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FAMILY COOKBOOK

a delicious memory

8TH GRADE





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a delicious memory



TEXTS OF 8TH GRADE STUDENTS

SEPAM LITERACY COLLECTIONS PROJECT
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Preface

How important it is to keep memories isn't it? It is through them that we have stories to tell at a Sunday lunch, at a family gathering, they are the subjects of the school recess among friends and in so many other moments we use our memories to return to times in our lives that for some reason were remarkable. Unfortunately not all memories bring good feelings, some of them instead, rise inside of us fear, regret, anguish, etc., but we want to share them anyway and we use personal reports to do so, in a simple conversation as mentioned before or in a text diary, for example.

The year of 2020 took us out of our comfort zone, made us confront our thoughts, rethink the way we act and we are living in a routine we were not used to. We've changed, the world has changed, we adapted ourselves for the new and unimaginable, or have you ever thought we could be going through this? Very difficult, right? The fact is that this year has provided us and continues to help us gather unique memories, because we will hardly be able to go through similar situations like this again.

Because of the isolation caused by the virus Covid-19, we started our remote classes in April, what prevented us from personal contact with each other. Online classes were a big challenge at the beginning, but we put as much effort as we could to fit in it. During the second bimester, our students were able to write the first personal report in form a text in the English classes. Besides the written, we were able to share our quarantine experiences and somehow free us from feelings that possibly bothered us.

With time passing, the third bimester arrived, and with Miss Marcela and the Portuguese classes we were able to work together and develop another personal report to talk about this quarantine time. The idea was to increase the student's vocabulary in the English language and enhances their writing. Dear readers, as a teacher I am very proud of my students because they were able to show their feelings through this wonderful texts you are about to read.

Remember, your are diving in our students' deepest emotions and private memories that they chose to tell you, so be open minded and be ready to feel them.

Good reading!

Miss Jaqueline Maria Zanluchi
English Teacher

FAMILY COOKBOOK





Cheese Risotto

This recipe was created by my mother, almost 5 years ago, it is quite simple and very easy to prepare, when I first saw my mother making it, I thought that she was making some kind of carreteiro rice, and when it was done, when I tried it, I couldn't believe how good it was, its taste was amazing and since then, my mother started to create many kinds of risotto, here is one of them.

Ingredients:

2 tablespoons of oil	100 ml of white wine
2 tablespoons of sunflower oil	2 cups of rice
1 tablespoon of butter	200 g of grated mozzarella
1 small chopped onion	100 g of grated parmesan cheese
2 chopped garlic cloves	Salt and pepper to taste

Preparation mode:

1. Heat the oil and the butter in a pan; 2. Add the onion and the garlic; 3. Add the rice; 4. Mix with a wooden spoon, 5. Add the white wine while you are mixing; 6. Put four cups of boiling water while you are still mixing; 7. Put the salt and pepper to your taste (if needed, add more water to the rice being more creamy); 8. Wait for the rice to be ready; 9. When it is, add the mozzarella and the parmesan cheese. After all of this your risotto is ready.

You will realize how good and tasteful it is, enjoy the risotto and have a good meal.



Cupcake

My cousin and I love being together and cooking. And one of our biggest experiences was making cupcakes, we loved it so much that now we're sharing the recipe with you.

Ingredients:

Dough:

2 eggs

1 tea cup of sugar

2 cups of wheat flour

1 cup of milk

2 tablespoons of butter

½ tablespoon of baking powder

Cover:

200g of chopped chocolate (milk chocolate)

100g of heavy cream

Chocolate sprinkles

Preparation mode:

1. In a large bowl, pour one ingredient at a time and stir everything until you create an uniform mixture; 2. Place it in pans and bake at medium temperature for 30 minutes; 3. While the dough bakes, melt the chopped chocolate in a water bath or in the microwave (be careful not to burn!) and mix with the heavy cream. Then refrigerate until it hardens, reaching an ointment point; 4. To spread the cover across cupcakes, use a confectioner's spout or spoon; 5. Add the chocolate sprinkles to taste.

this is the time to create and have even more fun with the little ones!



Chocolate Cake

My favorite cake is the chocolate cake, but not just any chocolate cake, but the one I make every Sunday with my grandmother when I visit her. She always says that she received this recipe from her mother, my great-grandmother. Let's learn!

Ingredients:

3 cups of wheat flour
2 cups of sugar
1 cup of powdered chocolate
1 cup soy oil
1 cup of boiling water
3 eggs
1 tablespoon of baking powder

Preparation mode:

1. Place the sugar and eggs in a container and mix well; 2. Add the remaining ingredients and mix until smooth; 3. Grease a pan with butter and powdered chocolate or wheat flour; 4. Place in a preheated oven at 180 degrees for 40 minutes.

After roasting, cover with a white topping by cooking one can of sweet condensed milk three scoops of powdered milk and one spoon of butter, mix until it forms a brigadeiro.

Once ready, just enjoy this wonder accompanied by a delicious hot chocolate!



—————

Baked Macaroni

It is not a family recipe, but in my mother's family, they teach it from mother to daughter, or son. It's a quick and easy recipe, I personally like it a lot. I hope you like it and good luck!

Ingredients:

500 grams of homemade pasta
1 glass of cream cheese
3 grams of chicken breast
1 tomato
Seasoning to taste

Preparation mode:

1. Cook the chicken well seasoned and reserve the water you have cooked it in; 2. Shred the chicken and make a very liquid sauce and put everything in the pan; 3. Put the pasta; 4. Cover with cream cheese and put the water that you've previously cooked the chicken into; 5. Put it to bake for 15 minutes over high heat.

The pasta will be golden, that means it's ready! Enjoy!!Vey



Pineapple Pie

About 50 years ago my grandparents went to a friend's house, this dessert was served and my grandfather liked it so much that he asked for the recipe. To please him, my grandmother made it. So they had children and decided to leave this pie as a family recipe. Even after my grandfather's death, we eat this pie every Christmas.

Ingredients:

2 cans of sweet condensed milk;
1 liter and a half of milk;
2 large egg yolks;
2 tablespoons of cornstarch;
1 box of champagne biscuit;
1 pineapple;
sugar;
1 box of sour cream.

Preparation mode:

1. Chop the diced pineapple and cook with two tablespoons of sugar; 2. In a rectangular baking pan, line the biscuit; 3. Place the cooked pineapple with the syrup on the biscuit and set aside.

For the cream: cook over low heat the milk, cornstarch, egg yolks, and the sweet condensed milk, stirring constantly. When it's cold, cover the cookie with this cream.

Cover: beat the egg whites, the 2 tablespoons of sugar and the frozen cream. Then, mix it with the cream. Serve chilled.

I'm glad my grandfather asked for the recipe, because it is very good. If I were you I would try to make this pineapple pie. So don't miss the opportunity. I hope you like it.



Apple Pie

Well, I chose apple pie because it has been a typical recipe for my family for years, in addition to being my great grandfather's favorite dessert. It seems to be a difficult recipe, but it is very simple to make. My grandmother usually makes it, her pie is amazing. I love it, we always make it on special dates like birthdays and holidays. The pie consists of three layers: one is flour, the other is the cream, and the layer of apples.

Ingredients:

Dough:

3 cups of all-purpose flour

1 ½ cup of sugar

1 egg

1 tablespoon of margarine

1 spoon of yeast

Cream:

1 can of sour cream

1 can of sweet condensed milk

1 spoon of butter

1 tablespoon of wheat flour

1 cup of milk

3 apples

cinnamon and sugar

Preparation mode:

Dough: 1. Put all the ingredients into a pan, put it in the oven and stir until it thickens; 2. Remove from heat; 3. Wait for it to cool. Cream: 1. Cook over medium heat the sour cream, the sweet condensed milk, the butter and the milk; 2. Let it rest. Grease a pan with butter and add half the dough, put one layer of cream and chopped the apples to put over the cream. Add the rest of the dough and sprinkle sugar with cinnamon over the pie. Bake until golden.

This is the best recipe I've ever tried. My grandma's apple pie is unforgettable.



Ana Julia Stasiewski Nunes



Strawberry pavé

Who doesn't love strawberry pave, right? In my family during special celebration dates like Christmas and birthdays, we always have it. We get a special strawberry pave recipe that has been in the family for ages. It has been passed from generation to generation and it seems each time more delicious than ever, maybe because it's made with love. So, what about you learning this and trying at your home? Here we go!

Ingredients:

2 strawberry boxes
1 box of sweet condensed milk
1 box of sour cream
Champagne biscuit
3 egg yolks
Vanilla Cream

Preparation mode:

1. Make a cream with the yolks and the sweet condensed milk; 2. Put on a platter; 3. Cover the cream with the cookies; 4. Clean the strawberries, smash them with an unground fork and place them on top of the biscuit; 5. Beat more of the cream you already made in an electric mixer and mix with the vanilla cream you can buy in the supermarket; 6. Separate 4 strawberries and decorate; 7. Just put it in the fridge and serve yourself

I hope you have fun baking this pave and enjoy it as much as I do!



Ana Livia Schimanski

FAMILY COOKBOOK





Cassava cream with bacon

My family always eats cassava cream with bacon, which has been passed down from generation to generation on special occasions. I came here to pass the recipe so you can also make it, because it is very delicious

Ingredients:

500g of cassava
200g of bacon
Chopped onion
Salt
Oil

Preparation mode:

1. Cook the cassava and set aside until cooled; 2. Fry in a pan the bacon and the onion until they get golden brown and set aside; 3. After the cassava is cold, grind it in a blender with a little water, until you get a homogeneous mixture; 4. Cook this mixture with the bacon adding water until it becomes creamy, let it boil and adjust the salt; 5. Pour into a container and decorate it according to your preference.

That's it, I hope you can do it and that it tastes good just like mine!



Ana Luiza Eirin Cancela



Kebab Soup

In my family from my mother's side, we are all Arab descendents. So, this soup looks like a broth, but with rice and small balls of Kibbeh. The original version is made in the shape of little balloons with onion inside, but as there are always children, it was easier to prepare in the format of balls.

Ingredients:

1 tablespoon of butter
3 tablespoon of olive oil
3 cups of wheat for kibbeh
500 g of ground beef
Mint to taste
1 onion
1 cooked chicken
Prepared rice
Salt to taste

Preparation mode:

1. You just have to prepare some chicken broth with the sliced onion, butter, seasonings and olive oil, in a pan; 2. Then, you mix this broth with some "ready rice"; 3. Make balls with the "kebab dough" and add this together to the other things;

It's ready and it's so good! Try it.



Ana Luiza Kalluf Pereira



Pumpkin soup

Do you like soups? My mother has always loved soups and creams, she and my father over the years have been experimenting and perfecting recipes, until reaching a simple but traditional recipe to the point of their friends and family calling it the recipe of the house. In the winter we have a week where we only take this soup, we call it "soup season"

Ingredients:

500g of chopped pumpkin
500g of chicken breast
6 cloves of garlic
200g of chopped bacon
Some Pepper
Other spices
A bit of salt

Preparation mode:

1. Over low heat, place the pumpkin in the frying pan and wait for it to soften; 2. Then add the chicken breast with the bacon; 3. Let everything turn into a cream to add the spices and garlic. And it will be ready to be served.

