

São Paulo Style Collard Greens with Beans + Brazilian Pão de Queijo Puffs + Brilliant Brazilian Limeade



são paulo style collard greens with beans

rinse+trim+slice

Rinse **1 large bunch of collard greens** under cold water and have your kids trip the bottoms and remove the thick middle vein of the leaves. Roll a stack of leaves tightly into a cylinder and slice greens as thinly as possible by slicing the cylinder into thin shreds.

chop+sauté

Have your kids chop **4-5 stalks green onion** and **2 garlic cloves**. Heat a skillet on your stovetop over medium to medium-high heat with **2 T oil**. Sauté the onions and garlic until soft, approximately 3-5 minutes. Add the sliced collard greens and stir to coat with the oil. Cook for approximately 4 minutes or until soft (they should still have their bright green color!).

add+cook

Add in **1 15 oz. can of pinto or black beans** (drained, but reserve the liquid!) and a **dash of paprika** and **dash of hot sauce**, if using. Cover and cook for another 5 minutes, adding some of the reserved bean liquid if the greens and beans get too dry. Continue to toss the greens and beans together until the beans are warm.

season+squeeze

Taste and season with **salt** and **pepper**, if needed. Squeeze the **juice of ½ lime** over the beans and greens just before serving. Enjoy with your bread and limeade!

:: continued ::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

brazilian pão de queijo puffs

oil+preheat

Spread a little **olive oil** around the insides of each well of your muffin sheet. Preheat oven to 425 degrees.

measure+mix

Measure and mix together **1 C whole milk**, **½ C vegetable oil**, **½ tsp salt**, **2 C tapioca flour**, **2 eggs**, and **½-1 C grated parmesan cheese**. Use a hand mixer or immersion blender to blend until smooth, using a spatula to scrape down the sides of the bowl so that everything gets blended well. (At this point, you can store the batter in your refrigerator for up to a week!)

fill+bake

Fill your prepared muffin wells with batter - about 2 T for each bread bite. Bake in preheated oven for about 20 minutes, until puffy and just lightly browned. Remove from the oven and let cool for a few minutes. Eat while warm! (*Note: Pao de Queijo is very chewy, much like Japanese mochi.*)

brazilian limeade

slice+measure+combine

Wash **2 limes** and cut off the ends. Slice into thin wedges and place limes, peel and all, in your blender, or a pitcher for use with an immersion blender. Add **½ C sugar/honey/agave**, **3 T sweetened condensed milk**, and **3 C water**.

blend+enjoy!

Blend until times have all liquefied into the water and sugar. Add **2 C ice** and blend some more, until thick and creamy, like a slushy!

:: continued ::

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

shopping list

São Paulo Style Collard Greens with Beans	Brazilian Limeade
<input type="checkbox"/> 1 large bunch of collard greens	<input type="checkbox"/> 2 limes
<input type="checkbox"/> 1 can of Pinto or black beans	<input type="checkbox"/> ½ C sugar/honey/agave or 10 packs of stevia
<input type="checkbox"/> 2 cloves garlic	<input type="checkbox"/> 3 T sweetened condensed milk
<input type="checkbox"/> 2 T oil	<input type="checkbox"/> 3 C water
<input type="checkbox"/> 4-5 stalks green onion	<input type="checkbox"/> 2 C ice
<input type="checkbox"/> salt and pepper, to taste	
<input type="checkbox"/> ½ lime	
<input type="checkbox"/> dash of hot sauce, optional	
<input type="checkbox"/> dash of paprika, optional	
Brazilian Pão de Queijo Puffs	Egg Free Brazilian Pão de Queijo Puffs
<input type="checkbox"/> 1 C whole milk	<input type="checkbox"/> ¾ C whole milk
<input type="checkbox"/> ½ C vegetable oil	<input type="checkbox"/> 8 T butter
<input type="checkbox"/> ½ tsp salt	<input type="checkbox"/> ½ tsp salt
<input type="checkbox"/> 2 C tapioca flour	<input type="checkbox"/> 2 C tapioca flour
<input type="checkbox"/> 2 eggs	<input type="checkbox"/> 1 T baking powder
<input type="checkbox"/> ½ - 1 C parmesan cheese	<input type="checkbox"/> ½ - 1 C parmesan cheese

:: continued ::



www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

The History of Couve a Mineira & Pão de Queijo

Couve a Mineira (covee a men-air-a) is a popular recipe for collard greens from the Minas Gerais region of Brazil. African slaves contributed to Minas Gerais' culinary history, which is rich in garlic and onion. In Couve a Mineira, thinly sliced collard greens are briefly cooked in garlic and olive oil for a healthy, tasty side dish. These greens are a traditional accompaniment to the classic Brazilian dish feijoada, but they go with almost any meal.

The Portuguese Pão de Queijo (pow de k-jew) translates to "bread of cheese" in English. Like many great foods in the Western Hemisphere, pro de queijo has its roots in the culinary creations of African slaves. Manioc, a root plant also known as yuca or cassava, and better known in US supermarkets as tapioca, was and still is a common staple in Brazil. When the Portuguese colonized Brazil, they would peel, grate, soak, and dry it in order to make a wide variety of now traditional Brazilian foods. The residue of this process, considered inedible by the landowners and others that were better off, was a fine white powder or starch. The slaves gathered this residue and made it into balls, which they then baked. At the end of the 19th century, after slavery ended, other foods were made available to the Afro-Brazilian population. And in the state of Minas Gerais, the center of the dairy production in Brazil, cheese and milk were added to the balls of starch. So, as a combination of Afro-Brazilian ethnicity and the agricultural geography of Minas Gerais, pão de queijo as we now all know it, came to be!

The surprise ingredient of the week is: Collard Greens!

- ★ **Collard greens are loose-leafed plants like a cabbage, which are grown for their dark green thick leaves.** Collard greens are in in the same plant family as kale and spring greens.
- ★ **The collard plant has an upright stalk and can grow as tall as two feet tall.**
- ★ **Collard greens are a popular staple in the Southern part of the United States, but they are native to the Mediterranean.** They were one of the easily transported foods that made it to England and France before the Common Era. They were then mentioned not only by 17th century American colonists, where they may have been already growing wild before colonists arrived, but also in the historical accounts of ancient Greek and Romans, who got the vegetable from medieval Celts traveling to Europe.
- ★ **Collard greens have a high amount of both insoluble and soluble dietary fibers, which aid in digestion.** Collards also TONS of vitamins, including vitamin C, B vitamins, vitamin A, and vitamin K. They also contain zinc, manganese, selenium, copper, calcium, and iron.

Time for a laugh!

What did the collard green say to the sour lime? LEAF me alone!

What is a tailor's favorite food? Collard greens!

Family Fun Recipes

Sticky Fingers Cooking
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking