



Les Marmitons
SANDY SPRINGS

***A Brazilian Feast
with
Chef Lea Bowen
Sunday, January 13, 2019
6:00 pm to 10:00 pm***

Location: Team Building with Taste, 2715 Peachtree Square, Atlanta, Georgia 30360

LES MARMITONS

-Starter-

Soup - Moqueca de Comarao - Shrimp & coconut

Wine – Caiparinhas – The National Drink of Brazil

-First Course-

Salad - Salada de Palmitos with Pao de Queijo - Hearts of palm, red onion, bell pepper, greens & cashews with Brazilian cheese bread

Wine – La Mascota Rose - 2016

-Main Course-

Bife de Flanco ao Molho Apimentado - Churrasco-style flank steak rice and black beans

Wine – Atrevida Malbec - 2016

-Dessert-

Dessert - Brigadeiros & Salada De Frutas Tropical - Brazilian Chocolate Truffle & Assortment of Tropical Fruits & Nuts

Wine – Marchesini Asti Spumante

LES MARMITONS OF SANDY SPRINGS

A BRAZILIAN FEAST

JANUARY 13, 2019

Moqueca de Camarao

Caiparinhas-the national drink of Brazil.

A cocktail made with lime, sugar and cachaça, a distilled spirit derived from fermented sugar cane, and served over ice. As with any cocktail, recipes vary, with some being sources of prides, family treasures and closely guarded secrets. All, however, start with the signature spirit and require lime, sugar and ice.

Assertive, crisp and refreshing

Salada de Palmitos

La Mascota Rose` 2016 \$9⁹⁹

Mendoza, Ag- Produced in limited quantity by the famed Mascota family, this rose1 displays a pale salmon pink to apricot color. Aromas of strawberry, cherry surround a refreshing minerality, reminiscent of its Provencal cousins. It is light but complex on the palate. And has a level of acidity that allows pairing with salads.

Strawberries, minerals and crisp acidity

Bife de Flanco Apimentado

Atrevida Malbec 2016 JS92 \$9⁹⁹

Mendoza, Ag- The name means "the exciting life," meant to highlight the Latin spirit. This wine is juicy and fruity, a combo sometimes referred to as "chewy" by wine experts. The tannins are firm but silky, with a finish that improves with a little aeration. A bold and full bodied vintage with prominent berry and cherry flavors.

Concentrated, mineral and floral. Full bodied.

Brigadeiro & Salada de Frutos

Marchesini Asti Spumante \$8⁹⁹

Asti, It- One of the most iconic wines from Italy's famed Piemonte, this is a sweetly effervescent wine which is welcomed at any celebration. A highly aromatic nose with an abundance of ripe peach, apricot and honey flavors leading to a smooth, sweet finish. Pairs perfectly with fruit desserts and pastries.

Light bodied with sweet peach and honey

Chef Lea Bowen The Passionate Plate Team Building with Taste

Draft Suggestions for Teams

13-Jan-19

Team 1 - Soup

Captain - Brian Savory
Patrick Barry
Patrick Barry Guest - Matt Foley
Dave McCoy - if needed

Team 2 -Salad

Captain - Michael Lord
Richard Finn
Luis Berkman
Dick Derrick

Team 3 - Main - Flank Steak

Captain - Brian Benefield
Joe Sisto
Dennis Brown Guest - Bruce Green
Dennis Brown
Dave McCoy Guest - Stephen Brown

Team 4 - Dessert

Captain - George Tibaldi
David Sawicki
Terry Saturday
Dave McCoy Guest - Steve Stoll

Wine

Howard Berkowitz
Joe Dinardo

Raffle

Phil Meade

Advanced Prep

Kitchen Mgr.

Dave McCoy
Tom Rotroff

Dining and Serving

Winston Whitlock
Lee Cross
Jim Sullivan
JP Jobin

New Members

Willis Lanier



Bem Brasileiro Menu and Recipes

Inspired by my time living in Brazil. Traditional Brazilian flavors are featured with punched up nutritional value through additional vegetables, healthier oils and limited starches.

