

The English Cooking e-Book

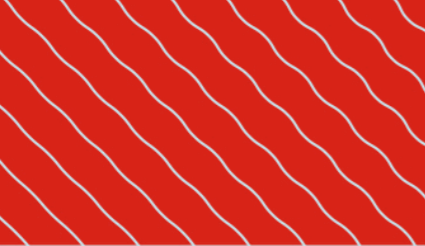
*A pinch of experience, a tablespoon
of recipes, and three cloves of
vocabulary*



CICLO
ESTÚDIO DE LÍNGUAS

by Alexandre Fortes





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What is it all about?

Is this an English book? No. So this is a cooking book. Not either. What is it then?

More than everything you have mentioned and thought, this is a collection of experience. Mine, yours, *ours*.

Here, we will be able to get together again. Yes, trust me on this one - in a *new way*, of course. We will share our thoughts and expectations about the future. Our feelings and our taste in food, drinks...whatever really matters in life.

And yes, we will share our recipes as well. We will vote for the food we want to learn to make. We will cook them together. All of us. At the same time. In English and live.

Finally, the best recipes will own their space here in our English cooking e-book, adding more stories to our pages.

Food for thought

Being deprived of **culturally normal interaction** with society, I was forced to **chin up, adapt to changes and take advantages of every little thing**. I relearned to **revisit my feelings**. As a result, I am able to see **how good a frugal life is**.

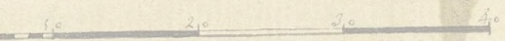
I have also learned that **we can make things** we once had them done or bought ready-made. **Baking a cake, painting a faux concrete look on the wall**, as well as **learning from home** and **working out indoors**, have all activated my skills and my senses.

#teachlifeskills 

DE
MINAS GERAES
COM
DEVIZA DE SVAS
COMARCAS

19907 AK ex. 2
1955

SCALA DE LEGOAS



Pão de Queijo

*our all-time favourite
Mineira Cuisine delicacy*

Your Majesty, “Pão de Queijo”.

Our "P.D.Q."- as it can be read on many menu boards in *"botecos" or bakeries in Belo Horizonte in the state of Minas Gerais - is undoubtedly part of our culture, yet it can be found on every Brazilian family table and there are many recipes to choose from. After all, it is a national delicacy.

Our great-grandparents used to make them masterfully. Our grandparents made them beautifully. However, only some of our parents can make them well.

Somehow it seems that the food industry has been taking control of everything over the years and we simply stopped being adventurous in the kitchen, losing some of our cooking skills.

* "Botecos" - once defined by Seth Kugel as "informal sit-down spots where multiple generations socialize", at The New York Times - [A Town Where All the World Is a Bar](#), Oct. 28, 2007.

Save our P.D.Q., please!

As a result, we were on the brink of losing part of our roots.
Why was that?

Simply put., we wanted to speed up our lives and our work. We did not want to wait for anything. We tried to simplify things. We created a myriad of packed solutions to everything. Unfortunately, things are not going that well nowadays. As well as our precious "Pão de Queijo", we ended up. wrapped, industrialized, unhealthy and cheerless.

Only with the urge of social isolation due to the pandemic of COVID-19 were we forced to beat that hurry sickness. We were encouraged to breathe, find our own pace and pull ourselves together...



...and so we are back to our *new* normal. 🍷

Cooking is a multi-sensory experience: and we ♥ that!



Augusto and his **yummy** bowl.



João Miguel's **batch**.



Lucas and his **crispy** P.D.Q.

Have your say, Augusto!

"**My life has changed** a lot this year, **I used to go to the gym**, for example, now I can't. Before **I went to school** in person, now I can't and before **I could leave home** to go to a restaurant or a shopping center, **now I can't...**

To exercise now, **I have to go to my grandmother's** house. There I have more space and **I can't make noises** in order not to disturb the neighbors.

I had to **learn to stay calm.**"

Augusto Pinheiro

Speak your mind, João!

"Before **I went to school** every day **and I woke up early**. And **now I get up late** and do exercises on Google Classroom.

I had to **learn** how **to have classes on Whereby**. And how I can **clean the house** and **cook well**.

