

Brazilian Cheese Bread

One of my favorite things about Brazilian BBQ or Churrasco restaurants is Pao de Queijo or Cheese Bread. Brazilian cheese breads are small puffs of bread that are filled with cheese. These little gems are unlike any bread that

an American is likely to have eaten before. The key to these marvels is in the flour. Cheese bread uses tapioca flour instead of wheat flour. Tapioca flour is in fact a starch. It traps water inside the bread and when the bread is baked the water converts to steam and the bread puffs up. There are no chemical leavening agents in this bread. This bread is also gluten free.



Serve this Brazilian treat with beef, pork, or chicken and you will have your guests asking for the recipe.

Enjoy

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time Cook Time

yield Yield

category Category

cuisine Cuisine

ingredients

2 Tbls Olive Oil

2 Tbls Butter

3/4 Tsp Kosher Salt or Sea Salt

1/2 cup Milk

1/4 tsp Garlic Powder

1/4 tsp Ground White Pepper (Black Pepper may be substituted but will not be as pretty.)

2 Cups Tapioca Flour (Do not substitute tapioca pearls).

2 Eggs

1 Cup Finely Grated Cheese (I use 1/3 cup (36 grams))

Grana Padano, 1/3 Cup (36 grams) Parmesan, and 1/3 cup Mozzarella Cheese).

directions

1. Pre-heat your oven to 400 °F.
2. Combine olive oil, butter, salt, powdered garlic, pepper, and milk in a sauce pan and bring to a boil over medium heat.
3. Remove from the heat and stir in the tapioca flour.
4. Allow the mixture to cool for 10 - 15 minutes.
5. Stir in the eggs and cheese.
6. Fill mini-muffin tins 2/3 of the way up with batter.
7. Bake for 10 -15 minutes or until the batter has puffed and it is golden brown.
8. Remove from the pan immediately.
9. Allow to cool slightly for 5 - 10 minutes*.
10. Serve warm but not hot.

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- notes:**
- This is to prevent you from burning yourself when trying to eat a cheese bread.
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