Tip: You may have to hit the ingredients in the blender to have a homogeneous mixture.

You will like it very much, it is very delicious, enjoy the recipe.





Cappelletti

My great-grandmother used to make this recipe every week, it was when the whole family got together to eat. My great-grandmother discovered this Italian dish when she went with her husband to Italy.

And then at the family meetings she made this wonderful plate and since then we've been following this recipe throughout generations.

Ingredients:

- 6 eggs
- 1 tablespoons of oil
- 1 kg of wheat flour
- ½ kg of breadcrumbs
- 1 smoked sausage
- 1 packet of grated cheese

Preparation mode:

1. Prepare the dough of the cappelletti with the ingredients above. Cook the cappelletti in boiling water with salt and oil for 8 minutes; 2. Drain and reserve; 3. In a pan put 1kg of chicken with broth and boil until the chicken is cooked; 4. Then add the cappelletti and cook it for 1 half hour.

It 's delicious!



Anna Clara Garcia de Oliveira



Chocolate brownie

Normally, my sister makes this brownie for some “special occasions”, we really like this recipe in my family.

Ingredients:

Four eggs

150g of unsalted butter

A cup and half of demerara sugar

Two bars of chocolate 70% shape

1 shallow tablespoon of cocoa

1 cup of almond flour

1 cup of rice flour

1 tablespoon of vanilla extract

Baking paper to cover the shape

A bit of salt

Preparation mode:

1. Preheat the oven to 180°C; 2. Melt the butter with a bar and a half of chocolate and set aside; 3. In an electric mixer, beat the egg whites with sugar; 4. Add the chocolate with the melted butter and stir until it's incorporated; 5. Add the flours with the cocoa and the salt; 6. Beat again until it gets smooth; 7. Put the dough in a form lined with parchment paper; 8. Chop half of the remaining chocolate bar on top; 9. Bake in a preheated oven to 180°C for approximately twenty-five minutes.

I highly recommend this recipe, it is very good.



Anna Luiza Ribeiro Gelinski



Steak Parmegiana

My great grandmother taught my grandmother to make this recipe and my grandmother taught my mother. It 's delicious.

Ingredients:

3 chopped tomatoes
1 chopped onion
3 tablespoons of olive oil
1 cup of water
1 tablespoon of butter
2 tablespoons of tomato paste
½ kg of red soft meat
1 egg
Breadcrumbs
Cheese slice

Preparation mode:

Sauce: 1. In a pan, chop three tomatoes, one onion with three tablespoons of olive oil sauté and add a cup of water ; 2. Cook a little and beat everything in the blender; 3. Back to the pan, put one spoon of butter and two tablespoons of tomato pasta and mix. Put the sauce in a pyrex and set aside.

Meat: 1. Season to taste half a kg of soft steaks; 2. Pass through the beaten egg and fried breadcrumbs and place the steaks over the sauce with slices of cheese and bake in the oven.

Your meal is ready! You really should try this. Enjoy.



Arthur Fernandes Schiffer



Carrot cake with brigadeiro

Today is going to be a very special day. My mom will appear on TV. She will make a carrot cake with brigadeiro inside. She made it once at home and it was very good, I hope it's good there too. I will be waiting for her to appear on the screen. While it doesn't happen, let me share with you this recipe.

Ingredients:

Dough:

½ cup (tea) of oil
3 medium grated carrots
4 eggs
2 cups (tea) of sugar
2 ½ cups of wheat flour
1 tablespoon of baking powder

Brigadeiro:

1 box of sweet condensed milk
1 tablespoon unsalted margarine
4 tablespoons of powdered chocolate
Wheat flour to roll

Preparation mode:

Dough: 1. In a blender, put the carrot, eggs and oil, then mix; 2. Add sugar and beat again for five minutes; 3. In a bowl or mixer, add the flour and then mix again; 4. Add the yeast and mix slowly with a spoon. **Brigadeiro:** 1. In a deep pan, add the sweet condensed milk, margarine and powdered chocolate; 2. Cook over medium heat and stir until the brigadeiro starts to come off the pan; 3. Let it cool and make small balls by hand passing the dough in the wheat flour; 4. Place the brigadeiro balls in the carrot cake dough; 5. Bake in an oven preheated to 180°C for approximately 40 minutes; 6. For the top, follow the brigadeiro's previous recipe, making it a little softer and liquid, and throw it hot right on top of the baked cake.

And good appetite!





Jewish Feijoada

This recipe was introduced to my family when my father and I started following a kosher diet, where it isn't allowed to eat pork, for example. Initially it was made by my mother, but now who prepares it is my aunt and it was her who taught me this recipe.

Ingredients:

2 large potatoes cut into cubes	100g of red beans
2 medium diced onions	100g of barley
3 clove of garlic	3 cups of chicken broth (or meat)
2 diced carrots	2 tablespoons of honey
1 kg of slow-cooked beef	2 tablespoons of smoked paprika
600g of chicken sausage	Salt and white pepper to taste
100g white beans	

Preparation mode:

1. In a thick-bottomed pan arrange the potato, onion, carrot, garlic and meat in layers. Sprinkle salt, white pepper and smoked paprika; 2. Place the beans, sausage and barley, add the honey and the broth; 3. Cover with water and cook slowly over a fire or oven for about 15 hours. Eventually check that it is not "getting the bottom", if necessary add a little bit of water.

I hope you like the recipe.



Bárbara Ajaime Carneiro

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Banana Pancake

Hi, today I will tell you a very old recipe of my family that my grandmother made for my mother and my uncles when they were little, they loved this recipe, I like it very much as well because it reminds me of my grandfather, it is simple but very good, I am sure you will like it, the ingredients are easy and common, I'm sure you will find it easy and practical to prepare. Let's try this sweet recipe.

Ingredients:

2 dwarf bananas
1 egg yolk
1 teaspoon of sugar
3 spoons of milk
A pinch of wheat flour
A pinch of yeast (if you want)
Some oil

Preparation mode:

1. In a bowl or in a deep plate, smash the bananas and mix with the egg yolk, 2. After this, add the milk spoons until the dough gets homogeneous, then add the sugar, if you want to put the yeast feel free, finally put the wheat flour, 3. The last step is to put the oil in the frying pan and put the dough. It will form a pancake shape and it's ready, easy isn't it?

You need to try it, it is very delicious.





Sauerkraut

Sauerkraut is a typical German dish, and in my family we have a lot of this food. So, let's learn how to prepare it?

Ingredients:

1 large purple or white cabbage (or 2 small)
3 tablespoons of coarse ground salt or sea salt
Spices to taste

Preparation mode:

1. Cut the cabbage into very thin slices; 2. In a bowl, place the cabbage and salt; 3. Mix well and then squeeze the sliced cabbage; 4. Let the mixture rest for 5 minutes and knead again; 5. Knead the cabbage until it has released enough water. If necessary, use a garlic punch to smash the cabbage well: the salty water the cabbage will release is very important for the sauerkraut fermentation process; 6. Add the spices to your taste; 7. Place the cabbage in an airtight container and add the brine on top. It is important to keep a distance of at least 1 finger from the mixture to the lid. The pot must be tightly closed so that the fermentation process is not ruined; 8. Place the pot in a dark place and away from heat: the ideal is a cupboard that is not opened frequently, away from the stove. Let it rest for 1 week.

After that time, it is ready for consumption. Once opened, keep the jar in the refrigerator.

Cabbage sauerkraut lasts up to 6 months and can be served with meats, sausages and whatever else you want!

Enjoy!



Bruno Alessandro Saueressig



Palha Italiana

This is an Italian recipe. My family is used to making it at Easter or even at Christmas. I think this recipe is very good and I love to eat it. It is a dessert that almost all my family likes and I know how to prepare this recipe. Do you want to learn? Let's go?!

Ingredients:

- 1 can of sweet condensed milk
- 8 tablespoons of powdered chocolate
- 1/2 tablespoon of margarine
- 1 packet of cornstarch biscuit

Preparation mode:

1. Chop the cookie into small pieces and set it aside; 2. By mixing the sweet condensed milk, margarine and chocolate powder into a heated pan, make a brigadeiro; 2. As soon as the brigadeiro starts to drop from the bottom of the pan, mix the chopped biscuit until it forms a dough, remove from the heat; 3. Grease a marble countertop, or some smooth surface, with margarine and pour the dough; 4. Open the dough by beating with the palm of your hands; 5. Allow to cool in the fridge and cut into squares.

I hope you like the recipe.



Bruno Ruth Lopes



Grandma's chocolate cupcake

My grandma used to make this cupcake for me and my sister when we were little, it was a recipe my family passed on generations. I always helped my grandma with it, catching the bowl, the ingredients to make the recipe and it was really fun. My sister usually baked cupcakes and my grandma always made the cake dough, so every week, my family arrived at her home to eat our great cupcakes.

Ingredients:

¾ cup of soy oil
1 spoon of baking powder
1 cup of chocolate powder
1 cup of milk
2 eggs
2 cups of sugar
3 cups of flour

Preparation mode:

1. Preheat the oven to 350°C. Line cupcake pans with paper liners; 2. Combine all the ingredients into a large mixing bowl; 3. Mix at low speed for 30 seconds, and scrape the bowl; 4. Mix at high speed for three minutes. Fill liners ½ to ¾ full of batter; 5. Bake for 20 to 25 minutes or until a toothpick inserted in the center comes out clean; 6. Bake for 10 minutes in pans then remove from the pan and place on wire racks to bake it completely; 7. When the chocolate cupcakes are completely baked you wait for them to cool and then you eat them.

The cupcakes are really good, it just takes 20 minutes to make them and it is very easy. So I recommend you to try this recipe at your house too.





Apple pie

When my grandparents moved to Porto Alegre, they stayed in a hotel at first until they could find a home. While they were looking for a house, one neighbor offered an apple pie to them. After buying the house, the kind neighbour invited my grandparents for a tea in their house and they made the pie again. They liked it so much that grandma asked for the recipe and it ended up making part of our family's recipe.

Ingredients:

4 sour apples
Cinnamon
Sugar
1 cup of sugar
1 ½ flour
1 tablespoon of yeast
125 grams of melted butter
3 beaten eggs

Preparation mode:

1. Grease a form to bake the pie; 2. Peel and cut 4 sour apples, arrange them in the form, on top of them put a layer of raisins / (100 gr) that must be soaked with water and wine; 3. Sprinkle it with cinnamon and sugar. Sift together 1 cup of sugar, 1 ½ of flour, 1 tablespoon of yeast; 4. Spread the dry ingredients over the raisins and apples. Melt 125 grams of butter and pour over the flour; 5. Finally cover with 3 beaten eggs; 6. Bake it in a hot oven and so your pie is ready.

Hope you like!



Passion fruit mousse

I've never seen anyone who didn't like passion fruit mousse, it's so good, I've never seen anything better than this. On Sundays, me and my family have lunch together, and my grandma always makes passion fruit mousse, my grandma is very important to me, so whenever I eat passion fruit mousse I remember her, but her mousse is different, it has a touch of grandma, you know? I can't explain, I just know it's very good.

Ingredients:

500ml of concentrated passion fruit juice
2 boxes of sweet condensed milk
1 box and a half of heavy cream.

Preparation mode:

1. In a blender place the 500ml of passion fruit juice concentrated, the 2 boxes of sweet condensed milk and half a box of heavy cream; 2. Beat everything and when it is very homogeneous, put it in a dish and soon after put it in the refrigerator; 3. Wait at least a couple of hours and take it out of the refrigerator, and your mousse is ready.

And that's it, I hope you enjoy my recipe!





Polvilho cake

If you like cheese bread you will love this recipe, what do you think about making a polvilho cake? In my family, we love this recipe because we are used to eating it all together. My great aunt, my grandfather's sister, taught my grandmother who taught my mother and whenever she makes polvilho cake I help her.

Ingredients:

2 cups sour polvilho
2 eggs
 $\frac{3}{4}$ cup of milk
 $\frac{3}{4}$ cup of oil
2 tablespoons of grated cheese
1 teaspoon of salt

Preparation mode:

1. Put the eggs, milk and oil in a bowl and mix, then put the salt, cheese and finally the polvilho; 2. Then with two spoons make the balls with the dough that was formed and bake them over medium heat for 40 minutes; Tip: Preheat the oven for 15 minutes.

You can eat your cake without anything or with margarine, jam, curd or whatever you want.





Roller coaster

My great grandmother used to make this recipe on special dates, she was also concerned with the dessert's appearance, so she prepared it in individual bowls.

Ingredients:

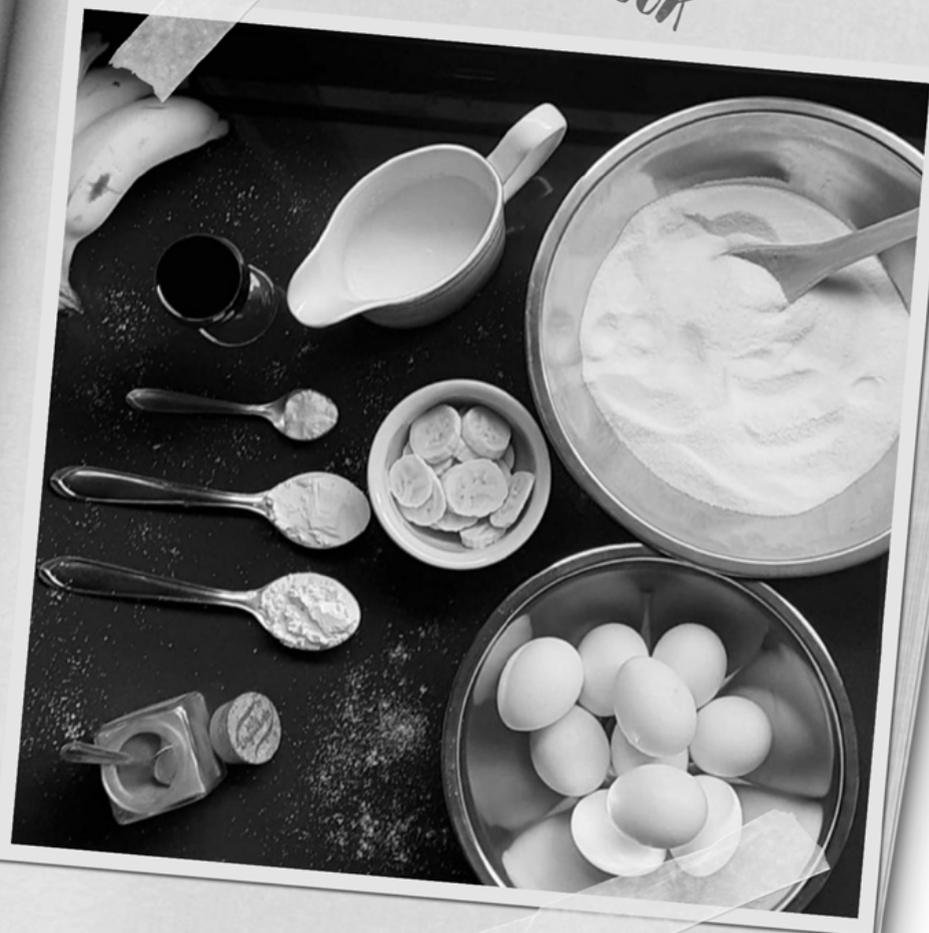
A liter of milk
2 tablespoons of cornstarch
1 teaspoon of vanilla sugar
10 eggs
200 g of banana
A goblet of port wine
A little bit of cinnamon
310 g of sugar

Preparation mode:

1. Make a cream with the milk, sugar, as you like, the cornstarch, the egg yolks and the vanilla sugar; 2. With the bananas, the wine, 125 grams of sugar, a little water, the cinnamon and the clove, you make another cream, letting it boil until it turns almost syrupy; 3. Beat the egg whites and 180 grams of sugar until it becomes a meringue consistency; 4. In a plate, alternate one layer of cream and one banana, and keep doing this; 5. With a spoon you make meringues one next to the other, covering all the dessert's surface; 6. Take it to the refrigerator and then it's ready to serve.

Enjoy and delight!

FAMILY COOKBOOK





Macaron

Although most people believe that this sweet has its origin in France, legend has it that macarons first appeared in Italy in the 16th century, but they were made without filling just like biscuits. My family has French origins and this recipe has been in our family for over 600 years.

Ingredients:

For macaron cookies:

275 g of almond flour

210 g of sugar

6 egg whites

A few drops of yellow food coloring

110 g of lemon juice

235 g of unsalted butter

250 g of sugar

For macaron cookies:

275 g of almond flour

210 g of sugar

6 egg whites

A few drops of yellow food coloring

Preparation mode:

The cream: 1. Prepare the lemon cream the one day before: in a bowl, mix the sugar and the lemon zest. Add the cornstarch and then the eggs and lemon juice; 2. In a pan, stirring with a spatula, cook it over low heat until boiling, so that the cream thickens; 3. Remove the cream from the heat. Wait about 10 minutes for it to stop bubbling and add the softened butter; 4. Mix everything until the butter is incorporated into the cream and it is homogeneous; 5. Reserve in a tightly closed container in a cool place for at least 12 hours.

The cookies: 1. Mix the almond flour and icing sugar in an electric mixer to obtain a fine powder; 2. Beat the 6 egg whites. Add 1/3 of the sugar and continue beating to dissolve the sugar. Add 1/3 more of the sugar, beat for approximately 1 minute. Finally, add the rest



of the sugar and beat for another minute; 4. With the help of a flexible spatula, add the egg whites to the sifted mixture of almond flour and powdered sugar; 5. Use a few drops of dye and add the remaining egg whites, previously beaten. Mix the dough a little until it incorporates and softens; 6. With one icing bag with a spout, place the small macarons 3 to 4 centimeters in diameter on a baking sheet lined with parchment paper; 7. Preheat the oven to 150°C. Let the macaroons rest outdoors for 10 minutes before taking them to the oven. Bake for about 15 minutes (until they create a cone); 8. Remove from the oven and pour a little water between the baking sheet and the parchment paper (gently lift the paper by the edges). Moisture and steam will allow the macarons to come off more easily when they cool; 9. Place the cookies on a platter. With the pastry bag, fill the cones with the lemon cream and cover with another cone. Put them in the fridge for 12 hours.

I really like this recipe, I hope you like it too.



Davi Teixeira de Camargo



Charuto

My family's traditional food is the “charuto” (krautwickel). It started with my great-great-grandfather and it was passed on from generation to generation, it was a typical German food where my great-grandfather came from.

Ingredients:

- 1 medium cabbage
- 1 kg ground beef
- 1 cup and ½ of white rice
- 1 chopped onion
- 4 cloves of garlic

Preparation mode:

1. Mix all the ingredients except the cabbage; 2. Boil the cabbage; 3. After boiling, wrap the cabbage around the mixture; 5. Put everything in the pan, add more salt and water until covered and your recipe is ready.

That's it I hope you like it and if you want to make it at home it's your chance. Bye.





Grandma "torn pants"

Every time I went to my grandmother's house she made this recipe for me. It's special because it reminds me of her. She always let me eat the raw dough, and my mother got angry because it was not healthy at all, but it was very good and my grandmother gave it to me hidden, she also taught me how to make the recipe

Ingredients:

3 cups of wheat flour
6 tablespoons of sugar
1/2 cup of tea
1 pinch of salt
1 egg

1 tablespoon of margarine
1 tablespoon of vinegar or cachaça
1 spoon (dessert) of baking powder
Frying oil
Sugar with cinnamon to wrap

Preparation mode:

1. Mix the ingredients until they come off the hands (if necessary, add a little more wheat flour); 2. Roll out the dough on a floured surface and cut strips; 3. Make a small cut in the center of each strip and pass one end or both inside, turning them; 4. Fry, a few at a time, in abundant not too hot oil until golden; 5. Let it drain on absorbent paper and wrap it in sugar with cinnamon.

I hope you like it.



Emanuel Silveira Bertoncini



Green spice

This is my mom's grandmother's recipe. She is from Minas Gerais, but she lived in Paraná and São Paulo. She loved cooking, and she created several recipes to share with the family. This recipe is very spicy. It's very good but also very strong. We use it to season salads, but I use it more to season tomatoes, as I love to eat seasoned tomatoes. It turns green and pasty (doesn't look tasty), but as the saying goes: "Do not judge the book by its cover". Give it a try, you won't regret it.

Ingredients:

400g of garlic
4 onions
A pack of parsley
500g of salt
½ a glass of oil

Preparation mode:

1. Peel the garlic and onions; 2. Cut the parsley; 3. Put all the ingredients into the blender and mix them up; 4. After mixing all of them, put it in a glass pot with a lid. After consuming the necessary amount, put it in the refrigerator to not spoil quickly.

ATTENTION: put one onion at a time, so it doesn't get watery.

The condiment is very good, but if you have a sensitive taste, be careful.





Grandma Lucia's cornmeal cake

Nowadays it is difficult to find someone who doesn't like cake, but it is even more difficult when this cake is made by our grandmothers, right? They are mouth-watering. Now, I am going to share with you my grandmother's cake recipe.

Ingredients:

3 whole eggs
2 cups of tea
2 cups cornmeal
3 tablespoons of wheat flour
½ glass of oil
1 glass of milk
1 tablespoon of baking powder

Preparation mode:

1. In a blender, add the eggs, sugar, cornmeal, wheat flour, oil, milk and yeast, then mix until the dough is smooth and homogeneous; 2. Pour the dough into a greased baked pan; 3. Bake in a preheated medium oven (180°C) for 40 minutes.

You have to try this cake, it is delicious and even if you want you can put a chocolate or caramel sauce that is even better!





Pepperoni bread

My relatives came from Germany on ships many years ago, on the ships there was only dough and pepperoni then they gathered the two ingredients and until today this “recipe” is in my family. We call it “brot die peporri” ,this means bread with pepperoni.

Ingredients:

5 kg of wheat flour; it can be white or mixed
3 tablespoons of butter
1 teaspoon of sugar
1 teaspoon of salt
1 sachet of yeast
1 egg
1 cup of milk

Preparation mode:

1. To start, mix flour, butter, sugar, salt, egg and milk all in a bowl 2. When you have a homogeneous mixture add the yeast and knead until the dough does not stick to your hands; 3. Let it rise for 30 minutes and then bake in the oven.

After baking, open the dough and fill with the chopped pepperoni.

Enjoy this bread recipe!



Felipe Schiller Gomes Weirich



Brownie

This recipe is a recipe from my aunt that is living in Canada. She passed it on to me and it's a way to remember her.

Ingredients:

150g of classic medium dark chocolate
50g of diced butter
½ cup of brown sugar
5 tablespoons of sugar
2 eggs
1 teaspoon of vanilla essence
½ cup of wheat flour
1 teaspoon of baking soda
1 cup of chopped walnuts

Preparation mode:

1. Melt the Classic chocolate and the butter over a water bath until you get a homogeneous cream 2. Add brown sugar and white sugar and stir until it is well dissolved; 3. In a bowl, beat the eggs with the vanilla essence and mix with the chocolate cream; 4. Add the wheat flour, baking soda and nuts; 5. Pour the dough into a rectangular form of about 23 cm x 32cm greased with butter and sprinkled with wheat flour. 6. Bake in a medium oven of 180°C, preheated for about 20 minutes. And your brownie is ready. Feel free to put a top on it.

I hope you enjoy it.



Gabriel Pohl Natal



Sweet starch cookies

This recipe I learned with my dad. He has done it since he was a teenager. I love the cookies, because they are tasty, delicious and are a good option for passing time with the family, while you prepare it. My father learned it with his grandmother. We often make it during the weekend. I help my father with the gumdrops, I love to do it, because it's the easier part. So, let's learn how to bake some cookies.

Ingredients:

3 eggs

1 cup of sugar

250g of margarine

A bit of salt

500g of sweet starch

Flour

Guava, gumdrops or chocolate

Preparation mode:

1. In a large bowl, mix the eggs, the margarine and the sugar; 2. Gradually add the sweet starch; 3. If necessary, add flour until it reaches the point of the dough; 3. Knead until it comes out of the bowl; 4. Make buns; 5. Place them on an oven tray; 6. Add the guava pieces, gumdrops or chocolate on it; 7. Bake for about twenty minutes.

**Try it in your house, because it's easy to prepare
and it's delicious!**





Sfiha

My family is of Arab descent. My grandfather came from Lebanon at the age of 10 with his parents and learned how to make sfiha with his mother, my great grandmother. After that he taught my grandmother to make this recipe and since then we always make it in the family.

Come and learn to make this delicious recipe and famois in my family!

Ingredients:

Dough:

800 grams of wheat flour
1 packet of margarine (tablet)
3 teaspoons of sugar
½ cup of olive oil
1 egg
2 spoons / packets of yeast
1 tablespoon of salt
1 cup of milk

Filling:

½ kig of ground meat
3 tomatoes
1 onion
1 spoon of green scent
½ tablespoon of salt
1 tablespoon of pepper
1 cup of plain yogurt

Preparation mode:

Dough: 1. Dilute the yeast in the warm milk; 2. Mix wheat flour, salt and sugar in a bowl, then margarine and olive oil and, finally, leavened milk; 3. Mix the dough well and let it rest to grow on its own. Filling: 1. Put salt and pepper in the meat, then the tomato and chopped raw onion; 2. Squeeze the lemon and natural yogurt into the meat. After the dough rises, make balls and flatten the middle to put in the filling. Grease a baked pan with olive oil and place the sfihas ready to bake in the high oven for approximately 30 minutes. Soon, your sfihas will be ready.

I hope you like the recipe and prepare it a lot!



Gabriela Zammar Taques



Lasagna

Lasagna is a traditional recipe from my family, because my grandmother used to make it for my uncle and my mother when they were little, they loved it, she started making it all the time. Then, when my cousins and I were born, we started to like it too, so she started preparing it. On holidays, parties and sometimes on Sundays, the whole family eats it. When my uncle, who lives in England, comes to Brazil, my grandmother prepares.

Ingredients:

400 g of cheese
800 g of ground beef
400 g of ham
500 g of lasagna pasta

White sauce:

1 onion
2 cups of milk
1 vegetable broth
1 spoon of cornstarch
1 sour cream or curd

Red sauce:

2 garlicks
1 onion
2 tomatoes
1 teaspoon of salt
1 tomato sauce
1 pinch of pepper

Preparation mode:

1. First, in a bowl, the size of your preference, put the red sauce, then the lasagna pasta, ham and cheese, until you fill the container, the last layer will be white sauce, however, if you want, you can put anything, with the preheated oven, leave it for 30 to 40 minutes, and you're done.

Now, just taste this amazing lasagna.



FAMILY COOKBOOK





Pot chicken

This is a traditional recipe from my paternal grandmother, she has been making it for a long time and my whole family likes it. Whenever I go to her house, she makes the recipe. She taught my mom, and sometimes my mom cooks for Sunday lunch. My grandma takes some ingredients from her plantation, but you can buy them in the market. Now I am going to present you with the recipe.

Ingredients:

1 chopped country chicken
4 chopped garlic cloves
1 small onion
Paprika, black pepper, salt and green onion

Preparation mode:

1. In the pressure cooker fry the garlic, sauté the chicken, put the onion, salt, paprika and black pepper; 2. Put 300 ml of water and put in pressure for approximately 10 minutes; 3. Open the cooker and put the green onion, leave on simmer until it gets thick and soon it will be ready.

That was the recipe, if you want you can eat it with pasta that will match perfectly, I hope you like it.





Cheese balls

This recipe started to be made in my family after my grandmother decided to use the internet to do research. One day she was researching how to make a cheese ball because my mother was hungry and when it was time to write down the ingredients she skipped a few lines and wrote it wrongly. But the recipe got a good taste in the end so it ended up being created by my grandmother.

Ingredients:

250g of grated mozzarella cheese
1 egg
4 tablespoons cornstarch
100g of breadcrumbs

Preparation mode:

1. Mix the egg, cheese and cornstarch until they form a dough that you can mold into balls; 2. Shape balls with your hands and pass them in breadcrumbs; 3. Fry the balls in hot oil carefully and it's ready to eat.

Enjoy!





Cheese bread

The cheese bread has been in our family for four generations. My family arrived from Hungary. My great - great - grandmother was the one who brought the recipe before the First World War and we still make it until today.

Ingredients:

1 cup of milk
2 ½ cup of oil
2 cups of sweet powder
1 cup of grated cheese
Salt of taste

Preparation mode:

1. Put all the ingredients in the blender until it becomes a solid dough; 2. Make balls with the dough and then take to the oven for 15 minutes at 180°C or until golden brown.

Enjoy the recipe, because it is delightful.





Lemon Pie

This recipe comes from my dutch family, and my grandma passed it to me. She tells me that her parents taught her this recipe, she loves to cook, mainly family stuff. Well, the pie is super easy to make and it's delicious. My grandma told me that her mother lived in Carambei and she was a friend of other dutch families who live in Curitiba now.

Ingredients:

4 eggs
2 cups of flour
5 tablespoons of sugar
1 teaspoon of salt
1 tablespoon of yeast
1 box of sweet condensed milk
6 lemons
100 ml of sunflower oil

Preparation mode:

1. In a bowl, put one egg, one spoon of sugar, one teaspoon of salt, the two cups of flour, the sunflower oil and the yeast, then mix it with your hands until it looks like "farofa"; 2. Grease the pan and cover the bottom with it, then take to the refrigerator; 3. Now you will prepare the filling, you are going to put the sweet condensed milk and the juice of four lemons, after that you put the mixture in the dough that was resting in the fridge; 4. The second layer, you need to whip the egg whites and put four spoons of sugar in there, and with the last lemons you scrape them over everything.

It's delicious and everyone always loves it, except those who don't like lemon, of course, but other than that it's not so complicated to make and is worth it.





Fuzzy towel cake

This recipe is very special to me because it belonged to my great grandmother and also because I love coconut cake and this cake that she made was very good. I never ate any cake like that and also because she is no longer with us so it is very special.

Ingredients:

Dough:

150 g of butter

2 cups of tea

4 eggs

2 cups of wheat flour

1 tablespoon of baking powder

1/2 cup of tea

1 glass of coconut milk (200 ml)

Butter to grease

Wheat flour for sprinklin

Roof:

1 packet of grated coconut (100 g)

1/2 cup of tea

1 can of sweet condensed milk

Preparation mode:

1. Beat the butter well with the sugar and egg yolks until you get a fluffy, whitish cream; 2. With the mixer on, add the sifted flour with the yeast, alternating with the milk and coconut milk; 3. Gently mix the beaten egg whites with the dough; 4. Take it into the oven to bake; 4. Meanwhile, mix the grated coconut with the milk to hydrate; 5. Remove the cake from the oven, prick it with a fork and, still hot in its own form; 6. Cover the cake with sweet condensed milk and moistened grated coconut.



FAMILY COOKBOOK





Gnocchi Potato

Sometimes my family eats gnocchi potatoes. It's a delicious recipe. My grandmother is an expert in this recipe. And my mother learned from grandma. On special days we cook it. Everyone loves. So, how about preparing this recipe and testing it at your house?

Ingredients:

Dough:

6 medium potatoes

1 cup of all-purpose flour

Salt to taste

Oil

Sauce:

1 can of tomato sauce

1/2 onion

1 tablespoon of olive

1/2 kg of ground beef

2 broth tablets

1 packet of grated

Cheese

Preparation mode:

Dough: 1. Cook the potatoes in the water until they are soft; 2. Peel them and pass through the juicer, still warm; 3. Gradually add the flour and salt, knead well; 4. Place the dough on a floured table and make rolls; 5. Cut each roll into pieces of about 2 cm; 6. Take to the fire, in a pan with plenty of water seasoned with salt; 7. When the water boils, add the gnocchi until they start to rise; 8. Put cold water in a bowl with a colander in it, remove the cooked gnocchi and place them in the colander to give a thermal shock; 9. Repeat the process until all the dough is cooked; 10. Drain well and place the gnocchi in an ovenproof dish, set aside.

Sauce: 1. Chop the onion in a pan, fry with oil; 2. Add the meat and the broth tablets; 3. Stir well, when the meat is already cooked, add the sauce and cook for another 4 minutes; 4. Pour it over the gnocchi, sprinkle cheese on top and bake it in the oven to brown, serve hot and have a good appetite!

