



- FOODS OF -
BRAZIL

Express!



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Table of Contents

Cooking the Brazilian Way	4
Eating the Brazilian Way	6
Regional Foods	8
Coffee and Desserts	10
Getting Ready to Cook	12
Pão de Queijo	14
Moqueca	16
Salpicão	18
Rabanada	20
Glossary	22
To Learn More	23
Index	24



Cooking the Brazilian Way



Brazilian **cuisine** has been influenced by many different cultures. In the 16th century, Portuguese explorers landed in the area that would become Brazil. They found **native** peoples who had special ways of preparing local plants and animals. The **colonists** embraced much of this culture. They mixed the Amazonian cooking styles and ingredients with some of their own recipes from Portugal. Later, African **slaves** brought their own flavors to Brazilian kitchens. As Brazil welcomed more **immigrants**, other cultures added special touches to the local dishes.



Most Brazilian chefs use ingredients native to their region of the country. In the **rain forest**, this often means fresh fish from the Amazon River and a variety of **tropical** fruits. In the southern grasslands, meat from livestock is more common. Throughout the country, **cassava** forms the basis of many dishes. Rice and beans also accompany most meals.

cassava



Eating the Brazilian Way

Brazilian people eat their biggest meal at midday. They enjoy spending mealtime with friends and family, and they stay to chat even after the food is finished. A normal lunch can last one or two hours. Dinner is lighter and usually eaten with family. If Brazilian people need a snack, they stop at a street cart. Instead of taking it to go, they wait to leave until they finish eating it. They never eat or drink while walking.





Brazilian people have excellent table manners. They never speak with food in their mouths or belch at the table. They also consider it impolite to eat with their hands. They use silverware to eat almost everything, including pizza and hamburgers. If they must pick something up, they use napkins instead of bare hands.

A Melting Pot

The national dish of Brazil is *feijoada*. This stew usually includes beans, beef, and pork. Each region adds local ingredients to the stew, making *feijoada* as varied as Brazil's cuisine.

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