

The background is a vibrant collage of festive elements. At the top, there are colorful fireworks in shades of green, yellow, and red. Below them, a string of triangular bunting flags in orange, green, purple, and yellow with small white star patterns stretches across the frame. The overall color palette is warm and celebratory, with a mix of greens, yellows, oranges, and reds.

São João 2023

Cookbook

with all recipes

savoury • **sweet** • **drinks**



Caldo de Mandioca Vegano - Vegan Cassava Soup

falavea



Ingredients

1 kg of cassava
Water
Salt to taste
Kingdom pepper to taste
600 grams of vegan bacon
1 medium onion
4 cloves of garlic
1 tablespoon of Margarine
1 teaspoon turmeric
chives to taste
Kale chopped to taste

Directions

1. Cook the cassava, remove the core and blend it in a blender, you can use cooking water if you need it
1 kg of cassava
Water
2. Sauté the bacon in the margarine and add the onion and garlic until it begins to brown
600 grams of vegan bacon
1 tablespoon of Margarine
1 medium onion
4 cloves of garlic
3. Add the cassava cream to the stew and add salt, pepper, turmeric
1 kg of cassava
1 teaspoon turmeric
chives to taste
Kingdom pepper to taste
4. You can add more water if it is too thick.

5. Let it boil for 10 minutes and add the chives and kale at the end.

chives to taste

Kale chopped to taste

6. Adjust creaminess to whatever you like with water

Water

Vinho Quente s/ Alcool - Alcohol-free Mulled Wine

falavea



Ingredients

- 1 1/2 litres of water
- 2 1/2 litres of red wine
- 1 orange peels
- 25 cups of sugar
- 15 cloves headless
- 10 sticks cinnamon
- 5 in apples small cubes

Directions

1. In a large saucepan, warm up the wine, water and orange peels in medium heat
 - 15 litres of water
 - 25 litres of red wine
 - 1 orange peels
2. Meanwhile, in another pan, caramelize the sugar with spices until it turns golden brown, be careful not to darken the sugar too much, making it bitter
 - 25 cups of sugar
 - 15 cloves headless
 - 10 sticks cinnamon
3. Combine the apples with the caramel and stir until the caramel dissolves with the apples' liquids
 - 5 in apples small cubes
4. Transfer the warm liquid mixture to the caramel pan and allow it to simmer for another 5 to 10 minutes.
5. Serve hot

Chocolate Quente - Hot Chocolate

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Ingredients

- 3 L of Almond, coconut or nut milk
- 9 tablespoons cocoa powder
- 6 tablespoons sugar or molasses
- 300 g finely chopped bittersweet chocolate, grated or in drops

Directions

1. In a pan over medium heat, bring the milk to lukewarm.
 - 3 of Almond, coconut or nut milk
2. When the first boiling bubbles start to appear, remove a ladle of milk and mix with the sugar, chocolate and cocoa until dissolved and form a creamy paste.
 - 9 tablespoons cocoa powder
 - 6 tablespoons sugar or molasses
 - 300 g finely chopped bittersweet chocolate, grated or in drops
3. Add the mixture to the rest of the milk and stir until there are no lumps.
4. Transfer approximately 700ml of the hot chocolate to the blender jar and blend for about 3 to 5 minutes, or until a consistent foam forms (be very careful, hold the blender lid firmly so that the steam does not open the lid).
5. Pour the beaten mixture into the hot chocolate again."

Chá De Maçã C/ Canela - Apple and Cinnamon Tea

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Ingredients

12 apples
6 sticks cinnamon
8 L of water

Directions

1. Wash, dry and cut the apples (with the skin) in half. Remove and discard the core with the seeds. Cut each half into 4 pieces.
2. Transfer the apples to a medium saucepan, add the cinnamon, cover with water and bring to a boil over high heat. As soon as it boils, reduce the heat to low and let it cook for about 1 hour and 30 minutes, until the liquid is reduced by half.
3. Turn off the heat and, over a bowl, strain the tea through a sieve. Squeeze the apples well with a spatula to extract all the liquid. Transfer to a kettle and serve next

Chá de Amendoim - Peanut Chai

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Ingredients

- 3 litres of almond milk
- 1 teaspoon of cinnamon powder
- 3 cups of sugar
- 600 g roasted peanuts
- 750 ml water

Directions

1. Pulse the peanuts in the blender and crush them down.
600 g roasted peanuts
2. In a large saucepan, add the almond milk and cinnamon powder.
1 teaspoon of cinnamon powder
3 liters litres of almond milk
3. When about to boil, reduce the heat and add the sugar.
3 cups of sugar
4. Stir to dissolve the sugar, and don't allow it to boil.
5. Add half of the crushed peanuts with the milk in the saucepan.
600 g roasted peanuts
3 liters litres of almond milk
6. 5On the other half add the water and blend for 3-5 minutes until smooth.
7. Combine the smooth mixture into the saucepan and bring it to a boil.
8. Let it boil for 5 minutes and keep warm to serve."