Tip: So that your gnocchi does not get heavy and tastes like wheat flour, it is essential to add the flour gradually until it reaches the point. Enjoy with your family!!



Meatloaf

This is the oldest recipe in my family. My great-grandfather brought this recipe when he was coming to Brazil to marry my great-grandmother, so it is from ages ago. For me it is the best meal I could ever have.

Ingredients:

1 ½ pounds ground beef
1 egg
1 onion, chopped
1 cup of milk
1 cup of dried bread crumbs
Salt and pepper to taste
2 tablespoons of brown sugar
2 tablespoons of prepared mustard
⅓ cup of ketchup

Preparation mode:

1. Preheat the oven to 175°C; 2. In a large bowl, mix the meat, egg, onion, milk and bread or biscuit crumbs. Season with salt and pepper to taste, put the dough in a loaf pan and place it on a baking sheet; 3. In a separate small bowl, mix brown sugar, mustard and ketchup; 4. Mix well and drizzle with meatloaf; 5. Bake at 350°C for an hour. I hope you like it!

I hope you like it!



Henrique Heichuk de Oliveira



Chocolate cake

Who here likes cake? I knew it! Today I'm going to teach you the best cake you'll ever try. Here you'll see all the ingredients and how to prepare it. This is a very special recipe for me and my family.

Ingredients:

4 eggs
1 cup (tea) chocolate powder
1 cup of sugar
1 cup of water
2 cups of wheat flour
1 tablespoon of yeast
Butter, flour and chocolate powder for greasing

Preparation mode:

1. Beat all these ingredients by hand or if you want in a mixer for 3 minutes and let it rest;
2. Preheat the oven to 180°C and grease a pan to bake the dough, after that pour your dough into the pan and bake it for 30 minutes and it's ready.

Bon appetit!



Yakisoba

A yakisoba is a recipe that my family likes a lot because we like Chinese food so much. My mom makes Yakisoba a lot and it is one of my family's favorite recipes.

Ingredients:

300 g of pasta for yakisoba
1 large onion, chopped into medium pieces
1 tablespoon of oil
½ small packet of broccoli
½ small bunch of cauliflower
400 g of meat strips (tenderloin, duckling or rump)
6 tablespoons soy sauce
100 g of champignon
1 carrot cut diagonally
4 chard leaves cut diagonally
250 ml of yakisoba sauce

Preparation mode:

1. Cook the pasta in salted water and set aside; 2. In a large saucepan, place the oil and sauté the onion; 2. Add the meat, broccoli, cauliflower, carrot, chard, champignon and season with soy sauce; 3. Pour the yakisoba sauce and cook until the vegetables are cooked to the point al dente; 4. Add the pasta, mix well and serve immediately.

I hope you enjoy it.



João Marcello Marcatto Costa



My grandma's pancake

My grandmother always makes pancakes for lunch with different kinds of fillings, like chicken, meat, tomato sauce etc. Everyone in my family likes her pancakes, I think I'm the only one in the family who only eats pancakes without any filling. What can I say? Taste is taste, right? Let's go to the recipe.

Ingredients:

1 cup of wheat flour
1 cup of milk tea
1 egg
1 tablespoon of butter
Salt to taste

Preparation mode:

1. Mix the ingredients until they form a homogeneous dough; 2. Take to a non-stick frying-pan with a little butter or oil. With a spoon see if the dough has come off and your pancake is ready.

For the filling use your creativity (chocolate, syrup, vanilla...).

Enjoy the pancake, it's very good.





Cheese bread

I love so much cheese bread and that goes for my whole family, we all were born in Minas Gerais so we do love cheese but I don't know no one that ever happened to say that he or she doesn't like cheese of any type, so by the information that everyone likes cheese here's a receipt for a cheese bread directly from Minas Gerais

Ingredients:

1 kg of flour
1 glass of milk
1 cup of oil (minus two fingers)
1 teaspoon of salt
3 glasses of grated cheese
Eggs to the point (from 08 to 12)

Preparation mode:

1. Boil the milk with oil and salt; 2. Mix with the flour until incorporated and let it cool;
2. Add the eggs and knead well; 3. Add the cheese and knead some more; 4. Grease your hands with oil and make balls with the dough; 5. Bake at 180 degrees until golden.

And that's the recipe, remember to add some filling like ham or mozzarella in the middle of it when it's already ready and that's gonna be so good.

You're gonna love it.



Joao Pedro Granato



Eggplant ravioli with sage sauce

This recipe says it goes from generation to generation. As my family is Italian, my grandmother makes various types of food from Italian cuisine, but her favorite is the eggplant ravioli with sage sauce. She makes this recipe whenever someone goes to visit her and especially for my family, because it is very easy and very tasty. They are made with phase ingredients that can be found in the markets or at your home and it is also a great option for vegetarian food.

Ingredients:

Dough:

2 tablespoons of olive oil
1 small diced onion oil
2 chopped garlic cloves fresh
1 medium eggplant in small cubes
1 skinless tomato and diced seeds
cheese
1/2 cup of crushed ricotta
Salt, black pepper and fresh basil
to taste
1 package of fresh lasagna pasta (500g)

Sauce:

5 tablespoons butter
1 tablespoon of olive
1/4 cup of chopped sage leaves
Grated Parmesan to sprinkle to taste

Preparation mode:

1. Heat a pan with olive oil over. 2. Medium heat and sauté the onion and garlic for two minutes without browning. 3. Add the eggplant, tomato, salt, pepper and cook for five minutes. 4. Let it cool and mix the ricotta and basil. 5. Cut the lasagna dough into 4 pieces. 6. Arrange the filling on one end and fold the dough over it, forming a square. 7. With a spoon or fork, close the side. 8. Cook in boiling salted water for ten minutes or until al dente. 9. Drain and set aside. 10. In a large skillet, melt the butter with the olive oil over medium heat and fry the sage leaves for 3 minutes or until slightly crunchy. 11. Add the dough and mix. 12. Sprinkle the Parmesan and serve.

Now, you have a delicious Italian recipe.



FAMILY COOKBOOK





Banana pie

Although the recipe was not originally from my grandmother, it has a lot of history. I remember when I was little, I went to my grandfather's house, from the apartment stairs I could already smell the pie in the oven. This recipe has been in my family for so long that it has become a tradition. So, what about trying it out at your home?

Ingredients:

1 cup of sugar
2 spoons of butter
2 whole eggs
1½ cup all-purpose flour
½ cup milk
1 yeast spoon

Preparation mode:

1. Mix the sugar and butter with a fork; 2. Add the eggs and then all the other ingredients leaving only the yeast last; 3. Grease and sprinkle the form; 4. Put the dough in the form, covering it with sliced bananas and also with sugar and cinnamon; 5. Take to the preheated oven and bake it for 40 minutes at 200 degrees C.

Wait for it to cool down and enjoy, I hope it tastes good, bye!





Baked kebab

This recipe of roasted kebab was from my great grandmother, who made it for my grandfather and his brothers, when they were children. Then, my grandfather made the recipe, and his kebab was wonderful, but now he can't cook anymore, because he has parkinson. Now who makes the recipe is my mother, it looks very good too, but it doesn't have the same taste of the one my grandfather used to prepare. Now, I'll pass this recipe on to you, and I'm sure you will make this delicious kibe.

Ingredients:

2 cups of wheat
6 cups of warm water
800g ground beef
Chopped mint leaves
4 tablespoons butter
Syrian spice
Salt and pepper
2 chopped onions
Olive for watering

Preparation mode:

1. In a bowl, arrange the wheat and warm water; 2. Soak them for 20 minutes; 3. Squeeze the wheat well to remove excess water; 4. Transfer to another pan; 5. Add the minced meat, the mint, the butter, the onion and the seasoning in the Syrian; 6. Mix everything until it turns one; 7. Season with salt and pepper; 8. Grease two medium refractories and place half of the dough in each; 9. Smooth it with a knife, cut it into diamonds; 10. Drizzle with oil and bake in a preheated oven at 200°C for 30 minutes. Ready!

I hope you've enjoyed this recipe, and I also hope that you make this kebab for your family. You will like it a lot, just like us.





Tapioca seed cake

My grandmother's grandmother used to make this cake, so it has been passed from generation to generation until today, and it has become a tradition to make this cake in the late afternoon at home.

My mother taught me how to make it as I will teach you now!

Ingredients:

3 cups of tapioca seed
5 cups of milk
4 eggs
3 pinches of salt
4 tablespoons of oil
1 tablespoon of butter

Preparation mode:

1. Boil the milk, oil, butter and salt 2. Add the tapioca little by little, 3. Beat the eggs and pour in the mixture 5. Bake in a greased baking pan until golden brown.

Now you have a delicious traditional Brazilian recipe, enjoy it in a delicious afternoon coffee!



Lara Barbosa Oberg da Cruz



Brigadeiro Cake

My grandma taught me how to make a brigadeiro cake and now I'm going to tell you how to make it for you!

Ingredients:

Dough:

5 eggs

1 cup of sugar

1 cup of milk

2 cups of wheat flour

½ cup of Nescau

1 tablespoon of baking powder

Filling and Covering

2 sweet condensed milk

2 tablespoons of butter

½ a cup of Nescau

½ a cup of granulated chocolate

Preparation mode:

Dough: 1- In an electric mixer, beat the egg whites; 2. Add the egg yolks, one by one, and add the sugar; 3. Pour the milk little by little, without stopping beating. Gently place the flour in the sieve with the Nescau and the yeast; 4. Pour it into a round or rectangular shape with butter and wheat flour and bake in a medium-high oven at 200°C, already heated, for 40 minutes; 5. Take it out of the form, let it cool and cut it in half.

Filling and Covering: 1. In a saucepan, mix the sweet condensed milk, butter and Nescau; 2. Bring to medium heat, stirring, for 6 minutes or until a soft brigadeiro forms; 3. Fill one part of the cake with half of the brigadeiro, cover with the other half of the dough, and spread the rest of the brigadeiro with a knife on the sides and surface of the cake and finish with the granulated chocolate.

That's it. I hope you enjoy it.



Grandma's chocolate cake

The story of this recipe in my family is very simple, my grandma invented this recipe for my cousin's 1st birthday, who is now an adult and my grandmother taught my mother this recipe on my first birthday and a few years later she started making sweets and cakes including this recipe to sell, and she sells it until today.

Ingredients:

- 3 eggs
- 1 cup of sugar
- 1/2 a spoon of oil
- 2 cups of hot water gradually
- 2 cups of wheat
- 1 cup of Nescau
- 1 pinch of salt
- 1 spoon of yeast
- 1 spoon of baking soda

Preparation mode:

1. Beat the eggs, sugar, oil and water slowly in a blender; 2. In a separate bowl place the remaining ingredients, and mix gently with the liquid whipped in a blender until a homogeneous mixture is obtained; 3. Place to bake in a greased and floured form in a preheated oven at 180°C for approximately 40 minutes.

Tip: To give a special touch my mother puts a syrup made of ganache that is made with a 120g melted chocolate bar mixed with 1 box of sour cream.

