

Ebook Receitas de Família.



Autores: Alunos do 9º C, EMEFI Profª Norma De Conti Simão

SIMPLE SPAGHETTI (ESPAGUETE SIMPLES)



INGREDIENTS

- 1 small onion (chopped)
- 2 tablespoons garlic powder
- 3 tablespoons butter
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 cans tomato sauce
- 1 box spaghetti noodles
- 1 pound ground meat

DIRECTIONS

1. On medium heat melt the butter and sautee the onion.
2. Add the ground meat and cook until meat is well done.
3. Add the tomato sauce, salt and garlic powder.
4. Salt, and garlic powder can be adjusted to your own tastes.
5. Cook noodles as directed.
6. Mix the sauce and noodles or I keep them separated if you like.

SALT COD CROQUETTES (BOLINHO DE BACALHAU)



INGREDIENTS

- 500 g boiled salt cod skinned and boned
- 1 Kg potatoes
- 1 medium onion
- 1 garlic clove
- 3 tablespoons chopped parsley
- 2 egg yolks
- 1 egg white

- salt
- black pepper

PREPARATION METHOD

1. Cover the salt cod in cold water for 24 hours, refrigerated, changing the water every 6 hours.
2. Boil water and blanch the salt cod on low heat for 10 to 15 minutes after the boil. Allow the cod to cool in the cooking water so that it doesn't dry out. Set aside the water and crumble the cod, removing skin and any bones.
3. Put the peeled potatoes into the pan of reserved salt cod boiling water, bring to the boil and cook until tender.
4. Pass the drained potatoes through a ricer and into a bowl.
5. Sauté the onion and garlic finely chopped with a little olive oil. The traditional recipe uses raw onion, but it might impair the lightness.

6. Mix the salt cod chopped very fine, the sautéed onion, parsley, black pepper, mashed potatoes and egg yolks, stirring well. The dough should be dry but soft and, if necessary, combine the egg white. Check the salt.

7. Oil your hands and form balls or croquettes, or make quenelles using two spoons.

8. Deep fry – a few at a time – in the hot oil, so as to not lower the temperature of the oil, until they are golden brown. To reach the right temperature put a toothpick into the oil and wait until small bubbles form. The croquettes may be rolled in all-purpose flour or bread crumbs, if preferred.

9. Place them on paper towels to drain excess oil and serve immediately while still hot.

SWEET RICE PUDDING (ARROZ DOCE)



INGREDIENTS

- 180 g rice (for soup)
- 400 ml water
- 150 g sugar
- 600 ml milk, approximately
- 2 cinnamon sticks
- 3 pieces of lemon peel

PREPARATION METHOD

1. Rinse the rice in cold water, pour in a pan with the water and cook over moderate heat until all the water is absorbed; this takes about 6 minutes.
2. Add milk, sugar, cinnamon stick and lemon peel. With a little more milk you can make it creamier.
3. Cook over low heat, stirring occasionally, until the rice is soft and creamy.
4. Discard the cinnamon stick and the lemon peel and pour the pudding into a serving bowl or individual dessert bowls.
5. Sprinkled with cinnamon powder.
6. Serve warm or cold, and store in fridge.

CHICKEN STROGANOFF (STROGONOFF DE FRANGO)



INGREDIENTS

- 2.2 pounds (1 kg) boneless, skinless chicken thighs.
- Salt and freshly ground black pepper to taste about 1 teaspoon of salt and ½ teaspoon of pepper per pound of chicken.
- 5 tablespoons olive oil divided.
- 1 tablespoons unsalted butter.

- 1 pound (about 450 g) fresh common white button mushrooms, cleaned and sliced.
- 1 medium yellow onion chopped.
- 3 garlic cloves minced.
- ½ cup dry white wine.
- ½ cup tomato sauce.
- 2 cups chicken broth or stock (only 1 cup for the slow cooker or ½ cup for the pressure cooker).
- 1 tablespoon Dijon mustard.
- ¾ cup milk cream.
- ¼ cup fresh parsley or cilantro chopped.

INSTRUCTIONS

1. Pat the chicken thighs dry, cut into 2-inch cubes, and season with salt and pepper. Then follow the instruction according to the chosen cooking method below.