Milho Assado - Roasted Corn Cobs

falavea



Ingredients

20 in corn cobs halves
aluminium foil, as much as needed
salt, as much as needed

Directions

1. Sprinkle salt to your liking on the cob halves and wrap them individually in aluminium foil
2. At the festival, they will be roasted on the fire

Milho Verde Cozido - Boiled Corn Cobs

falavea



Ingredients

20 in corn cobs halves
water, as much as needed
1 teaspoon of salt

Directions

1. Place the cobs in a large pot and cover them with water
20 in corn cobs halves
water, as much as needed
2. Add salt and keep the heat high until it boils
3. Once it reaches a boil, reduce the heat and let the cobs cook for approximately 15 minutes or until they are soft
4. Keep them in warm water, and when serving, add margarine, salt, and black pepper to taste

Buraco Quente Vegano - Vegan Hot Hole

falavea



Ingredients

- 2 cups of soy protein minced
- 1 chopped onion
- 3 cloves minced garlic
- 1 chopped capsicum
- 1 can of peeled tomatoes
- 1/2 cup chopped vegan bacon
- Black pepper
- Salt
- Cumin powder
- Smoked paprika
- Garlic powder

Directions

1. On a bowl, add the soy protein, 2 tsp of smoked paprika, 1sp of garlic powder, 2sp of cumin powder, 1/2 tsp of salt, 2 tsp of oregano and black pepper to taste.

- 2 cups of soy protein minced
- Cumin powder
- Smoked paprika
- Garlic powder
- Salt
- Black pepper

2. Add enough water to cover it. Stir it to mix and let it hydrate for 10min.
3. Check the texture and, fix not soften, cover it with water and wait 5min.
4. On a saucepan, put a drizzle of olive oil and start by stir frying the vegan bacon
 - 1/2 cup chopped vegan bacon
5. When the vegan bacon is golden brown, on medium-high heat, add the vegan minced meat and keep stirring cooks through and also help it to not create too much liquid

1/2 cup chopped vegan bacon

6. Whenever the vegan minced getting brown, add the onion and garlic

2 cups of soy protein minced

3 cloves minced garlic

1 chopped onion

7. Stir a little then add the capsicum, salt, cumin and black pepper

Cumin powder

1 chopped capsicum

Salt

Black pepper

8. Stir through to soften and cook the onion, garlic and capsicum

9. Set the heat to low and add the peeled tomatoes

1 can of peeled tomatoes

10. Mix it all through, cover and leave it for 5 minutes to enhance the flavours

11. Take the lid and check if the mix is juicy and everything is cooked

12. Add the parsley to finalise, mix it up and it is ready to serve

Torta De Fubá De Palmito E Alho Poró - Savoury Cornmeal Pie

falavea



Ingredients

Batter

- 2 eggs (consider replacing with flax eggs)
- 2 tablespoons of vegetable oil
- 1 cup of unsweetened vegetable milk
- 1 teaspoon of salt
- 1 1/2 cups of fubá (Brazilian cornmeal)
- 1 tablespoon baking powder

Filling

- 1 chopped onion
- 1 can of hearts of palm chopped
- 1 stalk/stem of leek chopped
- 2 teaspoons of oregano

Directions

Batter

1. Blend the flax egg, oil, vegetable milk and salt until well combined.
 - 2 eggs (consider replacing with flax eggs)
 - 2 tablespoons of vegetable oil
 - 1 cup of unsweetened vegetable milk
 - 1 teaspoon of salt
2. Transfer to a bowl and add the fubá (cornmeal) little by little, mixing well.
 - 1 1/2 cups of fubá (Brazilian cornmeal)
3. Combine the baking soda gently into the mix.
 - 1 tablespoon baking powder
4. Incorporate the filling into the batter.

5. Place the mixture in a rectangular greased and floured baking pan, and sprinkle the other teaspoon of oregano on top.
6. Take to the oven at 200°C for approximately 30 minutes.
7. Wait to cool down at room temperature and cut into squares to serve.

Filling

1. Sauté the onion and leek. Add the hearts of palm and half the oregano.
 - 1 chopped onion
 - 1 stalk/stem of leek chopped
 - 1 can of hearts of palm chopped
 - 2 teaspoons of oregano
2. Sauté for another 5 minutes and reserve.

