



Tabletop Solutions
Food Service Consultants

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Brazil



Photo from <http://isabellars.wordpress.com/>

Meals:

- **Breakfast:** or *café-da-manhã* is a small meal with strong coffee, fruit, toast/pastry and jelly.
- **Brunch:** *Elevenses*,² the *lanche-da-manhã* (mid-day snack) fruit, sandwiches, crackers, cookies
- **Lunch:** *almoço* is the largest meal of the day and a social time. Rice and beans are a staple of the Brazilian diet.
- **"Tea"** the *lanche-da-tarde* "afternoon snack": It is a meal had between lunch and dinner. Brazilians drink small - but potent - cups of coffee all day long.
- **Dinner** the *jantar*: For most Brazilians, *jantar* is a light affair featuring soups, salads, pasta, hamburgers; pizza or repeating midday dinner foods are the most common dishes.

Frequently used Foods:

- **Fruits and Vegetable:** Oranges, corn, banana, guava, pineapple, tomato, onions, red pepper, yams, açaí, cupuaçu, mango, papaya, guava, orange, passion fruit, pineapple, and hog plum, okra, onion, garlic
- **Protein** eggs, peanuts, legumes, shrimp, cod, lamb, cashews, chicken
- **Spices** cinnamon, garlic, coriander
- **Oils/misc:** palm oil, coconut milk

Ten Regional Favorite dishes with links to interesting recipes:

- Feijoada: <http://allrecipes.com/recipe/feijoada-brazilian-black-bean-stew/>
- Acarajé: <http://www.cynthiapresser.com/recipe-blog/appetizers-a-starters/236-acaraje-black-eyed-pea-fritters-from-bahia-brazil>
- Caruru: http://www.yummly.com/recipe/Caruru-Food-Network_1
- Baiana <http://brazilianfoodie.com/2012/03/moqueca-baiana/>
- Paode queijo: <http://cybercook.com.br/pao-de-queijo-mineiro-r-14-3018.html>
- Pasties: <http://www.foodnetwork.co.uk/recipe/mini-pasties-keyword--brazilian-cuisine.html>
- Coxinha:
<http://southamericanfood.about.com/od/snacksstreetfood/r/Coxinha.htm>
- Farofa: <http://bewitchingkitchen.com/2013/08/13/farofa-brasileira/>
- Tapioca: <http://brazigzag.com/food/tapioca-couscous-sweet-dessert/>
- Esfihas: <https://multiculturalfoodlovers.wordpress.com/2012/03/01/esfihas/>

Religion: Approximately 70% of Brazilians are Roman Catholic.

Religious holidays and dietary requirements:

- Carnival ~ held before ash Wednesday celebrates the beginning of Lent
- Festas Juninas (June Festivals), June. Brazilians celebrate a series of popular festivals with origins in Roman Catholic tradition. The feasts of Saint Anthony (13

June), Saint John (24 June) and Saint Peter (29 June) are marked by huge bonfires, traditional foods

- Brazilian Independence Day, 7 September. Brazil was a colony of Portugal until 1822
- Nossa Senhora Aparecida (Our Lady Aparecida), 12 October. The Feast of Nossa Senhora Aparecida, the patron saint of Brazil, is a legal holiday.
- Proclamation of the Republic, 15 November. This holiday celebrates the demise of the Brazilian Empire and the proclamation of the republic in 1889.
- New Year's Eve, 31 December. Thousands of followers of Afro-Brazilian religions celebrate New Year's Eve on Brazil's beaches to honor Yemanjá, goddess of the sea.

Read more: <http://www.everyculture.com/Bo-Co/Brazil.html#ixzz2tEHGKW1L>

Etiquette: Brazilians always wash their hands before eating and rarely touch food with their hands. Use a knife and fork for everything, even fruit. Always use a napkin while eating or drinking.

Brazilian use cutlery except for food like bread or boned chicken – in these particular cases the food can be held with a napkin.

Food History: “Brazil, the largest and the only Portuguese speaking country in South America, has a wonderful variety of traditional foods. Brazilian cuisine is a result of a combination of key ingredients brought by different cultures that arrived into our country. It all started with the colonization by the Portuguese in the 16th century. During our history many other different nationalities introduced a variety of elements and dishes for example the Italians (pizza, pasta), the Spanish (empanadillas - empadinhas), the Arabs (spīha, lamb, kibbeh), the Chinese and Japanese (wontons – pastels).” Rosana McPhee

Additional information and acknowledgments:

<http://thefoodiebugle.com/article/cooks/brazilian-food-and-customs>

<http://www.everyculture.com/Bo-Co/Brazil.html>