

Rice, Beef, and Beans

The Recipe Box
(Brazilian Food)

Beans

3 T. olive oil
1/2 onion, diced
1 garlic clove, minced
1 can black beans
dash salt
1/2 tomato, diced

Beef

2-3 T. olive oil
1/4 c. onion, diced
1 garlic clove, minced
1 lb. sirloin steak

Vinaigrette:

3 T. vinegar
1 T. olive oil
1 green onion, diced
1 tomato
1 bunch cilantro
pinch salt
1/2 – 1 T. fresh lemon, squeezed

2-3 c. rice, cooked

Beans: In a skillet, heat oil on medium-high heat, and sauté the onions and garlic. Add beans, salt, and tomatoes; simmer on low until heated through and most of the liquid is evaporated.

Beef: In a skillet, sauté onion and garlic in olive oil. Add steak, and cook over medium-high heat until steak is cooked to desired temperature. Vinaigrette: Stir together all ingredients in a small bowl; spread over the beef. Serve with rice.

Torta Salgada (Salty Pie)

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2 c. flour
2 c. milk
2 eggs
1 c. vegetable or olive oil
1 t. salt

6 slices deli ham
2 c. Parmesan cheese, shredded
1/4 c. Parmesan cheese, grated
1 1/2 t. oregano

In a large bowl, mix together flour, milk, eggs, oil, and salt. Pour half of the mixture into a greased 8" x 8" pan. Layer 2 c. shredded cheese and deli ham on top of mixture. Top with remaining flour mixture. Sprinkle with 1/4 c. grated Parmesan cheese and oregano. Bake at 350° for 30-35 minutes or until golden brown.

Cartola

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1 T. butter
3 bananas, sliced lengthwise
6 mozzarella cheese slices
2 1/2 T. sugar
1 1/2 T. cinnamon

In a large skillet melt butter over medium heat; place sliced bananas into skillet and fry for 1 minute. Flip bananas and place cheese over each banana. Cook an additional 1-2 minutes—until cheese is melted. In a small bowl, mix together sugar and cinnamon. Generously sprinkle mixture over bananas and cheese. Serve immediately.

Condensed Milk Pudding

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14 oz. sweetened condensed milk
2 "cans" of milk (use the condensed milk can as measure)
3 eggs
1 c. sugar
1/2 c. water

In a large bowl, pour sweetened condensed milk, milk, and eggs; mix well. In a small saucepan, combine sugar and water; cook, stirring continuously, over medium-high heat for 10-15 minutes, until sugar has caramelized. Pour caramelized mixture into a round tube-shaped pan. Pour milk mixture over the top. Cover it with aluminum foil, and double-boil mixture for 40-60 minutes—or until top of pudding is set. Let it come to room temperature, and then refrigerate for 8 hours or overnight.