



# **Brazil: A Culinary Journey (Hippocrene Cookbook Library)**

*Cherie Hamilton*

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More than a cookbook, *Brazil: A Culinary Journey* explains how Amerindian, European, and African contributions have come together to form modern Brazilian cookery. The indigenous inhabitants contributed products native to the land, such as corn, cassava, and fish. The Portuguese settlers incorporated native techniques and ingredients, and introduced Portuguese staples, including sausages, olive oil, and wine. The culinary traditions were further fused with the introduction of such ingredients as palm oil and okra brought with African slaves in the twentieth century. European immigration yielded pasta and German pastries.

The largest nation in South America, Brazil is home to vast rain forests, pristine tropical beaches, the Amazon River, and one of the region's most interesting cuisines. The recipes presented in *Brazil: A Culinary Journey* provide a glimpse into the surprisingly diverse repertoire of Brazilian cooking, from the heavily African-influenced cuisine of the Northeast to the Southern cookery, which has been shaped by European immigration. More than 130 recipes range from Feijoada, Brazil's national dish of beans, rice, and various meats (in its many regional variations), to lesser-known dishes, such as Shrimp and Bread Pudding, Crab Soup, and Banana Brittle. Complete with b/w illustrations, photographs, and maps.

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