked black beans with liquid
Manioc meal or cornmeal, enough to thicken beans
2 tbsp. vinegar
¼ cup bacon, cut in pieces
½ lb. pork sausage, sliced
1 bay leaf
2 cloves garlic, minced
1 onion, thinly sliced
Kale, if desired

Heat beans, mash in their liquid, and add enough manioc or cornmeal to make a mush. Add the vinegar and reserve. In another pan, fry the bacon and sausage and add the bay leaf then the garlic. Mix in the beans and stir well to blend. Fry the onion slices and, if using, separately sauté the kale. Mound the beans on a platter and cover with onion slices. Surround beans with cooked kale, if it is used.

Serves 4.

Feijão Tropeiro Cattle Driver's Beans

This is a dish originating in the south of Brazil, where cowboys tend herds of cattle and where the cuisine relies heavily on pork and beef.

2 cups uncooked kidney beans, soaked overnight
2 tbsp. corn oil

2 oz. pork rinds, cut in pieces
4 oz. smoked bacon
5 oz. pork loin, roasted and cut in pieces
1½ tbsp. minced garlic
2 large eggs
2 big leaves of kale, sliced very finely
1 medium onion, diced
1 cup manioc flour or cornmeal
¼ cup parsley, minced
¼ cup cilantro, minced
Salt, pepper, and hot pepper, to taste

Cook the beans without seasonings and set aside. Fry the pork rinds in oil and add the bacon and roasted pork loin. When cooked, add ½ tbsp. of minced garlic. Make a space in the middle of the meat and scramble the eggs, adding more minced garlic to the eggs. Add the kale, the onion, and 1 tbsp. of garlic. Mix. Still cooking, add the beans slowly then add the manioc flour or cornmeal, parsley, cilantro, salt, pepper, and hot pepper. Gently mix. Serve with rice and a salad.

Serves 6.

Arroz Integral Temperado Seasoned Brown Rice

This is a more modern and sophisticated recipe, reflecting both the contemporary Brazilian interest in health and a traditional tendency to combine unlikely ingredients.

1 cup brown rice
2 cups water
1 medium carrot, cubed
½ cup green beans, chopped
1 onion, chopped
2 tbsp. oil or butter
½ cup cashew nuts, chopped
½ cup dark grapes, halved
Green onions and parsley, chopped
1 cup corn, cooked
Salt to taste
2 tbsp. toasted sesame seeds





Cook the rice and set aside. Over a pot of boiling water, steam the carrot and green beans. In a separate pan, sauté the onion in oil or butter. Combine all of the ingredients except the sesame seeds, mix well, and add salt to taste. Sprinkle with sesame seeds.

Serves 4.

Risoto de Rúcula, Tomate Seco e Mussarela Arugula, Dried Tomato, and Mozzarella Risotto

Risottos are very popular in Brazil, due to the large number of Italian immigrants, and are made with a wide variety of ingredients, ranging from

