

Recipe No. 40/2014

Brigadeiros

Portuguese for Brigadier; (also known in some southern Brazilian states as negrinho, literally "blackie") is a simple Brazilian chocolate bonbon, created in the 1940s. It is a very popular candy in Brazil and it is usually served as a dessert and at birthday parties.

Makes: 40

Total Preparation time: about 30 minutes with shaping

Ingredients

1 tin Condensed milk
20g Grated chocolate or chocolate powder e.g. Nesquick
10g Cocoa powder
40g Butter
Chocolate sprinkles, chopped nuts, sugar sprinkles to coat
Small paper cups to serve



Method

1. Place all ingredients into TM bowl. Cook **12 min/Varoma/speed 4**.
2. Once the mixture is thick enough to coat the back of a spoon, remove from heat and carefully pour into a separate bowl to cool completely.
3. Once cooled, coat hands with butter and place a spoonful of the mixture into the palm of your hand. Roll into a small ball, about the size of a walnut. Roll into the coating you have chosen.
4. Leave to rest in the paper cup.

Cook's notes

- To double the quantities, change the cooking time to 16 minutes, no longer as this will result in toffee.
- Sinful secret - Brazilians also like to eat Brigadeiro right out of the pot. Let it cool enough so that you don't get scorched, pass around some teaspoons and dig in!

Sue Do Vale, one of our consultants, made these in our cooking class in Johannesburg. Sue very kindly made everyone a gift box of Brigadeiros to take home as a gift. Thank you Sue

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