Enjoy the recipe!



Leonardo Luiz Chaves Domingues



Iced bread pie

My family and I are from Italian and Ukrainian descent, but this recipe is Italian, my great grandmother came to Brazil and brought this recipe to my grandmother, my grandmother to my father and my father to me and since then we haven't stopped eating this, every Wednesday we eat this recipe at home, the name of this recipe is iced bread pie.

Ingredients:

2 packets of sliced and peeled bread
200 g of chopped cheese
200 g of chopped ham
1 can of green corn
1 can of peas
1 can of carrots with chopped potatoes
200 g of chopped olives with the broth
1 glass of pickled cucumber with the broth
1 jar of mayonnaise
1 box of sour cream

Preparation mode:

1. Mix all ingredients except the bread; 2. On a baking form with a removable bottom place a layer of bread and then a layer of the mixed ingredients; 3. Follow this process until the filling is complete and finish the last layer of bread; 4. Put in the refrigerator and leave for 12 to 24 hours; 5. Take the pie out of the refrigerator, remove it from the pan and place it on a platter; The pie is ready.

Buon appetito!



Leonardo Schafranski Broglio



Chocolate Cake

Who doesn't love their grandma's lovely cake? This recipe is very special to me, it reminds me a lot when I was younger, my grandmother always makes this cake for my birthday. I love when she prepares it for me, because besides being very good, it is done with a lot of love. How about learning this and experimenting in your home? Here we go!

Ingredients:

Cake dough:

2 cups of wheat

2 cups sugar

1 cup of chocolate powder

1 spoon of yeast

4 eggs

Cake top:

2 cans of condensed milk

6 tablespoons of powdered chocolate

2 tablespoons

Preparation mode:

Cake dough: 1. Mix all the ingredients until you get to a homogeneous dough; 2. Grease a baking form with wheat and pour the dough into it. Take it to the oven at 180°C for an average of 30 minutes; 3. Check the point of the cake every fifteen minutes.

Cake top: 1. Bring to medium heat all the ingredients and mix well until it comes off the bottom of the pan and is in a brigadeiro point; 2. Then cut the cake in half, fill and cover it all, and finish with colorful sprinkles.

You will love it.



Escabeche

This recipe is made by my maternal grandmother, she has been making it since my mother was a child, and she is the only one who knows how to make it. It is traditionally made at all family parties and on walks and picnics. Everyone in our family is very fond of this food.

Ingredients:

Meat:

1 kg of white meat

1 cup of white wine

2 cups of water

1 bay leaf

Sauce:

1½ cup of oil

1 large onion

6 bay leaves

6 tomatoes (no skin)

1 sliced chili

1½ cup of vinegar

Garlic, parsley and green onion

Pepper and salt to taste

Preparation mode:

Meat: 1. Season the meat and cook with the other ingredients. When it is tender, remove it from the heat and let it cool down.

Sauce: 1. Fry the onion in the oil, without browning. Make a sauce with the remaining ingredients, except the vinegar that will be added off the heat, after the sauce is ready.

When the meat is cold, it should be cut into thin slices, which will be passed in the sauce in where the meat was cooked. Assemble on a platter, alternating layers of meat and marinated sauce. Refrigerate for 12 hours, covered with aluminum.

Enjoy!



Lucas Pasqualini Propst



Marcel's strogonoff

Who doesn't like a good strogonoff? Since I remember, everyone in my family likes strogonoff, but they love the strogonoff that my father prepares. It's creamy, it's delicious, it's wonderful and still easy to make, how about you try it?

Ingredients:

1kg of filet mignon in strips
1 large diced onion
3 tomatoes
1 spoon of ketchup
1 spoon of mustard
1 tablespoon Worcestershire sauce
2 tablespoons of whiskey
250g of champignon
1 heavy cream
Salt and pepper to taste

Preparation mode:

1. First you will brown the meat in olive oil; 2. Put the chopped onion; 3. Mix ketchup, mustard, Worcestershire sauce and whiskey; 4. Beat the tomatoes in a blender; 5. Put the beaten tomatoes in the pan; 6. Wait for it to boil and put the champignon; 7. Add salt and pepper; 8. Add the heavy cream.

I hope you enjoy



Lucas Tonon Alves

FAMILY COOKBOOK





Oma's cookie

These are my grandmother's cookies, my family has Dutch descent and in Dutch grandma says "oma", these cookies are very tasty.

Ingredients:

4 margarine tablets of 100 g
500 g of wheat
100 g cornstarch
1 pinch of salt
1 egg
300 gr of sugar
1 teaspoon of vanilla essence

Preparation mode:

1. Beat margarine with sugar, then add the egg, salt, essence and cornstarch; 2. Gradually place the wheat, when it is very homogeneous, let it stand for 2-3 hours in the refrigerator; 3. Grease a large rectangular baking pan, make balls with the dough and then knead with a steak hammer; 4. Place it to bake in the oven at 180°C and wait for it to turn yellow. Attention: it gets ready quickly, 5 min! Wait until it cools to unmold it.

This cookie does not take yeast.

It is simple but you may use tips to get better: use a processor to make the mixture very homogeneous, let the dough rest in the refrigerator.

This is my family recipe, I hope you can make and taste it because it is delicious!



Patty

Hi guys, today we're going to make a patty, I think it's delicious and now I'm going to teach you how to prepare this.

Ingredients:

Dough:

4 cups of all-purpose flour
1 entire egg
1 egg yolk
4 tablespoons of butter or margarine
1 cup of vegetable fat pepper
1 and 1/2 tablespoons of wheat flour
250 ml of milk

Filling:

500 grams chicken breast
1 can of peas
2 large tomatoes
Parsley to taste
14 pitted green olives
1 medium onion
2 cloves of minced garlic
1 spoon of chopped green
2 eggs yolk
1 tablespoon of olive oil

Preparation mode:

1. Put all the ingredients of the dough in a large bowl and mix well until it forms a homogeneous dough. I recommend that you put the flour little by little and if the dough becomes too sticky, add a little more flour. If the dough becomes too dry, add a little more margarine; 2. Wrap the dough in a plastic wrap and let it rest while preparing the filling; 3. Sauté in olive oil, onion, garlic, tomato and pepper. Add a shredded chicken and sauté a little more; 4. Add the wheat flour and mix well, adding the milk and stirring quickly; 5. Put the peas, seasoned with salt and add the parsley. After it thickens, take out from the fire and set it aside; 6. Line the molds with the dough, separate a portion and press it against the bottom and the side of the mold. Do not let the dough get too thick, remove the excess and repeat the procedure with all the molds. Reserve some of the dough for the lids; 7. Place the rest of the dough on a large piece of plastic film, cover it with another piece of film and open it with a rolling pin. This is essential for the dough not to break; 8. Cut 12 slices slightly larger than the diameter of the molds and set aside; 9. Fill the molds with the already cold filling and add an olive to each pie. Cover with the slice of dough and pinch the edges with your fingertips. Do not use the filling too hot, this will leave the dough "hard"; 10. Brush the patty with the beaten egg yolk and bake until golden, about 20 minutes.

Enjoy this amazing recipe.



Luis Eduardo Guasque Klaimé



Carrot cake

This recipe is made by my grandmother since I was born, when I was little I had an intolerance to milk and this cake is one of the only ones that doesn't take milk and it was the first one I ate in my life, so it marked me so much

Ingredients:

- 3 carrots
- 1 cup of oil
- 4 eggs
- 2 cups of sugar
- 1 royal spoon
- 1 spoon of mayonnaise

Preparation mode:

1. Beat the carrots and olive oil in a blender; 2. Add the yolks with the sugar mixing all the ingredients; 3. Beat the egg white into a snow point and put in the blender. 4. At last, add the yeast and mix; 5. Put the dough in a greased pan with margarine and put in a pre-heated oven at 180 degrees for 40 minutes.

I hope you like it.



Luiz Henrique Dzioba Horn



Mango Mochi

In my family, we usually make mochis on commemorative days like Lunar New Year, August 25th in the Lunar calendar, among other dates. Mochi it's a typical Korean food but my family likes it a lot because my grandmother's family is from South Korea and since I was child my mother makes Mango Mochi for me and my brothers.

Ingredients:

Mango
Rice flour
Sugar
Hot water
Nutella

Preparation mode:

1. Knead the mango, add sugar and hot water; 2. Mix the previous ingredients and add the rice flour; 3. After this you must put the mixture in the freezer for 8 minutes, for the filling you need to make Nutella balls and let them harden in the freezer; 4. Remove the dough and filling from the freezer, open the dough with a glass bottle and cut into circles; 5. Fill the circles with the nutella balls and close it forming a little ball; 6. Use refined sugar if you prefer, but if you don't want to, just put it in the fridge for 2 hours and serve.

You should try it. A little bit of the Korean culture for you.





Vegetable pie

My grandmother used to make it for my mother and my uncles when they were little, my mother still makes this pie today when the family gets together and me and my brother help her.

Ingredients:

Dough:

½ kg of wheat
1 whole egg
1 saucer of grated cheese
1 teaspoon of yeast
1 cup of egg

Filling:

2 chopped and boiled carrots
100g boiled and chopped green beans
2 chopped tomatoes
½ chopped peppers
1 can of corn
1 can of peas
Chopped parsley

Preparation mode:

Dough: 1. Mix everything together and make a fluffy mixture; 2. Place half of the dough in the bottom of a pyrex and squeeze well; 3. Bake in the oven for 5 minutes.

Filling: 1. In a pan, put 3 cups of water, 3 tablespoons of cornstarch, add the vegetables and mix until thicken; 2. Seasoning to taste.

Put the filling in the pyrex and cover with the rest of the dough. Bake until golden brown. Now just move it to a pretty plate and serve!

Enjoy!



Tuna Pizza

My mom makes the tuna pizza. She learned from my father's aunt. This aunt, my paternal grandfather's sister, learned from her mother, who learned from my Italian great-grandfather. We know that it is a recipe from the region of the Italian Campaign. It is a Neapolitan recipe.

Ingredients:

Soft dough:

1 egg

1 tablespoon of baking powder

1 cup of milk

1 cup of oil

Wheat flour to the point (soft dough)

Filling:

2 cans of tuna or sardines

1 can of tomato sauce

1 onion

1 tablespoon of butter

Oregano, salt and pepper to taste

Preparation mode:

Dough: 1. Add the egg, yeast and milk in a bowl and stir until the yeast starts to work; 2. Then add the flour and oil. You don't have to grease the form; 3. Pre-bake for 10 min in the oven at 180 degrees; 4. Remove the dough from the oven and set aside.

Filling: 1. In a frying pan add the butter and onion until golden brown; 2. Then add the tuna cans and sauté mixing salt, oregano and pepper to taste (preferably the amount); 7. Then add the tomato sauce; 8. Place above the pizza dough, returning to the oven at 180 degrees for another 10 minutes. It is a very fast and easy to make recipe, (35min) and serves three adults.

The pizza is ready. Enjoy it!

Conclusion

The italian´s food is the best food in the world!! I can hardly wait 30 minutes that I want to eat it before it gets all cooked haha! It is fragrant and tasty. As far as I know, many descendants of my great-grandfather own this recipe in the middle of their heart.



Maria Eduarda Mikowski



“Escondidinho”

In fact, I don't know when I really started to like this dish, I just remember that I went to a restaurant near my grandmother's house with my family and always ate the same thing. As I grew up and stopped going there, because it was closed, I asked my parents to make the recipe at home, and the result was very good. Even today, the whole family loves it.

Ingredients:

1 kg of cassava
500g of dried beef
300g of curd
300g of cream cheese
1 chopped onion

Preparation mode:

The dough: 1. Cook cassava; 2. Beat in the blender until you get a homogeneous mixture;

Filling: 1. Fry the onion and the dried beef; 2. Mix with the curd.

In a plate put half of the dough, put the cream cheese and the filling. Cover with the rest of the dough. Bake it for 1 hour.

This recipe is really good for any occasion, it takes a little time, but it's worth the effort in the end. Hope you like it!



Grandma's Waffles

Over my family's breakfast my grandmother always makes waffles and they are so good. One day my aunt was curious about the recipe and asked my grandmother how to prepare it. Then grandma decided to write it to the five children that were there so they could pass it on to their children too and that is how it became the family's recipe. Take a look.

Ingredients:

3 eggs
1 ½ cup of milk
1 tablespoon of cornstarch
2 cups of wheat flour
2 teaspoons of yeast
½ cup of melted butter or margarine
½ cup of sugar

Preparation mode:

1. Beat one egg white in a container; 2. Now you will dissolve the yolks in the milk and mix until they get smooth; 3. Place the dry ingredients in another bowl plus the melted butter and the beaten whites and mix well, pour all the dough into the waffle maker and you're done.

You have to try it, I guarantee you will have a unique experience and you will fall in love with this recipe.



Maria Fernanda Misikin Borba



Delicious Pie

This pie is well known in Recife (PE), it is a frozen pie. It has three layers, but the main one is the one with the plum jam plum. Here in Ponta Grossa it is not common at all, I think because of the cold, but in the northeast of Brazil it is quite common to find. My family always does it mainly on holiday dates , but enough of a roll and let's go to the recipe.

Ingredients:

First→ sweet layer
300 grams of plum
2 cups of water

Second layer → cream
4 egg yolks
1 can of sweet condensed milk
1 can of milk
1 teaspoon of butter

Third layer → whipped cream
4 egg whites
1 box of sour cream (cold and without serum)
5 tablespoons of sugar
Optional lemon zest

Preparation mode:

First → sweet layer: Place the ingredients in a saucepan, leave on low heat and wait until the water is dry and the plum is cooked.

Second layer → cream: Put the ingredients in a glass bowl, mix everything until smooth. When it gets in a pasty state, take it to the freezer.

Third layer → whipped cream: Beat all the ingredients in the mixer until it reaches the point of a normal whipped cream. Place over the plum jam, cover the container and place in the freezer for about 4 hours.

IMPORTANT: Keep stored in a freezer

Then just enjoy with your family on beautiful hot days.



Maria Vitória Rickli Pereira de Lima

FAMILY COOKBOOK





Lámen

This recipe is not a family recipe but I created it and I'm teaching my sister how to make it. Let 's learn?

Ingredients:

1 Ramen noodles	Sesame oil
Half Grated carrot	Shoyu
1 egg	Salt
Moyashi	Water
Nori	Chive

Preparation mode:

Pasta: Fill a pot with water and put four tablespoons of Shoyu and put half a teaspoon of sesame oil and place over high heat, then put the noodle seasoning and let the water boil, when it is boiling you put the dough and wait until it is cooked, when it is well cooked you take the pot off the heat and the dough needs to rest in the broth to absorb the flavor of the broth and become tastier.

Other ingredients:

Carrot: While the water boils you will get another pot and fill it with water and put the carrot to boil, add salt, when it is already cooked you drain it and put it in a pot.

Egg: After you cook the carrot you put some water in the pot and put water and the egg, let it cook for about 10 minutes, then peel the egg, cut it in two parts, salty and put it in a jar.

Chive and Moyashi: Cut the chives into slices and place in a pot, place the moyashi in a pot with water over medium heat for 3 minutes.

Mounting:

Put the broth in a bowl and then place the noodles, put the nori on the side, place the egg on top of the dough next to each other and then place the carrot, moyashi and chives on top of the pasta in groups next to each other.



Focaccia

This recipe I chose was made by my grandmother Cecilia, and whenever I went to her house she made it for me. After my grandmother passed away, my mother started to make this kind of pizza. Whenever she prepares it, I remember grandma. So I decided to share the recipe with you.

Ingredients:

Dough:

2 cups of wheat flour

1 egg

½ cup of oil

Warm aqua

Salt to taste

1 tablespoon of sugar

1 spoon of biological yeast

Filling:

Mozzarella cheese

Tomato cut into slices

Chopped onion

Stung green smell

Olive oil

Preparation mode:

Dough: 1. Mix all the ingredients and make a homogeneous dough, let it rest for 30 minutes and then open the dough 1 cm thick and place it in a square form. Let it rest and rise until it doubles the size.

After that, put all the ingredients from the filling on the dough, the quantity is to your taste. Bake it for 40 min and it's ready to eat.

I hope you enjoy!



Mariana Gomes de Toledo



American Cake

This cake is prepared at all birthdays in my family, even from ages ago, because back in time, people didn't eat decorated cakes very often, so it is very special for my family. In this cake, you can put all kinds of covers, my great grandmother made an orange cover with sugar.

Ingredients:

- 4 eggs
- 2 cups of sugar
- 3 cups of flour
- 1 cup of milk
- 2 spoons of butter
- 3 little spoons of yeast

Preparation mode:

1. Beat the sugar with the butter; 2. Mix the egg yolks, the milk, the flour, the yeast and the egg whites; 3. Bake it in a greased form. The cover, like I said before, is up to your choice and creativity.

It is delicious, isn't it?



Cheese pudding

The story of this recipe is that it came from my great-grandmother, from my mother's side, even though I didn't like pudding, I think it delicious, the last time this recipe was made, I was the one responsible for cooking it, I found it very interesting because it's not a normal pudding, it has cheese, and I thought it was going to be bad, but no, it was good.

Ingredients:

- 1 can of sweet condensed milk
- 2 cups of milk
- 3 tablespoons of cheese
- 3 eggs
- 1 tablespoon of lemon
- 1 cup of sugar

Preparation mode:

1. First you put the sugar in a proper form to make pudding and take to the fire to caramelize the sugar;
2. To prepare the pudding, blend the sweet condensed milk, milk, cheese, egg and lemon in a blender;
3. After beating everything you will put the mixture in the same form as the caramelized sugar;
4. Then bring the pan to boil in a water bath for 24 minutes;
5. Then remove it from the pan and you're done.

Now just try it!



Maryane Roth Czech



Cookie

This is a recipe that my aunt brought from the United States, but she currently lives in Canada. She passed the recipe to my grandmother who passed it on to my mother. My mother improved the recipe by making a cookie cake that is delicious.

Ingredients:

- ½ cup of butter
- 1 cup of brown sugar
- 1 spoon vanilla
- 1 egg
- 1 cup of wheat
- A little bit of salt
- Several drops of chocolate (or pieces of chocolate)
- 1 cup of oat flakes
- 1 caddy of yeast

Preparation mode:

1. Mix the butter and the sugar until it becomes a cream; 2. Add the vanilla and the egg and mix; 3. In this cream, add the oats, wheat, salt and yeast and stir. Lastly, add the chocolate to your taste. Bake it in the oven at a heat of 180°C. Your recipe is ready.

Enjoy your own cookies!



FAMILY COOKBOOK





Upturned underwear

Well, this recipe has been in my family for some time, because it's practically a tradition that passed from mother to son or daughter. For example: From my "bisa" to my aunt, my grandmother, my mother and me, and so on.

Ingredients:

1 can of sweet condensed milk
3 eggs
1 large shallow spoon of royal
1 cup of milk
3 tablespoons of cream or cream
3 tablespoons of sugar

Preparation mode:

1. Mix everything and add the flour until it gets out of hand; 2. Roll out the dough and turn the underwear over; 3. Fry it in hot oil and it's read to be served.

The dumpling will be soft and very tasty, I hope you like it.



Daddy's pizza

Part of my family is Italian descent, so we have always had DNA from cooks, and my father is one of the best without a doubt. The pizza was created more than 2000 years ago and this recipe is from about 200 years ago, and I find it amazing how delicious it is. We usually eat once a week on weekends and everyone loves it.

Ingredients:

200ml of water

10g of biological yeast

1kg of wheat flour

Salt to taste

Sugar to taste

200g of Mozzarella

100g of Gorgonzola

Preparation mode:

1. In a bowl put the water, biological yeast, flour, salt and the sugar and mix them all;
2. Knead well until it comes off the hand;
3. Let the dough rest for 40 min;
4. Stretch the dough into a large circle and fill it with the cheeses;
5. Bake for about 10 minutes;
6. Serve still hot.

If you don't like pizza, first: how do you survive? Second: prove it and give your opinion. And if you like it, enjoy! It 's so easy!



Oliebollen

This is a dutch traditional recipe, on New Year's day, me and my family would go to my grandma house to eat oliebollen. This recipe is basically a fried doughnut with raisins and chopped apple and it is topped with sugar

Ingredients:

2 packages active dry yeast
1/2 cup of warm water
4 1/2 cups all purpose flour
1/4 cup white sugar
2 eggs, beaten
1 1/2 cup milk
1 1/2 cup chopped apple
1 cup raisins
1 quart vegetable oil for frying
white sugar for decoration

Preparation mode:

1. Dissolve the yeast in the milk in a mixing bowl; 2. In another bowl add flour, sugar, eggs, yeast mixture and milk, beat it until blended; 3. Cover the dough with plastic wrap and allow to rest for one hour; 4. Heat the oil to 175°C and add the raisins and apples into the dough; 5. Slide the dough by heaping teaspoons into the oil; 6. Fry them until golden brown about two minutes per side; 7. Put the little balls in a paper towel and dust with sugar.

Enjoy!!!



Olivia de Geus Kiers



Chocolate cake

Chocolate cake is one of my favorite desserts. My grandmother taught everyone in the family that they want to learn how to make her recipe. Do you want to try it? I will teach you how to do it!

Ingredients:

Cake Dough:

4 eggs

4 tablespoons of powdered chocolate

2 tablespoons of butter

3 cups of wheat flour

2 cups (tea) of sugar

2 tablespoons of yeast

1 cup (tea) of milk

Syrup:

2 tablespoons of butter

7 tablespoons of powdered chocolate

2 cans of sour cream

3 tablespoons of sugar

Preparation mode:

Cake Dough: 1. In a blender put the eggs, powdered chocolate, butter, flour, sugar and milk, then beat for 5 minutes; 2. Add the yeast and mix with a spatula gently; 3. In a greased pan, pour the dough and bake in a medium preheated oven (180°C) for about 40 minutes. Don't forget to use a tall form for this recipe: as it takes two spoons of yeast, it grows a lot! Another solution may be to place just one spoon of yeast and keep your recipe in a small form.