Prepared for:

Les Marmitons

January 13, 2019

Follow my continuing journey to make every plate something to be passionate about!

www.thepassionateplate.com 404-213-6588 passionateplate@gmail.com

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Appetizer

Moqueca de Camarão

Shrimp and coconut milk soup

Salad

Salada de Palmitos

*Hearts of palm, red onion, sweet bell pepper, tomatoes, salad greens and roasted cashews.
Topped with a creamy lime dressing*

GF, DF

Pão de Queijo

*Brazilian cheese bread made with tapioca starch and parmesan cheese.
These are delightful on their own or served with a soft white cheese and guava paste
known as "Romeu e Julieta"*

GF

Main Course & Sides

Bife de Flanco ao Molho Apimentado

*Churrasco-style flank steak marinated in garlic, olive oil and red wine vinegar.
Vinegar based sauce of sweet bell peppers, onion and parsley*

GF, DF

Arrôz de Ignês

Garlic infused long grain rice, cooked pilaf style

Feijão Preto

Black beans with garlic, onion, bell peppers, cumin and orange zest

Dessert

Brigadeiros & Salada De Frutas Tropical

Traditional Brazilian chocolate truffle & Assortment of Tropical Fruits with toasted coconut and Brazil nuts

“Moqueca” is a traditional Brazilian fish stew from the northeastern state of Bahia. The stew is traditionally made with a variety of saltwater seafood, tomatoes, garlic and palm oil.

Moqueca de Camarão:

Serves 4 as a main course or 8 as an appetizer

1 pound medium shrimp, peeled and deveined
2 limes, zested and juiced, seperated
1 Tablespoon olive oil
2 cup red onion, diced
1 red pepper, diced
1 yellow pepper, diced
1 teaspoon salt
½ teaspoon black pepper
1 cloves of garlic, grated
2 Tablespoon tomato paste
1 15 oz can fire roasted and diced tomatoes
1 15 oz can coconut milk
2 cups vegetable stock
1 Tablespoon Dênde (red palm oil)
1 cup chopped cilantro

1. Place shrimp in a bowl with lime juice. Stir to combine and set aside.
 2. Heat olive oil over medium-high heat in a large Dutch oven and add onion, bell peppers and salt and pepper. Cook stirring occasionally for 2-3 minutes until vegetables have softened. Next add in the garlic and tomato paste, stir to combine and cook for 1 minute.
 3. Stir in tomatoes, coconut milk and vegetable stock. Bring mixture to a boil, then reduce heat, cover pot and simmer for 10 minutes.
 4. Remove lid and add in shrimp. Stir to combine. Cook 2-3 minutes until shrimp is just opaque and cooked through.
 5. Stir in palm oil
 6. Serve immediately topped with fresh chopped cilantro and a pinch of lime zest.
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These tasty bites are a perfect snack with a cup of coffee or a glass of wine. Use any leftovers for a quick breakfast with a spread of butter and jam or a slice of ham.

Paõ de Queijo (Cheese Bread):

Yields 24, 2 inch breads

- 1 cup milk
- 1/2 cup canola oil
- 1 teaspoon salt
- 2 cups tapioca flour
- 2 eggs
- 1 ½ cups freshly grated parmesan cheese

Preheat oven to 375 degrees F.

1. Combine milk, oil and salt in a saucepan and bring to a gentle boil, while whisking. Remove from heat, when large bubbles start to form.
2. Add the flour and stir with a wooden spoon until all the flour is incorporated.
3. Transfer the dough to the bowl of a stand mixer fitted with the paddle attachment. Beat at medium speed until the texture of the dough is smooth and has cooled to the touch.
4. Whisk the eggs together in a bowl. With the mixer on medium speed, beat the eggs into the dough in three separate additions, making sure that all egg is incorporated before adding the next addition. Scrap down the sides of the bowl with a spatula when necessary.
5. Next, add in the cheese with the mixer running on medium speed. Beat until cheese is fully incorporated.
6. Using two spoons, place rounded portions of dough onto a parchment lined sheet pan.
7. Place sheet pan in the oven and bake for 15-20 minutes, until dough had puffed and just starting to turn golden brown.

Paõ de queijo can be stored in an airtight container and re-crisped in a warm oven.

Hearts of palm are a vegetable that is harvested from the core of the coconut palm tree. They have a mild flavor and are great straight out of the jar or chopped up in salads or as a substitute for artichokes in items such as dips. I prefer to buy the hearts of palms in a jar, rather than a can.