Buraco Quente - Hot Hole

falavea



Ingredients

- 500 g minced meat
- 1 chopped onion
- 3 cloves minced garlic
- 1 teaspoon of cumin powder
- 1 chopped capsicum
- 1 can of peeled tomatoes
- 1/2 cup chopped bacon
- black pepper to taste
- salt to taste

Directions

1. On a saucepan, put a drizzle of olive oil and start by stir frying the bacon
 - 1/2 cup chopped bacon
2. When the bacon is golden brown, on medium-high heat, add the minced meat and keep stirring it so it gets very loose and also helps it to not create too much liquid
 - 500 g minced meat
3. Whenever the mince is all loosened up and getting brown, add the onion and garlic
 - 1 chopped onion
 - 3 cloves minced garlic
4. Stir a little, then add the capsicum, salt, cumin and black pepper
 - 1 teaspoon of cumin powder
 - black pepper to taste
 - salt to taste
 - 1 chopped capsicum
5. Stir through to soften and cook the onion, garlic and capsicum
6. Set the heat to low and add the peeled tomatoes

1 can of peeled tomatoes

7. Mix it all through, cover and leave it for 5 minutes to enhance the flavours
8. Take the lid and check if the mix is juicy and everything is cooked
9. Add the parsley to finalise, mix it up, and it is ready to serve

Vinho Quente - Mulled Wine

falavea



Ingredients

- 2 litres of water
- 3 1/2 litres of red wine
- 3 orange peels
- 3 1/2 cups of sugar
- 21 cloves headless
- 14 sticks cinnamon
- 7 in apples small cubes

Directions

1. In a large saucepan, warm up the wine, water and orange peels in medium heat
 - 2 litres of water
 - 3 1/2 litres of red wine
2. Meanwhile, in another pan, caramelize the sugar with spices until it turns golden brown, be careful not to darken the sugar too much, making it bitter
 - 3 1/2 cups of sugar
3. Combine the apples with the caramel and stir until the caramel dissolves with the apples' liquids
 - 7 in apples small cubes
4. Transfer the warm liquid mixture to the caramel pan and allow it to simmer for another 5 to 10 minutes.
5. Serve hot"

Doce de Abóbora - Butternut Squash Compote

falavea



Ingredients

2 kg of finely chopped pumpkin neck
3 cups of sugar
8 clove
150 g of grated fresh coconut

Directions

1. Put the Butternut Squash in the pan and let it cook for about 15 minutes (do not add water, the Butternut Squash will loosen a lot)
2 kg of finely chopped pumpkin neck
2. When it has released enough water and the pumpkin has reduced by about $\frac{1}{3}$ of its volume, add the sugar and cloves and cook over medium heat until the pumpkins are very soft, stirring occasionally.
3 cups of sugar
8 clove
3. When the Butternut Squash is soft, mash it with a fork or spoon.
4. Always leave it on medium heat until it reduces a lot when you still have a little water add the fresh grated coconut
150 g of grated fresh coconut
5. Let it cook until the desired point
6. Serve cold or hot"

Torta de Frango - Chicken Pie

falavea

cook: **50 min**

16 servings



Ingredients

Batter

- 3 cups plain flour
- 3 eggs (consider replacing with flax eggs)
- 3 cups of milk
- 100 g of parmesan cheese
- 1 tablespoon baking powder

Filling

- 1 cup of shredded chicken breast
- 1 can drained of corn kernels
- 2 chopped tomatoes
- 10 sliced green olives
- 1 teaspoon salt
- 4 tablespoons chopped parsley

Assembling

- 1 tablespoon of Parmesan Cheese"

Tools

- blender
- oven
- baking pan

Directions

Batter

1. Preheated the oven to 180°C
oven
2. Blend all the liquid ingredients until well combined
3 eggs (consider replacing with flax eggs)

3 cups of milk

3. Add the flour and parmesan until you get a uniform batter

3 cups plain flour

100 g of parmesan cheese

4. Add the baking powder and use a spatula to combine, or pulse the blender a few times

1 tablespoon baking powder

Filling

1. Combine all the ingredients and set aside

Assembling

1. Get a rectangular baking pan lined with baking paper
2. Spread half the dough covering all the surfaces
3. Add the filling and finish with the rest of the dough
4. Sprinkle the parmesan cheese over and bake at 180°C for about 40 minutes or until golden brown
5. Wait to cool down to room temperature and cut into squares to serve

Suco de Milho Verde - Sweet Corn Juice

falavea



Ingredients

6 cans of sweet corn
2 1/2 liters of almond milk
3 cup of sugar"

Directions

1. In a blender, beat the corn and 600ml of milk
2 1/2 liters of almond milk
6 cans of sweet corn
2. Sift to remove the pulp
3. Transfer to a pan and over medium heat let it boil for 3-4 minutes.
4. Let it cool and return the mixture to the blender, also adding the sugar and 200ml of the milk
3 cup of sugar"
2 1/2 liters of almond milk
5. Serve chilled or at room temperature"

