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Introduction

Sauces

Chapter One

Sauces + Sides



CALDO VERDE

Ingredients

- Chicken stock
- Finely-chopped couve (collard greens)
- Potatoes
- Calabresa sausage (similar to kielbasa)
- Onion
- Garlic

Recipe

1. Cook the potatoes in the chicken stock and some water until tender. Do not drain them.
2. Fry-off the sausage, onion and garlic until translucent.
3. Add the couve (collard greens) and cook until wilted.
4. Take one or two potatoes out, and blend the rest using a hand blender
5. Add the onion, garlic, sausage and couve mixture back into the soup and simmer for 10 minutes.

FEIJÃO

Ingredients

- Black turtle beans
- Garlic
- Lardons
- Bay leaves
- Olive oil
- Salt
- Pepper

Recipe

1. Pressure cook the beans and Bay Leaves for 1 hour, or less if pre-soaked.
2. Sauté the garlic and lardons in olive oil until fragrant.
3. Add the sautéed mixture to the cooked beans and pressure cook for a further 15 minutes.
4. Season with salt and pepper to taste.

JOLLOF RICE

Ingredients

- 200g Guanciale
- 2 cups Rice
- Red pepper
- Tomato
- Tomato paste
- 2 onions
- Scotch bonnet pepper
- Garlic
- Chicken stock
- Neutral oil (vegetable/sunflower)
- Herbs: thyme, bay leaf
- Spices: fennel, clove, ginger, paprika, tumeric
- Salt & peper

Instructions

1. Sauce base: blend the red pepper, 1 onion, tomato with some ckicken stock. Fry off and put aside.
2. Spice blend: In the same pan, fry the remaining onion, garlic, tomato paste, scotch bonnet and spices until fragrant.
3. Combine: Add the rice to the spice mix & coat the grains. Add half of the sauce base, stock and water. Add the bay leaves.
4. Cook: Bring to the boil, then simmer on low heat, covered, until rice is cooked (15-20 mins).
5. Finish: Stir through the remaining sauce base, thyme, adjust seasoning and serve.

Hints & Tips

- Not too much spice or tumeric - Jollof is meant to be red, not orange!
- Excess sauce base can be served on the side.
- Add oil or butter towards the end of cooking, to prevent the rice becoming dry

PÃO DE QUEIJO

These iconic Brazilian cheese puffs are crisp on the outside and delightfully chewy (almost mochi-like) on the inside. They are naturally gluten-free and dangerously addictive!

Ingredients

- 500g Tapioca Starch (250g Doce / 250g Azedo)
- 250g Whole Milk (oat is fine)
- 100ml Water
- 100ml Vegetable Oil
- 10g Fine Salt
- 3 Eggs
- 150g Parmesan, finely grated
- 100g Mozzarella or mild cheddar, grated

Instructions

1. Scald: Bring milk, water, oil, and salt to a rolling boil and pour over the starch.
2. Cool: Allow the dough to cool for 15 minutes.
3. Mix: Incorporate eggs one at a time and add the cheeses.
4. Form: Preheat oven to 190°C. Roll 30g balls.
5. Bake: Bake for 20-25 minutes.

Hints & Tips

- Texture Science: Scalding causes starch gelatinization, creating the elastic matrix that traps steam for the rise.
- Starch Ratio: 100% Doce yields a dense roll; 100% Azedo creates a hollow puff.



Mains

COD WITH MORCILLA

Ingredients

- 500g Cod

Recipe

1. Scald: Bring milk, water, oil, and salt to a rolling boil. Pour immediately over the starch in a large bowl. Stir until a lumpy, sticky paste forms.

LAMB SHANK CURRY

Ingredients

- Beans

Recipe

1. Make

MIDWEEK GRILLED CHICKEN

Ingredients

- Beans

Recipe

1. Make

SALAD DU NICE

Ingredients

- Beans

Recipe

1. Make

PUTTANESCA

Ingredients

- Beans

Recipe

1. Make

SHAKSHUKA WITH FETA

Ingredients

- Beans

Recipe

1. Make

SHORT RIBS WITH SPICED GRAVY

Ingredients

- Beans

Recipe

1. Make

Special Occasions

BAKED GAMMON WITH PINEAPPLE GLAZE

Ingredients

- Gammon
- Fresh pineapple - fibrous core removed
- Spices - cloves, cinnamon, nutmeg, or mixed spice
- Ginger - fresh and/or ground
- Honey
- Vinegar (mild)
- Marmelade

Recipe

1. Pressure cook the gammon for 20 minutes per 500g plus 20 minutes.
2. Blend the other ingredients to make a glaze.