Salada de Palmitos (Hearts of Palm Salad):

Serves 8

½ cup of thinly sliced red onion
2 14oz cans of hearts of palm
1 pint grape tomatoes, halved
1 yellow bell pepper, chopped
3 scallions, chopped
½ cup cashews, chopped
8 cups spring greens

¼ cup fresh parsley, chopped

Dressing:

¼ fresh lime juice
¾ cup extra virgin olive oil
1 clove garlic, grated
1 teaspoon, honey
Salt and pepper to taste

1. Slice red onions and place in a bowl of ice water, set aside for 5-10 minutes. Drain water and pat dry with a paper towel.
 2. Cut heart of palm into ¼ inch rounds and place in a large bowl with tomatoes, bell pepper, scallions, red onion and cashews.
 3. Make dressing by adding all ingredients into a jar with a tight fitting lid and shake to combine. Or, place ingredients into a bowl and whisk to combine.
 4. Lightly drizzle ¼ of the dressing onto the salad ingredients and gently toss to combine. Add more dressing if desired. Season salad with salt and pepper to taste.
 5. Place greens on 8 salad plates. Divide hearts of palm mixture evenly between salad plates and garnish with chopped parsley.
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Of all the recipes this evening, this one holds the dearest place in my heart. Ignês, was our amazing housekeeper, baby sitter and friend and this is how I remember her making rice for our family.

Arroz de Ignês:

Yields 8-10 servings

3 tablespoons extra virgin olive oil
1 large yellow onion, finely minced
1 large carrot, finely minced
4 garlic cloves, Grated
2 cups long grain white rice
2 teaspoons sea salt
4 cups chicken stock

1) Heat the olive oil in a large saucepan or dutch oven over med-high heat. Add onion and carrot and sauté, stirring constantly until veggies are softened, about 5 minutes. Add garlic and cook for 2 minutes. (Be sure not to burn the garlic, so keep stirring.)

2) Add the rice, making sure to coat all the grains with olive oil. Add the stock and bring to a boil, then reduce to a simmer and cover. Let cook untouched with the lid on 20-25 minutes, until the rice is cooked and the liquid has evaporated. Fluff with a fork before serving.

Black beans were the most common bean in the south eastern part of Brazil, where I lived. Beans are a nutrient rich and inexpensive source of protein. Black beans are one of the main ingredients in feijoada, a meat and bean stew, which is the national dish of Brazil.

Feijão Preto (Brazilian Black Beans):

1 pound dried black beans, soaked overnight
4-5 Cups Water (you need enough water to cover the beans by 1 inch)
¼ cup olive oil
1 large yellow onion
1 red bell pepper, chopped
4 cloves garlic, grated
1 teaspoon cumin
1 bay leaf
Zest and juice of 1 orange
Sea salt and black pepper to taste
Parsley (optional garnish)
Orange slices (optional garnish)

1. In a stock pot or Dutch oven, over medium-high heat, sauté the onion until soft and golden. Add the garlic, cumin and salt and pepper to taste. Stir and sauté for an additional minute.
 2. Add drained beans and bay leaf to the pot and cover with water. Bring to a boil, then reduce to a simmer and cook covered for 45 min-1 hour, until beans are tender.
 3. Remove bay leaf. Stir in the zest and orange juice. Cook for about 10 minutes longer to incorporate the orange flavor. Adjust seasonings. Garnish with orange slices and parsley if desired
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You will not find lots of heavily marinated or seasoned grilled meats in Brazil. In order to let the flavors of the meats shine through, a simple seasoning of sea salt is typical. I have added a bit of garlic and pepper to my version, but the meat is still the star of this recipe.

Churrasco Style Steak:

Serves 6-8 people

1 2-pound flank steak

Sea Salt

Fresh cracked pepper

4 cloves grated garlic

½ cup Olive oil

Rub meat with olive oil, salt, pepper and grated garlic. Allow meat to marinate at room temperature for thirty minutes.

Grill over high heat for 3-5 minutes per side, until medium rare. Internal temperature should be 135 degrees F. Slice thinly, cutting against the grain.

Serve with molho apimentado

A vinegar based sauce, such as the one below, is a great way to help cut the fat and balance the flavors in grilled meats.

Molho Apimentado:

1 cup peeled, seeded and chopped tomato

½ cup white onion, chopped

½ cup seeded and chopped red bell pepper,

½ cup seeded and chopped green bell pepper,

¼ cup chopped fresh parsley

3 tablespoons white wine vinegar

¼ cup extra virgin olive oil

Salt and fresh cracked pepper to taste

Combine all ingredients in a medium bowl and stir well. Allow mixture to marinate at room temperature for at least 1 hour before serving.