Pamonha Assada de Sal - Salted roasted Corn Mush

falavea



Ingredients

- 8 corn cobs
- 5 eggs
- 2 cups of sugar
- 1 cup of vegetable oil
- 100 g halloumi cheese (or sliced mozzarella)
- 1 teaspoon salt
- 100 g of grated parmesan

Tools

- oven
- blender
- baking pan

Directions

1. Preheat the oven to 200°C

- oven

2. Remove the corn grains with a knife, with the help of a spoon scrape the cob aiming to get as much as possible of the kernels' white core

- 8 corn cobs

3. Blend the kernels and reserve the cream in a bowl (no need to use a sieve)

- 8 corn cobs
- blender

4. Now blend the sugar, eggs, vegetable oil, salt and parmesan cheese

- 2 cups of sugar
- 5 eggs
- 1 cup of vegetable oil
- 1 teaspoon salt
- 100 g of grated parmesan

5. Combine everything in the bowl and mix well
6. Pour the mixture into an oil-greased baking pan
baking pan
7. Place the slices of cheese over and slightly sink them in the batter
100 g halloumi cheese (or sliced mozzarella)
8. Bake at 200°C for about 40 minutes or until golden
oven
9. Wait to cool down to room temperature and cut into squares to serve

Paçoca caseira - Homemade Paçoca

falavea



Ingredients

3 cups skinless roasted peanuts
cups 1+1/2 sugar
pinch of salt

Directions

1. Take all the ingredients to the food processor or blender and ground it all.
cups 1+1/2 sugar
3 cups skinless roasted peanuts
pinch of salt
2. Move the mix into a bowl and squeeze it through until you can give shape to it by . squeezing it together
3. Place it on a baking pan or any flat container and compress it to +/-1cm tall
4. Let it rest for 2-3h in the fridge or 30min in the freeze
5. Take it out of the fridge/freeze and cut it into small squares"

Pé de Moleque

falavea



Ingredients

500 grams of roasted and peeled peanuts

1 1/2 cup of sugar

Directions

1. On a sauce pan, add the sugar and let it caramelize

1 1/2 cup of sugar

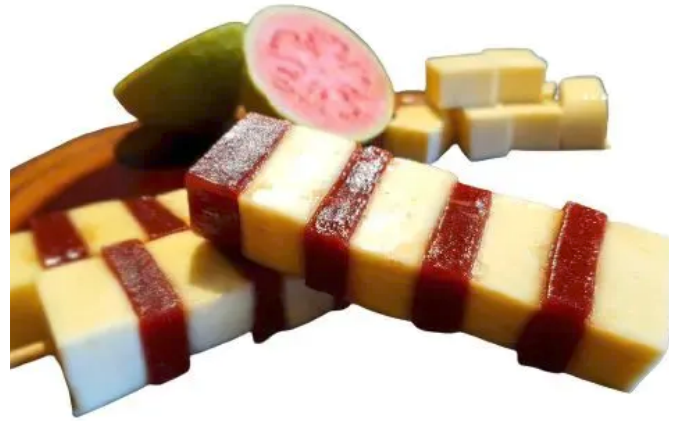
2. Once the sugar is caramelized, add the peanuts and stir through so all the peanuts are covered with sugar.

500 grams of roasted and peeled peanuts

3. After ready, spread the peanut and caramel on a large baking pan or on any clean place where you can spread it to a 1cm thickness and cut into small squares (4×4cm)"

Espeto De Queijo Com Goiabada - Cheese and Goiabada skewers

falavea



Ingredients

300 g Goiabada
300 g Halloumi
Cocktail skewers

Directions

1. Cut the goiabada and cheese into small cubes of the same size

300 g Halloumi
300 g Goiabada

2. Stack one cube of each and stick it with the cocktail skewers

Cocktail skewers

Bolo de Amendoim - Peanut Cake

falavea

cook: **40 min**

12 servings



Ingredients

Batter

- 1 cup + 1/2 vegetable milk (suggestion: peanut)
- 1/2 cup peanut butter
- 1 tablespoon of oil
- 1 tablespoon vinegar
- 1 cup of sugar (coconut sugar)
- 1 3/4 cups + all purpose flour
- 1/4 teaspoon of salt
- 1 tablespoon baking powder

Peanut topping

- 1 cup of icing sugar
- 2 tablespoons of vegetable milk (peanut)
- 1 tablespoon of peanut butter
- 1/2 cup of roasted, skinless and crushed peanuts

