

Pao de Queijo Recipe – Brazil



Pao de Queijo is a Brazilian cheese bread made with tapioca flour. They're puffy and chewy, like Japanese mocha, and perfect finger food, great for dipping! This Brazil recipe for Pao de Queijo is really simple and will not take you long at all. Once made, the batter will keep in the fridge for up to a week so if you fancy some more, you know where to head to. This Pao de Queijo recipe is also great for coeliacs as tapioca flour is gluten-free.

Prep time: 5 mins / Cooking time: 15 mins

Ingredients:

- 1 egg
- 175g tapioca flour
- 80ml olive oil
- 160ml milk
- 65g grated cheese
- 1 tsp salt to taste
- 1tsp finely-chopped tarragon (optional)

Method (makes about 16 small pao de queijo):

1. Pre-heat the oven to 200°C and grease a cupcake tray. Put all the ingredients in a blender and pulse until smooth to create your batter. This recipe is quite simple so feel free to experiment by adding herbs and spices to the mix.

2. Pour the batter evenly into the cupcake tray and then bake in the oven for 15-20 mins until the batter has puffed up and they are slightly brown on top. Leave them to cool. Devour.

Kalaallit Kaagiat - Greenland

Ingredients

100g sugar
100g raisins
100g butter
¼ litre hot water
1 sachet of fast action yeast
500g flour
1tbsp milk

Optional topping

2tbsp icing sugar
1tsp ground cardamom



Method

1. Add the sugar, raisins, butter, yeast, flour and hot water to a large bowl. Combine thoroughly until the butter has all melted and a dough has been formed.
2. Cover with cling film and set aside to stand for an hour.
3. Preheat the oven to 200°C, and line a baking sheet with greaseproof paper.
4. Knock back the dough, knead for a couple of minutes (this will be a sticky job, because it's a very wet mixture), then arrange the dough in the middle of the baking sheet.
5. Leave the loaf to rise in a warm place for 10-15 minutes, brush the top with milk, then bake for 35 minutes.
6. Tap the loaf on the bottom. If it sounds hollow, it's cooked. If not, return it to the oven for 10-15 more minutes.
7. Remove from the oven and allow to cool before serving.
8. (optional, if you want to serve as "cake") Mix cardamom powder into icing sugar, and dust onto the top of the cake after cooling.

Chilean Pumpkin and Bean Stew

This hearty dish is also known as porotos granados. Butternut squash is simmered with beans and sweetcorn. You can make this vegan-friendly by using vegetable stock instead of chicken stock. It's the perfect stew to keep you warm through the cold and bitter winter months.

Ingredients

- 1 tablespoon olive oil
- 1 onion, chopped
- 275g cubed butternut squash
- 1 (410g) tin cannellini beans, rinsed and drained
- 180g butter beans
- 750ml vegetable stock
- 325g frozen sweetcorn
- 2 tablespoons chopped fresh basil
- 1 mild chilli, seeded and chopped or to taste

Method

Prep:15min › Cook:45min › Ready in:1hr

1. Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, cannellini beans and butter beans into the pot; pour the stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes.
2. Stir the sweetcorn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more. Sprinkle the chopped chilli over individual portions to serve.

Homemade tortilla chips with guacamole - Mexico

Ingredients

For the tortilla chips

- 12 corn tortillas
- 3 tbsp vegetable oil

For the guacamole

- 3 large ripe avocados
- juice 2 limes
- ½ small red onion, finely diced
- small handful coriander, chopped
- 2 green chillies, deseeded and finely chopped



Method

Tortillas:

- Heat oven to 200C/180C fan/gas 6.
- Brush both sides of the tortillas with the oil,
- Then cut into triangles with scissors.
- Arrange in a single layer on 1 or 2 baking sheets and bake for 7-8 mins.
- Remove, sprinkle with salt and set aside.

Guacamole:

- Halve and stone the avocados, then spoon the flesh into a bowl.
- Pour over the lime juice and a sprinkle of salt
- Crush with a potato masher until puréed but still chunky.
- Add onion, coriander and chillies.
- Stir through and set aside until needed.

Canadian butter tarts

Ingredients

- 375g pack ready rolled shortcrust pastry
- 2 large eggs
- 175g light muscovado sugar
- 100g raisins
- 1 tsp vanilla extract
- 50g butter, room temperature
- 4 tbsp single cream



Method

- Preheat the oven to fan 170C/ conventional 190C/gas 5.
- Roll out the pastry on a lightly floured surface so it's slightly thinner than straight from the pack. Then cut out 18-20 rounds with a 7.5cm fluted cutter, re-rolling the trimmings.
- Use the rounds to line two deep 12-hole tart tins (not muffin tins). If you only have a regular-sized, 12-hole tart tin you will be able to make a few more slightly shallower tarts.
- Beat the eggs in a large bowl and combine with the rest of the ingredients.
- Tip this mixture into a pan and stir continuously for 3-4 minutes until the butter melts, and the mixture bubbles and starts to thicken. It should be thick enough to coat the back of a wooden spoon. Don't overcook, and be sure to stir all the time as the mixture can easily burn. Remove from the heat.
- Spoon the filling into the unbaked tart shells so it's level with the pastry. Bake for 15-18 minutes until set and pale golden. Leave in the tin to cool for a few minutes before lifting out on to a wire rack. Serve warm or cold.