At the start of this pandemic, I got bored. But **I discovered new forms of entertainment**, like **playing the guitar, cooking, playing with my brother**...The positive points of this time are to **be** more **with my family** and **have** more **free time**."

João Miguel Fialho

Tell us your story, Lucas!

"**My life has changed** a lot after march 2020. Before **I could go to school** and **talk** face to face, but **now I stay home** every day and **talk to people by video calls...**

...I had to **learn** how **to organize my routine** to have time **to do everything** I have to, such as **school activities, physical exercises, cooking, playing the guitar...**this way I don't get bored.

Hmm...I know that sometimes it's difficult for some people, but **we should** at least **try to learn things and become better people** instead of complaining."

Lucas Jacobovitch

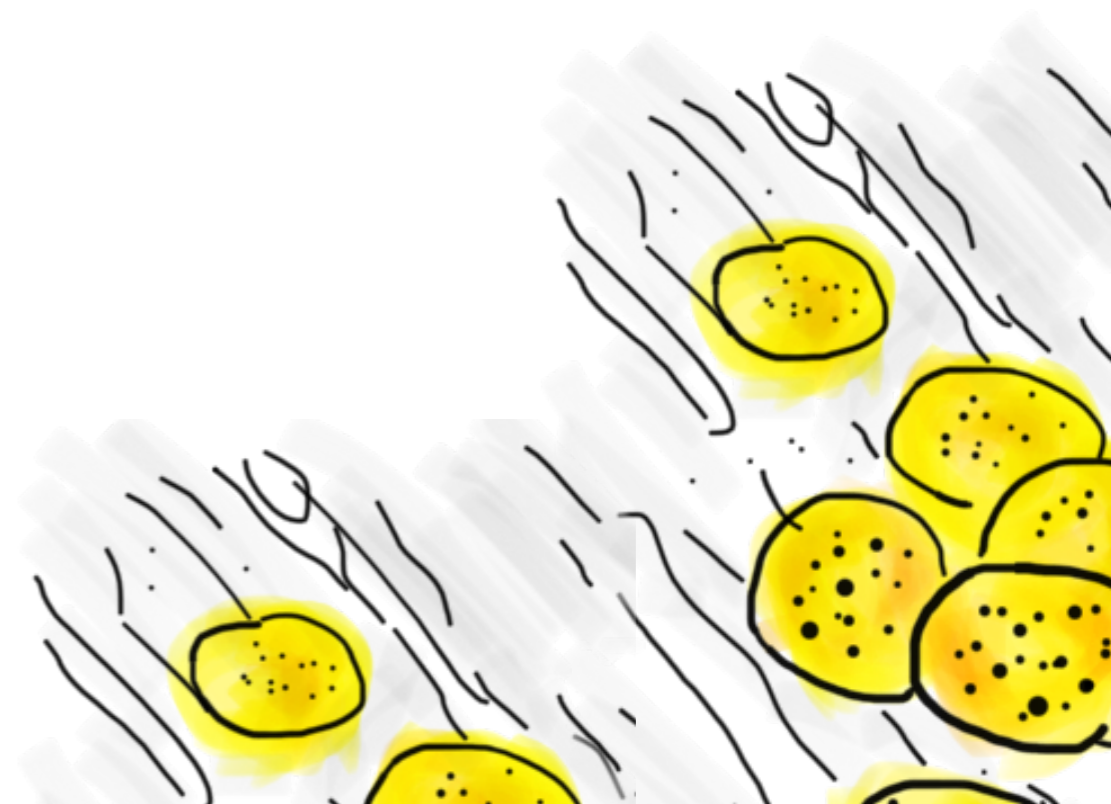
...and here is where you share your positive words!

follow the link **here**



or

scan the **QR code** below:



...but now the time is ripe.



Check it out, chef.

1. **recipe** *noun* a set of instructions for making something from various ingredients.
2. **full-flavoured** *adj* having a rich or intense flavour.
3. **half-aged/aged/young** *adj* how mature something/ someone is.
4. **ground** *noun* reduced to a fine powder by crushing.
5. **cassava/manioc/yuca** *noun* a starchy tuber that comes from a South American shrub of the same name.
6. **drip coffee** coffee made by letting boiling water drip slowly through finely-ground coffee.
7. **dough** *noun* a mixture that consists essentially of flour or meal and a liquid (such as milk or water) and is stiff enough to knead or roll.



