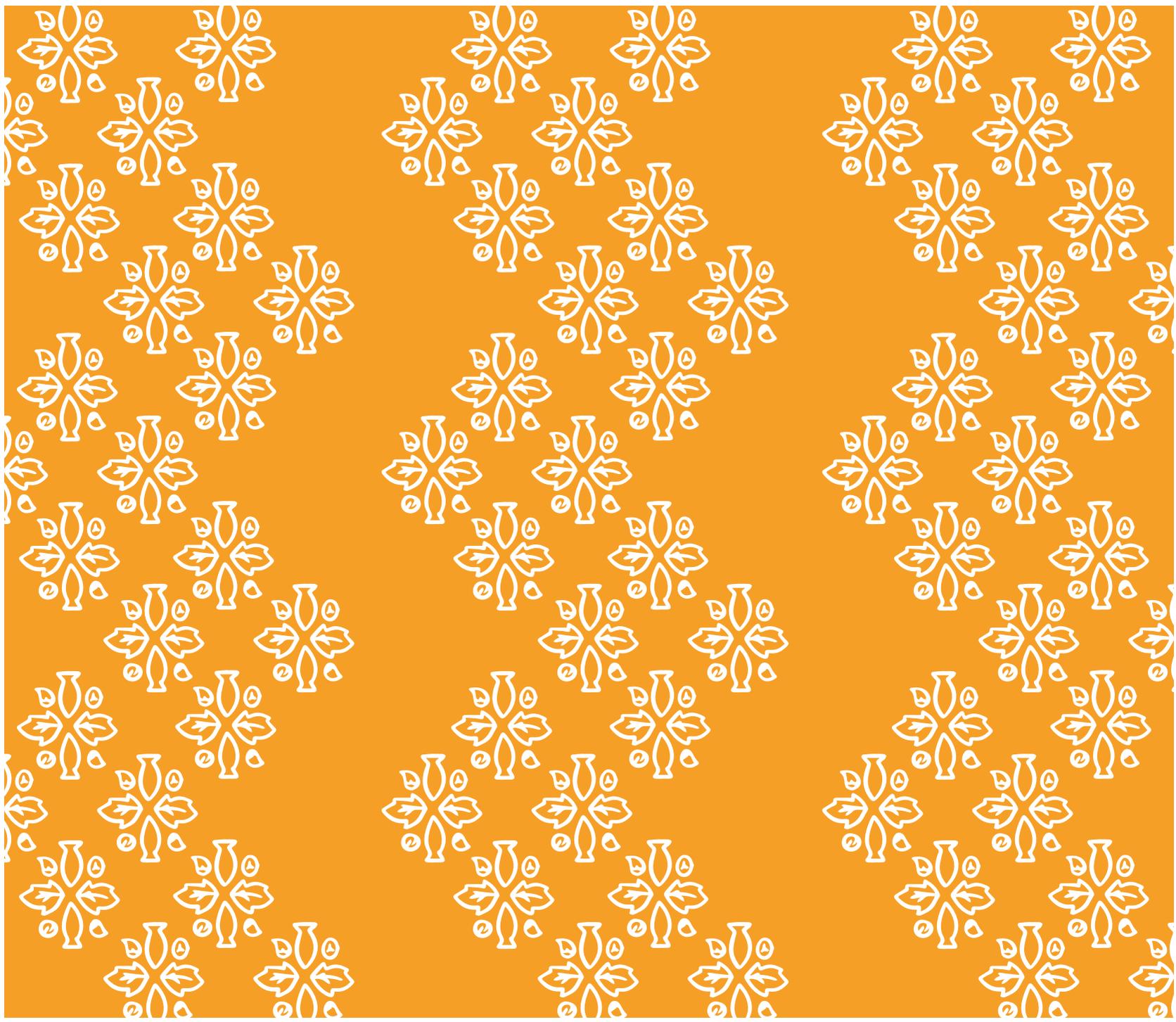




RECIPES AND HISTORIES

FROM THE FISHING SETTLEMENTS
AND MAROON COMMUNITIES IN
NORTHERN RIO DE JANEIRO AND
SOUTHERN ESPÍRITO SANTO



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SOUTHERN ESPÍRITO SANTO

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Tribus Revisões e Traduções



Food ends hunger. And it also fills the soul, enlivens, gives meaning, reunites, makes money, tells stories. Food speaks of people and places.

This book was born as a result of the project Healthy People and Businesses (Pessoas e Negócios Saudáveis), a collective impact project conceived and articulated by CIEDS – Integrated Center for the Studies and Programs of Sustainable Development – which, in the midst of the pandemic, delivered ready-to-eat food to those who needed it the most, while strengthening local organizations and businesses in the food industry, both extremely affected by the pandemic.

With COVID-19, inequality intensified and hunger started to increase in Brazil and delivering ready-to-eat food was a true necessity. But, more than this, **taking** food, by coordinating people, institutions and local businesses was to rescue the sense of community, to be together in the middle of social isolation and support socially vulnerable families and community organizations that, with much struggle, occupy a **huge** role in supporting and defending the human rights for their residents. It was, above all, to strengthen the trust in the future.

To achieve this, we connected with the private sector and acted in diverse territories in the six states of Brazil. A network that integrated and supported different

actors in favelas, city outskirts, rural areas and traditional communities – fishing and remaining maroon communities.

Recognizing and valuing the importance of these communities, we bring here a few of their traditional recipes, that tell stories of **resistance**, of a diverse and **resilient** country, of **a** people that don't shy away from sharing and constructing a day to day that is more flavorful and better. We have aimed to gather flavors, knowledge and memories of the maroon and fishing communities of North of Rio de Janeiro and South of **Espírito** Santo, through their dishes and preparations, past memories from a time in which creativity and necessity gave rise to recipes which today are typical of the regions.

We **wish** that these recipes unite, enliven, and offer flavor wherever they **may appear**, we **wish** to **shed light on** the stories that the food of our land carries. In addition, we **wish** that everyone has **the right to** adequate food supply and that hunger doesn't return to ravage our country.

Enjoy!



CIEDS (Integrated Center of Sustainable Development Studies and Programs) is an organization of civil society that for 23 years has promoted social solutions that generate more income, improved health, better education and more trust in the future, coordinating strategic partnerships that construct networks for prosperity.

CIEDS: strategic partnerships that construct networks for prosperity.

www.cieds.org.br



It is from fishing settlement that comes...

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Fish balls, this fish is very common in the lagoons of Campos for fishermen

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Old recipe in the region, since the time when salting was used for conservation

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Cake made with banana, of Italian and German origin

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Classic recipe from ES, to fall in love with

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Salted fish made with layers of vegetables and sauce and served with rice and pirão (fish porridge similar to Funje)

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Secret recipe (that won't be for long) from a grandmother, with Caiçara (traditional inhabitants of southeastern and southern Brazil of indigenous, African and European descent) tradition of fish with banana



47 green banana with carne seca Canton from D. Dulce

Green banana and carne seca stew. A dish originally made of green banana as a strategy to eat during times of scarcity and that, throughout the years, could have had adaptations.

51 Old Mulatto by Dona Elena

Salted fish stew with beans, pumpkin and meat. It is the inheritance of enslaved black people in Quissamã. Forbidden to eat what was served in the Big House, the slaves would secretly grab the fish and salt it to preserve it for later.

55 Runaway black man from D. Elisabeth

Prepared with beans, a variety of meats, vegetables and various spices that, while escaping from the sugar cane plantations to the maroon communities, the enslaved black people would make the dish using what they collected from the forests.

59 Oyster and crab pirão from D. Valdemira

Goiá (Blue land crab) is a crustacean whose meat is meatier and thicker. The oyster is the main seafood of the Quilombo Barrinha and is the livelihood of the women foragers of the community.

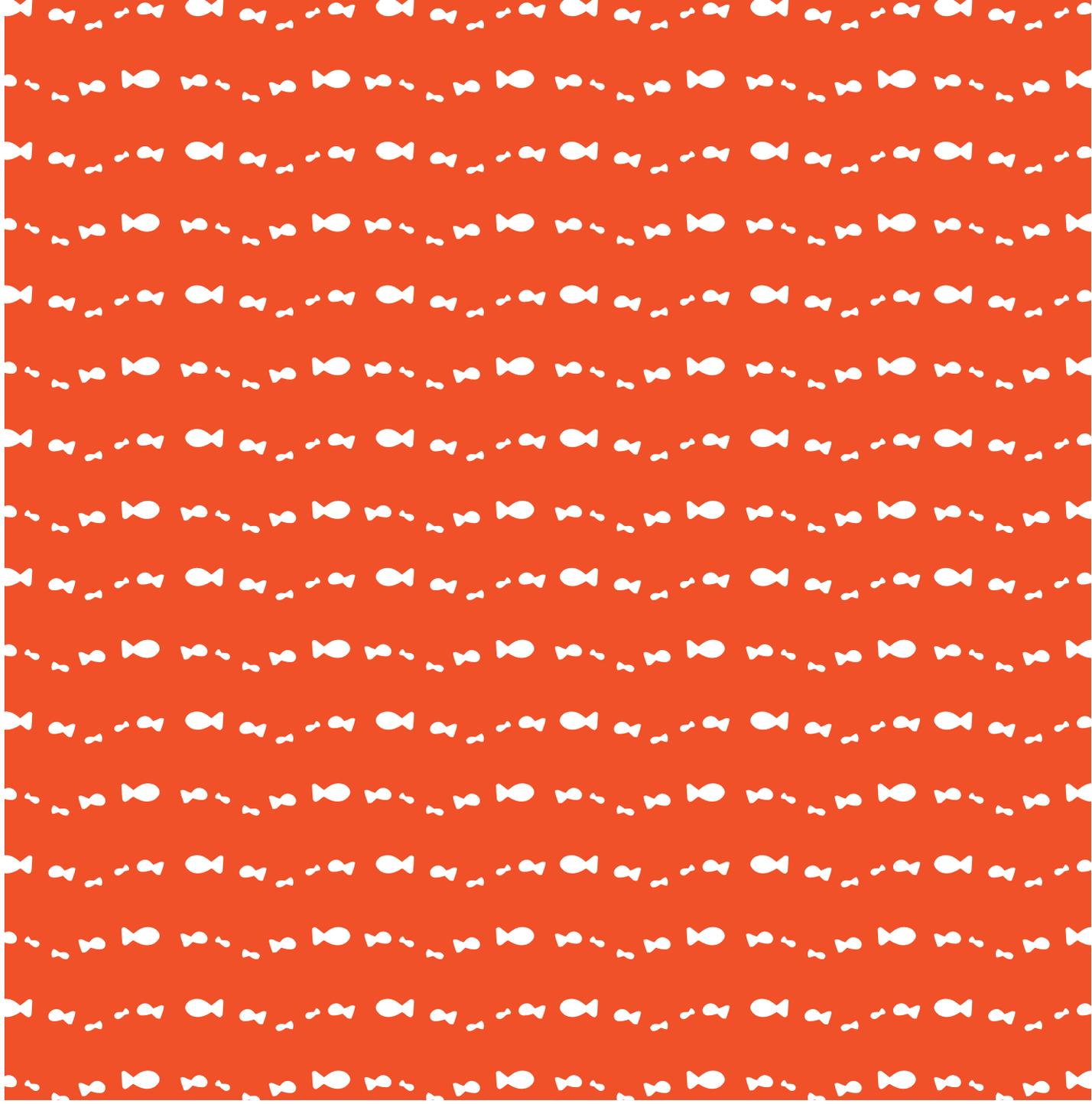
63 Mr. Cornélio Jose da Silva's Sola

Desert made of peanuts, sugar, salt, tapioca and dough, rolled in banana leaves. Typical recipe from the tradition of flour production.

67 Milk Soup by Black Mom

Prepared with carne seca. Cassava flour and milk. Also known as "escondidinho" (hidden), because with this type of preparation the enslaved black people could hide it in order to eat it.

