



BRAZILIAN FLAVORS: A FOOD TOUR THROUGH BRAZIL

FREE



INTRODUCTION

Welcome to the Brazilian Gastronomic Adventure!

If you've ever dreamed of exploring the vibrant flavors of Brazil, without leaving your kitchen, you're in the right place! This eBook is an invitation to an irresistible culinary journey, bringing you the best of Brazilian food, adapted to the ingredients available in your country.

Get ready for delights like Arroz Carreteiro, a robust dish that is pure comfort, and the iconic Rice, Beans, Steak and Fried Egg, a simple but irresistibly tasty combination. Try the sophisticated Bobó de Camarão and the delicious Moqueca de Peixe, which bring a piece of the Brazilian coast directly to your table.

INTRODUCTION

Don't miss the chance to taste Coxinha, a breaded chicken snack that is a true Brazilian classic, and Pão de Queijo, the snack that has won hearts around the world with its unmistakable flavor. And for a complete meal, Feijão Tropeiro and Virado Paulista are perfect combinations of fresh and tasty ingredients.

Cool off with a Caipirinha, Brazil's national cocktail, or a Green Corn Juice for a drink that's a real hug in a glass.

For dessert, get ready to fall in love with Bolinho de Chuva, Brigadeiro, Pudding de Leite and Pamonha — each of these treats brings a little piece of Brazil to sweeten your day.

INTRODUCTION

Our goal is to make these recipes accessible and delicious by adapting the ingredients so you can create authentic dishes with ease wherever you are. So, let's go: prepare your utensils, gather your friends and family, and dive into the richness and diversity of Brazilian cuisine.

We're excited for you to discover and love these dishes as much as we love making them.

Bon appétit and good Brazilian appetite!

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*Brazilian Mini
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Appearance



Chicken Empadinha, or Brazilian Chicken Pie

CHICKEN EMPADINHA, OR BRAZILIAN CHICKEN PIE, IS A BELOVED SNACK THROUGHOUT BRAZIL, PARTICULARLY POPULAR IN THE STATES OF SÃO PAULO AND RIO DE JANEIRO.

ITS ORIGINS CAN BE TRACED BACK TO PORTUGUESE CUISINE, BROUGHT TO BRAZIL DURING THE COLONIAL PERIOD. THE EMPADINHA IS A MINI VERSION OF THE PORTUGUESE EMPADA, A SAVORY PIE THAT HAS BEEN ADAPTED TO BRAZILIAN TASTES OVER CENTURIES.

THIS DISH IS MADE WITH A BUTTERY, FLAKY CRUST FILLED WITH A CREAMY AND FLAVORFUL CHICKEN FILLING. THE FILLING TYPICALLY INCLUDES SHREDDED CHICKEN, ONIONS, GARLIC, TOMATOES, AND OLIVES, OFTEN SEASONED WITH PARSLEY AND OTHER HERBS. EMPADINHAS ARE A FAVORITE AT PARTIES, BAKERIES, AND FAMILY GATHERINGS, CELEBRATED FOR THEIR DELICIOUS TASTE AND CONVENIENT, BITE-SIZED PORTION.

Chicken Empadinha

INGREDIENTS

- For the Dough
 - 2 1/2 cups (350g) all-purpose flour
 - 1 teaspoon (5g) salt
 - 1 cup (225g) unsalted butter, cold and cubed
 - 1 large egg
 - 1 egg yolk for brushing
 - 3 to 4 tablespoons (45-60ml) ice water

- For the Dough
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 - 1 large egg
 - 1 egg yolk for brushing
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Chicken Empadinha

INGREDIENTS

- For the Filling
 - 2 tablespoons (30ml) olive oil
 - 1 medium onion, finely chopped
 - 2 garlic cloves, finely chopped
 - 1 large chicken breast (about 1 lb/450g), cooked and shredded
 - 1 medium tomato, chopped
 - 1/4 cup (60ml) tomato sauce
 - 1/4 cup (60ml) water
 - 1/2 cup (75g) frozen peas, thawed
 - 1/2 cup (75g) canned corn, drained
 - Salt and pepper to taste
 - 1 tablespoon (15g) all-purpose flour
 - 2 tablespoons (30ml) milk
 - 1/4 cup (30g) chopped parsley

INSTRUCTIONS

- Dough Preparation
 - Prepare the Ingredients:
 - Remove the butter from the refrigerator and cut it into cubes.
 - Gather all the necessary ingredients.
 - Mix Dry Ingredients:
 - In a large bowl, mix the flour and salt.
 - Add the Butter:
 - Add the cubed butter to the flour mixture.
 - Using your fingertips or a pastry cutter, blend the butter into the flour until it resembles coarse crumbs with pea-sized pieces of butter.