I must have eaten hundreds of these bon bons during my time in Brazil. This sweet treat was present at every birthday party and celebration.

Brigadeiros:

Yields 24 balls

- 1 can condensed milk
- 3 tablespoons unsweetened cocoa powder
- 1 tablespoon butter
- 1 cup chocolate jimmies
- 24 paper candy cups (mini cupcake liners can be used)

1. Add condensed milk, cocoa powder and butter to a medium sauce pan over medium heat. Stir mixture with a wooden spoon until it has combined and thickened, about 10 minutes.
 2. Remove mixture to a Pyrex dish, coated in butter and put in the fridge to cool.
 3. When mixture is cooled, roll into 20 balls, using the palms of your hands. Buttering or spraying your hands with non-stick spray will make this process easier.
 4. Roll the balls in the chocolate jimmies, to cover, place in candy cups and serve.
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Brazil is abundant in tropical fruits, including guava, passionfruit, jaboticaba, pineapple and mango. While not all of these are readily available locally, we can still create a sunny tropical salad at home.

Salada de Frutas Tropical

Serves 8

8 cups of cubed, ripe mixed fruit such as pineapple, mango, seedless oranges, dragon fruit and papaya (Any seasonal fruit of your choice can be used in this recipe)

½ cup toasted and chopped brazil nuts

1 cup unsweetened coconut flakes, toasted

1. Peel, seed (if applicable) and cut fruit into ½ inch pieces and combine in a large bowl. Refrigerate until ready to serve.
 2. Coarsely chop Brazil nuts, place on a sheet pan and toast in a 350 degree oven for 5-7 minutes. Watch closely so they do not burn.
 3. Place coconut flakes on a sheet pan and toast in a 350 degree oven for 5-7 minutes, stirring half way through cooking time, until golden brown. Watch closely so the flakes do not burn.
 4. Divide chilled fruit evenly between small parfait cups or dessert bowls. Top fruit with toasted coconut and Brazil nuts.
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Chef Lea Bowen

EXPERIENCE

Chef/Owner, The Passionate Plate, 2013 - present

- Personal chef services and culinary instruction in north metro Atlanta
- Experience in special diets, including: gluten free, paleo, vegan, vegetarian, and dairy free

Food Stylist Assistant, 2015 - present

- Experience in print, television and motion picture food styling

Culinary Instructor, The Cook's Warehouse

- Design and lead classes and assist in a variety of courses

Sous-Chef, Taste and Savor, Inc., Jan. 2011-May 2016

- Provide culinary instruction and special events for Piedmont Hospital Cancer Wellness Centers
- Assist and prep for corporate culinary demonstrations
- Private event catering
- Menu and recipe creation
- Food styling for local television appearances

EDUCATION

- Culinary Skills Diploma, The International Culinary School at The Art Institute of Atlanta
- B.A. in Language and International Trade, Clemson University
 - Internship at Hôtel-Restaurant du Lac, La Ferrière de Tourniac

CERTIFICATIONS

- Safe Food Handler Certification, through the National Restaurant Association
- ServSafe certified

PROFESSIONAL ASSOCIATIONS

- Member, Southern Foodways Alliance
- Premier Member, United States Personal Chef Association (USPCA) and the Atlanta Chapter of the USPCA
 - Board Member, Secretary, effective January 2019
- Member, International Association of Culinary Professionals (IACP)
 - Editor, Cooking Schools and Teachers Newsletter, 2016, 2017

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The Passionate Plate



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Lea Bowen



Chef Lea Bowen



Chef Lea is a life-long lover of food who has traveled extensively and often jokes that she may not always remember the artwork she saw in a museum, but can certainly tell you what she ate in the museum café. This all-consuming love for discovering new flavors and creating recipes lead Lea to pursue a culinary arts degree at The International Culinary School at The Art Institute of Atlanta. From there, she spent five years as Sous-Chef at Taste and Savor Inc., where she honed her healthy cooking techniques in the kitchen of the Chapman Family Cancer Wellness Center at Piedmont Hospital. Chef Lea enjoys sharing her passion for all things culinary, through in-home cooking classes and The Cook's Warehouse. Lea is an active member of the International Association of Culinary Professionals (IACP), serving as the editor of the Cooking Schools and Teachers Newsletter. She is also a member of the national and local chapters of the United States Personal Chef Association (USPCA). Lea is currently the Chef/Owner of The Passionate Plate, personal chef service and working daily on her mission to *"Make every plate something to be passionate about!"*

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