



Workshop Brazilian Colorful Kitchens

We are all about Cassava!

Workshop Program:

- Introduction (15 mins)
 - Welcome!
 - Introduction to Colorful Kitchens..
 - Introduction to Elton and Tahiba.
 - Overview of the workshop and schedule.
- Brazilian Cuisine Concepts (15 mins)
 - Presentation on the essence and significance of Brazilian culinary traditions.
- Cassava Exploration (15 mins)
 - Unveiling the wonders of Cassava: From root to plate.
- Hands-On Cooking (2,30 hours)
 - Guided preparation of the 3-course menu:
 - Garlic Farofa FA with Black Eyed Beans and Okra Vinaigrette Salad
 - Escondidinho Pie (with chicken or vegetables)
 - Cassava, Cheese, and Coconut Pie with Vanilla Ice Cream
- Dining and Q&A (30 mins)
 - Enjoying the delightful feast you've prepared.
 - Engage with Elton and Tahiba in a lively Q&A session.
- Farewell and Goodie Bags (15 mins)
 - Parting words and appreciation.
 - Receive a special Jungle Brazil goodie bag - including FAROFA FA & recipes from workshop.



Recipes

Garlic Farofa Fa with Black Eyed Beans and Okra vinaigrette salad

Servings: 12 / Ingredients:



- 2 cups of Jungle Brazil farofa Fa
- 1/2 cup of olive oil
- 2 cloves of garlic, minced
- 2 cups of cooked black-eyed beans
- 2 cups of fresh okra, trimmed and sliced
- 1 red onion, thinly sliced
- 1 red bell pepper, diced
- 1/4 cup of olive oil
- 2 tablespoons of red wine vinegar
- 2 teaspoon of freshly smashed cumin
- Salt and pepper to taste
- Fresh parsley and fresh coriander for garnish

Instructions:

Blanch the okra in boiling water for 2-3 minutes, then immediately transfer to an ice water bath to stop the cooking process. Drain and set aside.

In a large mixing bowl, combine the blanched okra, sliced red onion, and diced red bell pepper.

In a separate bowl, whisk together the olive oil, red wine vinegar, salt, and pepper to make the vinaigrette.

Pour the vinaigrette over the salad and toss to combine.

Garnish with fresh parsley before serving.

Escondidinho Pie (with chicken or vegetables)

Servings: 12 / Ingredients:

1kg of chicken breast (or mixed vegetables for a vegetarian option)
4 cups (aprox 1kg) of mashed cassava (yuca)
1 cup of shredded cheese (gouda, mozzarella or cheddar)
1 red onion, thinly sliced
1 red bell pepper, diced
1 can of peeled and diced tomatoes
½ cup of spring onion
Fresh parsley and fresh coriander for garnish
1/2 cup of cream
2 tablespoons of butter
Salt and pepper to taste



Instructions:

Preheat the oven to 350°F (175°C).

If using chicken, season and cook it in a skillet until fully cooked, then shred it into small pieces. If using vegetables, sauté them until tender.

In a separate pot, boil the cassava until soft, then mash it with butter and cream until smooth. Season with salt and pepper.

In a baking dish, layer half of the mashed cassava on the bottom, followed by the cooked chicken or vegetables, and half of the shredded cheese. Repeat the layers.

Bake in the preheated oven for 25-30 minutes, or until the cheese is melted and bubbly. Serve hot.



Cassava, Cheese, and Coconut Pie with Vanilla Ice Cream

Servings: 12 / Ingredients:

- 4 cups of grated cassava (yuca)
- 1 cup of shredded coconut
- 1 cup of sugar
- 1 cup of milk
- 1 cup of shredded cheese (gouda, cheddar or mozzarella)
- 3 eggs
- 1 teaspoon of vanilla extract
- Vanilla ice cream for serving



Instructions:

Preheat the oven to 350°F (175°C) and grease a baking dish.

In a mixing bowl, combine the grated cassava, shredded coconut, sugar, milk, shredded cheese, eggs, and vanilla extract.

Pour the mixture into the prepared baking dish and spread it evenly.

Bake for 40-45 minutes or until the top is golden brown and the pie is set.

Allow the pie to cool slightly before serving.

Serve slices of the cassava pie with a scoop of vanilla ice cream on top.