Syrup: 1. In a pan, heat the butter and mix the chocolate powder until smooth; 2. Add the cream and mix well until you get a creamy consistency; 3. Turn off the heat and add the sugar.

**If you do it with love, it will be more delicious. Is that you?
Do you have a favorite recipe? Teach me!**



Olivia Maria Costa Oles dos Santos



Banana Cake

In my family we love banana cakes. This is a very special recipe because it is made with so much love and I would like to share it with you now.

Ingredients:

Dough:

4 bananas

3 eggs

3 tablespoons of margarine or butter

1 cup of milk

2 cups of sugar

2 cups of wheat flour

Crumbs:

1 ½ cup of wheat flour

1 cup of sugar

1 shallow tablespoon of ground

cinnamon

2 tablespoons of butter or margarine

1 tablespoon of baking powder

Preparation mode:

Dough: 1. Beat the margarine with the sugar, add the egg yolks, beat some more, add the milk, flour, yeast, and finally the egg whites.

Crumbs: 1. In a deep bowl, place the flour, sugar, cinnamon and mix well with a spoon; 2. Open a cavity in the center, place the butter and knead with the fork; 3. When it is well kneaded, knead with your hands to be well mixed.

Mounting: 1. Grease a baking pan, place the dough and distribute the bananas cut into strips and on top of the bananas, the crumbs; 2. Bake in a moderate oven for about 30 minutes.

Note: Before making the dough, it is important that the bananas are cut and the crumbs are ready.



FAMILY COOKBOOK





Delicious vegetables

This delicious dish with vegetables is a dish made by my father. This dish is specific to a barbecue for a special occasion (when a relative from a distant city visits us, when it is someone's birthday, etc.). This is a dish where you put vegetables and some mushrooms and it is served as an accompaniment with meat.

Ingredients:

- 1 tray of mushrooms
- 1 tray of mini tomatoes
- 1 tray of broccoli
- 1 tray of pod
- 2 carrots
- 2 onions
- 1 butter

Preparation mode:

1. Wash the vegetables and put them all in a pot (also add the butter); 2. After placing everything, take the pan to the fire and wait for about one hour; 3. Then just remove the food from the pan and it's ready to serve.

This is my family recipe, I hope you enjoy it!



Pedro Alves Nabozni



Pancake

This is a pancake recipe that my family and I love a lot and I really like making it for breakfast. The pancake goes very well with any jam, cream cheese, honey, butter, etc. How about learning this recipe?

Ingredients:

1 egg
½ a cup of milk
1 spoon of sugar
1 teaspoon of vanilla essence
1 spoon of oil
A pinch of salt (optional)
A cup of wheat flour
2 teaspoons of yeast

Preparation mode:

1. Mix the egg, milk, sugar, vanilla essence, oil and the salt in a bowl; 2. Add the flour and the baking powder and mix; 3. Gradually place the dough in a greased skillet and turn until both sides are slightly dark.





My mother's natural yogurt cake

Today you will learn how to make my family's natural yogurt cake. My mother learned to make it with my great aunt years ago. Let 's go!

Ingredients:

- 1 cup of natural yogurt with honey
- 1 cup of oil (the same size as the yogurt cup)
- 4 eggs
- 1 tablespoon of vanilla essence
- 2 mugs of sugar
- 2 mugs of wheat flour
- 1 tablespoon baking powder

Preparation mode:

1. Mix the yogurt, oil, eggs and vanilla essence in the mixer for approximately two minutes;
2. Add sugar and flour and mix for another two minutes;
3. Add the yeast and beat for 15 seconds;
4. Grease the pan and bake for 45 minutes at a temperature of 200 degrees.

And now, enjoy your natural yogurt cake!





Grandma's Corn Cream

My mother said that my grandmother Nancy used to make a corn cream that everyone in the family liked. The problem was that my mom didn't like it at first, but after some time she started loving it. When my mother went to live with grandpa Prado and grandma Leonilda, she missed grandma's corn cream and always asked grandma Leonilda to prepare the corn cream, but she used to scrape the corn, and not with tin corn, like Nancy. So my mother was "mocking" her grandma saying that grandma's Nancy did it with love. Then my grandmother thought that Nancy used Sazon, once the Sazon's motto was "season with love" or something like that. She put it on, but my mother said it was so salty! Some days after it, Nancy came to visit, and taught her how to make the corn cream. After it, my mother always makes the cream at special dates.

Ingredients:

2 corn cans (with water)

Salt to taste

3 tablespoons of wheat flour (2

Parsley and chives to taste

shallows and 1 full)

1 tablespoon of sour cream

2 shallow tablespoons of margarine

1 spoon(dessert) of curd

Preparation mode:

1. Beat one whole can of corn with all water plus half can with all water in the blender add one and a half can of water; 2. Strain all. Hit the "bagasse" with half can of water and strain it again; 3. Beat the "juice" with the margarine and the wheat flour; 4. Place in a pan over high heat, stir until thickened-lower the heat; 5. Season with salt, parsley and chives; 6. Turn off the heat and add the curd and sour cream, and the rest of the corn.

*If it gets too thick add milk.

*If it gets too thin add more cornstarch.



“Tigrão”

“Tigrão” is a recipe that is very common to see in my family’s tables. We like it so much! I think it’s a family thing! Its story is about my grandma and grampa's marriage. My grandpa used to eat this food, which was made by his mother. When my grandma ate it, she didn't like it as much as my grampa. It was just baggage with bread! Then, one day, she discovered that it could be made with pork meat and sauerkraut. She made it for her husband. Our family loves it until now! The recipe is right below!

Ingredients:

Bread Dough:	500 ml of warm water
1 kg of flour	Cabbage and sauerkraut’s mixture:
2 eggs	1,5 kilo of pork meat(chop or shank in pieces)
1 tablespoon of salt	3 chopped garlic cloves
3 tablespoons of sugar	Salt and pepper to taste
600 g of biological yeast	½ unity of cabbage cut in strips
½ cup of oil	

Preparation mode:

1.You need to make the bread. Mix the dry ingredients, then add the eggs, oil and some water, mixing until you have a smooth and equal mixture; 2. Let the dough grow covered by a cloth until doubled the volume; 3. Knead the dough and make small balls with it (with the size of a table tennis ball); 4. Let it grow for half an hour. While, fry the meat in a big pan with a little bit of oil, salt pepper and a garlic; 5. In a bowl, mix the cabbage with the sauerkraut and salt (½ tablespoon); 6.Then, when the meat is braised, put half of the mixture of cabbage, the bread balls above and on the top of everything the rest of the cabbage mixture and a cup of warm water; 7. Cover the pot, cooking on low fire for 40 minutes or until the bread saty cooked; 8. Pay attention to the smell. If it has a burning smell, add a little bit of water. You can't mix the ingredients in the final process;

I hope you enjoy my family's recipe! I have to say it... It's one of the best in the world!



Vanessa Ribeiro dos Santos



Brownie

This recipe has been in my family for 5 years and this is when I cooked for the first time with my aunt, we baked this brownie for my birthday. It was so delicious that we started cooking it during other celebration days.

Ingredients:

150g of CLASSIC Dark Chocolate
½ a cup (tea) of brown sugar
5 tablespoons of sugar
2 eggs
1 teaspoon of vanilla essence
½ (tea) of wheat flour
1 teaspoon of baking soda
1 cup of chopped walnuts
50g of diced butter

Preparation mode:

1. In a saucepan, place the Chocolate Nestle Classic and the butter and cook over a water bath, until you get a homogeneous cream; 2. Add brown sugar and sugar and stir until it is well dissolved; 3. In a bowl, beat the eggs with the vanilla essence and mix with the chocolate cream; 4. Add the wheat flour, baking soda and walnuts; 5. Pour the dough into a rectangular shape (23 cm x 32 cm), greased with butter and sprinkled with wheat flour and place in a medium oven (180 ° C), preheated, for about 20 minutes; 6. Unmold and let it cool. Cut in squares and serve.

Enjoy!



Vicente Czepula Neme



American pancakes

This is a recipe that I saw on a social network, I made for my family and they loved it. So I started making it more often, always preparing the pancakes with a lot of love and affection, so I'm sharing the recipe with you, I hope you like it.

Ingredients:

- 2 eggs
- 2 tablespoons of sugar
- 2 teaspoons of vanilla essence
- 250 ml of milk
- 2 tablespoons of melted butter
- 200 g of flour
- 1 teaspoon of chemical baking powder
- 1 teaspoon of sodium bicarbonate
- 1 tablespoon of honey

Preparation mode:

1. In a bowl, break 2 eggs, add sugar and mix;
2. Place the vanilla essence and the milk, and mix more;
3. Add the melted butter, flour, baking powder and sodium bicarbonate, and use a spatula to stir;
4. Refrigerate for 30 minutes;
5. After 30 minutes, add the honey;
6. With a pan greased with butter, use a ladle to put the dough in the pan, the right point to turn is when the dough starts to release some bubbles;
7. To finish it, use your creativity to decorate.

Well, this is my recipe, I hope you try to make it and enjoy some pancakes!





Cornmeal Cake

My grandmother learned this recipe from my great grandmother when she was a child. She has always had a passion for cooking and has passed this passion on to my mother, who is always cooking new types of food. My mother taught me and my sister this recipe, which we will keep in our hearts forever.

Ingredients:

1 cup of oil
1 cup of milk
1 cup of wheat flour
Cornmeal
1 cup of sugar
3 eggs
Cassava
Cinnamon to taste
1 can of sweet condensed milk
1 tablespoon of yeast

Preparation mode:

1. Put in a blender: the oil, the milk, the wheat flour, the cassava, the sugar, three eggs and mix all this until the dough is homogeneous; 2. Take the dough to a bowl; 3. Put a tablespoon of yeast and stir very slowly; 4. Grease a form with flour and butter, then pour the dough into it; 5. Take it to the oven and, when ready, pass the sweet condensed milk on top and sift the sugar and cinnamon.

The cake is ready, now just enjoy it!



Vitor Gabriel Fernandes da Silva

SEPAM LITERARY COLLECTIONS PROJECT

The Sepam Literary Collections Project has been part of Sepam School Pedagogical Projects since 2017, aiming the stimulation of students to practice the writing, showing them that each one has his / her discursive ability and identity through written texts, and that we can not get caught up in the premises: "I do not know how to write" or "the teacher is the only reader of my text".

Being part of the discipline of Textual Production, this project permeates every year of Elementary II, with the procedural purpose of writing development.

We do not seek perfect materials, but texts with the peculiarities of our writers students, as well as the exposure of the world's knowledge and the experiences of each one of them.

The Project itself envisions giving wings to words woven in the classroom, invading other spaces and enchanting unknown readers.