



# DE'LISH 1 RECIPES

## EPISODE 12 - RIO DE JANEIRO

**STARTER:** PAO DE QUEIJO WITH CURRY LEAF CHUTNEY

**MAIN:** MUTTON FEIJOADA AND RICE

**DESSERT:** CASHEW NUT, CHOCOLATE AND PAPAYA PIE

### STARTER: PAO DE QUEIJO WITH CURRY LEAF CHUTNEY

#### Ingredients

1/4 cup olive oil  
 1/4 cup butter  
 1/3 cup full cream milk  
 1/3 cup water  
 1 tsp salt  
 2 cups tapioca flour  
 2 tsp garlic, minced  
 2/3 cup parmesan cheese, grated  
 2 eggs, beaten

#### CHUTNEY:

1 bunch fresh curry leaves  
 1 cup brazil nuts, chopped  
 30ml lemon juice  
 30ml olive oil  
 4 cloves garlic, crushed  
 1 tsp jeera seeds  
 2 green chillis, crushed  
 1 tsp mustard seeds  
 1 tbsp oil  
 salt to taste

#### Method

- Preheat the oven to 180 degrees Celsius.
- Heat the oil, milk, water and salt in a large saucepan. Once boiling, switch off the heat and stir in the flour and garlic until a smooth mixture is obtained. Cover and allow to rest for 15 minutes.
- Mix in the cheese and egg until a chunky mixture similar to cottage cheese is obtained.
- Drop rounded, 1/4 cup balls onto an ungreased baking sheet, not spacing too closely. Bake for 15 to 20 minutes, until the tops are lightly browned.
- To make the chutney, add all the ingredients, except the mustard seeds and oil, to a blender and puree. Fry the mustard seeds in the oil until they begin to pop. Add the chutney, cover, and cook on low heat for 5 minutes. Add more lemon juice to thin if desired, and allow to cool.
- Cut the breads as desired and arrange on a platter. Spoon the chutney into one or more dipping bowls and garnish the plate with fresh curry leaves, brazil nut shavings and cherry tomato halves.

### MAIN: MUTTON FEIJOADA AND RICE

#### Ingredients:

|  |                               |
|--|-------------------------------|
| 250g black beans, soaked and boiled for 1 hour | 1 tbsp vinegar                |
| 250g mutton sausages                           | 2 bay leaves                  |
| 250g mutton meat                               | 1 stick cinnamon              |
| 4 strips macon                                 | 2 tbsp fresh parsley, chopped |
| 1 large onion, chopped                         | 1 tbsp fresh thyme            |
| 1 stalk celery, chopped                        | 1 large tomato, chopped       |
| 4 cloves garlic, crushed                       | salt and black pepper         |
| 1 tsp ginger, ground                           | water for boiling             |
| 1/2 tsp turmeric powder                        | 1 cup basmati rice            |
| 1 tsp dhanian powder                           | 1 tsp cumin seeds             |
| 2 jalapeno peppers, finely chopped             | 1 tsp poppy seeds             |
| 1 red chilli, crushed                          | water for boiling             |
| 30ml oil                                       |                               |

#### Method

- Heat the oil in a large pot and fry the garlic, ginger, onion and celery with the turmeric, dhanian powder, jalapenos and chilli.
- Add the meat and fry, stirring regularly, until it has browned.
- Mix in the rest of curry ingredients, the beans, and just enough

water to cover the contents of the pot. Reduce the heat, cover, and allow the feijoada to simmer for at least 2 hours. Add more boiling water if and when necessary to retain the gravy.

- After the two hours, mash 4 tablespoons of the beans with the back of a spoon and add it back to the pot. Season with salt and pepper. Add more boiling water if necessary and allow the curry to simmer for a further hour.
- Cook the rice according to the package instructions with the cumin seeds. When the rice is ready, stir in the poppy seeds.
- To serve, mould the rice onto the plate and spoon the curry around it. Garnish with an orange slice, fresh dhanian, parsley and thyme.

### DESSERT: CASHEW NUT, CHOCOLATE AND PAPAYA PIE

#### Ingredients

1/4 cup brown sugar  
 120ml water  
 2 large or 3 medium papayas, peeled and sliced lengthwise  
 2 cups rolled oats  
 2 cups whole wheat flour  
 1 cup toasted wheat germ  
 1 cup cashew nuts, ground  
 1 1/2 cups dark chocolate, grated  
 225g butter  
 1 tsp cinnamon powder  
 1 tsp elachi powder

#### Method

- Preheated the oven to 170 degrees Celsius.
- Melt the sugar with the water in a pot and simmer until it reaches a slightly yellow colour. Do not caremelize. Pour this mixture into a pie dish and spread to cover the base.
- Layer half of the papaya over this.
- In large bowl, mix the rest of ingredients, then the butter, to make a crumbly dough. Sprinkle half of this mixture over the papaya and pat down. Repeat the layering and bake the pie for 45 minutes, until the topping is toasted.
- Cut the pie into slices and garnish the plates with fresh or dried tropical fruit, mint leaves, chocolate runouts and rose syrup.