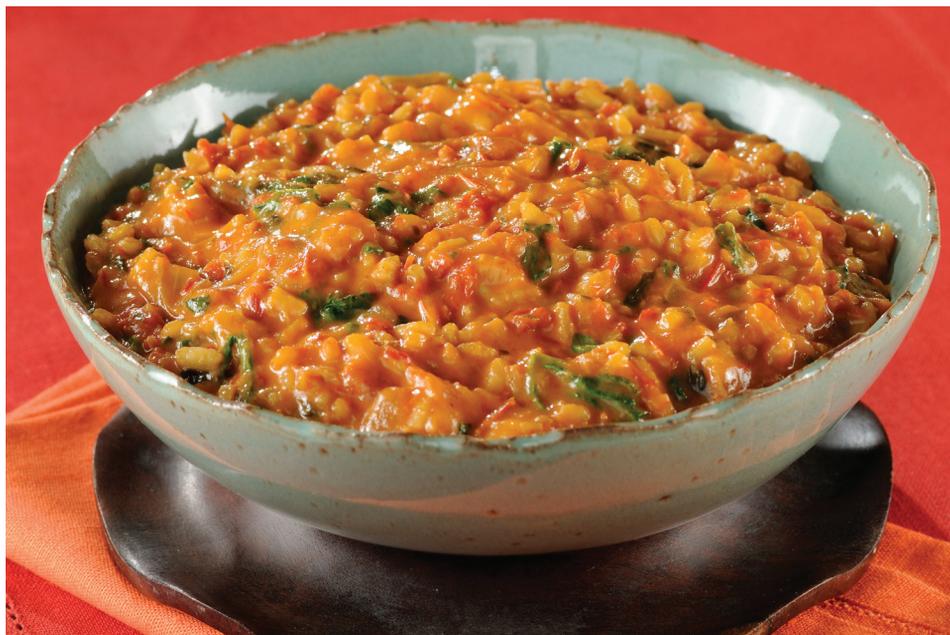


squash to salt cod to dried beef. Arugula was never added to cooked dishes until Hamilton Mello Junior, chef in São Paulo's I Vitelloni Pizzeria, included it as one of his toppings. Now it is a common part of the city's cuisine.

7 oz. dried tomatoes in oil
2 tbsp. olive oil
½ small onion, chopped
4 oz. arugula, shredded
¾ cup *arborio* rice
½ cup white wine
1½ qt. beef or chicken stock (approximately)
7 oz. fresh mozzarella, cubed
2 tbsp. butter
⅓ cup grated Parmesan

Drain the tomatoes thoroughly; chop and sauté the tomatoes with the onion and half the arugula in olive oil. Add rice and stir for a few moments, coating thoroughly with oil. Add the wine and allow to evaporate. Bring the stock to a simmer and gradually add to the rice, a ½ cup at a time, while stirring. Only when the rice has absorbed the stock should more stock be added. It will take 20 to 30 minutes to cook the rice to al dente; do not cook to a mush. When done, remove from the fire, immediately add the remainder of the arugula and the mozzarella, and stir well. Add the butter and Parmesan, mix thoroughly, and serve.

Serves 6-7.



Risoto de Arroz Vermelho com Carne de Porco Risotto with Red Rice and Pork

Although white rice has been a staple in Brazil for centuries, brown, black, and red rice are relative newcomers to the country. Considered exotic, red and black rice can be found only in upscale markets and appear only on the menus of the better restaurants. This recipe is an interesting twist on the usual risotto. If homemade beef stock is not available, canned stock, diluted consommé, or a beef cube can be used.

- ½ lb. pork, cut in small cubes
- 2 cups dry white wine
- 2 sprigs rosemary
- 1 stalk basil
- 1 tbsp. margarine
- 1 onion, chopped
- ½ cup *arborio* rice
- 1 cup white wine
- 2 cups or more beef stock, preferably homemade
- Salt and pepper, to taste
- 1 cup red rice, cooked as brown rice
- ½ cup or more freshly grated parmesan

Combine the pork with dry white wine, rosemary, and basil and marinate for 1 hour. Drain the meat, sauté in margarine in a large pot until brown. Add the onion and cook until transparent. Add the *arborio* rice and cook for a few moments, stirring constantly to coat the grains with margarine. Add the 1 cup of white wine and cook on medium-low heat until it evaporates. Meanwhile, bring the stock to a boil and add ½ cup stock to the rice mixture. When the stock is almost absorbed, add another ½ cup and continue this process until the rice is soft and al dente, not mushy. Stir almost constantly so that the rice doesn't stew in the liquid and become soggy. When the rice is done, combine with salt and pepper, red rice, and cheese. Mix and serve immediately with additional cheese to pass at the table.

Serves 6-8.

