



Grand Tour 2020

Home Party Menu

Created by Mary Wolff and Elen de Magalhaes

Courtesy of Food and Beverage Sponsors Brian Smith and Dixie Boschee

Our Volunteers have created an amazing menu to help us celebrate Brazil for this year's Grand Tour of Nations Menu. While we can't be together for our party, you can enjoy these traditional Brazilian party recipes at home! Special thanks to Mary Wolff and Elen De Magalhaes for working on the menu. We are also grateful for the sponsorship support of our beverages and menu by Dixie Boschee and Brian Smith.

Snacks:

Cashews & Chestnuts

Brazilian cheese bread (Pao de Queijo) Brazi-Bites can be found at Cosco or Sams Club in St. Cloud or pick your favorite recipe online!

Beverages:

Caipirinha

Classic tart flavor <https://www.youtube.com/watch?v=6TvSSVAIpgQ>

2 oz. Cachaca (Brazilian Rum)

1 Lime

1 large teaspoon super fine sugar

Ice cubes or crushed ice

Cut ends off lime and cut into four pieces and remove seeds. Place it peel side down in glass. Add sugar. Mash fruit and sugar in glass. Add Rum. Add ice and stir

Other fruit options <https://youtu.be/Hz5V0WKcVjM>



Soup:

Brazilian Black Bean Soup

Serves 4 (Time: 1 hour – 1.5 hour)

- 2 cups dried black beans
- 8 cups water
- 2 bay leaves
- 1 thick slice of bacon
- 1 kielbasa sausage (12-16 oz)
- 1 medium white onion, chopped
- 4 cloves of garlic
- 3 tbsp olive oil
- Salt and pepper to taste
- Fresh chopped cilantro and green onion garnish

Elen encourages you to read through this recipe before you begin!

1. 1 Day or 2 hours before:
Soak the beans overnight in cold water or use this quick boil method: Place the beans in a saucepan and add cold water till the beans are covered by about an inch of water. Bring the beans to a brisk boil over medium-high heat and let them boil for a minute, then remove the pan from heat. Cover the pan and let the beans soften for an hour, then drain.
2. Put the beans in a heavy, medium-sized saucepan with water, bay leaves, bacon and whole sausage. Bring to a boil, then reduce heat and simmer for 40 minutes to an hour until the beans are very tender. Let the mixture cool in the saucepan.
3. Remove the sausage from the bean mixture and the bacon from the bean mixture, chop into small pieces and set aside.
4. In a heavy frying pan, heat up the olive oil, add the onions and sweat them for a bit before adding garlic Stir-fry till softened, then add the bacon and sausage bits, stir-frying until fragrant.
5. Add the bacon and sausage mixture into the saucepan with the bean mixture. Season with salt and pepper to taste.
6. Return saucepan to heat, bring to a boil then reduce heat and let simmer for 10 minutes. Remove from heat. Let cool for 15 minutes, then carefully blend the mixture to your desired consistency – use a blender or food processor if needed.
7. Return to heat to bring the mixture back to serving temperature.



Salad: Most Brazilian salads use collard greens. Feel free to make your favorite salad using greens. Add fun colors with your favorite bright veggies (radishes) or fruit (mango, mandarin oranges)

Main Dish – for a heavy Lunch:

Brazilian feijoada – serves 6 (Time: 13 hours and 15 minutes) <https://youtu.be/auzJ4qLftBw>

Rice	12 oz linguica	salt and pepper to taste
1 pounds dry black beans, soaked overnight	8 oz Italian sausage	For the crumbs:
2 quarts water, plus more as needed (add more whenever stew looks too dry)	4 oz smoked bacon	1/2 cup breadcrumbs
1 bay leaf	3 oz dried beef	1 tbsp olive oil
2 smoked pork chops	1 onion	2 tsp grated orange zest
	6 cloves garlic	2 tbsp chopped Italian parsley
	1 tsp cumin	
	1/2 tsp coriander	

Basic steps:

1. Place black beans into a large bowl, cover with water, and soak overnight. Drain beans.
2. Place drained beans in heavy pot with 2 quarts of water. Bring to a simmer over medium-high heat. Reduce heat to low and simmer until beans are cooked but very firm, 1 1/2 to 2 hours.
3. Stir chopped dried beef into pot with beans. Add bay leaf and pork chop bones, stir and simmer on low heat for another 2 hours.
4. Cook bacon in large dry skillet over medium heat until not quite crisp. Add linguica and Italian sausage links; cook, stirring often, until meats are brown, about 10 minutes. Remove browned meat, reserving accumulated fat in skillet. Slice Italian sausage into chunks.
5. Brown onion and garlic in reserved drippings in the skillet over medium heat until onion is translucent and so, stirring to deglaze the pan, about 5 minutes. Season with cumin, coriander, cayenne pepper, salt, and black pepper; add 1 tablespoon chopped Italian parsley. Cook and stir until parsley has wilted, about 2 minutes.
6. Stir onion-spice mixture into pot with beans. Add cooked bacon, linguica sausage, Italian sausage, and pork chop chunks. Pour in enough water so meats are just covered with liquid. Increase heat to medium-high and bring to a simmer. Reduce heat to medium-low and cook uncovered until beans are very so and liquid begins to thicken, about 1 hour, stirring occasionally. If beans begin to look dry, add more water.
7. Heat olive oil in a skillet. Add breadcrumbs and cook and stir until crumbs are toasted. Stir in 2 tablespoons Italian parsley and grated orange zest.
8. When beans are cooked, ladle stew into bowls and top with the toasted crumb mixture.
 - Add onion mixture and meats, and simmer for another hour, or until beans are very soft
 - Add a splash of water at any point during the cooking if stew looks too dry
 - Test and add salt near the end, depending on saltiness of meat



