



BRAZILIAN CREME DE ABACATE (AVOCADO SMOOTHIE) & FEIJOADA (BLACK BEAN STEW) BACKGROUND

Recipe Background: You may not be used to eating avocado in anything but guacamole or salad but Brazilians know that avocados make awesome desserts too! This smoothie recipe is a typical South American treat.

Feijoada is the national dish of Brazil and is traditionally eaten on Saturday afternoons. It usually consists of several dishes served together. They include black beans stewed with scraps of smoked meat (maybe the week's leftovers), rice, kale, oranges, manioc flour. This traditional dish probably comes from the Portuguese stews of pork and beans.

Nutrition Background: Black beans are a very good source of cholesterol-lowering fiber. When combined with whole grains such as brown rice, black beans provide virtually fat-free high quality protein. The meats in this dish give us protein as well.

The orange vegetables and fruits in this dish- peppers and sweet potatoes has lots beta carotene- an important plant chemical that support a healthy immune system. Peppers also have even more vitamin C than citrus fruits!

The avocado is also known as the Alligator Pear, reflecting its shape and the leather-like appearance of its skin. Avocado is derived from the Aztec word "ahuacatl". Avocados are a good source of potassium and folate, minerals that help regulate blood pressure. It also has lots of healthy fats, which make you feel full and give you long-lasting energy.

Brazilian Food: About 1 million native Indians lived in Brazil when the first Portuguese explorers arrived early in the 16th century. Beginning in 1538, almost 5 million Africans arrived before the abolition of slavery in 1888. Portuguese immigrants were followed by Italians, Germans, Syrians, and Lebanese. Asians arrived during the 1930's.

This population mixture has created a national cooking style marked by profound differences. "The cuisine did not evolve, however, by absorbing these influences, eliminating their identity in the process" explains Joan and David Peterson, authors of *Eating Smart In Brazil* (Ginko Press, 1995). "The distinct contribution of each is still apparent in many Brazilian dishes today. Interestingly, the national cuisine of Brazil is more a collection of unique regional ones."





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Prep Time: 30 minutes **Cook Time:** 35 minutes **Makes:** 6-8 servings

Cultural Background:

Where in the world? Brazil, South America

Staple Food: rice, beans

Did you know? Feijoada is the National Dish of Brazil!

Nutrition: This dish is rich in...

Carbs: sweet potatoes, sugar

Protein: sausage, ham, beans

Good Fat: avocado, canola oil, meats, cream, coconut

Vitamins and Minerals: all!

Fruit, veggies, & herbs are rich in Vitamin C & A, and fiber

Ingredients for the Stew:

1 tablespoon	Canola Oil
¼ pound	Chorizo Sausage
¼ pound	cooked Ham
1	Onion
3 cloves	Garlic
1	Sweet Potato
1	Red Bell Pepper
1 (32 ounce) can	Diced Tomatoes
1	Small Hot Green Chile Peppers
1 cup	Water
2 (16 ounce) cans	Black Beans
1	Mango
1 bunch	Cilantro
¼ teaspoon	Salt

Ingredients for the Smoothie:

3	Avocados
½ cup	Confectioners' Sugar
1/3 cup	Heavy Cream
1/3 cup	Lime Juice
1/3 cup	Toasted Coconut Shavings
2	Limes





Directions for the Stew:

1. **WASH** all of the produce.
2. **CHOP** the sausage and ham.
3. **CHOP** the onion.
4. **MINCE** the garlic.
5. **HEAT** large pot over medium heat, **ADD** the oil and **COOK** the chorizo and ham 2 to 3 minutes.
6. **PLACE** the onion in the pot, and **COOK** until tender (about 3 minutes).
7. **STIR** in garlic, and **COOK** until tender (about 2 minutes).
8. Meanwhile, **PEEL** and **DICE** the sweet potatoes.
9. **DICE** the red pepper and the green chile. **BE** careful not to touch your face so the oil from the peppers doesn't burn you.
10. **OPEN** the canned tomatoes and carefully discard the sharp lid.
11. **ADD** the sweet potatoes, bell pepper, tomatoes with juice, chile pepper, and water. **BRING** to a boil, **REDUCE** heat to low, **COVER**, and **SIMMER** 15 minutes, until sweet potatoes are tender.
12. Meanwhile, **OPEN** the can of beans and carefully **DISCARD** the sharp lid. **RINSE** the beans in a colander.
13. **PEEL** and **DICE** the mango.
14. **REMOVE** the cilantro leaves from stems and **DISCARD** the stems. **CHOP** the leaves.
15. **STIR** the beans into the pot, and **COOK** uncovered until heated through.
16. **MIX** in the mango and cilantro, and **SEASON** with salt.

Directions for the Whipped Avocado:

1. **CHILL** the avocados and cream.
2. **PEEL** and **DICE** the avocados.



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3. **CUT** lime into wedges for garnish.
4. **COMBINE** in a blender the avocados, sugar, cream, and lime juice. **BLEND** until smooth and creamy.
5. **DIVIDE** between footed dessert coups or small bowls. **GARNISH** with coconut shavings and lime wedges. You can also serve in the scooped out avocado halves.





BRAZILIAN CREME DE ABACATE (AVOCADO SMOOTHIE) & FEIJOADA (BLACK BEAN STEW) INGREDIENT & EQUIPMENT CHECKLIST

PERISHABLE INGREDIENTS

- ¼ pound Chorizo Sausage
- ¼ pound cooked Ham
- 1 Onion
- 3 cloves Garlic
- 1 Sweet Potato
- 1 Red Bell Pepper
- 1 Small Hot Green Chile Peppers
- 1 Mango
- 1 bunch Cilantro
- 3 Avocado
- 1/3 cup Heavy Cream
- 1/3 cup Lime Juice
- 2 Limes

NON-PERISHABLE INGREDIENTS

- 1 tablespoon Canola Oil
- 1 (32 ounce) can Diced Tomatoes
- 1 cup Water
- 2 (16 ounce) cans Black Beans
- ¼ teaspoon Salt
- ½ cup Confectioners' Sugar
- 1/3 cup Toasted Coconut Shavings

COMMON EQUIPMENT

- Chef's Knife
- Cutting Boards
- Measuring Spoons & Cups
- Wooden Spoon
- 15 *mise en place* bowls
- Colander

SPECIAL EQUIPMENT

- large Pot with Lid
- Blender
- Vegetable Peeler
- Can Opener

DISPOSABLE SUPPLIES

- Napkins
- Paper Towels
- Tasting Spoons

SUPPLIES

- Bowls
- Cups
- Spoons