Arroz Biro-Biro Rice Biro-Biro

This dish was first presented in an elegant São Paulo restaurant where Biro-Biro, a famous and well-liked football player, happened to be dining. Since the dish resembled the appearance of the sportsman's hair, it became known as Rice Biro-Biro. It is the perfect accompaniment to any simple main dish including grilled fish, fried or roasted chicken, lamb chops, or barbecued meat. Everyone loves it and any leftovers work well the next day as fried rice.

- 1½ cups uncooked rice
- ½ small onion, chopped
- 3 scallions, with tops, sliced
- 2 tbsp. margarine
- 2 slices bacon, fried and crumbled
- ¼ cup parsley, chopped
- 2 eggs, fried with barely cooked yolks
- 1 large potato, julienned and sautéed





Cook the rice according to directions for cooking white rice (*arroz branco*) covered in this chapter. Set aside. Sauté the onion and scallions in margarine. Add the rice, bacon, and parsley. Cut the eggs in pieces and add to rice along with the potatoes. Salt to taste. Mix and serve.

Serves 4.

Arroz com Lula Rice with Squid

This is a quickly prepared Brazilian way to present rice as a principal dish. Be sure to monitor the rice as it cooks; the amount of water required in this recipe depends on both the squid and the rice, and more water may be needed to prevent scorching.

1 lb. small squid, cleaned and cut into rings
1 tbsp. garlic, minced
3 tbsp. oil
1 large onion, finely chopped
5 cloves garlic, minced
2 cups raw white rice, well washed
½ cup dry white wine
Salt and pepper, to taste
A few threads of saffron, ground between the fingers
1½ cups or more boiling water
2 tbsp. butter
¼ cup scallions, washed and sliced

Wash the squid well and season with 1 tbsp. garlic. Set aside. In a wide pan, heat the oil and sauté the onion and 5 cloves garlic until transparent. Add the squid and sauté briefly, then pour in the rice and cook for 5 minutes, stirring. Add the white wine, salt, pepper, and saffron and mix well. Cover with boiling water, replace the lid, and cook on low heat for 15 to 20 minutes or until the rice is tender. Check from time to time and if the mixture is dry, add a bit of boiling water.

When the rice is ready, turn off the fire, add the butter and scallions, and mix well. Replace the lid and allow to rest for 10 minutes before serving.

Serves 5-6.

Arroz Branco White Rice

Providing plain white rice as an accompaniment to other dishes is often mandatory when preparing Brazilian cuisine. This method of cooking is always successful.

$\frac{3}{4}$ cup rice
1 tbsp. vegetable oil
2 cloves garlic, minced
1 cup water
Juice of $\frac{1}{4}$ lemon

Wash the rice in a sieve and drain well. Heat the oil in a saucepan, add the garlic, and sauté until lightly brown. Add the water, bring to a boil, and squeeze the lemon juice into the water. Add the rice, cover the pan, and bring to a boil. Immediately lower the heat and cook over a very low fire for 20 minutes. Fluff the rice and serve.

Serves 2-3.

Frango com Molho de Cebola Chicken with Onion Sauce

Some years ago, packaged soups were introduced to Brazil and were enthusiastically received, although they were not always used as the basis for soup. A working mother with two pre-teenage boys, Laura de Borba has developed this easily prepared, delicious dish, which she serves to her family after a busy workday as well as to guests on festive occasions. No browning is necessary, as the chicken becomes golden brown during the baking process.

5 chicken quarters (thigh and drumstick), skin on or skinless as you prefer
 $\frac{1}{2}$ cup dry packaged onion soup
 $2\frac{1}{2}$ cups malt beer

Arrange the chicken quarters in a baking pan and sprinkle all sides with the onion soup; marinate for 1 hour. Pour the malt beer over the chicken and bake at 325 degrees F until done—about 45 minutes. Turn

once and check to see that there is sufficient liquid. If necessary, add a little water as this will become the sauce. Serve with rice or mashed potatoes and the sauce.

Serves 5.