FISHING SETTLEMENT





BEACH ANGU

a history from

~~~~~ **Mrs. Lucila**



ITAPEMIRIM - ES

ITAIPAVA NEIGHBORHOOD

The traditional recipe from the municipality of Itapemirim, in **Espírito Santo**, is represented here by Dona Lucila, from the **neighborhood Itaipava**. The recipe initially **could have been summed up as** a fish soup. Which would be great. But there is a special **touch and a story** behind it. There is a state tourism fair in Espírito Santo, where the municipalities of the state gather in the capital, **Victoria**, to show the culture and the tourism of each region. The fair, with so many activities, had to be stopped due to the pandemic, but this story began much earlier than this and had already been well-known. Each municipality was going to serve a traditional dish from its region. To spread the news of the city of Itapemirim, the Secretary of Tourism's suggestion at the time was to present fish soup, which is specific to the territory.



Mrs. Lucila learned the recipe watching her uncle, who was a fisherman more than 40 years ago, prepare it. While cooking for pleasure, she began reproducing the recipe several times, Lucila was the person responsible at the time for the food production to present in the tourist fair. The success of the fair was absolute and it has been approximately six years since the soup has been the main attraction – representing Itapemirim.

There began the peculiarities: the first is the use of the dogfish head, instead of any other type of fish (which also can be used). Normally, the head is thrown away and not sold. Whoever wants to make the dish has to pay attention: it is good to have a fishermen's contact to ask, according to Mrs. Lucila, so that they may arrange a small space on the boat and bring the dogfish's heads. Generally, they receive all of the requests. It is rare that they bring the heads in the boat unless someone requests them, but when they bring them, they give it to whoever wants them. If you make this dish, it will be good without a doubt! Another aspect that makes the dish ever more special is that it is more work to clean the dogfish head than the other fish because of this it ended up becoming part of the menu for special occasions or events planned with short notice.

The recipe can even be used with other fish, but Lucila guarantees that the flavor isn't the same as with the dogfish head: "those who see the dogfish's head thinks that it is ugly and strange, but they have no idea of how much flavor it gives the dish."

Another variation of the recipe is that among the fishermen the dogfish is usu-

ally made with Angu, leaving it thicker and richer to satiate those who eat it, but the option of only being a fish soup also works well too: "only add water and salt to taste." In the fair, for example, it is served as a soup in small cups for the public to taste.

But it doesn't only stop there. There may be people that are still more interested in this dish given that it is also known as Fisherman Viagra. This name came up in the fair because the soup until then didn't have a name. The story told in the region says that fishermen would eat the soup a lot at sea, mainly while they toil all the working day and night, eating it to give them energy to return to their homes. As the story goes, they arrived home strong and, in the mood, as if they hadn't been working so much. From then on, the soup earned its name Fishermen Viagra. The story was modeled in the region, in a manner in which the name attracts more curious people and the taste wins over those who try it instantly. If it works out, you have to try it. The flavor is a success, this is for sure!





# BEACH ANGU

## INGREDIENTS

2 KG OF DOGFISH HEADS  
6 LARGE TOMATOES  
2 BELL PEPPERS  
4 LARGE ONIONS  
PARSLEY AND CHIVES, ANNATTO, SALT AND OLIVE OIL TO TASTE



## PREPARATION METHOD

The first step is to be obtain the fish, if using dogfish heads, you need to bring the water to a boil, as the water is boiling, remove the fish and place it under the sink, slowly descaling the fish with your hand, using all of the fish (being any other fish wouldn't need this detail).

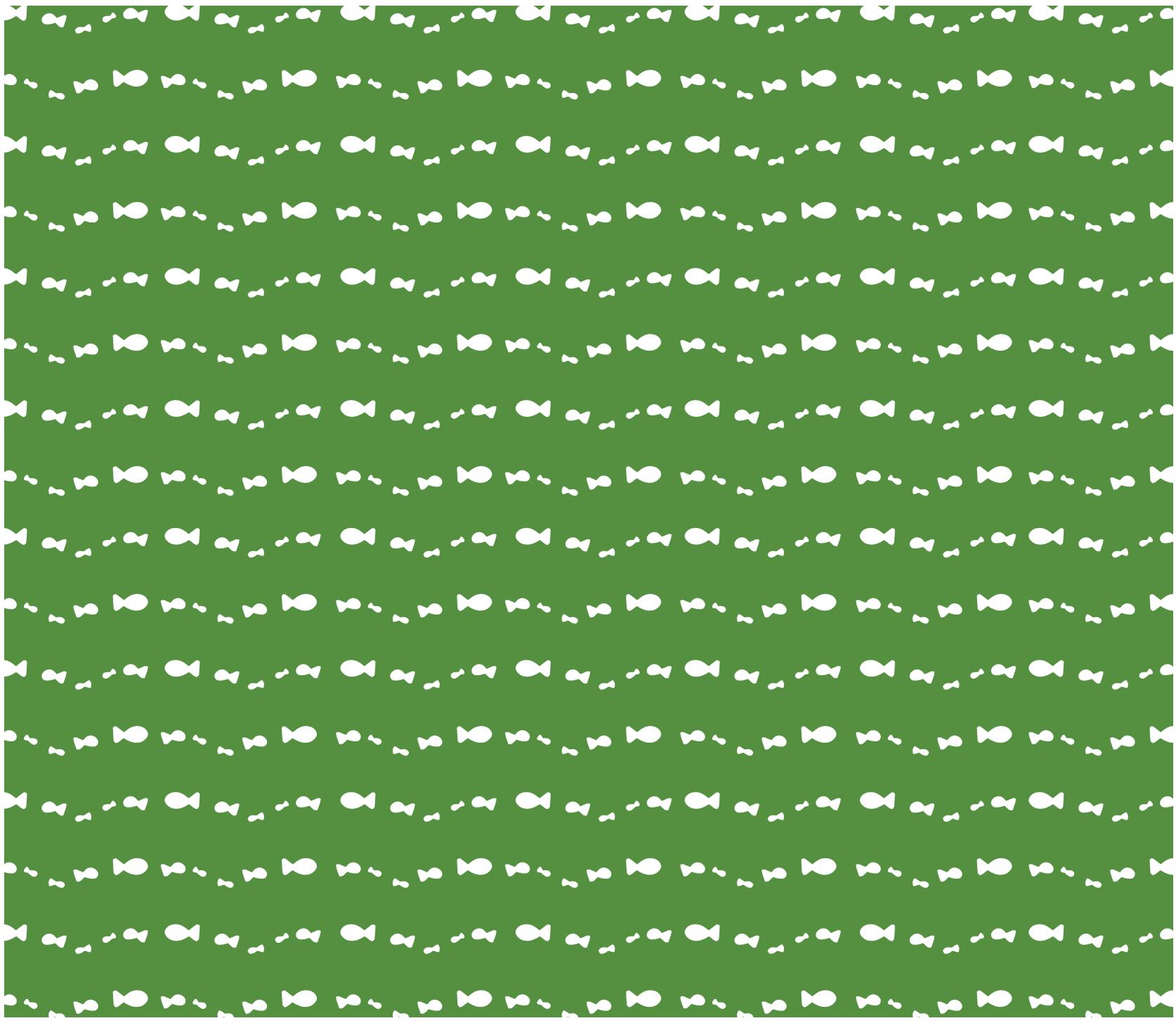
**Sauté** the onion until golden, **place** the annatto to taste and afterwards the tomato and bell pepper, allow it to simmer a little and **place** the dogfish heads already cut in cubes as well.

**Place** a little bit of the parsley and the chives and two cups of water and allow it to boil.

 e you notice the sauce is like a sort of **hot dog** **le** it is ready. Place a little more parsley and chives and wait to serve it.

It can be served with white rice, angu or **even** with soup. You only need to add water and it will become fish soup.

A LARGE AMOUNT IS PREPARED BECAUSE WE USE OF ALL OF THE HEAD BUT WE CAN REDUCE THE QUANTITY.





## TILAPIA LLS

a history from

 **Verônica**



CAMPOS DOS GOYTACAZES- RJ  
FAROL DE SÃO THOMÉ

Mrs. Verônica is from a family of fishermen and resident of Campos, but specifically from Farol de São Thomé, the Campos's only beach. Since she was young, she has enjoyed cooking, when she used to accompany her mother in the kitchen to "cook out". She created the love for the art of preparing food and today cooks for pleasure and to live, cooking being the source of her income. Moreover, she is a teacher, graduated at 50 years old and ready to turn 60 years old, she speaks of how realized she feels with the achievement. She was always enchanted by education, had many questions and worries about it and she had the opportunity to make this dream come true. She took advantage of it and went to university, continuing to work as a cook. Today, she doesn't work as a teacher, but continues with research projects in the area.

The recipe for tilapia balls is also the fruit of creativity and persistence of Mrs. Verônica. It arose out of **the** annual fish fair, organized by the government during Holy Week in the downtown area of the city. In this project, a food court was set up, where Verônica and her friend were invited to **display** since both **are** families of fishermen and cooks, **already** sold fish – cleaned and prepared the filets **to sell**.

**As far as the fair,** there were already some delicacies: fish sausages, feijoada made of fish and other variations. To get even more innovative, Mrs. Verônica had the idea of making fish balls using tilapia that is a fresh water fish, easy to find and everyone likes it. And to add more to the innovation, she made balls in the form of fish. The **repercussion** was huge,



visitors of the fair, tourists and residents were curious wanting to know if it was made of breaded fish. **There it was, the new food went over well.**

It has been six years since the creation of **dish**, and even outside the fair, the balls continue **being** sold by Mrs. Verônica, **mainly** in the summer, the high season for tourists in the city. Originally, it was created with tilapia, but can be made with other fish and the result will be just as flavorful, since the batter contains fish broth, which brings out the flavor.





# TILAPIA BALLS

## INGREDIENTS

1K OF TILAPIA FILETS  
(OR ANOTHER OTHER FISH)

WHEAT FLOUR

MARGARINE

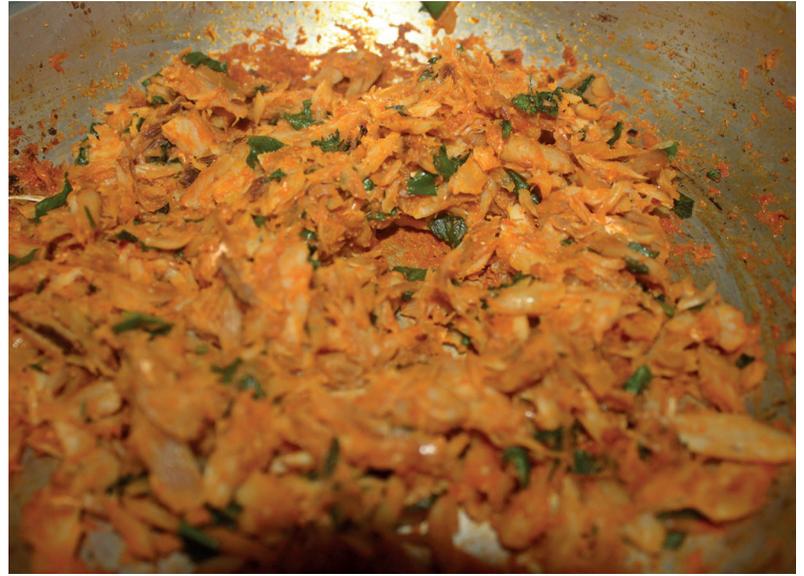
BREADCRUMBS

OIL

GARLIC, ONION, ANNATTO  
PARSLEY, AND CHIVES

SALT

FISH BROTH



## PREPARATION METHOD

### The filling:

Begin seasoning the filet with salt, garlic and lime. Cook for approximately 15 minutes. Drain **the** shred the fish.

After sauté 4 cloves of garlic, half of a grated onion and a teaspoon of annatto. Add the shredded fish and sauté for 5 minutes and add the parsley and chives. You can **place** a little bit of black pepper. The filling is then ready.

### Let's prepare the batter:

Use a large pan. Sauté two cloves of garlic, a tablespoon of shredded onion and a little olive oil and a teaspoon of annatto.

Add one liter of fish broth and allow it to boil. Now, place two tablespoons of margarine. Lower the fire and **pour in the wheat**, mixing vigorously until it loosens from the bottom of the pan.

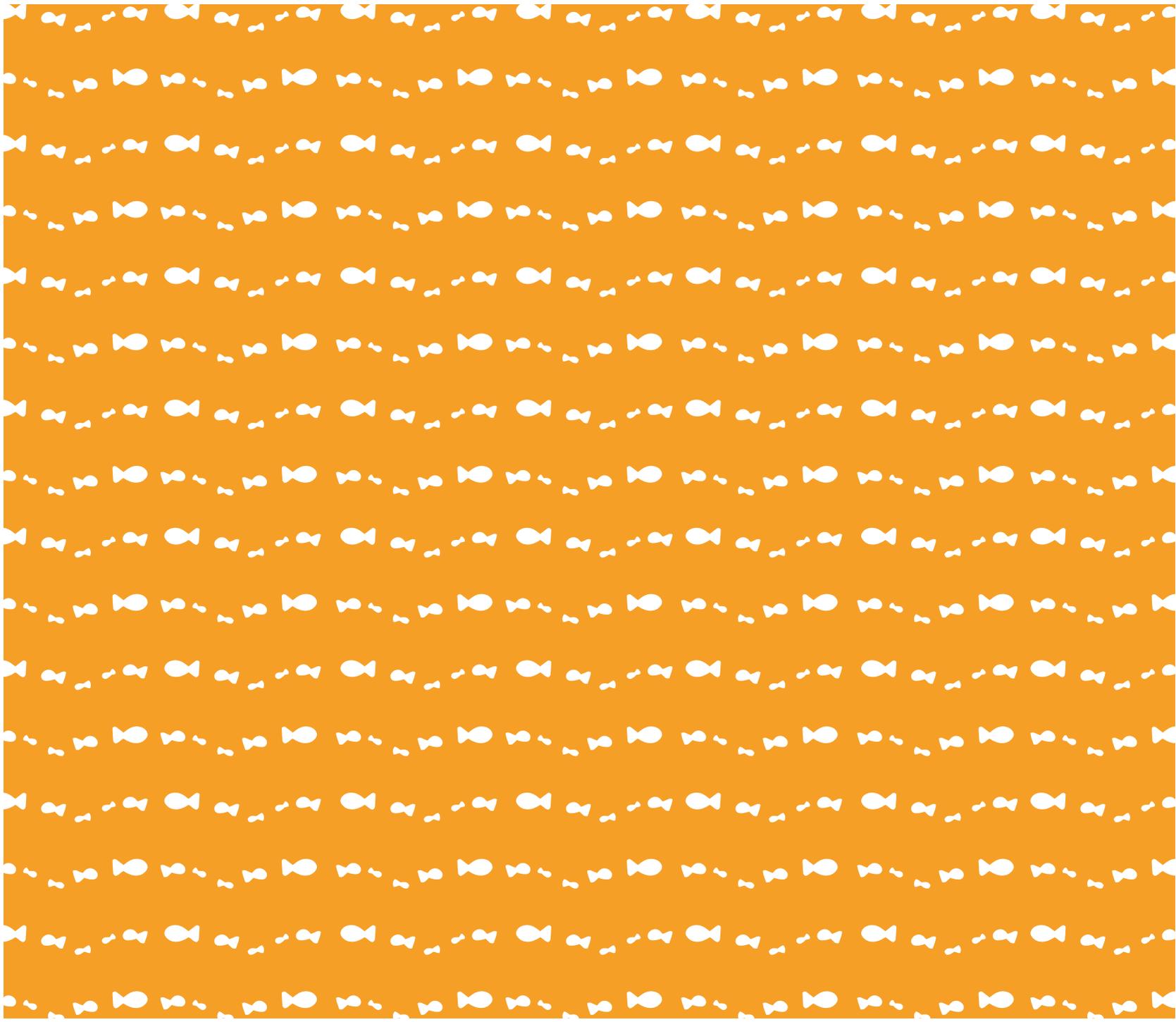
**Pour out** the batter **on top of** a cold surface and **work with** the batter until it is soft to work with.

Grab a portion of batter as if it were a coxinha, add the filling and after mold it into the form of a fish. Pass the molded fish pieces in bread crumbs and fry them in hot oil.

P.S.:

MEASURE THE **WHEAT** IN THE SAME BOWL THAT WAS USED TO MEASURE THE BROTH BECAUSE THE MEASUREMENT SHOULD BE THE SAME. FOR EXAMPLE: IF THERE ARE TWO CUPS OF BROTH YOU ARE GOING TO ADD TWO CUPS OF FLOUR.







## CATFISH WITH PUMPKIN

a history from

~~~~~ **Verônica**



CAMPOS DOS GOYTACAZES- RJ
FAROL DE SÃO THOMÉ

Catfish with pumpkin is a very old recipe and really common in Campos. When there wasn't a refrigerator to preserve food, people would clean the fish and salt it, because salting the fish preserved it for longer and catfish was one of the most common fish, besides Hoplias for example. Today salting is something really special, more difficult to find and a bit more expensive, because the culture slowly withered away throughout the years, mainly due to practicalities in the **conservation** of the food such as the refrigerator and freezers.

It isn't a dish that is easily found in restaurants, but Verônica tells the story that some of the older people that used to go to the beach sometimes search of this and other recipes using salting, such as roasted shrimp, another old recipe.





When asked about the possible origin of this dish, Verónica showed interest in researching more about it (teacher and her research), because we know that Campos has many African and indigenous influences, stories that involve the legacy of the enslaved, thus we believe that this recipe may have some of these influences.

From time to time this dish would be sold in the fairs or when people host a guest in their homes, and Verónica says that some of these older people that are familiar with salting fish were surprised when discovering this dish. From time to time this dish would be sold in the fairs or when people host a guest in their homes, and Verónica says that some of these older people that are familiar with salting fish were surprised when discovering this dish.

In the dish Catfish with pumpkin, besides her already well-known creation instinct, because every time she cooks, she invents some new ingredient, giving the dish a 'new look' so to say, for example making the pirão (fish porridge) differently for example. Verónica's feelings involve an emotional memory. A recipe so old that her grandparents made it, today she makes it for her grandchildren, she tells the story to them, and thus the tradition is maintained. And to have this show up, to be able to tell the story to other people in this book brings her an immense happiness. The idea of the book excited Mrs. Verónica so much that she is anxious to see the results and to learn other recipes and cultures: "It is going to be an homage to what we do, I am very happy to be part of this partnership."





CATFISH WITH PUMPKIN

INGREDIENTS

2 LARGE SALTED CATFISH (LIKE SALTED COD FISH)
1 MEDIUM SIZED PUMPKIN
GARLIC
ONION
1 GREEN BELL PEPPER, 1 YELLOW AND 1 RED
3 MEDIUM SIZED TOMATOES
CASSAVA FLOUR
OLIVE OIL
PARSLEY, CHIVES AND PEPPER OF YOUR LIKING



PREPARATION METHOD

Soak the catfish in the cold water to desalt it. Change the water until it is pleasant to your palate.

Peel the pumpkin and cut it into small pieces Cut the tomatoes, bell peppers, onion, parsley and green onion.

Sauté the garlic together with the onion and the olive oil. Place the pumpkin and the other ingredients in the sauteing mixture and on top add the already desalted catfish.