Tools

- oven
- small saucepan

Directions

Batter

1. Preheat the oven to 180°C and grease a baking pan with oil and flour
oven
2. Combine the milk, peanut butter, vinegar and oil and mix well (you can use a hand mixer or a whisk)
 - 1 cup + 1/2 vegetable milk (suggestion: peanut)
 - 1/2 cup peanut butter
 - 1 tablespoon vinegar
 - 1 tablespoon of oil

3. Add the sugar and mix well again

1 cup of sugar (coconut sugar)

4. Add the dry ingredients and, with a spatula, mix with straight movements. Avoid mixing too much, just enough to set homogeneous

1 cups + all purpose flour

1/4 teaspoon of salt

1 tablespoon baking powder

5. Transfer the batter to the baking pan and bake it for approximately 30 minutes

Peanut topping

1. 1. Combine the sugar, vegetable milk and peanut butter in a small pan.

1 cup of icing sugar

2 tablespoons of vegetable milk (peanut)

1 tablespoon of peanut butter

small saucepan

2. 2. Let it simmer, stirring constantly until it reaches syrup consistency when cold (test with a spoon)

3. 3. Pour the hot syrup all over the warm cake, streaming uniformly and sprinkle the crushed peanuts on top.

1/2 cup of roasted, skinless and crushed peanuts

Cocada Branca - White Cocada

falavea



Ingredients

2 1/2 cups of grated coconut (preferably fresh about 500g)
1 1/2 cups of sugar
1 cup of water"

Directions

1. In a medium saucepan, mix the sugar and water with your fingertip to avoid splashing on the side of the pan – this prevents the syrup from burning until it reaches the string point.

1 1/2 cups of sugar
1 cup of water"

2. Place the pan over medium heat and cook without stirring for about 20 minutes, until the syrup reaches the trickle point – to check, dip a spoon and lift a little of the syrup, if a thin trickle forms between the drops, it is ready.
3. Add the coconut and mix just to coat the flakes with the syrup (avoid over-mixing to avoid a sugary texture). Let cook for another 5 minutes over medium heat, without stirring. The cocada must be very wet at this point.
2 1/2 cups of grated coconut (preferably fresh about 500g)
4. Transfer the cocada (with the syrup) to a bowl and let it rest for 5 minutes. Meanwhile, grease a large baking dish with butter or use a non-stick baking pan.
5. Transfer to the baking sheet molding with 2 spoons, or you can also simply spread on a baking pan and cut in little squares or diamonds.
6. Leave at room temperature for about 1 hour or until the cocadas dry. They are hard on the outside but still moist on the inside. Serve immediately or store in an airtight container for up to 1 week."

Amendoim Doce Crocante - Sweet Peanut

falavea



Ingredients

- 1/2 cup of water
- 1 cup and 1/3 of raw peanuts with skin
- 3/4 cup sugar
- 1/2 teaspoon baking powder
- 1 tablespoon cocoa powder

Directions

1. Preheat the oven to 160C
2. Bring all the ingredients to a high heat in a large pan with a thick bottom (it has to be in a large pan because the baking powder foams a lot)
 - 1/2 cup of water
 - 1 cup and 1/3 of raw peanuts with skin
 - 3/4 cup sugar
 - 1 tablespoon cocoa powder
 - 1/2 teaspoon baking powder
3. Stir with a wooden spoon every 2-3 minutes, when it is boiling well, reduce the heat to medium
4. Every 4 minutes stir again and when the syrup thickens well, reduce the heat to low
5. Keep stirring non-stop until the syrup dries up and the peanuts are separated
6. Transfer the beans to a baking sheet and bake at 160C to toast for 10 to 15 minutes
7. Let it cool and portion in small plastic bags or pack in twisted paper, with candy

Bolo de Mandioca - Cassava Cake

falavea



Ingredients

500 g of grated raw cassava
100 g grated coconut
150 g of sugar
50 g of margarine or vegetable oil
500 ml of coconut milk

Directions

1. Preheat the oven at 180C
2. Place the grated cassava on a recipient and cover with water so it doesn't get dark
500 g of grated raw cassava
3. On a bowl, add the sugar, coconut milk, margarine
50 g of margarine or vegetable oil
150 g of sugar
500 ml of coconut milk
4. Mix it well
5. Dry out the grated cassava
500 g of grated raw cassava
6. Add the grated coconut and the cassava to the bowl where you've mix the other ingredients
100 g grated coconut
500 g of grated raw cassava
7. Place the mix on a non-stick baking pan and take to the oven for 50min

Doce de Banana - Banana Compote

falavea



Ingredients

3 kg Bananas mashed by hand
6 cups sugar
cinnamon powder to taste
cloves headless to taste
5 cinnamon sticks"