INSTRUCTIONS

- Dough Preparation (cont.)
 - Add the Egg:
 - In a small bowl, lightly beat the egg.
 - Add the egg to the flour and butter mixture and stir with a spatula until well combined.
 - Add Ice Water:
 - Add the ice water, one tablespoon at a time, until the dough begins to come together. Avoid adding too much water to prevent a soggy dough.
 - Form a Disk:
 - Turn the dough out onto a lightly floured surface and form it into a disk.
 - Wrap in plastic wrap and refrigerate for at least 30 minutes.

INSTRUCTIONS

- Filling Preparation
 - Cook the Chicken:
 - Place the chicken breast in a pot with enough water to cover it.
 - Cook over medium heat until fully cooked (about 20 minutes).
 - Let it cool and shred the chicken using your hands or a fork.
 - Sauté Onion and Garlic:
 - In a large pan, heat the olive oil over medium heat.
 - Add the chopped onion and sauté until translucent (about 5 minutes).
 - Add the chopped garlic and sauté for another 1 minute.

INSTRUCTIONS

- Filling Preparation (cont.)
 - Add Ingredients:
 - Add the shredded chicken, chopped tomato, tomato sauce, and water.
 - Stir well and cook for about 5 minutes.
 - Incorporate Vegetables:
 - Add the peas and corn to the filling.
 - Season with salt and pepper to taste.
 - Thicken the Filling:
 - In a small bowl, mix the flour with the milk until smooth.
 - Add this mixture to the filling and cook, stirring constantly, until it thickens (about 2 minutes).
 - Finish the Filling:
 - Add the chopped parsley and stir well.
 - Remove from heat and let cool completely before using.

INSTRUCTIONS

- Assembly of Empadinhas
 - Preheat the Oven:
 - Preheat your oven to 350°F (180°C).
 - Prepare the Dough:
 - Remove the dough from the refrigerator and roll it out on a lightly floured surface to about 1/8 inch (3mm) thick.
 - Use a round cookie cutter or glass to cut out circles of dough that will fit into your mini tart or muffin tins.
 - Line the Tins:
 - Line each mini tart or muffin tin with a dough circle, pressing gently to cover the bottom and sides.

INSTRUCTIONS

- Assembly of Empadinhas (cont.)
 - Add the Filling:
 - Spoon the chicken filling into each dough-lined tin, filling almost to the top.
 - Cover with Dough:
 - Cut slightly smaller circles of dough to cover the empadinhas.
 - Place the dough circles on top of the filling and press the edges to seal.
 - Brush with Egg Yolk:
 - Brush the tops of the empadinhas with the beaten egg yolk for a golden finish.
 - Bake the Empadinhas:
 - Place the tins on a baking sheet and bake in the preheated oven for about 25-30 minutes, or until the empadinhas are golden brown.

SERVE

- Serve:
 - Let the empadinhas cool slightly before removing from the tins.
 - Serve warm or at room temperature.

TIPS

- **Cold Butter:** Keeping the butter cold is crucial for the dough's texture.
- **Resting Time:** Allowing the dough to rest in the refrigerator helps prevent it from shrinking during baking.
- **Cool Filling:** Ensure the filling is completely cool before placing it in the dough to avoid making the dough soggy.

This recipe for Chicken Empadinhas (Brazilian Mini Chicken Pot Pies) yields approximately 12 servings, assuming each empadinha is made in a standard muffin tin. Each person may consume one or two empadinhas, depending on their appetite and the context (snack or meal). Therefore, the recipe can serve 6 to 12 people.

This detailed and adapted recipe ensures that anyone, even those without cooking experience, can successfully make delicious Brazilian chicken empadinhas.