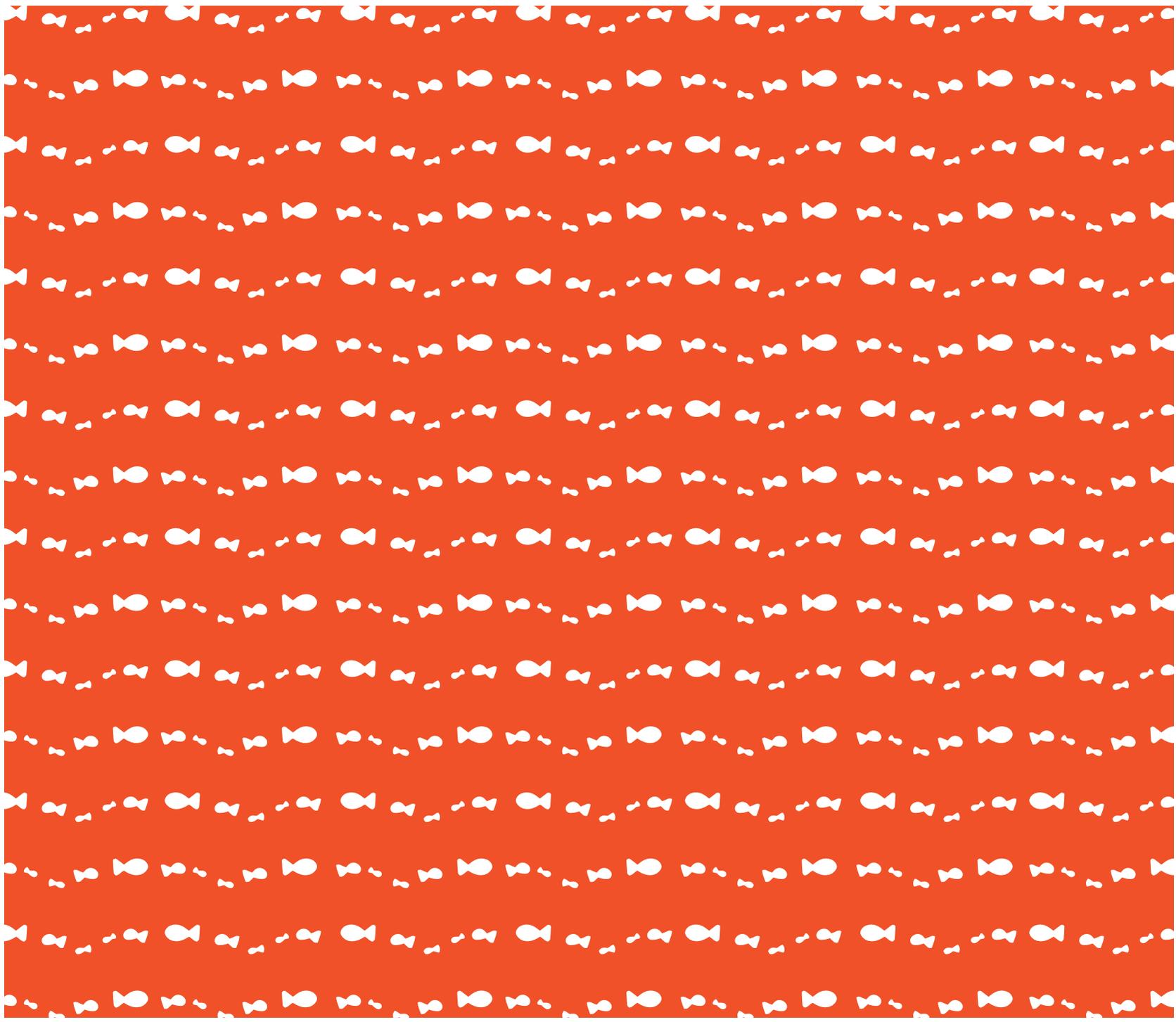
Cover with boiling water until necessary. Put a lid on the pan and let it cook without stirring for close to 25 to 30

minutes or until the pumpkin is soft. That's it!

Let's make the pirão with the broth in this stew?

Grab the stew and half of the pumpkin bring it to a low fire and add the flour until reaching the desired consistency in the pirão. After it's ready, add parsley and green onions to your liking. Serve with rice.







BANANA STREUSEL

a history from

~~~~~  
**Mrs. Rô**



VILHA VELHA - ES  
COLÔNIA Z2

Mrs. Rô learned the recipe when she was 7 years old, at the school for nuns where she studied, where there was a specific cooking subject in the school's curriculum. She says that it became an unforgettable recipe, because after learning it at school, she went home and made the first one she had ever made at home, and it worked! It is a dish kept in her emotional memory.

It is also a simple and light recipe, and the secret revealed is to make the dough very fluffy when whipping it. It is not a Capixaba recipe, leaning more to her grandmother's origins - Italian and German - but it is a recipe that is sure to be tasty, even for those who have no experience in the kitchen, and it carries easy to find and affordable ingredients, such as wheat, sugar, milk, and butter - besides banana and cinnamon, of course! Just like the Capixaba pie, Banana Streusel is an accessible dish for all social classes.



# BANANA STREUSEL

## INGREDIENTS

### DOUGH:

2 CUPS OF FLOUR  
1 CUP OF SUGAR  
200G OF MARGARINE  
2 CUPS OF MILK  
1 TABLESPOON OF YEAST  
6 DWARF CAVENDISH BANANAS

### CRUMB:

1 CUP OF WHEAT  
1/2 CUP OF SUGAR  
POWDERED CINNAMON TO  
YOUR LIKING



## PREPARATION METHOD

### Dough:

Whip the margarine with the sugar until it becomes a cream;

Add the wheat and the milk alternately and, at the end, the yeast;

Grease a medium-size pan with margarine and flour;

Add the dough to the pan and place the banana cut into thin slices;

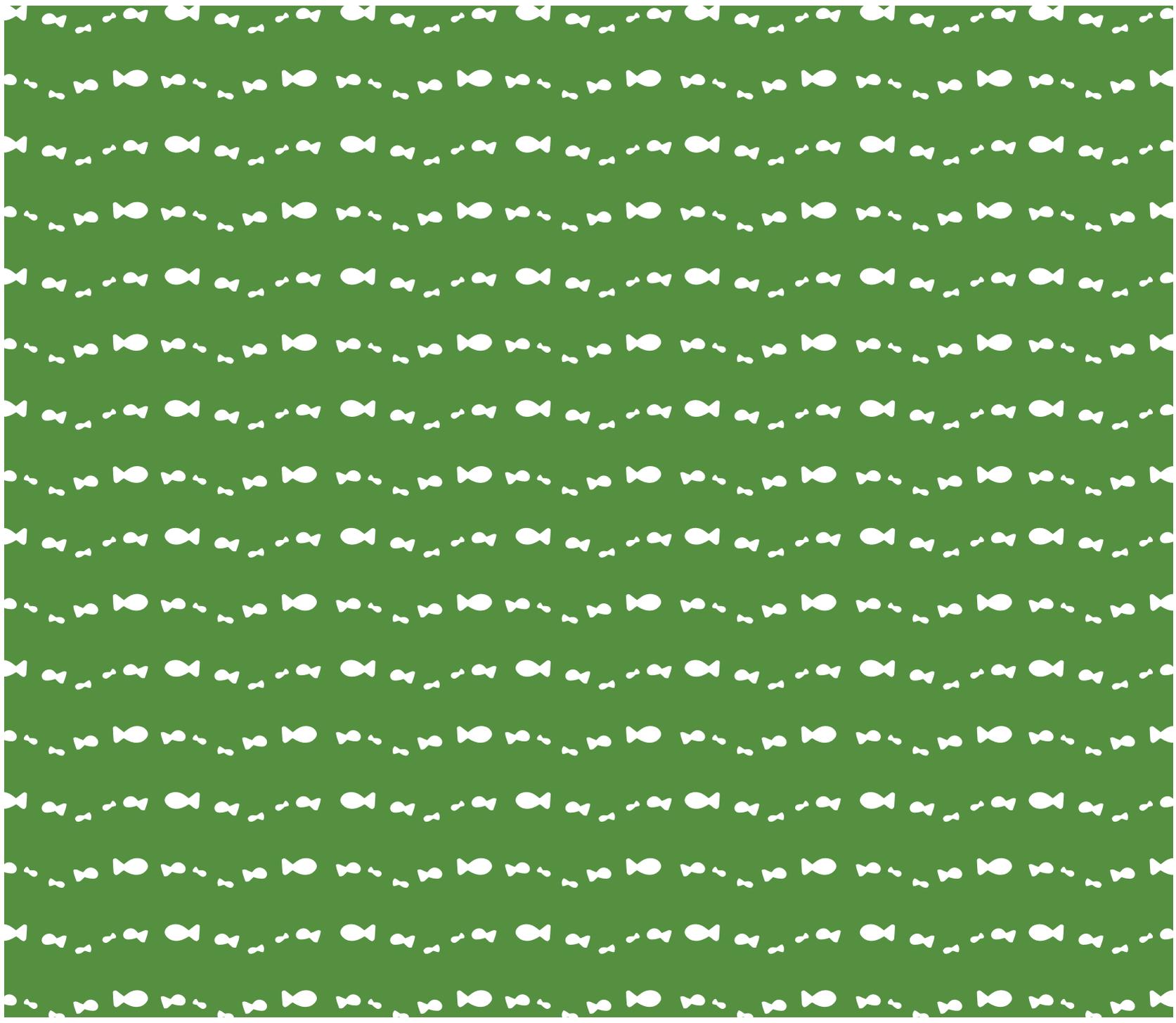
Set aside.

### Crumb:

In a bowl place the ingredients and mix with your fingertips until it becomes a crumble mixture;

Add on top of the pastry;

Bake at 180° for 30 minutes.





## CAPIXABA PIE

a history from

~~~~~ **Mrs. Rô**



VILHA VELHA - ES
COLÔNIA Z2

The origin of the Capixaba pie goes back more than 400 years. It is a result, mainly, of the traditions of coastal communities and fishing villages that lived by the beaches and mangroves. The dish was created when it received influences from the Portuguese culture, with codfish and olive oil, and from the Indian and African cultures, which started to introduce other ingredients that could be found on the shore (mussels, crab, soft-shell crab, and fish in general), replacing the codfish. This combination originating from these ancient peoples of the Capixaba territory gave birth to the pie, which is prepared only in Espírito Santo and is considered the most exquisite dish of ES.

The person who tells us this story is Mrs. Rosane, who was born in Espírito Santo and grew up in the fishing community, and highly values the culture of her region.



She graduated in Law and started cooking after she became an adult and got married, specifically after her first child, when she needed to make food for him. She always liked and was curious about cooking, but her mother never let her cook. Whenever she went to a restaurant, she made it a point to taste the dishes calmly, as if she wanted to identify each ingredient. In fact, she does this even today, and when she doesn't get it right, she calls the chef to unveil the secret of the dish.

Cooking became her source of income and, more than that, her therapy. Cooking gives her pleasure. As her daughter says: if she is sad, cooking is a solution, and if she is happy, it's also a solution. She loves to cook and send dishes to the neighbors. By the way, this is one of the traditions of the Capixaba pie, which is a sure dish in every Capixaba's house during the Holy Week. Since it is a versatile recipe, one never looks the same as the other, and the exchange of pies among neighbors, friends and family, is a tradition that strengthens ties and relationships "despite the reputation that Capixabas look mean" jokes Rosane, it still warms everyone's heart and the stomach, in any social class, from its preparation to the time to eat.

Mrs. Rosane learned it from her mother, who learned it from her grandmothers, but throughout her life she has found different recipes with her mother-in-law, with neighbors, of course, because as the tradition is old and the ingredients are varied, there are many ways to make it and pass the tradition on. The last time she made this dish was during Holy Week this year, 2021, when she posted on her social media "Mrs. Rô's Pie" and sold a little over 200 kg of pie.

This moment was quite significant for her, because with the break from her face-to-face work in the fishermen's settlement because of the pandemic, when she found herself very much at home, she decided to resume her production, and after two years, having these results made her even more fulfilled.

The island of caieiras, a region of fishermen and shellfish gatherers, has the traditional and cultural pie festival, which during holy week has a lot of variety with the different ways of preparation, which pleases all tastes. The pie is a completely Capixaba dish, because, besides containing the native ingredients such as, for example, the mussels, which the shellfish gather in the right season, the pie must be prepared in the famous clay pot from Goiabeiras. The clay for the pots comes exclusively from a mangrove located in an environmental preservation area. A maximum daily extraction quantity is established and only registered people are allowed to perform this activity. The same applies to the dye used to dye the pot, which is extracted from a specific tree also located in this mangrove.

The pie and the pot have a national seal of 'recognition', and cooking in this pot is one of the secrets of the dish, because it is not necessary to add water, as the ingredients cook in the water and steam that the pot generates, and the clay keeps the food hot for much longer.

In the coastal region practically, every house has a clay pot. And the same thing with restaurants.





CAPIXABA PIE

INGREDIENTS

500G OF HEART OF PALM

300G OF DESALTED AND SHREDDED COD FISH

300G OF SHELL-LESS SHRIMP

300G OF SHREDDED SWIMMING CRAB OR CRAB

300G OF COOKED SURURU OR MUSSELS

7 EGGS

1 TABLESPOON OF ANNATTO

3 CLOVES OF CHOPPED GARLIC

2 CHOPPED MEDIUM SIZED ONIONS

5 SEEDLESS CUT TOMATOES

1 BUNCH OF CHOPPED PARSLEY

1 BUNCH OF CHOPPED GREEN ONIONS

2 BUNCHES OF CHOPPED CILANTRO

OLIVE OIL

1 LOCOTO PEPPER

1 LIME

PREPARATION METHOD

Desalt the cod and shred it (set aside);

Chop or shred the heart of palm and cook with salt for 5 minutes. Chop the tomato and onion into small pieces and chop the locoto pepper really finely;

In a pot (preferably made of clay) add the olive oil and fry the chopped garlic;

Add into the pot the annatto, tomato, onion and sauté without adding water;

Add the sururu, shrimp, swimming crab or crab, salt to taste, squeezed lime and sauté for 5 minutes;

Add the cod, heart of palm and sauté for 5 minutes;
Turn off the fire and let it cool down;

Whisk 4 egg white, add the yoke, a bit of salt and allow it to get to the consistency of meringue;

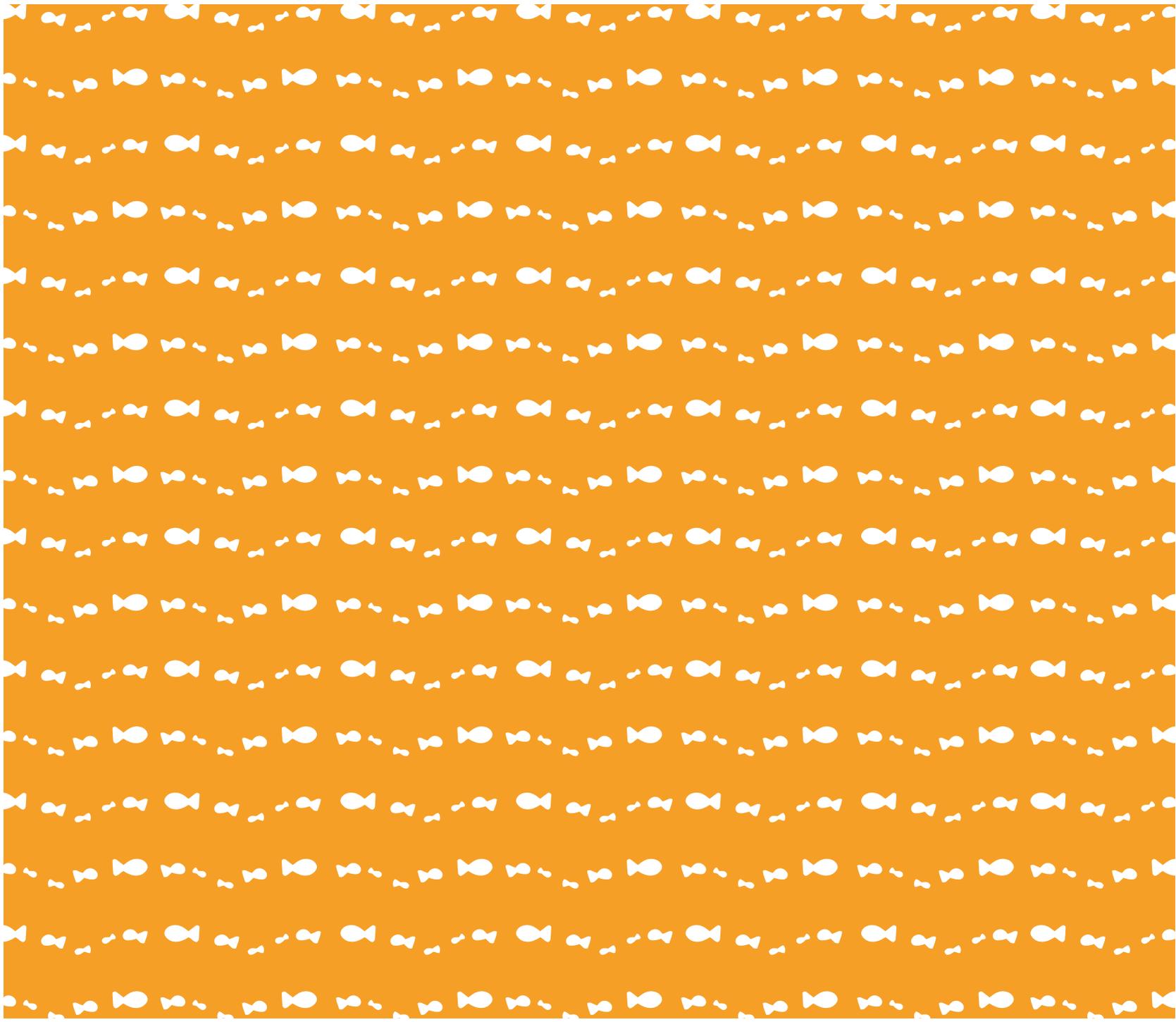
Add lightly to the stew and mix together (remove from pan and set aside);

Grease the clay pot (or container of your choice) with olive oil and add the stew;

Whisk 3 egg whites until stiff, add the yolks, a pinch of salt and pour over the pie;

Decorate with onion slices;

Bake in the oven at 200 degrees for 30 to 40 minutes;
Serve with white rice and salad.