Directions

1. In a thick-bottomed pan, add the sugar and let it caramelize until dark
6 cups sugar
2. Add the banana and stir well until well incorporated
3 kg Bananas mashed by hand
3. Add the spices and keep stirring occasionally over medium heat for approximately 20 minutes or when it is very dark and unstuck from the pan
cinnamon powder to taste
cloves headless to taste
5 cinnamon sticks"
4. Transfer to individual serving cups

Pudim de Milho - Sweet Corn Pudding

falavea



Ingredients

6 corn cobs
500 of coconut milk
1 cup of sugar
1 teaspoon of agar agar
2 tablespoons of water
coconut oil for greasing

Tools

Blender

Directions

1. In the blender beat the corn with the coconut milk
 - 6 corn cobs
 - 500 of coconut milk
2. Sift the mixture to remove all the juice.
3. Dilute the agar agar in water
 - 1 teaspoon of agar agar
 - 2 tablespoons of water
4. Transfer the corn to a pan and add the sugar and dissolved agar agar
 - 1 cup of sugar
 - 1 teaspoon of agar agar
 - 2 tablespoons of water
5. Turn on the fire and stir well until it starts to take off from the pan.
6. Grease a mold with oil of your choice.
 - coconut oil for greasing

7. Transfer the dough into the mold and let it cool at room temperature.
8. Place in the refrigerator and wait for approximately 30 minutes.
9. Turn out onto a platter to serve

Biscoito de Fubá - Fubá Cookies

falavea



Ingredients

- 1 cup of oat flour
- 1 cup of corn meal
- 1 tablespoon fennel seeds
- 1/3 cup of coconut oil
- 1/3 cup of a of cane molasses

Directions

1. Mix all the ingredients in a bowl until it becomes a very homogeneous and soft dough
2. With your hands, shape the cookies and place them on a baking sheet sprinkled with cornmeal
3. Take to preheated medium oven (180°C) for 15 to 18 minutes or until lightly golden on the edge

Bolo de Fubá com Goiabada - Fubá Cake with Goibada

falavea



Ingredients

- 1 1/2 cup Fubá (cornmeal)
- 1 1/2 cup white flour (or gluten free flour)
- 1 1/2 cup raw sugar
- 1 1/2 tablespoon baking powder
- 1 teaspoon fennel seeds
- 1 pinch of salt
- 1/2 cup sunflower oil (or other)
- 2 cups of water at room temperature
- 1/2 teaspoon vinegar
- 150 g of Goiabada (diced)"

Directions

1. Preheat the oven on 180°C
2. Grease a baking dish with oil and flour
3. Add the dry ingredients in the recipe order, sifting each one of them, with the exception of raw sugar and fennel and mix
 - 1 1/2 cup white flour (or gluten free flour)
 - 1 1/2 cup Fubá (cornmeal)
 - 1 1/2 cup raw sugar
 - 1 1/2 tablespoon baking powder
 - 1 teaspoon fennel seeds
 - 1 pinch of salt
4. Add the oil and water little by little and move slowly
 - 1/2 cup sunflower oil (or other)
 - 2 cups of water at room temperature
5. Lastly add the vinegar and mix with delicacy
 - 1/2 teaspoon vinegar

6. Place the dough in the greased baking dish
7. Spread the diced Goibada all over the dough
150 g of Goiabada (diced)"
8. Bake at 180°C for approximately 35 minutes or until it is firm and a fork comes out dry.
9. Remove from the oven and run a knife around the baking sheet so that the cake releases and comes out of the mold only when it is cold."

Bolo de Fubá - Fubá Cake

falavea



Ingredients

- 1 1/2 cup Fubá (cornmeal)
- 1 1/2 cup white flour (or gluten free flour)
- 1 1/2 cup raw sugar
- 1 1/2 tablespoon baking powder
- 1 teaspoon fennel seeds
- 1 pinch of salt
- 1/2 cup sunflower oil (or other)
- 2 cups of water at room temperature
- 1/2 teaspoon vinegar"

Directions

1. Preheat the oven on 180°C
2. Grease a baking dish with oil and flour
3. Add the dry ingredients in the recipe order, sifting each one of them, with the exception of raw sugar and fennel and mix
 - 1 1/2 cup Fubá (cornmeal)
 - 1 1/2 cup white flour (or gluten free flour)
 - 1 1/2 tablespoon baking powder
 - 1 teaspoon fennel seeds
 - 1 1/2 cup raw sugar
 - 1 pinch of salt
4. Add the oil and water little by little and move slowly
 - 1/2 cup sunflower oil (or other)
 - 2 cups of water at room temperature
5. Lastly add the vinegar and mix with delicacy
 - 1/2 teaspoon vinegar"

6. Place the dough in the greased baking dish and bake at 180°C for approximately 35 minutes or until it is firm and a fork comes out dry
7. Remove from the oven and run a knife around the baking sheet so that the cake releases and comes out of the mold only when it is cold