2. **STOVETOP METHOD:** In a large stainless steel pan, heat the 2 tablespoons of olive oil and melt 1 tablespoons butter over medium heat. Add the mushrooms and cook until they are browned and cooked through, about 5 minutes. Remove from heat and reserve.

3. Add 2 tablespoons oil and increase the heat to medium-high. Pan-fry the cubed chicken in batches so that it is browned on all sides (about 3-5 minutes), then let rest on a plate or bowl after pan-frying. Lower the heat to medium and add 1 tablespoon of oil and the onions, cooking and stirring occasionally until they are soft (about 3 minutes).

4. Add the garlic and cook until soft and fragrant, about 1 minute. Return chicken to the pan! Pour in the wine and let cook until it has been almost fully absorbed. Stir in both the tomato sauce and the chicken stock/broth. Cook, partially covered, over medium-low heat for 15-20 minutes.

5. When the chicken is cooked, remove from the heat and fold in the mushrooms, heavy cream, mustard, and parsley. Taste and adjust the salt and pepper, if needed. Serve the Chicken Stroganoff with white rice and shoestring potatoes.

Lasagna (Lasanha)



INGREDIENTS

- 1 medium yellow onion.
- 1 tablespoon olive oil.
- 1 pound lean ground beef.
- 1/2 teaspoon kosher salt.
- 1/4 teaspoon freshly ground black pepper.
- 1 (24 to 25-ounce) jar marinara sauce (3 cups), such as Rao's or Newman's Own. +

- 350 grams low-moisture mozzarella cheese, shredded (about 3 cups), divided.
- 15 dry lasagna noodles (not no-boil, about 2/3 of a 1-pound box), divided.
- 450 grams whole-milk ricotta cheese (about 2 cups), divided.

INSTRUCTIONS

1. Heat the oven to 200°C. Arrange a rack in the middle of the oven and heat the oven to 200°C.
2. Brown the beef and onion. Finely chop 1 medium yellow onion. Heat 1 tablespoon olive oil in a 12-inch or larger regular or cast iron skillet over medium-high heat until shimmering. Add the onion, 1 pound lean ground beef, 1/2 teaspoon kosher salt, and 1/4 teaspoon freshly ground black pepper, and cook, breaking the beef up into small pieces with a wooden spoon, until the beef is cooked

through, 6 to 8 minutes. Remove from the heat and let cool for 5 minutes.

3. Prepare the baking dish and assemble the meat sauce. Open 1 (24 to 25-ounce) jar marinara sauce (3 cups). Spread a thin layer of the sauce in the bottom of a 9x13-inch baking dish. Stir the remaining sauce into the ground beef mixture.

4. Begin layering the lasagna. Shred 12 ounces low-moisture mozzarella cheese if needed (3 cups). Place 5 lasagna noodles in the baking dish, breaking them if needed to create a single layer (it's OK if the noodles overlap slightly). Dollop and spread 1 cup of the ricotta cheese over the noodles. Dollop and spread about 1 1/2 cups of the meat sauce on the ricotta, then sprinkle with 1 cup of the mozzarella.

5. Continue layering the lasagna. Arrange 5 more noodles over the mozzarella, followed by 1 cup of the ricotta cheese, 1 1/2 cups of the meat sauce, and 1 cup of the mozzarella. Top with a final layer of 5 noodles and the remaining sauce, spreading the sauce thin so that it almost completely covers the

noodles. (Reserve the remaining 1 cup mozzarella for the end of baking.) Cover the dish tightly with aluminum foil.

6. Bake the lasagna for 1 hour. Bake for 1 hour. Check to make sure the noodles are done by poking the lasagna with a knife; the knife should slide easily through all the layers. If it doesn't, cover and cook for 15 minutes more.

7. Sprinkle with the remaining mozzarella and finish baking. Uncover the lasagna and sprinkle with the remaining 1 cup mozzarella. Bake uncovered until the mozzarella is melted and lightly browned, and the sauce is bubbling, 8 to 10 minutes more.

8. Cool the lasagna for 15 minutes. Let the lasagna cool on a wire rack for at least 15 minutes before serving.