BRAZILIAN CHERRY JAM

a history from

~~~~~ **Cleusa**



ARRAIAL DO CABO - RJ  
PRAIA DA GRAÇINHA

About Brazilian cherry (pitanga) jam, it is also super common and traditional in the community, inherited from the elders, but it is better known as Brazilian cherry jam, since the name 'jam' was adapted recently.

Some years ago, there were many sand dunes in Prainha that were full of Brazilian Cherry trees, and constantly anyone would pick them from the tree, and in Cleusa's house it was no different: her mother always picked Brazilian Cherries and made Brazilian cherry jam for the whole family. With the advance of the construction of buildings in the region, the community lost a lot of beach land, and consequently the dunes and their vegetation, so that nowadays there are only Brazilian cherry trees in the sandbanks, and to pick the fruit the women get together and go or a specific person picks and sells them among the residents.



Besides the Brazilian Cherry, there are other fruits found in the Restinga de Massambaba : the camboim and the Allgoptera, from which in the old days cachaça was made and now liquor is made; the Chrysophyllum Imperiale, also suitable for jelly production, and the abajeru, known as the apple of the sandbank because of its resemblance (red on the outside with a white interior), which is also used to make jelly and reminds Mrs. Cleusa again of her childhood.

With the work to rescue the local culture, the cooperative is making adjustments in its headquarters with the intention to market and spread the local gastronomy and handicrafts, exploring tourism, which is a strong point of Arraial do Cabo, through partnerships with hotels and inns. Moreover, handicrafts and cuisine are part of the circuit of the masters of knowledge, who tell stories about the founding of Prainha,

the cooperative, and the local gastronomy. The idea is that the Old Mulatto and Brazilian cherry jam will be sold, as well as other cultural recipes.

There is also a joint project with the Caiçara (Arraial district) residents' association called Restingarte - Restoring the Restinga with Art - whose goal is to create and cultivate a nursery with restinga plants, promoting the preservation of the restinga and the cultivation of Brazilian cherry and other fruits.

With so many stories behind these recipes, Mrs. Cleusa tells everything with a lot of feeling in her words. Nowadays, her adult children follow the family preference and come to her mother's house asking for the Old Mulatto, which she prepares with all the love in the world. The grandchildren, on the other hand, prefer Grandma's fish and



chips, after all not every child loves vegetables, but they all love sweets, and the right choice is Grandma's Brazilian cherry jam, to be eaten on bread or on a cookie. Cleusa tells us about the recipes, remembering her mother several times and her childhood in Prainha, and ends by saying, with a smile on her face: 'What a life. What beauty'.





## BRAZILIAN CHERRY JAM

### INGREDIENTS

2 CUPS OF SUGAR (FULL)

200 ML CUP OF WATER

4 PORTIONS OF BRAZILIAN CHERRY (SEEDLESS)

(THE PORTION IS EQUAL MORE OR LESS TO FOUR 200ML CUPS)

### PREPARATION METHOD

Wash the Brazilian Cherries well and use a strainer to separate the out the seed from the pulp.

Add the pulp along with sugar in the pan and cook on a low heat, stirring constantly in order to not dry out.

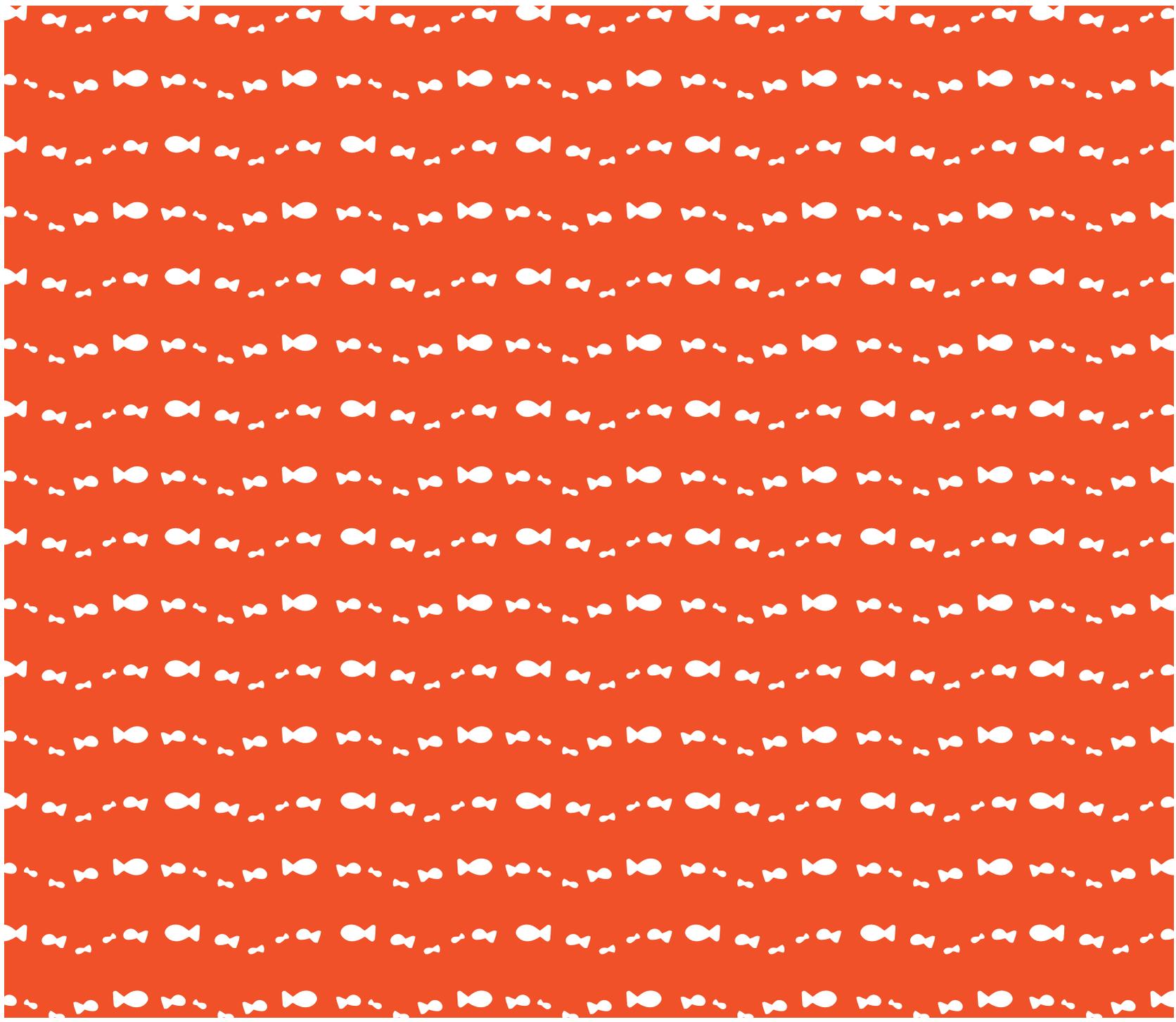
Add water little by little during the cooking.

It will be ready when the ingredients reach a texture like jam.

Turn off the fire and let it cool.

Serve as a desert accompanied with minas cheese, requeijão (a Brazilian creamy cheese) or on toast.







## RÊ SAUCE

a history from

— Rosemary e Daniel



PRESIDENTE KENNEDY - ES  
COLÔNIA Z14

Rê sauce is an invention by Daniel and his mother Mrs. Rosemary. The two of them are from Cachoeira de Itapemirim, but live have lived in Presidente Kennedy for over two years, in Espírito Santo, where they have an industrial kitchen to supply food for businesses.

The sauce was created to compliment pork meat – roasted ham. But Rosemary didn't want to use the sauces already known such as madeira sauce, for example. She looked at Daniel and said: 'let's invent a sauce for this meat?' At the same time, Daniel took lead of the mission and looked around him seeing what could be added to the sauce. Created just two months ago exclusively for the project Healthy People and Businesses, the recipe is a combination of various simple and easy ingredients to find, except a secret ingredient, created by Daniel's father many





years ago and hasn't been revealed to anyone – but in this recipe he is joining to tell us.

Right after the first attempt the sauce worked out, perfecting blending with the meat which was prepare to distribute for meals in that occasion. Once the deliveries were made, the positive feedback was immediate with several people asking Daniel what sauce was it and who made it. Without having thought about a name, immediately the name Rê came to his mind, thinking of his mother. It is interesting is that Rosemary isn't called Rê, in other words, the name was more of Daniel's sudden inspiration.

The sauce is versatile, it can be used on many different types of meat but it goes well with white meat (pork and chicken), besides also being used on snacks with toast and sandwiches. Daniel gives us an important warning: the formula that will be given can't be changed, otherwise, you can't make the sauce the same way. The secret is to rigorously follow the step by step and cook calmly, with a calm state of mind.

Rosemary loves cooking, she learned the craft from her mother who was a cook for parties and weddings, following the family tradition she also took up the career, already having worked in schools and for buffets. Daniel used to work in the company Petróleo in Sao Paulo, he always enjoyed working helping his mother in the kitchen and after suffering and accident at work and definitively stepping away from his work, he started to follow his mother's footsteps, directly helping her and also taking lead in the kitchen in

some moments, mainly in high demand situations, when his mother is really tired.

"My pleasure is to be in the kitchen. I have a lot of love for cooking." This is what Rosemary says when she tries to define what she feels when cooking. Now Daniel defines cooking as love, affection, dedication, attention, an art that not everyone knows. "The seasoning in our food here is different than the others, because it comes from within, there is love."

The Rê sauce means, for them, the realization of the possibility to do more, to give the best of themselves, reinforcing the feeling that they are able and that the inspiration so that everything goes well comes from the love for what they do.





## RÊ SAUCE

### INGREDIENTS

340G TOMATO SAUCE  
200G YELLOW MUSTARD  
7 LARGE CLOVES OF GARLIC  
2 TABLESPOONS OF OLIVE OIL  
2 TABLESPOONS OF SUGAR  
1 TABLESPOON OF SALT  
1 TABLESPOON OF OREGANO  
50ML BARBECUE SAUCE  
WATER



### PREPARATION METHOD

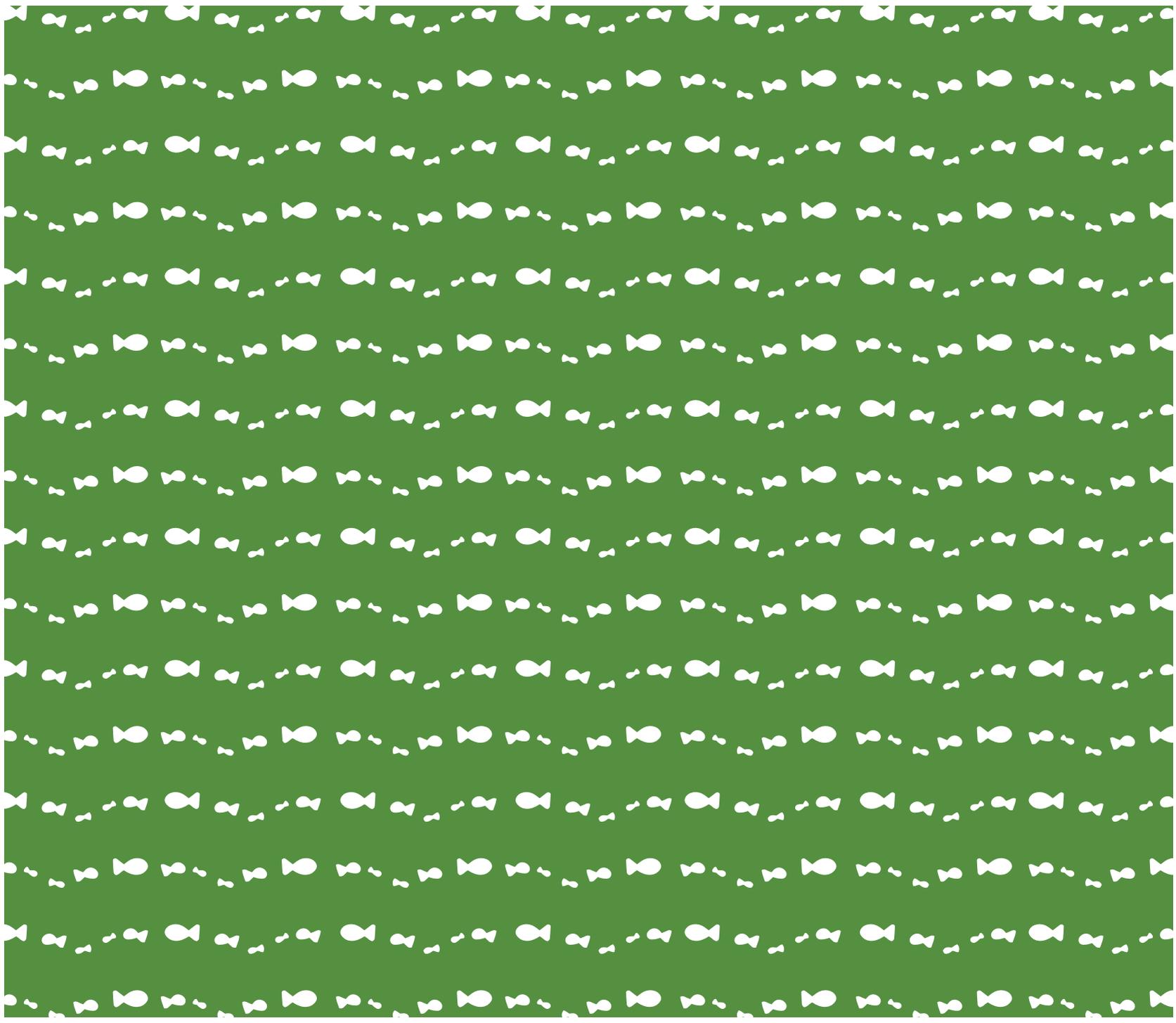
Place the pan on a low fire and add the olive oil and completely cover the bottom of the pan and following this add the garlic. When it is turning brown, place in the other pan the mustard and the barbecue sauce and mix well.

When the garlic is turning gold add the tomato sauce, mix well until the garlic mixes with the sauce. Add a little bit of water and continue mixing.

Add the barbecue sauce and mustard that were prepared in the other pan and let it boil for five minutes on a low heat.

The Rê sauce is ready, it is recommended to eat with pork meat.







# CAPIXABA MOQUECA

a history from  
**Mr. Marcoli Luiz Marvila**



MARATAÍZES - ES  
COLONIA DE PESCADORES Z-8  
NOSSA SENHORA DOS NAVEGANTES

In Colônia de Pescadores Z8, Nossa Senhora dos Navegantes, located in the municipality of Marataízes, in the state of Espírito Santo, the capixaba moqueca is a traditional dish that was brought forward by Mr. Marcoli Luiz Marvila. Mr. Marcoli, 61 years old, learned how to cook when he was working off shore, because he was selected to stay in the kitchen and this was how he developed his relationship with cuisine. As he spent an average of 8 days on the boat, they would eat quite a lot of fish, because that's what was available.