Mandioca Cozida - Cooked Cassava

falavea



Ingredients

1 kg of cassava
2 tablespoons full of margarine
1 tablespoon salt or to taste
in Hot water until it covers the cassava the pan
chives and parsley to taste"

Directions

1. Peel and cut the cassava into smaller pieces, approximately 10 cm
1 kg of cassava
2. Put everything in the pressure cooker, the water should cover the cassava by 2 fingers
in Hot water until it covers the cassava the pan
3. Keep it on high heat until you get pressure and reduce to medium when you get pressure.
4. Hold for 30 minutes
5. Serve hot with options such as: margarine, salt, pepper, chives and parsley to taste.
chives and parsley to taste"
1 tablespoon salt or to taste
2 tablespoons full of margarine

Bolo de milho - Corn Cake

falavea

cook: **1 h 30 min**

This is a simple yet delicious recipe that you will find in every single Festa Junina (June Festivals) in Brazil. What better way to celebrate harvest time than using such a crucial grain to the Brazilian rural community? There are many variations around the country but this recipe certainly reproduces a taste of the São João flavours.

12 servings



Ingredients

- 3 eggs (consider replacing with flax eggs)
- 1 canned drained corn
- 1 can of sugar
- 1 can of water
- 1/2 can of oil
- 1 can of Fubá (cornmeal)
- 1 tablespoon baking powder

Tools

- blender
- baking pan
- oven

Directions

1. Pre-heat the oven to 180°C (no fan forced)
oven
2. In a blender add the canned corn, oil, water, eggs, and sugar and blend until smooth
 - 1 canned drained corn
 - 1/2 can of oil
 - 1 can of water
 - 3 eggs (consider replacing with flax eggs)
 - 1 can of sugar

blender

3. Transfer to a bowl and add the Fubá and baking powder and mix to combine

1 can of Fubá (cornmeal)

1 tablespoon baking powder

4. Transfer the batter to a rectangle baking pan greased with oil and cornmeal

baking pan

5. Bake it for about 1h15min or until you stick a toothpick and it's clean but slightly humid to the touch

oven

6. Allow it to cool down and remove the cake from the baking pan and cut it into squares to serve

Bolo de cenoura - Brazilian Carrot Cake

falavea

cook: **40 min**

Perhaps the most popular cake you will find looking for Brazilian recipes. As such, this iconic cake certainly marks its presence in Festas Juninas (June Festivals) all around the country. Interestingly, this quick and easy recipe is consistent and doesn't vary much between the Brazilian states.

12 servings



Ingredients

Batter

- 3/4 cup oil
- 3 medium raw carrots chopped
- 2 cup all purpose flour
- 1 tablespoon baking powder
- 1 cup sugar
- 1/4 cup water

Chocolate Topping

- 4 tablespoon cocoa powder
- 1 cup sugar
- 1/2 cup water
- 2 tablespoon coconut oil or cocoa butter

Tools

- baking pan
- blender
- oven
- saucepan

Directions

Batter

1. Pre-heat the oven to 180°C (no fan forced)

oven

2. In a blender, add the oil, carrots, and sugar and blend until smooth

3/4 cup oil

3 medium raw carrots chopped

1 cup sugar

blender

3. In a large bowl sift the flour and baking powder

2 cup all purpose flour

1 tablespoon baking powder

4. Transfer the liquid to the flour's bowl and gently stir to combine

5. If the batter is thick, blend the water in the used blender and gradually pour it into the batter to get a runny-ish consistency

blender

6. Transfer the batter to a rectangle baking pan greased with oil and flour

baking pan

7. Bake it for about 30min or until you stick a toothpick in the centre and it's dry to the touch

oven

8. Allow it to cool down without removing the cake from the baking pan and cut it into squares leaving it in the original position of the baking pan

baking pan

Chocolate Topping

1. Mix all the ingredients in a saucepan

4 tablespoon cocoa powder

1 cup sugar

1/2 cup water

2 tablespoon coconut oil or cocoa butter

saucepan

2. Turn on the low heat and keep stirring gently

3. When it gets to the "thread" stage turn off the heat and let it cool for 3-5 minutes stirring constantly

4. Pour it over the cake pieces while still hot and let it cool down to room temperature

5. Transfer the pieces to a serving dish to serve

Arroz doce - Rice Porridge

falavea

cook: **40 min**

Here is a classical comforting dessert for the colder days and indispensable for the June celebrations. Easy and simple to make with ingredients that all Brazilian have handy at home, it's the number 1 recipe that comes to mind when we hear the words São João or Festa Junina (June festivals)