Photo & P.D.Q. credits: Augusto Pinheiro

Check it out, chef.

8. **freeze** *verb* if you freeze something you lower its temperature below 0°C causing it to become cold and often hard.
9. **bake** *verb* to cook inside an oven, without using added liquid or fat.
10. **batch** *noun* a quantity or consignment of goods produced at one time.
11. **preheat** *verb* heat something, especially an oven or grill beforehand.
12. **shred** *verb* a strip of food that has been scraped from a grater.
13. **coarse** *adj* made of large grains or particles.
14. **strips** *noun* long, flat, narrow pieces of food.
15. **crispy** *adj* having a pleasingly firm, dry, and brittle surface or texture.
16. **crust** *noun* the tough outer part of a loaf of *bread*.
17. **crumble** *verb* break or fall apart into small fragments.
18. **half-and-half** *noun* a mixture of milk and cream.
19. **batter** *noun* a semiliquid mixture of flour, egg, and milk or water used in cooking, especially for making cakes or for coating food before frying.
20. **combine** *verb* to unite or to join together to make a single thing.
21. **beat** *verb* to mix something repeatedly using a utensil such as a spoon or a whisk.
22. **moist** *adj* slightly or moderately wet.
23. **shape** *verb* to give a particular form or shape.

Go grab your kitchen utensils!



box grater



spatula



spoon

wooden
spoon



cup / mug



bowl



baking sheet

Have you got all the ingredients?

This incredible "Pão de Queijo" **recipe** - do not translate that because it is not a cheese bread - takes only minutes to prepare and is best made with full-flavoured **half-aged, aged**, or standard Minas **cheese**. Cheese that has been traditionally produced in the Brazilian state of Minas Gerais. An alternative could be a young Parmesan cheese, like the ones used in Caesar salad.

As well as the cheese, another vital ingredient is the **acid starch** made from **ground cassava**, also known as **manioc** or **yuca**.

Apart from that, it is an easy recipe. It pairs perfectly well with **drip coffee**. This **dough** does not freeze well. However, the baked "Pão de Queijo" **batch** does. Just freeze the balls while they are still fresh or even warm. To get them ready again, put them back into a preheated oven for 10 minutes.

>> This recipe was shared by chef Leonardo Paixão on his Instagram account.

		Makes
		15-20 rolls
Ingredients	Quantity	
Half-aged Minas cheese	1	large mug
Acid manioc starch	1	large mug
Half and half cream	1	large mug
Salt (if needed)	1/2	teaspoon



Okay, let's do this!

Step 1 - Preheat the oven to 180-200c for 15-20 minutes.

Step 2 - Shred the cheese using the coarse holes of a box grater. Add the cheese strips into a mug or a little more for an extra crispy crust. Don't worry if the cheese crumbles off.

Step 3 - Put the shredded cheese into a large mixing bowl.

Step 4 - Fill up the mug with the acid cassava starch. It can exceed the cup a little as well. Add that to the bowl.

Step 5 - Get an exact mug of half-and-half or a little less than the cheese and the starch. Too much fat can make the dough turn into a batter.

Step 6 - Combine everything gently with a spatula. Don't beat the dough in order not to break the cheese.

>>



Yes, you can call it *delicheesious!*

Okay, let's do this!

>> **Step 7** - Check if the dough looks like the one in the photo. Not too soft, neither too hard. If it is too moist, add some more starch and mix it up but if it is too hard, add some more half and half.

Step 8 - Try the salt and add 1/2 teaspoon if needed. That depends on the cheese you are using in the recipe.



The dough before being shaped.

Step 9 - Use two tablespoons to shape the dough into balls and place them separately on the baking sheet.

Step 10 - Bake one batch at a time for 20-25 minutes or until golden crispy.



Place them on a sheet using two tablespoons.

Watch this class on **You Tube**

follow the link **here** and watch the video



or

scan the **QR code** below:



Coming up next!

*the perfect recipe to warm you up
on cold winter nights*