Marataízes is a settlement of fishermen and with its growth, it started to become a tourist circuit. The moqueca was already a traditional dish and with the arrival of tourists it was requested more and more and sold in restaurants. Mr. Marcoli says that the tourists liked the flavor and the moqueca took root. Moqueca then became the main dish that restaurants couldn't lack.

If it is true or not, we don't know, but according to Mr. Marcoli, the fact that the people eat it and don't get sick, which happens to those who eat Bahian moqueca, contributed to the success of the Capixaba Moqueca.

Capixaba Moqueca brings a difference in relation to other moquecas: in Bahia moqueca is made with palm oil and coconut milk, while the Capixaba Moqueca doesn't use these ingredients. What can't be lacking in the Capixaba Moqueca is the green seasoning: chives, parsley and cilantro. For him, the Bahia Moqueca, utilizes palm oil and coconut milk which loses a bit of the fish flavor, while the Capixaba Moqueca preserves the flavor of the Moqueca and the flavor of the fish.

Mr. Marcoli told us that there is a local saying: 'Moqueca, only the Capixaba, the rest is fish meal'.



Mr. Marcoli told us that the day-to-day cooking is his wife, but when she arrives with fish at home, it is him that has to prepare the Moqueca because it is his moment to cook. He describes that making a Moqueca makes him happy, because it is a form of making his wife happy, and he does it with all his heart. There are also moments in which he cooks a Moqueca for his friends and the happiness of cooking meets the joy of spending this moment together. Mr. Marcoli likes the joy of cooking which joined with the happiness of seeing his friends, his children eating the Moqueca.

Capixaba moqueca can be made with any type of fish, but the traditional fish is the Grey Triggerfish, known in Rio de Janeiro as the pork fish.



## PREPARATION METHOD

First clean the fish, then cut 1 lime and season the fish with the lime, black pepper, and salt to your liking. Let it remain in the seasoning for 1 hour.

### To prepare the sauce:

Place 1 spoon of olive oil in a clay pan. Sauté three cloves of cut garlic and put it in the olive oil. Cut 5 tomatoes well cut. Cut 1 onion, ½ green bell pepper, ½ yellow bell pepper, ½ red bell pepper, 2 bunches of green chives, 2 bundles of parsley and 1 bundle of cilantro.

To make the sauce, some people use tomato sauce, but 1 spoon of annatto is used in this recipe.

Add the onion, the bell peppers, half of the green spices and the cut tomato. When the sauce begins to get thick add the 3 cut Grey Triggerfish in two pieces, forming 6 chops. Add a bit of water and mix the sauce.

After you only need to cover the pan and leave it cook for 20 to 22 minutes. It is important not to past this time so that the fish doesn't break apart. After cooking the fish, take away the 6 pieces of fish and place them in a platter. Cover the fish with a bit of the sauce.

### For the pirão:

Add a cup of water in the sauce and mix it, little but little adding the cup of flour. The pirão shouldn't be soft nor very hard.



## CAPIXABA MOQUECA

### INGREDIENTS

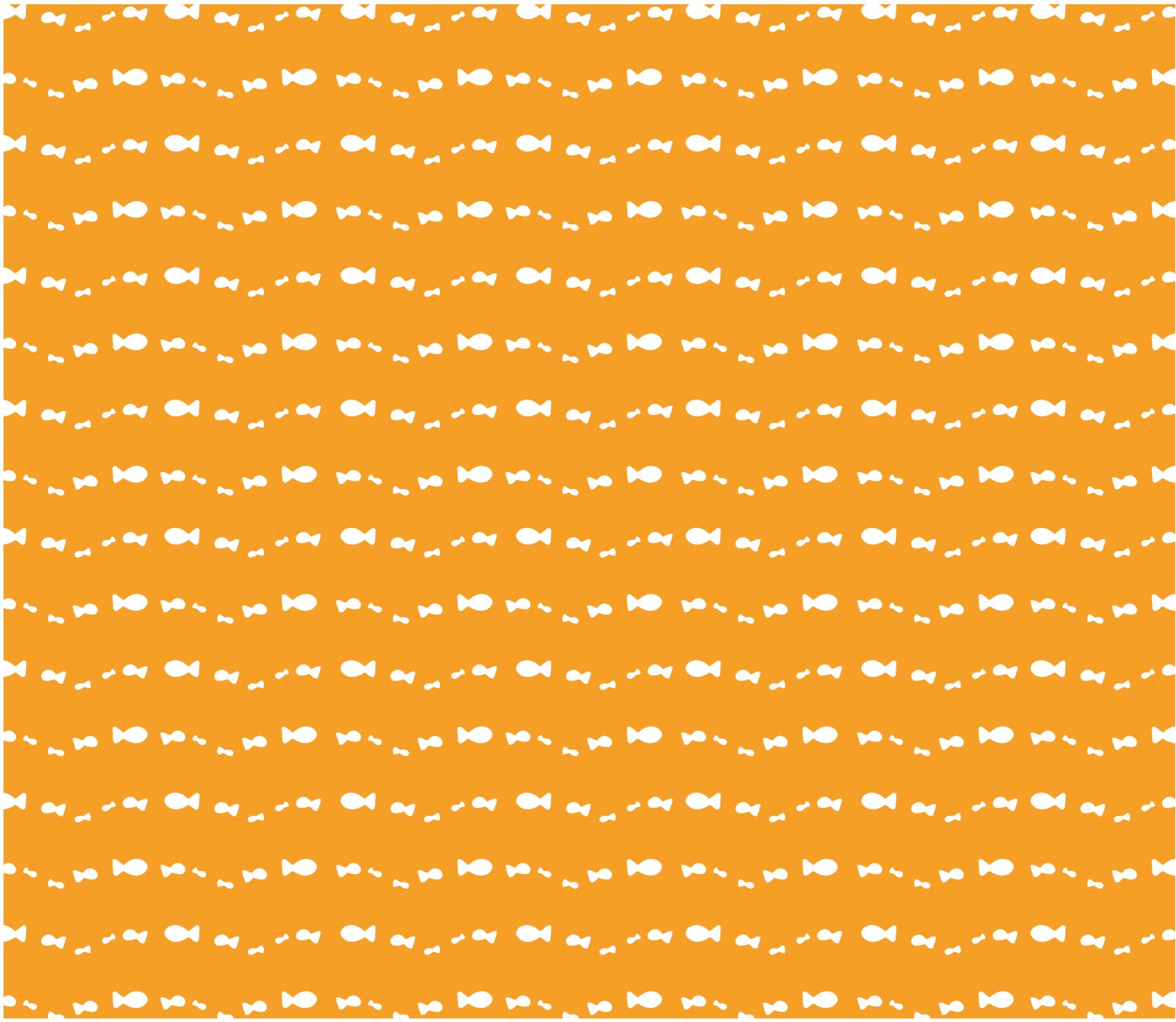
|                         |                             |
|-------------------------|-----------------------------|
| 3KG DE GREY TRIGGERFISH | 2 BUNDLES OF GREEN ONIONS   |
| 1 LIME                  | 2 BUNDLES OF PARSLEY        |
| 1 ONION                 | 1 BUNDLE OF CILANTRO        |
| 3 CLOVES OF GARLIC      | TOMATO SAUCE OR ANNATTO     |
| 5 TOMATOES              | 1 TABLESPOON OF OLIVE OIL   |
| ½ GREEN BELL PEPPER     | FLOUR FOR THE PIRÃO         |
| ½ YELLOW BELL PEPPER    | BLACK PEPPER TO YOUR LIKING |
| ½ RED BELL PEPPER       | SALT TO YOUR LIKING         |

## BONUS RECIPE

### FRIED GREY TRIGGERFISH

ANOTHER RECIPE THAT IS ALSO COMMON IN MARATAÍZES IS FRIED GREY TRIGGERFISH SERVED WITH BEER. HERE IS THE SPEEDY RECIPE FROM MR. MARCOLI:

SEASON THE FISH WITH LIME, BLACK PEPPER, SALT AND FRY IN A PAN WITH OIL. FRY CUT CASSAVA IN CUBES. COVER A TRAY WITH LETTUCE AND RAW TOMATO. PLACE THE FRIED FISH, THE CASSAVA AND MAKE A FAROFA (A BRAZILIAN TOASTED CASSAVA FLOUR). SERVE WITH A BEER. IT'S READY!





## OLD MULATTO

a history from

**Cleusa**



ARRAIAL DO CABO - RJ  
PRAIA DA GRAÇAINHA

Cleusa has worked all her life at the beach, where she was an artisanal fisherwoman, fishing and selling seafood, fish, shrimp, up and down, walking the beach. Five years ago, she stopped what she was doing and started dedicating herself to the craft of bio-jewellery, accessories made of natural resources. Cleusa is part of the Cooperativa de Mulheres Catadoras de Marisco (Collective of Women Seafood Foragers) and fishing processors, and with mariculture present in the region, she receives from the collective donations of scallop shells and fish scales for the production of bio-jewelry, that is sold at a stand of artisanal crafts donated by city hall.

The collective is composed of 70% women and 30% men, also fishermen. The goal is to rescue the local culture with gastronomy, crafts, stories and traditions.



They are remnant maroons and there are people that call the community an urban maroon community. Cleusa tells a story: an artisanal fishery in the region is considered searitory = sea and territory, because besides fishing, the Massambaba Reef, located in the region was also a source or prime material for the production of nets for fishing (made of forest vines and paint taken from the trees to dye the fishing nets and confuse the fish) and for the embroidery needs of the women of the community (thorns from a specific tree).

Cleusa doesn't work as a cook, but learned to cook from her mother.

Old Mulatto was a recipe that her mother used to make for her children, following the old tradition of salted fish as an alternative for conserving it at the time. Arraial do Cabo was the richest in salt pans, thus



salt was its own resource but today there is only one salt pan working. Just like in the past, the pirão and banana recipes were very common, to switch it up a bit, her mother used to make the fish with vegetables, whose ingredients were easily found in the region: in the country people used to plant some vegetables such as maroon cucumbers, okra, sweet potato, cassava, pumpkin, collard greens and all throughout the year the fish Skipjack tuna was easily found at the beach Graçainha – where it can still be found today. She and her siblings, at that time, would leave home and returned with the ingredients for their meals. It is said that it was the children's favorite dish.

The name Old Mutatto comes from the origin of the color of the Skipjack fish, known informally as little mulatto. It has dark meat

different than the majority of the white fish and because it is the preferred dish of the old people it was given this name. Skipjack is a salt water fish, very easy to be fished in the region, and besides Old Mulatto there are many recipes and variations for its preparation as Cleusa tells us.





# OLD MUTATTO

## INGREDIENTS

2 KG OF SALTED FISH (THE FISH WILL BE ONE OF EACH REGION)  
3 TOMATOES IN SLICES  
4 WHOLE SMALL ONIONS  
1 BELL PEPPER CUT IN SLICES  
1 BUNCH OF PARSLEY AND CHIVES FINELY CUT  
1 TEASPOON OF ANNATTO  
OLIVE OIL TO YOUR LIKING, IDEALLY ONE OF GOOD QUALITY

2 MEDIUM SIZE POTATOES CUT IN TWO  
2 MEDIUM SIZE CARROTS CUT IN SMALL CIRCLES  
1 SWEET POTATO CUT IN TWO  
1 LARGE YAM CUT IN TWO  
1/2 SMALL PUMPKIN CUT IN LARGE CUBES  
3 COLLARD GREEN LEAVES IN LARGE PIECES  
1/4 OF A BROCCOLI IN BUDS  
3 CABBAGE LEAVES IN LARGE PIECES

## PREPARATION METHOD

Desalt the fish overnight and set aside.

In a large pan rotate the layers of fish, vegetables and the herbs and spices (tomato, onion, bell pepper, and annatto). Cover the pan and allow it to steam (it will produce its own broth while cooking), monitor it to make sure it doesn't stick to the bottom.

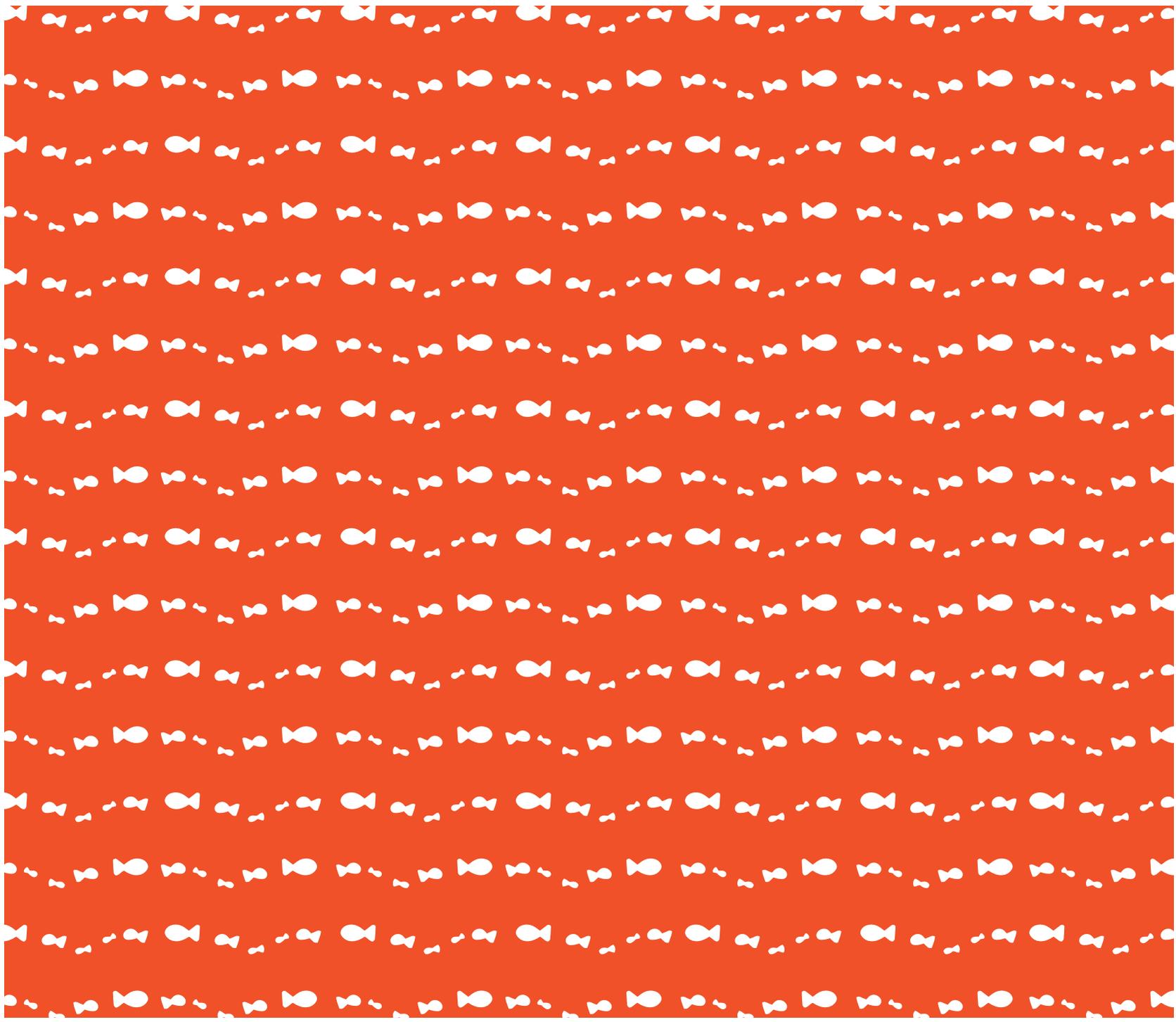
When the potato is soft, turn off the fire and sprinkle the parsley and green onions and cover the pot.

The dish serves 5 people and goes well with white rice.

If a good amount of broth is made pirão can be served with it.

**For the pirão:** place the broth in a pot and start placing the cassava flour in very small quantities so it doesn't clump, mix until it makes a cream.







## FISH PIE WITH BANANA

a history from

