

Pão de Queijo (Brazilian Cassava-Cheese Bread) (In Zambia-MTW suggests calling these “**ZAM-CACHE Scones**” – This is “Zambian Cassava Cheese Scones - or Bread”

(MTW. This tasty product helps demonstrate the industrial potential of cassava. It seems to appeal to Zambian consumers. A number of Zambian bakeries have expressed an interest. It is a very popular snack food in Latin America. Because of the desirable baking proprieties of its main ingredient “fermented cassava starch” it also demonstrates that bakeries might be interested in further experimentation with a “fermented or sour cassava starch”). Original Source of the Recipe.

[YumSugar http://www.yumsugar.com/280802](http://www.yumsugar.com/280802) . Adapted from [Recipezaar](#) and [Sonia-Portuguese](#) (Further adapted for use in Zambia by Michael T. Weber ACF.FSRP and ACU -- May 23, 2009)

Ingredients

- 1 cup milk
- 1/2 cup water
- 1/2 cup vegetable oil
- 1 tsp salt
- 2 cups tapioca flour (sour cassava starch in Brazil) (By MTW. In Zambia use cassava starch but until the coops & processors learn to ferment the starch to make “sour starch” with good baking proprieties, add 1 tsp of baking power). If you can get “sour or fermented cassava starch in Zambia, there is no need for the baking power. See also the attached description of the baking expansion properties of fermented starch)
- 2-3 eggs (I had a cracking accident and used 2 eggs, 1 yolk and some white) (2 eggs works fine – MTW)
- 2 cups Parmesan cheese, grated. (MTW. I use aged cheddar cheese in Zambia, which I grate before kneading. One can experiment with other cheeses in Zambia and with the amount of cheese)



Preheat oven to 350F. (About 180 C) Step to making- per below.



1. In a medium-large sized pot, bring milk, water, oil and salt to a low boil. Remove from heat once boiling.

- 2 Add in tapioca flour (MTW-cassava starch), stirring as fast as possible. Use a wooden spoon, not a whisk, as the dough will become very sticky. Let cool for about 10 minutes. (This mixing is hard by hand but keep at it, as it does work. Its about like making Nchima in Zambia MTW)



3. Move dough to a large bowl and knead in eggs. Then per 4 below, knead in cheese.



4. When eggs are kneaded in, add grated cheese and knead until dough is smooth. Note: If your cheese is coarsely grated, it will appear a bit lumpy. (MTW. This kneading really means you must get your hands involved and keep kneading until the eggs and then cheese is well mixed in. It does come together, but you really need to work the dough. I use just one hand and the dough is sticky-but persist)

5. Once kneaded, form into balls about 2 inches wide and place on parchment paper coated (or greased) baking sheet. Note: you may want grease your hands with vegetable oil before trying to form dough balls. (MTW. Many times the dough may be too sticky to work in uniform dough balls. Don't worry, just use a couple large spoons pickup an amount about the size of a golf ball with one spoon and use the other spoon to slide this amount of dough right on to a baking sheet. The dough balls will not look nice and round, but upon baking they will smooth out nicely. And they are really tasty!!!



6. Bake for about 20-25 minutes or until rolls are golden brown. (MTW - Inside the bread/scone is unique because of the cassava base. It should be a bit chewy – not at all like bread. Also remember this is a non-glutinous bread/scone, which is a quite desirable feather for some consumes. It also has no sugar.)



7. Serve warm! If you let them sit too long and they get cold, reheat in the regular oven or a toaster oven. Reheating in a microwave will make them too gooey. (MTW. One of the nice features of this Brazilian approach to making “cassava cheese bread” is that the bread can be easily reheated and is still very tasty. Bakeries would find this a very good feature.)

8. To see an interesting YouTube video of selling this product in Brazil, see: <http://www.youtube.com/watch?v=V8DF9VGgUWI&mode=related&search=>
9. To see the web site of “A Casa de Pão de Queijo”, see: <http://www.casadopaodequeijo.com.br/cpq.php>

History of Pao de Queijo

The origin of Brazilian cheese rolls

Pão de Queijo means in Portuguese *Bread of cheese*.

However in first days of Pao de Queijo had no cheese in it.

Everything started back in the years 1600's when the slaves of our Minas Gerais state were making Manioc Flour to the rich farmland owners. That was pretty much the time Feijoada was invented as well.

But going back to the Pão de Queijo history, the slaves used to crop manioc (yucca root), peel them off, finely grate them, and soak them in a big wood bowl (*gamela*) with plenty of water. So they wash and drained this grated manioc, then spread this manioc on a tiled floor outdoors and let it dry under the sun.



Yucca root.

When dried, they scraped this manioc into big bags and stored them for food consumption throughout the year.

This was a noble food prepared to the farmland owners. Therefore slaves were not supposed to eat them. Even today this manioc flour is largely used in Brazilian cuisine. In our site we can see a recipe of Tutu (creamed beans) prepared with manioc flour, and also it is used to prepare the Farofa (a seasoned manioc flour). I've seen some people here say it tastes like beach sand. But don't be fooled, a well prepared Farofa with manioc flour is a "Farmland owner's exclusive food!"

