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# A taste of Brazil

## Local treats while watching the Olympics

BY JUNEA ROCHA



I GREW UP in Brazil and am thrilled that the attention of the world will turn to my beautiful homeland, its people, its culture, and its food as host to the 2016 Summer Olympics this month.

When people find out where I am from, they often mention how much they like to eat *churrasco* (grilled meats) in Brazilian steakhouses. Many people are also familiar with *feijoada*—the most Brazilian dish—which consists of a bean stew with meat, usually served with rice, cabbage and *farofa* (a toasted cassava flour mixture).

But there is so much more to Brazilian cuisine! Brazil is one of the largest countries in the world, and the wide varieties of food available in different regions reflect that. Ubiquitous touches include rice, beans, vegetables and fruit. Brazil produces more fruit than almost anywhere else on earth, including avocados, oranges, pineapples, papayas, guavas, açai berries and more. Leisurely meals are a central part of the Brazilian lifestyle.

And we truly love our desserts! Here's a recipe for my favorite, *brigadeiros*, which I'm sharing here along with my version of Brazilian-style chicken salad. Enjoy! **C**

Junea Rocha is co-founder and CEO of Brazi Bites ([brazibites.com](http://brazibites.com)), available in the freezer section at select Costco warehouses.



DENISE BROWNING FOR BRAZI BITES

### BRAZILIAN CHICKEN SALAD (SALPICÃO) ▲

Salpicão is very popular served chilled on hot Brazilian days. You can try adding scallions, nuts, pineapples, sweet peppers or olives for extra flair.

- 4 cups cooked, shredded chicken (rotisserie chicken works great)
- 2 cups chopped celery
- 1 cup shredded carrot
- ½ cup raisins
- 2 medium apples, chopped
- ½ cup canned peas, drained
- ½ cup red grapes, cut into rounds (optional)

- 1¼ cups mayonnaise
- ½ cup fresh lime juice
- Salt to taste
- Ground black pepper to taste

In a large bowl, toss together the chicken, celery, carrot, raisins, apples, peas and grapes. Set aside. In a small bowl, whisk together the mayonnaise, lime juice, salt and pepper. Add this to the chicken mixture, mixing gently until combined. Refrigerate. Serve chilled or make sliders with miniature buns, such as Brazi Bites cheese bread. Makes 4 servings.

### BRAZILIAN CHOCOLATE TRUFFLES (BRIGADEIRO)

A birthday party in Brazil just isn't a birthday party without these super-delicious treats. Think fudge balls meet truffles, with only four ingredients.

- 3 tablespoons butter, plus extra butter for hand-rolling
- 4 tablespoons unsweetened cocoa powder
- 1 (14-ounce) can of sweetened condensed milk
- 1 cup sprinkles (use chocolate or multicolor, or both)

Put butter, cocoa powder and condensed milk in a saucepan and heat the mixture over medium-low heat, stirring constantly as the butter melts. Reduce heat and continue to stir for 5 to 7 minutes as contents thicken.

Turn off heat and cool mixture to room temperature—about 15 minutes. Lightly butter your hands, scoop up a tablespoonful of the mixture and roll it into a ball. Coat the ball in a plate of sprinkles. Repeat. Store in a sealed container for up to 4 weeks in the refrigerator. Makes 5 to 6 servings (approximately 25 truffles).



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