~~~~~ **Grandma Ica**



BÚZIOS - RJ
COLÔNIA Z23

The fish pie with banana is a recipe invented by Mrs. Sueli, who was born and raised in Búzios. One day, years ago, the creation really came from inspiration, without any specific motivation. She learned to cook from her mother and has always liked and worked cooking. She speaks with pride that the family has the same seasoning, passed on from generation to generation, and today she shares the kitchen with her children and grandchildren, who help her in the preparation of this dish whenever necessary.

In her house, Sueli cooks for an average of 12 to 15 people, and due to some limitations, she started to count on the help of her family, especially her granddaughters. One of her requirements is that all the ingredients in the salad are cut very small, so that it looks beautiful, and for this function Sueli confides in us that she has a favorite granddaughter to execute this task very well. The preparation of the dish becomes a joyful family reunion, each one with a different responsibility: cutting, assembling the dish, taking it to the oven, etc.

The first time the fish pie with banana was sold was some years ago, at a festival in Búzios. Although Mrs. Sueli doesn't like to pass on her recipe, apart from her sister, a few years ago it was already sold in a restaurant; it has already been served on a cruise ship, where it was a success; there were also people who tasted the pie in Búzios and asked for the recipe to make it for their birthday on another occasion in Vitória – Espírito Santo, and from such a success the delicious dish started to be reproduced by a chef of the local restaurant.

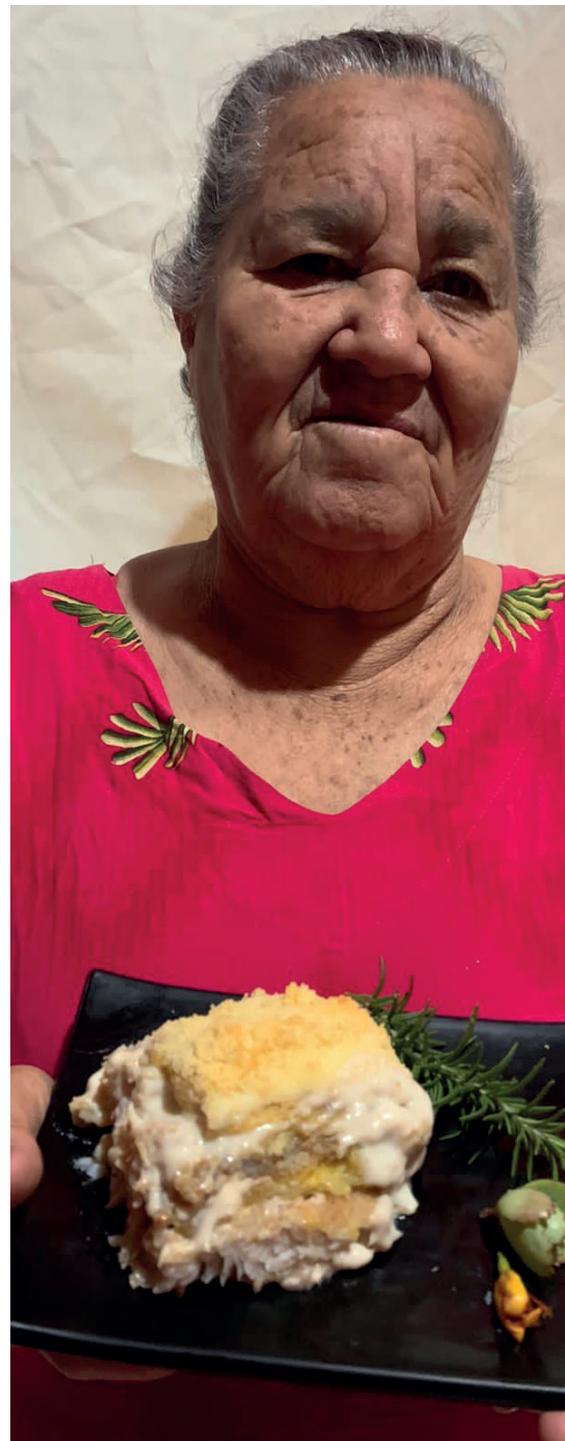
Because she was known by everyone in Búzios as 'Grandma Ica', the pie started to be called 'Peixe com Banana da Vovó Ica' (Grandma Ica's Fish and Banana), a success with anyone who tries it. Grandma Ica affectionately tells us that she has cooked her recipe for politicians and 'rich people's houses' where she worked, when she cooked for 40, 50 people.

On one occasion, a cousin who is a sailor had contact with the crew of a cruise ship, where one of the crew members who ate the fish pie with banana told her how much he liked the dish, without knowing

that he was talking to the creator's cousin. Such a coincidence served to reinforce the success that this delicacy has.

The original recipe has been made for years without the need for change or adaptation, but some variations have already been made, for example, with shrimp or sardines instead of fish. Grandma Ica intends to test it someday with chicken, but guarantees that there is no secret to the success of the dish. In fact, the only secret is to make it with care. Affection makes it good.

When people talk about the recipe, Mrs. Sueli feels happy and proud: 'It's like you've planted a plant and getting that first fruit. You feel happy about that. The same thing when you make something that everyone approves of and likes. That's all.'





FISH PIE WITH BANANA

INGREDIENTS

3KG FISH FILLET (DOGFISH, MIXED FISH OR FUGU)
3KG OF CAVENDISH BANANA
1 CONTAINER OF MILK
3 PACKAGES OF HEAVY WHIPPING CREAM
1 PACKAGE OF CORN STARCH
1 PACKAGE OF GRATED CHEESE
WHEAT FLOUR
BUTTER
SALT, LEMON, AND GARLIC



PREPARATION METHOD

Season the fish fillets with garlic, salt and lemon. Dip in wheat flour and fry.

Slice the banana and fry it in butter.

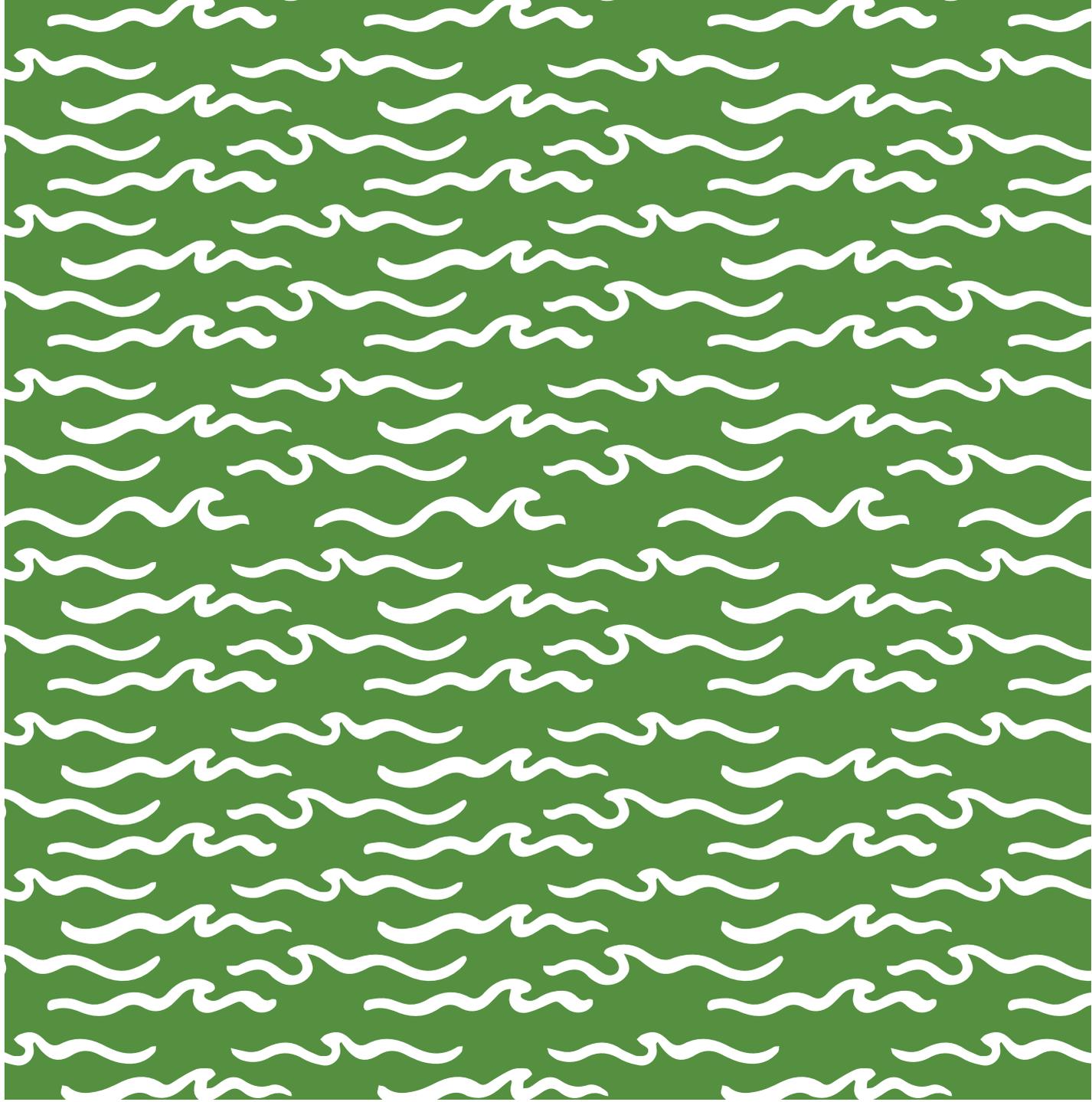
Prepare an Alfredo sauce with the milk, heavy cream, cornstarch, garlic and salt to taste.

To assemble the dish, intersperse the fish and the banana in layers, the last layer being banana. When the assembly is finished place the white sauce on top and lastly the grated cheese.

Bake in the oven for 30 minutes for au gratin and serve.

SUGGESTED SIDE DISHES:
WHITE RICE OR A LETTUCE, TOMATO, AND
BELL PEPPER SALAD.

REMNANT COMMUNITIES OF MAROONS





BANANA CANTON WITH CARNE SECA

a history from

Mrs. Dulce



CAMPOS DOS GOYTACAZES-RJ
QUILOMBO CONCEIÇÃO DO IMBÉ

There was a time when the main spice in this recipe was hunger. Dona Dulce tells that when the mill went bankrupt, she and her children “almost died”. Certainly, motivated by hunger, she, her sister and sister-in-law went out with a horse and two jackfruits to search for bananas at the top of the mountain, a very distant place with difficult access. The climb was hard, and was made even worse by the weakness of their poorly nourished bodies. With great difficulty, they finally reached their destination, filled the basket with bananas, and came down. The weight was so heavy that the horse could not stand it and lay down. With a lot of effort and the help of a stranger, they got the horse up and started back home. The saga that led them to exhaustion lasted all day, but the bananas supplied the need of these families for a week.

Dona Dulce says that “since she can remember” she has lived in Conceição do Imbé, and since her childhood, bananas have always been present at the table in her house, because it was what was at hand. It was served at every meal, sometimes with flour or sugar, when they had them, but never with meat. The recipe changed with time, when things got better. The dish created by necessity, today is an important dish, “fine”, as she says, with new ingredients and new flavors.





BANANA CANTON WITH CARNE SECA

INGREDIENTS

- 1KG OF CARNE SECA BEEF
- 2 DOZEN GREEN CATU
(ALSO CALLED DWARF CAVENDISH OR CAVENDISH BANANAS)
- 1 TOMATO
- 1 GREEN BELL PEPPER
- GARLIC TO TASTE
- BLACK PEPPER TO TASTE
- CALABRIAN PEPPER TO TASTE



PREPARATION METHOD

Peel the banana in water, then chop it and keep it in a bowl of water. Set aside. The objective of this process is to remove the astringency from the banana.

Place the shredded dried beef in a pot of water and bring to a boil. As soon as it boils, pour out the water and repeat the process as many times as necessary until all the excess salt is removed from the meat.

Then cook the meat until it is very tender.

Remove the meat and save the water in which it was cooked.

Sauté the dried beef in garlic and a little olive oil. Add the bell pepper and the tomato; set aside.

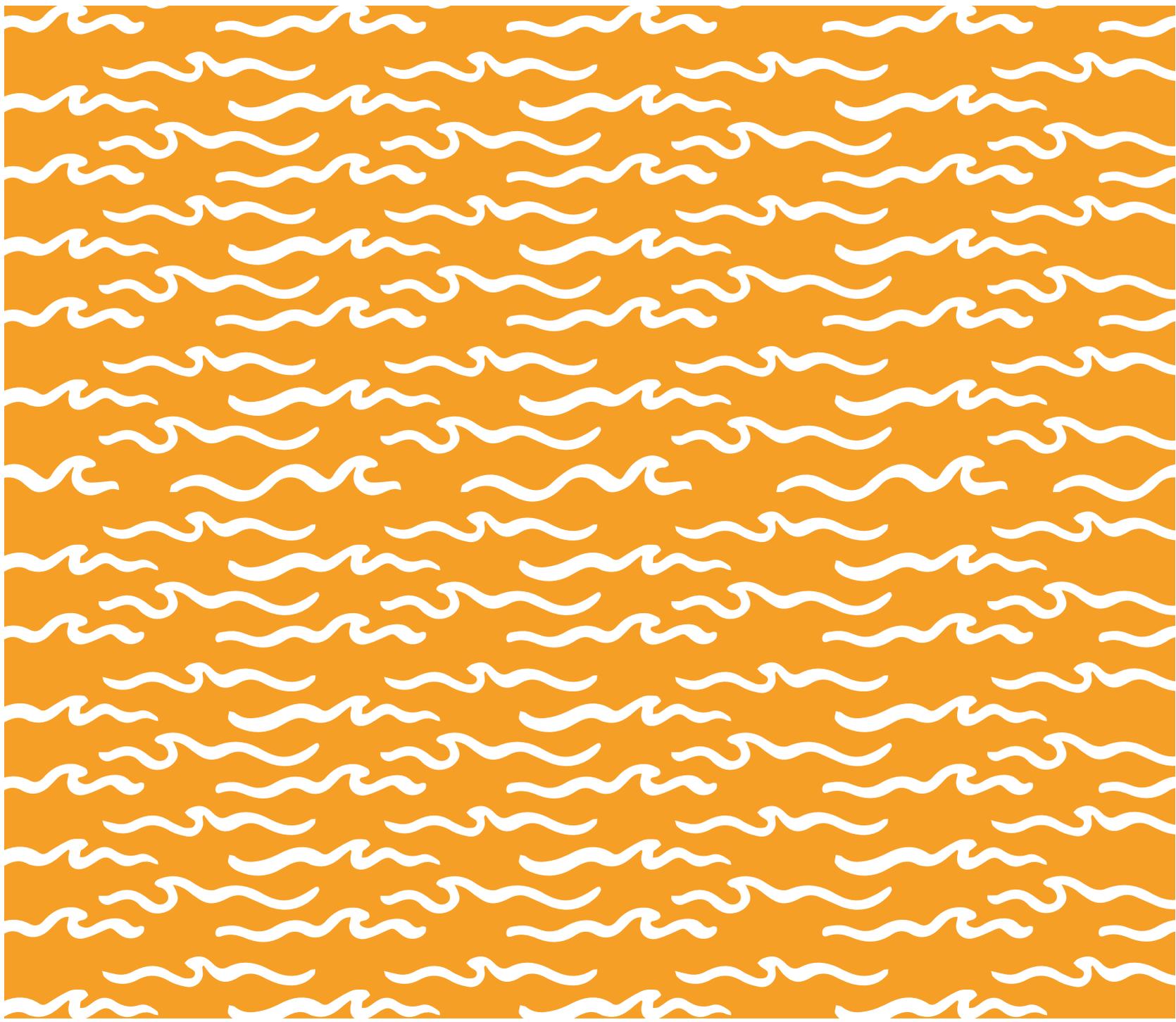
Pour the chopped banana into the water in which the dried beef was cooked and cook until it is very soft.

Blend the banana with a little of this water in a blender. If you prefer, you can also mash it with a fork.

Then pour the dried beef over this banana paste, mix it, and add the black pepper, the Calabrian pepper, and all the spices you want.

You don't need to add salt, because the dried meat is already salty. If you prefer, the dried meat can also be substituted with shredded chicken breast.

The dish can be served with white rice.