OK. But our hard working slaves end it up with a fine white powder left in the big wood bowls after taking out the manioc flour. This was the manioc starch that dried out in the "gamelas" after preparing the manioc flour. The manioc flour had the starch washed out that's why the sandy appearance.

So the slaves managed to scrape this white starch off the gamelas, make small balls and bake them. This manioc starch balls had neither cheese nor milk in it, just plain manioc starch. These baked balls became popular among the slaves and rich people just discarded this type of food.

More than 200 years latter, cattle farms became widespread in Brazil and slaves (that were being freed by that time) gained access to better foods such as milk and cheese. So they began to increment the baked balls with milk and ultimately cheese!

When Brazil had no more slaves, their culture began to spread among the rest of the population. And Pão de Queijo became popular in Minas Gerais.

Today, in every house you visit in Minas, they will prepare for you a fresh brewed coffee with Pão de Queijo.

The manioc starch latter got the name of "Polvilho" and now we have two types of "Polvilho". Sweet polvilho that is made in the same way our ancestors slaves used to do: wash out grated manioc and dry the milky liquid in a large open tiled floor, or big wood bowls.

The second type is the Sour Polvilho. This one is made by letting the germs in the wood bowl to ferment the milky liquid before putting it to dry.

The sour polvilho makes a Pao de Queijo a little more acid and bigger. The prepared mix you buy is made with sour polvilho.

During the slavery times in Brazil, the Africans incorporated old traditions they brought from Africa with the culture they developed in the new country Brazil.

Their culture blended in our Brazilian culture and we are very proud of it. Today people have a hard time to remember if a specific tradition or food is from African slaves origin or not. Food such as the Chicken Ximxim, vatapa, canjica, cocada, Feijoada and Pão de Queijo are better known by the geographic location they exist than by ethnic origin. And the same I can say about the martial art Capoeira and the samba music. They are just Brazilian, there is no racial segregation in my loved country Brazil.

How to prepare Cassava starch

1. Wash and peel cassava tubers.
2. Grate the cassava in a fine mash
3. Mix the grated cassava with a high volume of clean water (about 10 times the mash volume).
4. Remove fibres in the mash by sift the watery mash through a fine muslin cloth or fine mesh sieve.
5. Allow the fine particles of starch to settle in water.
6. Decant water from the settled starch
7. If required wash the starch again with water to get white, odourless and tasteless starch.
8. Place the decanted starch on a tray or drying floor to oven or sundry.
9. Once dry, mill or sieve the starch again to remove any foreign material.
10. Store the dry starch in an airtight container.

How to prepare Fermented Cassava starch

1. Follow instructions above until reaching point 6.
2. Place decanted starch into a tank and add water
3. Allow the starch / water mixture to ferment for 30-40 days.
4. After fermentation has slowed, decant the water.
5. Sun dry the fermented starch. (NB, you must sun dry the starch for this process)
6. Pack into sacks.

Fermented starch has the advantage that it has expansion properties similar to that of wheat flour. The fermented cassava starch can be used to make leaven bread and extrusion / puff like snack foods.

Brabet C., Bricas N., Hounhouigan D.J., Nago M.C., Wack A.L. 1998. In : *Triennial Symposium of the International Society for Tropical Root Crops - African Branch (ISTRIC-AB)*. 7. Montpellier : CIRAD-AMIS, 11 p.. Triennial symposium of the international Society for tropical root crops - African branch (ISTRIC-AB). 7, 1998-10-11/1998-10-17, (Cotonou, Bénin).

Cassava sour starch is a traditional latin-american product, which is obtained by a natural lactic acid fermentation of wet cassava starch, followed by sun drying. This gluten-free product has a unique baking property : good expansion can be achieved during cooking, without the addition of yeast and other additives, and preliminary dough fermentation. This has great potential in africa for enhancing quality of cassava based bakery products, as well as developing new products. Cassava sour starch production trials were conducted in Benin. Starches from four African and one colombian cassava variety were fermented under different temperatures. The effect of different inocula was also evaluated. It has been shown that sour starch with good bread making quality can be produced under natural fermentation and sun drying conditions in Benin, using african cassava varieties. (Résumé d'auteur)

In Latin America and the Caribbean, 35-40% of the cassava production is used for human consumption. One-fifth is eaten fresh, mostly by the rural population, in three principal manners: fresh (boiled or fried); as a roasted flour called *farinha de mandioca*, popular in northern Brazil and neighbouring areas, and as a pre-cooked flour called *farinha da mesa*. In Brazil, a number of new cassava products are gaining in popularity in the food industry and in urban fast-food outlets, in particular naturally fermented cassava starch, commonly known as *polvilho azedo*, which has bread-making properties. In the southern, central and western regions, the main cassava based fast-food, *pão de queijo*, a kind of bread made of sweet and sour cassava starches, cheese and eggs, is consumed in virtually every family. *Sour*, a fermented starch extracted from cassava, is used in Colombia to prepare snacks and traditional gluten-free cheese breads called *pan de yuca* and *pan de bono*. Similarly, in the countries of the Caribbean basin, moist cassava pulp is used to prepare a thick cake called *bammy*. An unleavened bread commonly known as *casabe*, is also a speciality in that area.