Alternate Main Dish

Brazilian Stroganoff (Estrogonofe de Carne) – serves 6 (Time: approximately 50 minutes)

Rice	1 tablespoon good quality beef base
.5 pounds tender steak, trim visible fat off, cut into small cubes	2 tablespoons brown sugar
Salt and ground pepper	¼ cup ketchup
1 medium onion, finely chopped	1 cup water
2 garlic cloves, minced	6 oz whiter mushrooms, sliced
½ cup brandy or cognac, equally divided into two ¼ cup portions	2 tablespoons fresh rosemary, finely chopped
1 small can tomato paste	4 tablespoons olive oil, divided
	1 can of Media Crema (table cream) - See Cook's Notes

Read through before you begin –

1. Prepare rice – enough for 6-9 servings
2. In a large sauce pan, heat 2 tablespoons olive oil on high heat until smoking. Season the steak with salt and pepper, then sear the cubes of meat for about one minute. Turn the heat down to medium and add the onions. Cook for 3 to 4 minutes, until tender. Add the garlic and cook for about 30 seconds, until fragrant. Turn heat to high and add ¼ cup cognac; stir until it evaporates. Turn the heat down to medium-low and add the tomato paste, beef base, brown sugar, ketchup, and water. Cook about 5 to 7 minutes, stirring occasionally, until flavors are blended - be careful not to overcook the steak sauce.
3. In the meantime, while steak sauce is cooking its 5-7minutes, heat the remaining olive oil in a medium skillet set over high heat, until smoking. Add mushrooms and rosemary and cook about 2 minutes, stirring occasionally. Add the remaining ¼ cup cognac. Be careful, since it might flame. Cook for another minute, stirring to deglaze pan. Season with salt and pepper and remove from heat.
4. Add the mushrooms to the steak sauce and fold in the Media Crema. Adjust salt if necessary.
5. Serve immediately with a side of white rice.

Cook's Note: You can find Media Crema in your grocery store. Crème Fraiche can serve as a substitute.



Dessert Option 1:

Fruit Mousse (Passion fruit is preferred but use your favorite) (Time: 20 minutes prep, 4 hours to set)

Lime Mousse: serves 6 (Time: 20 minutes prep, 4 hours to set)

- 1 can (14oz) sweetened condensed milk (about 395ml)
- 2 cups Nestle Media Crema table cream (about 500ml)
- 3-5 limes – juice to the flavor strength you prefer (about ¼ cup lime juice)

1. Mix the condensed milk and cream together in a bowl or blender. Gradually add the lime juice and mix until well combined into a thick cream. The amount of lime juice depends on personal preferences, so taste as you go.
2. Pour the mousse into individual bowls or glasses. Let it refrigerate for at least four hours or, better yet, overnight.
3. Decorate with lime zest before serving. Serve the mousse chilled with savory biscuits, if you like.

Dessert Option 2:

Brigadiero – makes about 20-30 pieces (Time: 20 minutes)

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| 1–14 ounce can sweetened condensed milk | 2 tablespoons butter or margarine |
| 3–4 tablespoons chocolate milk powder (ie Nestle Quik) | Chocolate sprinkles, color sprinkles, peanuts, your choice of coating |
| | Paper candy cups |

1. Pour the milk, chocolate powder and 1 tablespoon of the butter into a medium saucepan. Stir with a silicon spatula until smooth.
2. Place over medium or medium-high heat and stir constantly until beginning to bubble around the edges. Reduce the heat to maintain a slow simmer.
3. Continue stirring until the mixture darkens and thickens. Adjust the temperature if necessary to keep the mixture from burning. You want to slowly caramelize it without burning or sticking. Be careful to scrape the sides and bottom of the pan well.
4. After about 10 minutes (give or take a few minutes) the mixture should be quite thick and, when you tilt the pot up it should sort of fall away from the bottom of the pot. This is called ponto de brigadeiro (See the video for a demonstration of what to look for - <https://hilahcooking.com/brigadeiro-recipe/>).
5. Turn off the heat.
6. Smear a little of the reserved butter onto either a plate or a marble slab and spread the mixture out into about an 8" disk. Let cool about 5 minutes or until cool to the touch.
7. Lightly oil your hands with butter and roll the mixture into small balls about the size of a large grape. Coat in sprinkles and place each brigadeiro into a paper candy cup.
8. These will keep in a container at room temperature for about 3 days.