OLD MULATTO

a history from

~~~~~ **Mrs. Elena**



QUISSAMÃ - RJ

QUILOMBO SANTA LUZIA

Also known as African bean stew, this fish stew is a legacy of the black slaves in Quissamã. Forbidden to eat what was served at the Big House, the enslaved people caught the fish hidden and salted it to preserve it. Then they cooked it with beans and pumpkin, food they had on hand from the plantations. Since they didn't have many pots, they cooked all the food together, so they could eat a little bit of everything and have a more complete meal.

Mulato Velho takes its name from the way the fish is salted: it becomes so dry that it looks like old clothes. Mrs. Elena says that since she was a child, she saw her father preparing this dish, but only as an adult did she discover that it was an ancestral culinary dish.



The original recipe is made with salted catfish because it has less spines, but since the salting process takes a long time, it can be replaced by codfish. But for Dona Elena, the secret of the dish is to make it with love, without it, regardless of the ingredient, the food is no good.





# OLD MULATTO

## INGREDIENTS

500G OF SALTED CATFISH OR CODFISH  
500G OF BLACK BEANS  
1KG OF PUMPKIN  
1 LARGE TOMATO  
1 MEDIUM ONION  
1 TABLESPOON OF GREEN BELL PEPPER  
1 BUNCH OF PARSLEY  
1 BUNCH OF GREEN ONIONS  
1 BUNCH OF CILANTROS  
CHILI PEPPER  
GARLIC TO TASTE  
SALT TO TASTE



## PREPARATION METHOD

The first step is to salt the fish (with coarse salt or refined salt) and leave it salting for about 4 days. After this period, let it soak overnight. The next day put the fish in a pan with water, bring it to the boil and let it boil to desalt. Once this process is complete, set it aside;

In a pressure cooker, cook the black beans with just water and salt;

In another pan, sauté the garlic and the onion with olive oil and then pour in the cooked beans. Let it boil;

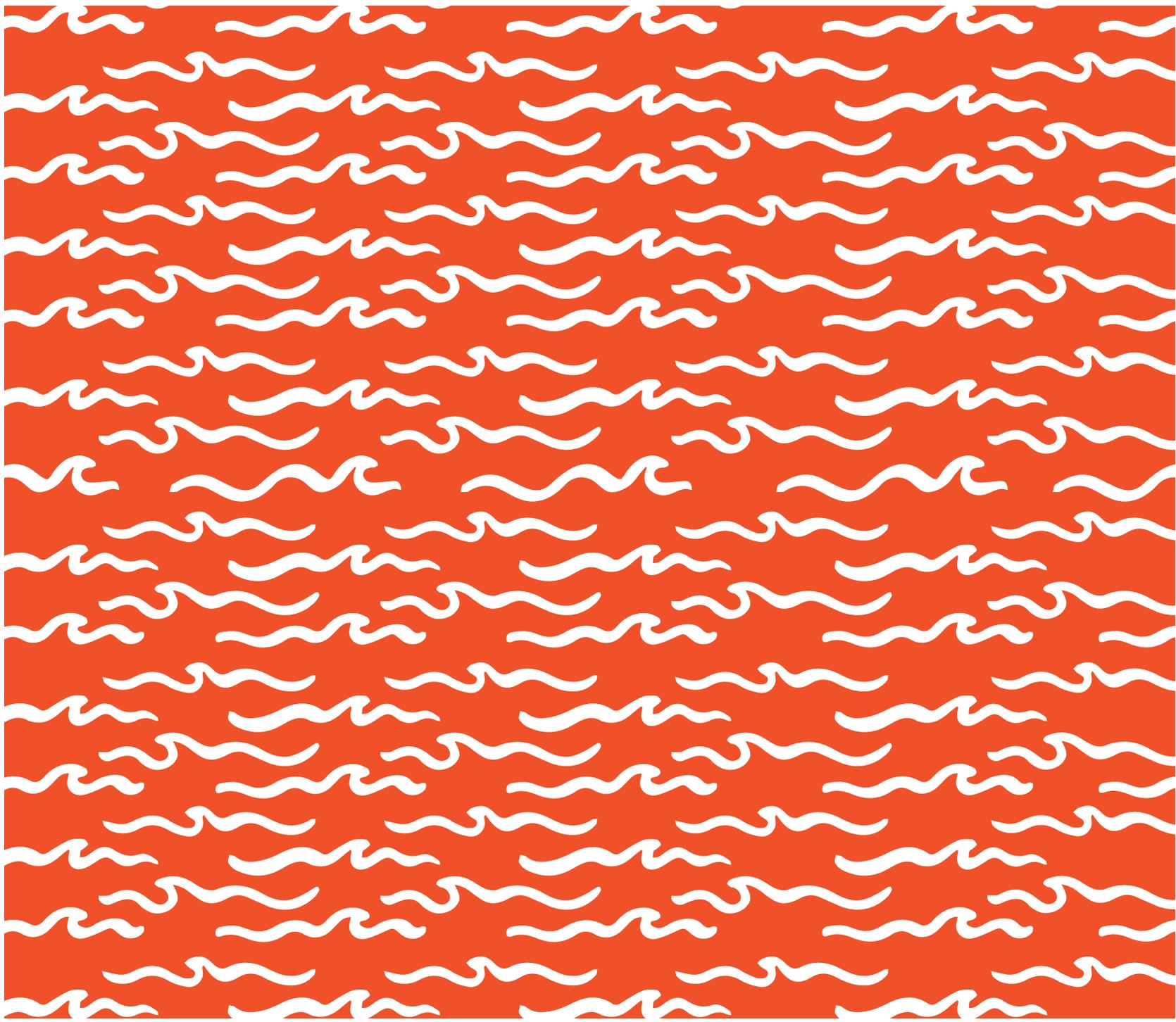
Cut the pumpkin into large pieces and put them in the bean pot;

Add the fish and the other chopped ingredients;

Cover the pot and let it cook on low heat. It is important to keep an eye on the pot during cooking.

From time to time, with a wooden spoon, stir it carefully so that it does not stick to the bottom. The cooking time is the time for the pumpkin to get soft. The broth will thicken and you can serve.







## RUNAWAY BLACK MAN

a history from

**Elisabeth Fernandes**



BÚZIOS - RJ

QUILOMBO DA ILHA DA MARAMBAIA

The original recipe for the dish Runaway Black Man comes from the Marambaia Island Maroon Community. A few years ago, while visiting the place, Elisabeth tried the dish and was delighted with its history. She was told that when preparing to flee from the sugar mills to the quilombos, the black people kept utensils and food that could be useful on the way in a bag. They would take a pot, a match, a small piece of meat, some beans and salt. The vegetables and leaves were picked up on the way, in the woods. When they arrived at a shelter, they put everything they had in the pot to cook



Back in her quilombo, Elizabeth decided to make a new version of the recipe with characteristics of the local cuisine. She added pink pepper, bell peppers, basil, and annatto to highlight the red color of the beans. The food, prepared in a wood stove, is one of the dishes that make up the menu of the “Quilombo Kitchen”, which will soon be a restaurant on the ethnic environmental tourism route, which Elizabeth helps to promote: “The city doesn’t have things for black people or for residents of quilombos. So, we are in this construction. (...) We want people to feel inserted in the kitchen, to feel part of the kitchen.”

The dish is versatile and Elizabeth plays with the ingredients making use of what she has available at the moment. This described here are just the base of the recipe... Well, these and the others she keeps secret. You can see the complete version, only by visiting her kitchen.





## RUNAWAY BLACK MAN

### INGREDIENTS

500G OF RAW RED BEANS  
250G OF CARNE SECA  
250G OF FRESH MEAT (BEEF MUSCLE)  
100G OF THIN PORK SAUSAGE  
100G PORK LOIN  
1 CASSAVA  
1 SWEET POTATO

1 LARGE CARROT  
1 HANDFUL OF LEAF CACTUS (PERESKIA ACULEATA)  
1 BUNCH OF CABBAGE LEAVES  
1 BUNCH OF GREEN ONION  
1 BUNCH OF PARSLEY  
1 BUNCH OF CILANTROS  
1 GREEN BELL PEPPER  
1 RED BELL PEPPER

1 YELLOW BELL PEPPER  
2 ONIONS CUT INTO LARGE PIECES  
1 HEAD OF GARLIC  
PINK PEPPER (AROEIRA) TO TASTE  
1 1 HANDFUL OF BASIL  
1 PINCH OF ANNATTO FOR COLOR  
SALT TO TASTE

### PASSO A PASSO

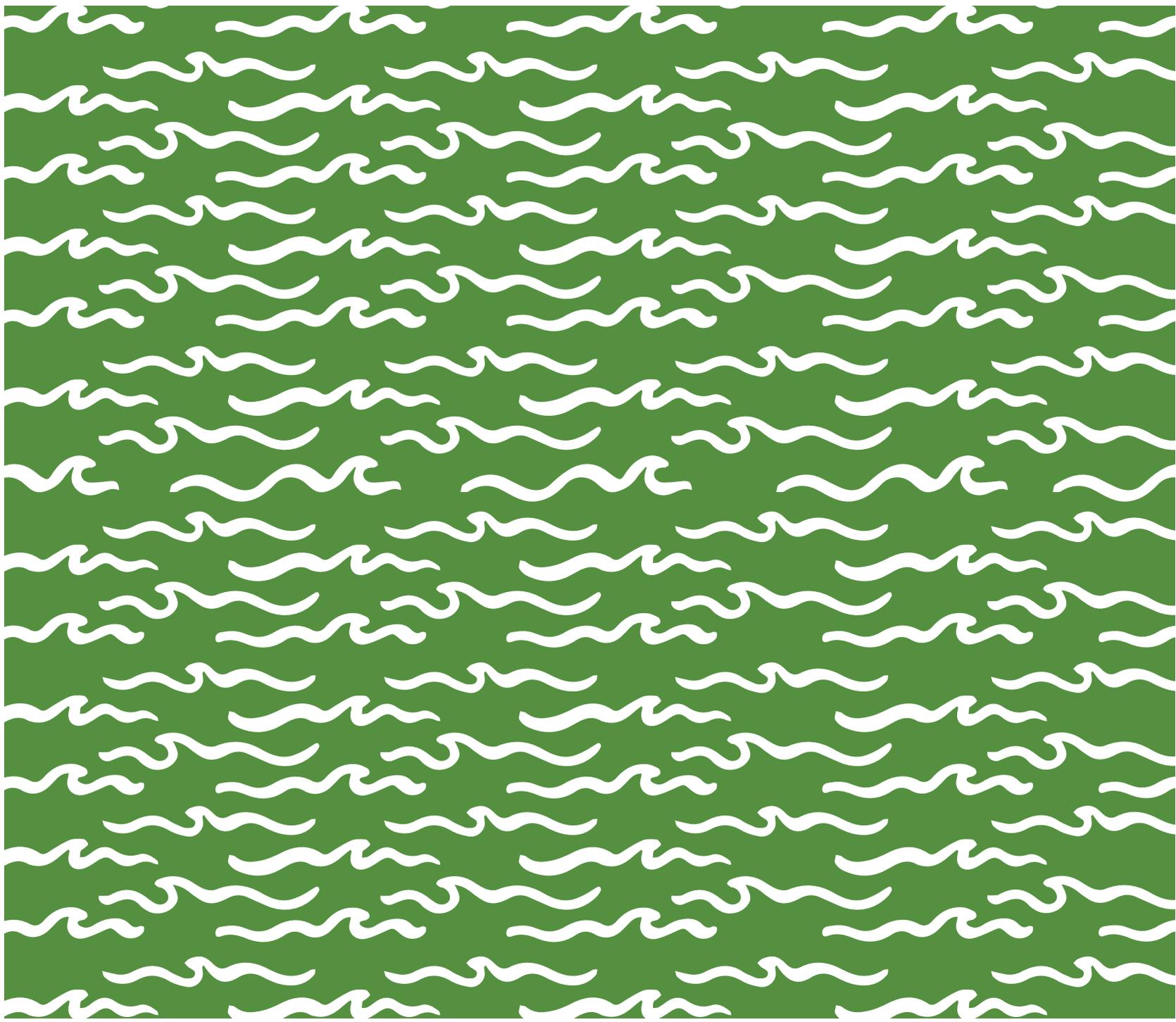
Chop the fresh meat and sauté with garlic. Set aside.

In a pressure cooker, sauté the red beans with garlic, onion, pink pepper (also called aroeira) and the bell peppers.

Then add the other ingredients, water, salt, annatto and let it cook.

The vegetables must be cooked separately and added to the beans after they are cooked. Like the onion, they should be cut into large sizes.

FOR THOSE WHO PREFER A VEGAN RECIPE, YOU CAN PREPARE THE DISH THE SAME WAY, ONLY REMOVING THE MEAT. THE VEGETABLES AND SPICES CAN ALSO VARY ACCORDING TO THE TASTE OF THE PERSON PREPARING THE FOOD. HOWEVER, ELIZABETH GIVES A HINT: DO NOT USE BAY LEAF, BECAUSE IT CAN TAINT THE OTHER FLAVORS.





## OYSTERS, BLUE LAND CRAB AND BLUE LAND CRAB PIRÃO

a history from

— **Mrs. Valdemira**



SÃO FRANCISCO DE ITABAPOANA - RJ  
QUILOMBO DE BARRINHA

The oyster is the main shellfish in the Quilombo of Barrinha, and is the livelihood of the community's women shellfish gatherers. It is also a very popular food in the community because of the easy access to the sea. "Here we usually say that when we live in the city, if we want a papaya, we have to buy it, if we want a cassava, we have to buy it. And here we don't, we have them on the land. And as for meat, we have oysters", says Dona Valdemira. She says that when her father didn't have money to buy meat, her mother didn't waste any time: she would take a machete to the rocks to look for oysters.

The blue land crab can only be found during the full moon season, which is when the tide is low and it is possible to find it under the oyster rocks. It is a crustacean that resembles a crab, but has a more fleshy and thicker meat. Also very popular in the Barrinha community, it is used only for personal consumption, not for sale.

For Dona Valdemira, the best moment in the preparation of this dish is when the water boils with the Blue land crab and an aroma of the sea rises and fills the atmosphere. This smell takes her back to her childhood, to the memory of her mother, crouching on the ground cooking on a wood-burning stove. It is this affectionate memory that she tries to provoke when she cooks for her family. She cooks in an exaggerated way, in a lot of quantity, but with a lot of love.





## OYSTERS

1KG OF OYSTER  
1 MEDIUM ONION  
3 CLOVES OF GARLIC  
1 TOMATO CUT INTO PIECES WITHOUT THE SKIN  
1 GREEN BELL PEPPER  
1 BUNCH OF PARSLEY  
1 BUNCH OF GREEN ONIONS  
1 PINCH OF PAPRIKA  
1 PINCH OF BLACK PEPPER TO TASTE  
SALT TO TASTE

## BLUE LAND CRAB

1 KG OF BLUE LAND CRAB  
3 CLOVES OF GARLIC  
1 MEDIUM ONION  
1 PINCH OF PAPRIKA  
1 BUNCH OF PARSLEY  
1 BUNCH OF GREEN ONION  
1 BUNCH OF CILANTRO (OPTIONAL)  
1 PINCH OF CHILI PEPPER, FINELY CHOPPED  
SALT TO TASTE