8 servings



Ingredients

- 3 cups raw white rice long grain
- 1 9/10 litres of water
- 1 9/10 litres chilled almond milk
- 1 teaspoon of salt
- 1 1/2 cups sugar
- 3 tablespoon of margarine
- 3 stick cinnamon
- 3 cloves headless
- 1 lemon peels

Tools

- large saucepan
- small serving cups

Directions

1. In a saucepan bring to a boil the milk, water, cinnamon, cloves, lemon peels and salt
 - 1 9/10 litres chilled almond milk
 - 3 stick cinnamon
 - 3 cloves headless
 - 1 lemon peels
 - 1 teaspoon of salt
 - large saucepan
2. Lower the heat and add the rice and margarine, keep stirring constantly for about 20min

3 cups raw white rice long grain

3 tablespoon of margarine

3. Add the sugar and let it simmer for another 3 to 5 minutes, or until slightly creamy

1 1/2 cups sugar

4. Distribute in small serving cups and dust cinnamon powder over, or keep it warm and let people to self-serv

Canjica Branca - White Corn Porridge

falavea

cook: **1 h 10 min**

A Brazilian white corn and coconut porridge, very popular and a must-have dish during Festas Juninas (June festivals) in Brazil. It is a little like rice pudding but tends to be more runny. You will find different versions around Brazil, and this is a more traditional or basic one.



Ingredients

- 1 1/2 of raw white corn for hominy (Find at Asian or Indian groceries)
- 6 litres of coconut milk
- 6 sticks cinnamon
- 30 cloves headless
- 3 cups of sugar
- 1 teaspoon of salt
- 300 g grated coconut
- 1 orange peels

Tools

- large saucepan

Directions

1. Soak the white corn overnight, a minimum of 12h is necessary
 - 1 1/2 of raw white corn for hominy (Find at Asian or Indian groceries)
2. Drain and transfer to a large saucepan with the other ingredients and cover with the lid
 - 6 litres of coconut milk
 - 6 sticks cinnamon
 - 30 cloves headless
 - 3 cups of sugar
 - 1 teaspoon of salt
 - 300 g grated coconut
 - 1 orange peels
 - large saucepan
3. Bring it to a boil, reduce the heat to medium and give it another 30min or until the white corn is nice

and tender

4. It will get thicker and creamy when cool down, so aim for a creamy consistency when cold
5. Remove the orange peels and distribute in shot cups and dust cinnamon powder over, or keep it warm and let ppl to self-serv

Pamonhas - Brazilian Tamales

falavea

cook: **1 h 20 min**

With only three ingredients this is one of the most traditional São João food. Since the original recipe demands too much skill in wrapping up the pamonhas in the corn husks, here is an alternative recipe that tastes just like the original.

6 Servings



Ingredients

12 corn cobs
1 cup sugar
1/2 cup warm vegetable oil
1 pinch salt
bags small freezers (as many as needed)

Tools

food processor or
blender
large saucepan
skimmer

Directions

1. Peel the corn and remove the grains with a knife. With the help of a tablespoon scrape the cobs to get the core of the kernels
2. Process the grains in the food processor or blender
3. Meanwhile, fill up a large saucepan with water and bring it to a boil
4. When you get a uniform cream, pass it through a sieve and squeeze out all the corn juice, removing all the residues
5. Transfer the juice to a bowl and mix in well all the remaining ingredients. Taste and correct the sweetness if necessary
6. Distribute the cream into the freezer bags and tie a knot

7. Once the water boils, place the bags making sure the water covers them entirely
8. Cook the pamonhas for about 50 minutes
9. Remove the pamonhas with the help of a skimmer and let them cool down at room temperature.
Serve in the bags

Curau de Milho - Brazilian Corn Pudding

falavea

cook: **1 h**

An easy and tasty dessert. It's a little like a pudding or custard but with a warm yellow colour and intense corn flavour.

30 Servings



Ingredients

12 corn cobs
9 cups whole coconut milk
1 teaspoon of salt
1 cup brown sugar
3 table spoon coconut oil
cinnamon powder to serve

Tools

Blender
Thick bottom saucepan

Directions

1. Remove the grains with the help of a knife, and with the help of a tablespoon, scrape the cobs to get kernels' core

12 corn cobs

2. Mix the grains with the coconut milk, sugar and salt and blend it well

9 cups whole coconut milk
1 cup brown sugar
1 teaspoon of salt
Blender

3. Sift the cream to remove the corn residues and transfer the smooth cream to a saucepan

Thick bottom saucepan

4. Add the coconut oil and bring to a boil over low heat until thickened, stirring constantly

3 table spoon coconut oil

5. Serve on small serving cups and dust some cinnamon over each serve
cinnamon powder to serve
6. Let them cool down at room temperature or in the fridge