## BLUE LAND CRAB PIRÃO

500G OF CASSAVA FLOUR (TOASTED WHITE FLOUR)  
1L OF WATER  
1 TABLESPOON OF OLIVE OIL  
1 BUNCH OF PARSLEY  
1 BUNCH OF CILANTRO  
1 BUNCH OF CHIVES  
SALT TO TASTE

## PASSO A PASSO

### The oysters:

Place the oysters in a pot of water and bring to a boil until the shells open;

Remove the oysters from their shells and wash them under running water to remove all the sea residue.

In a pan, add a tablespoon of olive oil and sauté the oyster with the onion, garlic, bell bell pepper, and the tomato.

Add the green herbs, paprika, black pepper, and salt. And it's ready!

It can be served with angu or white rice.

### Blue land crab:

After being caught, the blue land crab must be washed to remove all sea residue (you can count on the help of a brush).

Then, place it in a pan with water and bring it to a boil.

Add to the water the green seasonings, the onion, the paprika, the chopped pepper, the salt, and let it cook;

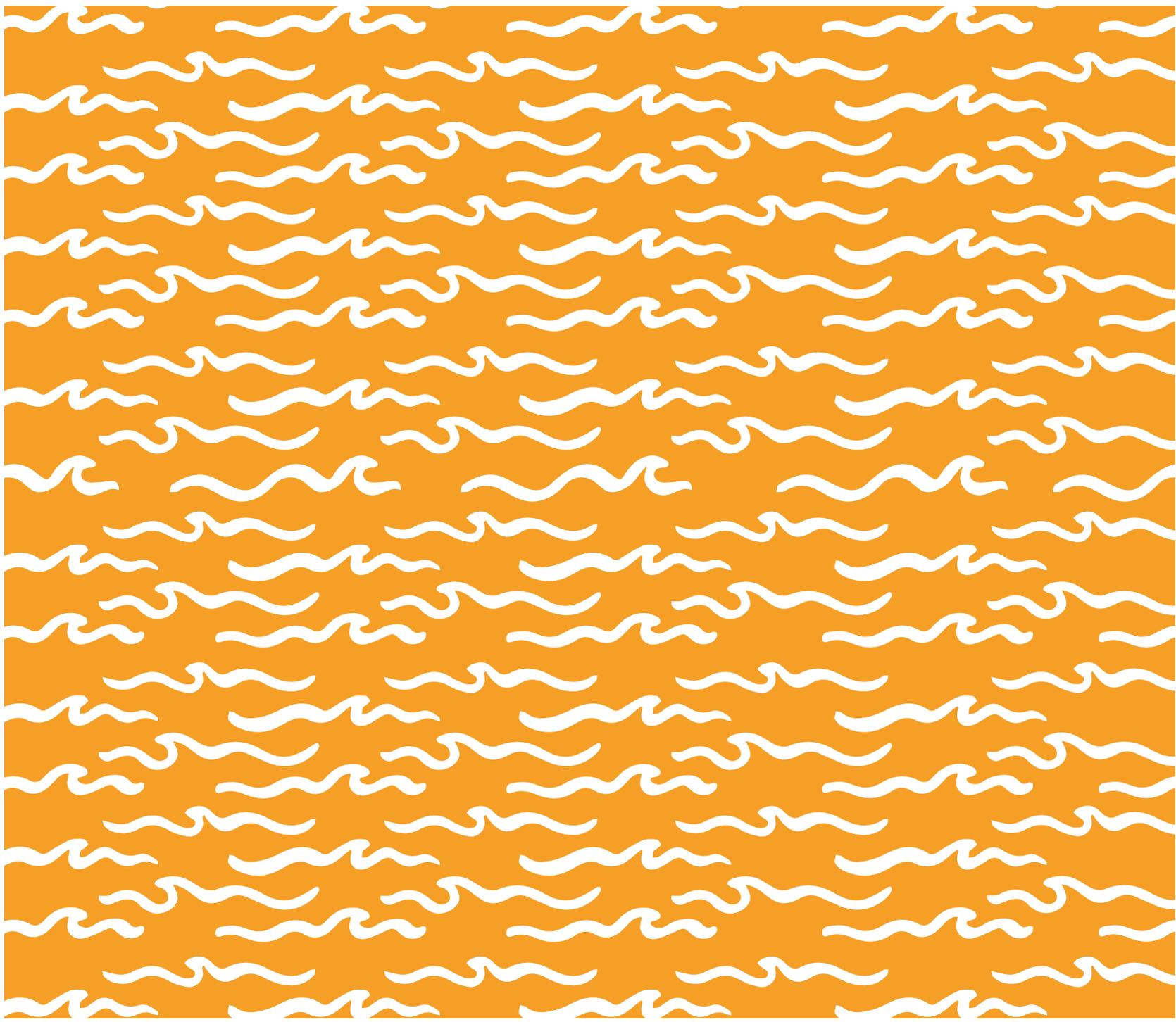
After it is cooked, remove the blue land crab from the water and set it aside.

### Pirão de goiá:

For the pirão, take the water that was used to cook the blue land crab, add a bit of olive oil, more green herb mix, and heat it.

Gradually add the cassava flour. Stir constantly until it boils.

After it is ready, serve with the blue land crab.





## SOLA

a history from

**Mr. Cornélio José da  
Silva e Dona Julita**



ARARUAMA - RJ  
QUILOMBO SOBARA

In the Remnant Community of Quilombo Sobara there is a typical food that has been passed from generation to generation, called Sola. This recipe was presented to us through the generosity of Mr. Cornélio José da Silva, 59, and his wife, Mrs. Julita Vasconcelos da Silva, 60. To get to know this recipe was to learn a little about the family history, the affection, and the memory that involves the act of making Sola.

Mrs. Julita learned to cook from her mother, who made the Sola and taught her how to make it. The relationship with cooking started at a very young age. Sola is not made often, only when flour is made. The ingredients are: sugar, peanuts, salt, tapioca, and the flour dough. The only ingredient produced in the quilombo is the cassava, the others are bought.

Making Sola is not an easy task, but it is also a pleasure. Mr. Cornélio's relationship with Sola dates back to his childhood, when he saw his parents making it and asked them to make it together. Little by little his parents started to teach him. In the beginning you can't do it right, but with time you learn. It's a relationship of affection and memory, in which Mr. Cornélio learned little by little, growing at the pace of the cassava harvest, and with time he got better.



According to Mr. Cornélio, not just anyone can do it. It takes time and patience to learn. There is no exact quantity of ingredients. It is a handmade process that during the mixing is necessary to understand the ideal consistency.

Sola is more than a recipe, it is a composition of affection, memories, and sensations that complement the act of cooking. According to Mr. Cornélio, it activates the memory of his parents, of the old times. He thinks about stopping making flour and can't, because he starts to feel a desire to do it. It is a collective relationship, because someone arrives and eats a Sola, and soon there is happiness for this moment. This happiness prevents him from stopping.

Mr. Cornélio enthusiastically explains to us that just as he and his wife learned from their parents and feel this happiness when making the Sola, today it is possible to feel another happiness, which is to see their children learning and making it too. According to him, it is a great pride, because as he gets older, something of him is left in his children, just as many of his parents' things also stayed with him through the Sola. In this way, the children will also have the good memories later.



## PREPARATION METHOD

First snatch the cassava. Peel it all off and then wash it.

After washing, grate the cassava to remove the starch. Place the grated paste in a bowl of water and squeeze.

Put the paste in a thin cloth and strain to settle it.

Then remove the water and put the toasted flour to absorb the rest of the water.

Remove the flour from the top and leave only the starch. Strain the paste two or three times to get out the very fine starch.

Take the mass of flour already dried in the press, separating a little to make the Sola.

Put some of the starch with the flour mass and mix it. Add a little salt.

Roast the peanuts and grate them. Then mix it with the dough.

After mixing, add the sugar. When you add the sugar, it will make the Sola the color of roasted peanuts. You have to wait for the sugar to change the color.

Cut the banana leaf, removing the stalk from the middle, place the Sola on the banana leaf, fold it and place it in the oven. Over time it will dry out, and you need to turn the side to cook it completely.

Let it bake well and then just eat.



# SOLA

## INGREDIENTS

PEANUTS

TAPIOCA

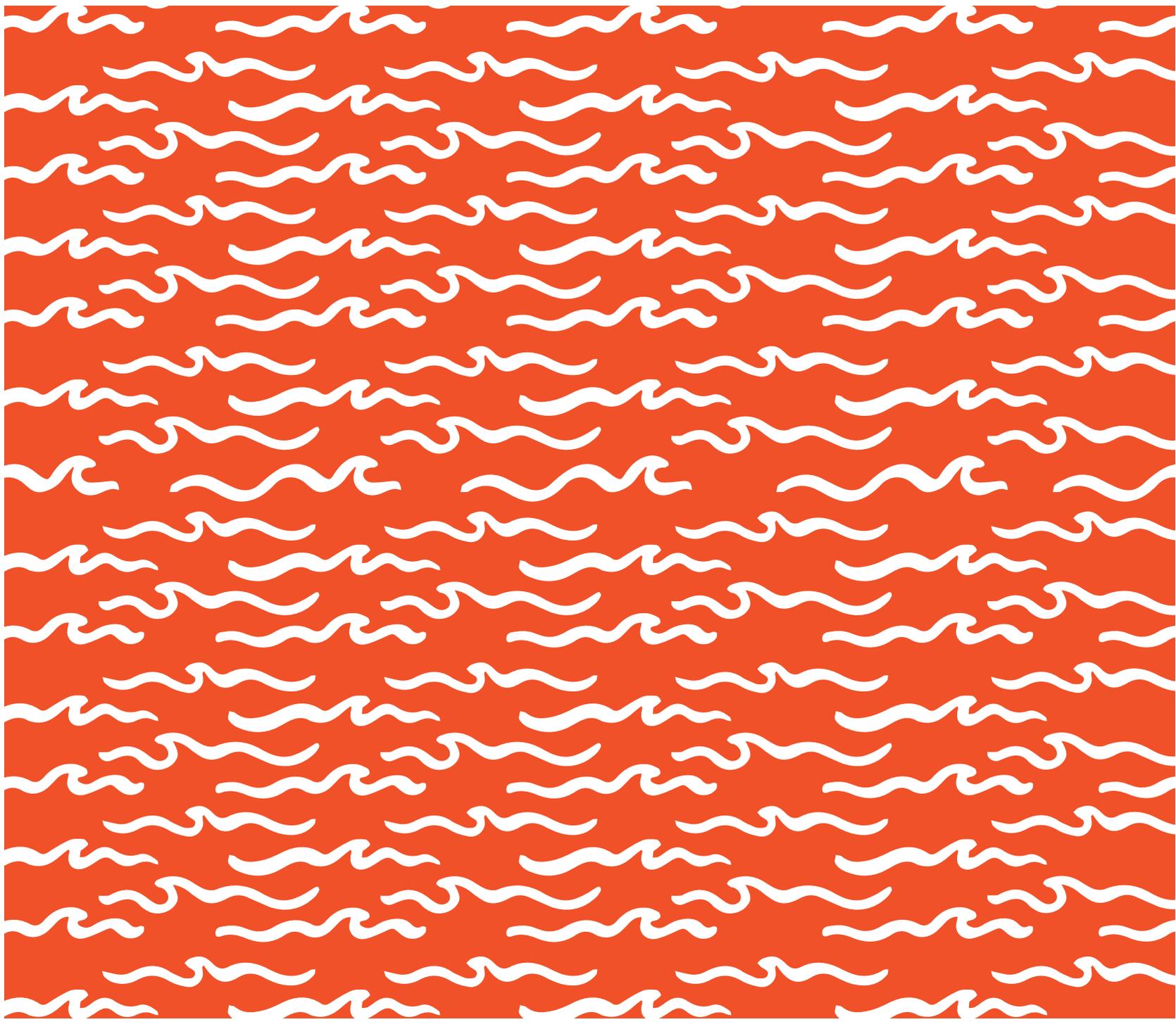
FLOUR DOUGH

SUGAR

SALT

BANANA LEAF IS USED TO BAKE THE SOLA

THE ONLY CHANGE MADE TO THE RECIPE WAS THE ADDITION OF COCONUT, TO MAKE THE COCONUT SOLA. BUT IT CAN'T BE A FRESHLY SHREDDED COCONUT; YOU HAVE TO REMOVE THE MILK AND LEAVE THE COCONUT TO DRY. IF ANY INGREDIENT IS MISSING, OR SUBSTITUTED, IT'S NO LONGER A SOLA, IT'S USELESS," SAYS MR. CORNÉLIO.





## MILK SOUP

a story from

**Black Mom**



QUISSAMÃ - RJ  
QUILOMBO SANTA LUZIA

The *sopa de leite*, also called *escondidinho*, is a recipe from the time of slavery. According to reports, since they were not allowed to eat meat, the slaves made this type of very liquid “*pirão*” to hide the *carne seca*. “The masters thought they were just drinking milk soup, but they were eating hidden meat,” says Black Mom.

The simple recipe, enriched with animal protein, gathered the basic nutrients to support their exertion.

It was her grandfather, the cook Jacinto Pacheco, who taught her this recipe, which she calls “the soup of my life”. She learned the kitchen trade from him and worked for many years in Machadinha’s Restaurant. She is proud to say that it was she who included the dish in the restaurant’s menu and that even people from out of town came to try it. “It’s a success! Make it for your family and let me know what they think”.



## MILK SOUP

### INGREDIENTS

500G OF CARNE SECA  
1 LITER OF WATER  
200G OF TABLE FLOUR  
1 LITTER OF WHOLE MILK  
1 HEAD OF GARLIC  
OIL



### PASSO A PASSO

#### **Carne seca:**

To begin, it is important to desalt the dried meat. Place the water and the carne seca in a pot. Bring to a boil. Drain and set aside the meat until it has lost all of its water;

Next, shred the meat "really finely";

Sauté the dried beef with a little garlic and oil. Set aside in a bowl.

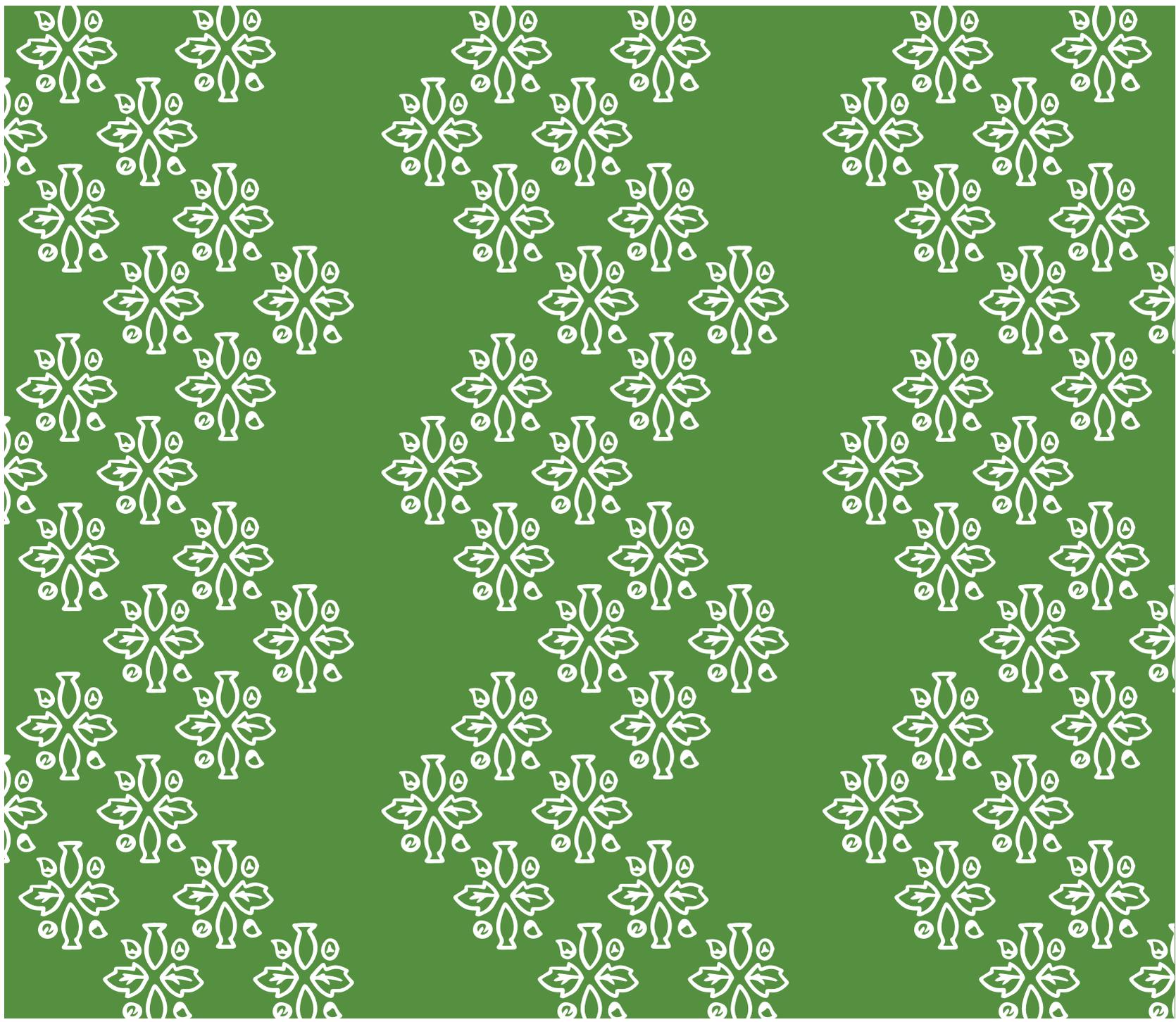
#### **Milk Soup:**

In another pan, put the milk and bring to low heat;

Add the table flour little by little and stir constantly, this is the secret to avoid lumps.

Turn off the heat when the soup is homogeneous. Be careful not to let it harden or thicken too much. The soup needs to be liquid to coat the carne seca well.

Pour the hot milk soup over the carne seca until it is hidden and serve.



Realizador:



Parceiro apoiador:



Apoio Técnico:

