



Ecogastronomy

for the rural youth of the
Brazilian semiarid region

Sharing local knowledge and flavors by
adopting the Slow Food philosophy in
IFAD projects





Ecogastronomy

for the rural youth of the
Brazilian semiarid region:

Sharing local knowledge and flavors by
adopting the Slow Food philosophy in
IFAD projects

sheet technical

editorial team

Coordination

Valentina Bianco

Elaboration

Rebecca Cazenave-Tapie

Review

Glenn Makuta

Graphic Design

Marcelo de Podestá

Photography and

Illustrations

William França

Semear International team

Coordination

Fabiana Viterbo

Financial Administrative Assistant

Ana Luiza Santos

Knowledge Management

Aline Martins

South-South Cooperation Management

Ruth Pucheta

M&A and Communication Management

Diovanne Filho

M&A Advisor

Adalto Rafael

Slow Food Brazil team

Board of Directors

Georges Schnyder

Luis Carrazza

Jerônimo Villas-Bôas

Management Nucleus

Elaine Diniz

Glenn Makuta

Ligia Meneguello

Valentina Bianco

CATALOGING-IN-PUBLICATION (CIP) DATA

F981e

International Fund for Agricultural Development (IFAD)

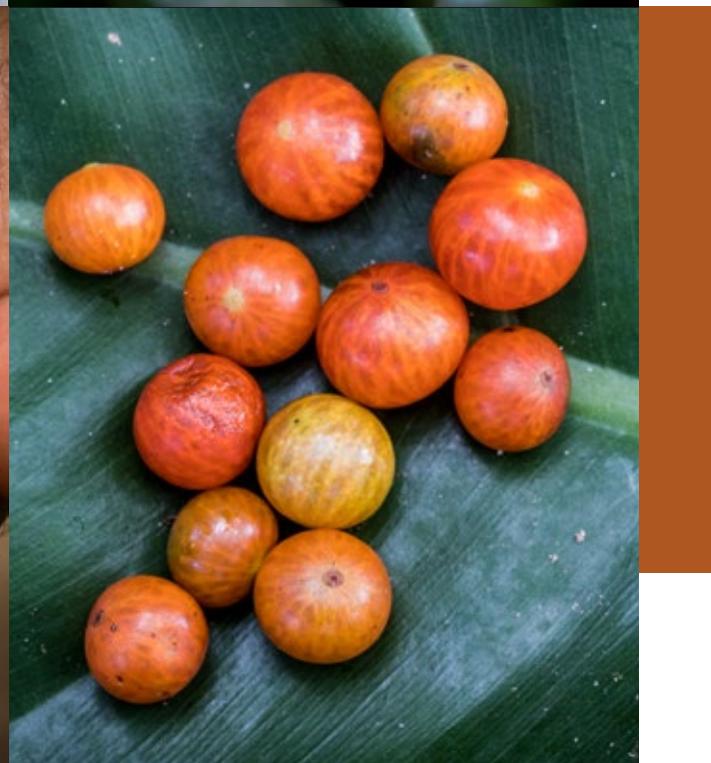
Ecogastronomy for the rural youth of the Brazilian semiarid region: Sharing local knowledge and flavors by adopting the Slow Food philosophy in IFAD projects - state of Sergipe : International Fund for Agricultural Development (IFAD): IICA - Inter-American Institute for Cooperation on Agriculture 2018. il. color.

EThis booklet is the result of joint work done with Semear International, IICA, Slow Food Association of Brazil, IFAD-supported communities in Brazil and rural youth.

ISBN: 978-92-9266-083-3 | **1. Ecogastronomy. 2. Family Agriculture 3. Rural Youth. I. Title.**

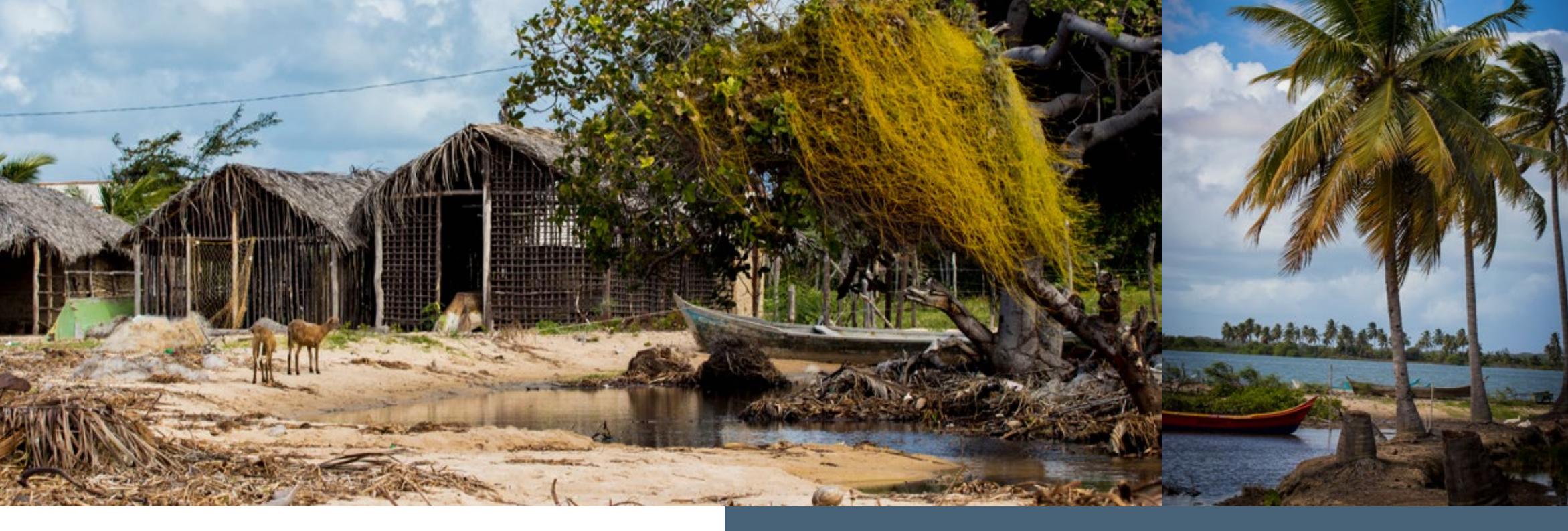
CDU 641.1





Contents

IFAD/SEMEAR International Presentation . . .	6
IFAD projects map . . .	10
Slow Food Presentation . . .	14
Principles of Ecogastronomy . . .	18
Methodology for ecogastronomy workshops . . .	22
Semiarid flavors recipe book . . .	28
Recipes . . .	30
Cooks . . .	50
Participants . . .	52
References / links / contacts . . .	56



presentation

*knowledge,
innovations and good
practices for living in
the semiarid region*

The International Fund for Agricultural Development (IFAD), in partnership with state governments of the Brazilian Northeast and the Federal Government, has a portfolio of rural development projects that currently has six financing projects under execution - three of them with support from the **Inter-American Institute for Cooperation on Agriculture (IICA)** - two in the signature phase, and two donation programs focusing on the development of productive projects for generating agricultural income, cooperatives, associations and access to markets.

Aimed at increasing income, promote food security and reducing poverty among the beneficiary public in several states of the Brazilian Northeast region, IFAD encourages targeted actions, with the priority of involving women, youth and traditional communities.

In parallel to this work, IFAD also seeks to carry out actions that go beyond productive development in the communities served, stimulating access to information through targeted and knowledge-focused actions, aiming at facilitating access to knowledge, innovations and good practices contextualized to coexistence with the semiarid region.



In this context, the **Semear Program** was created, which for six years worked with projects supported by IFAD to promote sustainable and equitable development in the region.

The Semear Program is a success and its second phase was implemented, thus giving birth to Semear International, focused on Monitoring & Evaluation, Communication, Knowledge Management and South-South Cooperation. The Program has been contributing expressively to the systematization and dissemination of good practices of IFAD projects at the national and international levels.

Through its interchanges with technicians and project beneficiaries, as well as publications in printed and digital format, Semear International contributes to enhance and make visible the good practices of the projects. One of these interchanges, besides providing much knowledge that has been disseminated by the beneficiaries, resulted in this publication.

Through a partnership among IFAD, IICA, Semear International and the Slow Food Association of Brazil, an **Ecogastronomy Interchange** was held in the state of Sergipe, bringing together some 20 young people from all IFAD projects.



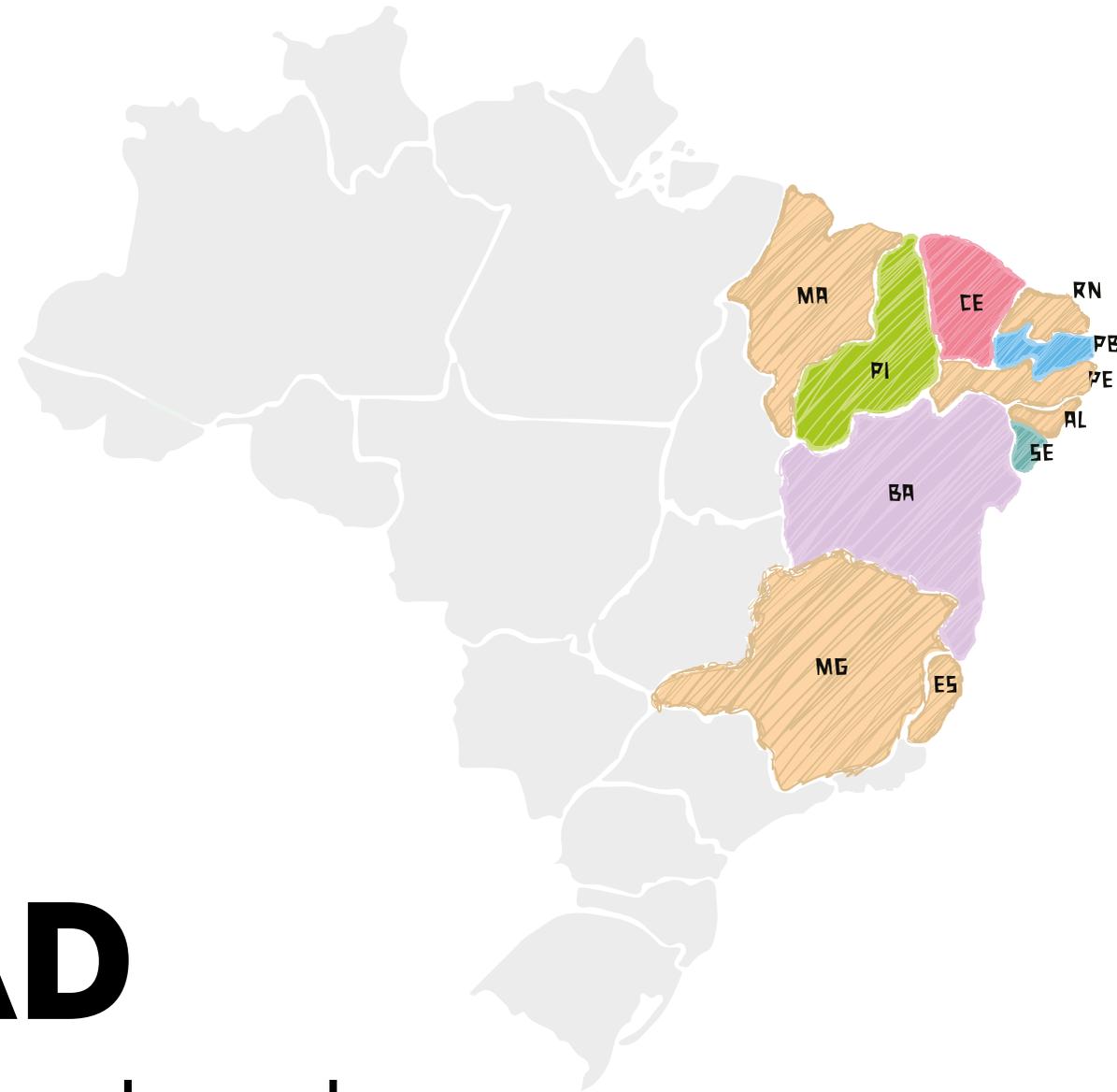
regional chains for the valorization of the place

As a great result of this interchange, we have gathered in this publication recipes developed by the participants of the event in order to show that, valuing the local potential, we can develop a regional chain of valorization of the place.

May the recipes and stories in this publication inspire even more people to look more around themselves, their regions, the riches we can find in our backyards and benefit from so much wisdom and flavor.



Projects supported by IFAD in Brazilian states



BAHIA 70.000 families benefited
IFAD resources invested in the project: U\$ 45,000,000



CEARÁ 60.000 families benefited
IFAD resources invested in the project: U\$ 40,000,000



PARAÍBA 18.500 families benefited
IFAD resources invested in the project: U\$ 25,000,000



PIAUI 22.000 families benefited
IFAD resources invested in the project: U\$ 20,000,000



SERGIPE 12.000 families benefited
IFAD resources invested in the project: U\$ 16,000,000



NORDESTE + MG + ES 74.000 families benefited
IFAD resources invested in the project: U\$ 18,000,000



The area of the lower San Francisco River is marked by its rich socio-biodiversity



Presentation of **Slow Food***

Slow Food is an international movement started in Italy in the 1980s to oppose the spread of fast food and the standardization of food culture, which implies the disappearance of species, varieties, races, techniques, knowledge and knowledge related to food.

The movement defends knowledge about the origin of food and is based on the premise that **food should be good, clean and fair for everyone**. Good, because it must be tasty from its organoleptic qualities. Clean, as its production must not harm the environment and human health. Fair, as it should generate fair remuneration for producers and be accessible to co-producers (conscientious consumers), guaranteeing animal welfare and food sovereignty for humanity.

*Good, clean and
fair food for
everyone*



The Slow Food movement defined as its primary mission to safeguard socio-biodiversity, to bring farmers closer to co-producers and spread food and taste education. This happens through a set of actions that aimed at promoting changes in the food system, such as campaigns, events, interchanges, workshops and conversation circles. And the programs - **Ark of Taste, Slow Food Cooks' Alliance and Slow Food Presidia, Earth Markets, Slow Food Travel and Slow Food Gardens**¹.

In the last three decades, the movement has been articulated around a vibrant global network, present in more than 160 countries, which relates the pleasure of food to the commitment and responsibility to communities and Planet Earth.

***Valentina Bianco**

*International Slow Food
Coordinator for Brazil*

This global mobilization and connection has supported several local articulation processes, contributing to the valorization of family agriculture, traditional techniques and knowledge related to food culture and the identity of several territories.

All this is possible only because of the interaction between the nodes of the Slow Food - Terra Madre network, which brings together some 5000 local, urban and rural groups called **Slow Food Communities**, with the participation of the most diverse civil society actors united in the struggle for good, clean and fair food: farmers, extractivists, fishermen, artisan producers, urban activists, cooks, academics, journalists, opinion leaders, youth and committed citizens from various backgrounds and social classes.

Slow Food promotes its themes and campaigns globally and locally to foster discussion on various issues directly linked to the current food system, through the development of manifestos, events and political initiatives. Learn more and participate in our **campaigns**².



¹More information about the programs on the Slow Food website www.slowfoodbrasil.org e da Slow Food Foundation for Biodiversity www.fondazione Slow Food.com

²Mais informações sobre as campanhas no site do Slow Food Internacional www.slowfood.com/pt-pt

Principles of Ecogastronomy*

“Man harvests, cultivates, domesticates, enjoys, transforms, reinterprets, nature every time he feeds himself”

Carlo Petrini | founder of the Slow Food movement



Slow Food starts from the premise that food is the main factor in defining human identity, because what we eat is always a cultural product.

We believe that information and education are essential for society to understand the potential for transformation and the impact generated by its food choices. Translating into a concept, the focus of the movement is **ecogastronomy**, covering agricultural, cultural, ecological, historical, political and socioeconomic issues.

***Valentina Bianco**
Slow Food International
Coordinator for Brazil.



dialogues on good, clean and fair food with rural youth

Practicing ecogastronomy means promoting cultural identity, favoring taste education and encouraging the struggle for conservation and sustainable use of socio-biodiversity products. Through cooking, we promote processes of valorization of native plant species, traditional animal breeds and local artisan products, the fruit of techniques and knowledge that have passed through generations, thus contributing to the reproduction of food culture.

We cannot talk about ecogastronomy without mentioning family agriculture. We intend to promote a less intensive and more sustainable model of agriculture, based on the knowledge

of local communities, involving men, young women, Indigenous peoples and traditional communities. At the same time, we seek to encourage conscious consumption models, connecting the field with the table.

Addressing the principles of Slow Food and Ecogastronomy in a training workshop for rural youth means not only making them aware of the food cycle, but also provoking contact and possible engagement with the Slow Food Terra Madre network, particularly the **Slow Food Youth Network** and the **Slow Food Cooks Alliance**¹, overcoming logistical and technological limitations that still make it difficult to mobilize and actively participate in the rural environment.



¹More information on the site:
www.slowfoodbrasil.org

We believe that this publication reflects the vision and aspirations of the Slow Food movement regarding the importance of the permanence of rural youth in the countryside and gender equality, two major challenges facing Brazil today, particularly in the semi-arid Northeast. Throughout the text we hope to lead the reader to the universe of our workshops for the interchange and exchange of knowledge in Ecogastronomy. In addition, we hope to arouse the interest of many rural youth in search of opportunities and professions that dialogue with the need for empowerment, income generation, ecosystem conservation and living with climate change.



methodology for Ecogastronomy workshops

Based on the vision that permeates the entire Slow Food movement's trajectory in favor of access to good, clean and fair food, and considering the importance of raising awareness among rural youth about the environmental, cultural and socioeconomic dimensions of the food system, we established a methodology to meet the following objectives:

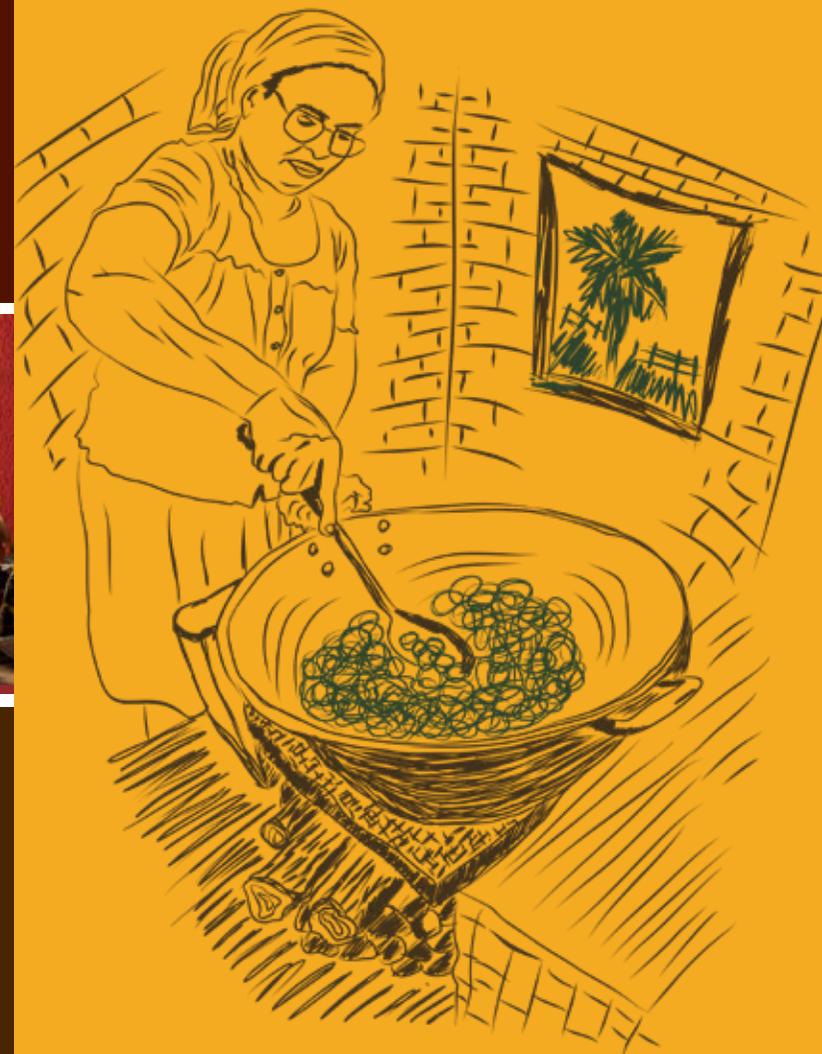
*exchanging
knowledge
by means of
interaction
and collective
practices*

- approximate rural youth by means of actions aimed at the production, processing and commercialization of family farming and extractivism products;
- enable the sharing of experiences and alternative techniques for living in the semi-arid region;
- value the creativity of young people in the field, by identifying opportunities for income generation and strengthening of associations, cooperatives and informal groups; and
- promote the strengthening and appreciation of the cultural identity of indigenous peoples, traditional communities and family farmers through the relationship with food, encouraging discussions on gender issues.

The interchange methodology involved two previous visits to the municipality of Aracajú, state of Sergipe, focusing on the rural territory of the **lower São Francisco River**, which allowed for an understanding of the local context, institutional articulation, and the formalization of partnerships as the basis for consolidating the interchange workshop. The workshop took place in 32 hours of theoretical and practical activities, involving 20 young people from five states of the semi-arid region, and was divided into four complementary phases, described as follows.

I. **Contextualization:** Slow Food and Ecogastronomy

At the opening of the workshop, we sought to convey a new look at the food cycle, the bond between production and consumption, and the relationship between the countryside and the city. We encouraged a reflection on the challenges in the succession of family agriculture and the role of rural youth in identifying new opportunities to promote territorial development. We established the “Slow Food and Ecogastronomy Principles and Criteria”, i.e., key words to be considered and internalized throughout the interchange process.



II. **Taste education:** rescuing flavors and memories of food culture

In order to stimulate new experiences and encourage the reconnection with foods that are part of one's own food culture that are sometimes hidden in memory or even totally forgotten, this stage of the workshop led the young people on a sensory journey, seeking to stimulate all the senses - tastes, aromas, textures, colors and even the sound of food.

Each young participant was invited to share a product* that translated the identity of his/her territory and **Caatinga biome**. A total of 26 products were presented, from the toasted manioc flour of free-range chicken to the palm fruit wine, promoting information exchanges and testimonies on the importance of each product to strengthen the identity and income generation of the rural youth.

III. **Territory and identity:** knowledge of local socio-biodiversity

To promote knowledge about the territory, initiatives that contribute to the conservation of socio-biodiversity and to encourage the exchange of knowledge among young people in the local context, an ecogastronomic itinerary was developed in three municipalities of the Lower São Francisco, which included: visits to the production area, purchases of local products from young quilombolas, shellfish and artisanal fishermen, rounds of talks about the challenges and alternatives for dealing with the long droughts and, finally, lunch in the community of Saramém, on the banks of the mouth of São Francisco River.

IV. **Ecogastronomy:** preparations and recipes following the Slow Food philosophy

The conception of the recipes began with the presentation of all the products acquired during the ecogastronomic itinerary, the visits to the communities and the Aracaju municipal fair, highlighting the diversity of the territory, the elements water and land. This reflects Caatinga's socio-biodiversity.



*Getting to know
the territory
through the
eyes of the
communities*



Organized in groups and guided by kitchen professionals on safety and hygiene standards, the young people were conducted throughout the preparation process, from cleaning and cutting the ingredients, to cooking, assembling and tasting the food. By doing this we aimed at awakening harmony within the group, love for the art of cooking and pleasure for food.

*The products and how to buy them can be found on page 54 of this booklet.

Semiarid flavors recipes

In cooking, a recipe is defined by presenting instructions on defining ingredients and how to prepare it.

The recipes presented here broaden this definition, by searching for the origin of the ingredients, the knowledge and practices of the producers, the way of preparation, which lead to the understanding of the principles of Ecogastronomy, according to Slow Food.



During 32 hours of interchange, of which they cooked for 16 hours in workshops at the **SENAC** school in Aracaju, 30 young people from five states in the semi-arid shared pride, challenges and anxieties, revealing their attachment to their land and what it produces. They used products from traditional communities, associations and cooperatives of the semiarid region to prepare 15 recipes.

The Ecogastronomy workshop was attended by chefs **Leila Carreiro, Timóteo Domingos** and **Seichele Barboza**, with the support of chef Samuel Davi and members of the Slow Food network, who were able to inspire the young people by showing them the synergies between traditional rural knowledge and the contemporary techniques, providing new aromas, flavors, colors and textures.

The most enjoyable part of this sensory journey was that, through the recipes, they were able to try stories and food cultures of each place represented in their signed food.

We wish the reader a good trip to the semi-arid northeast through the products of socio-biodiversity presented in each recipe!



Preparation
time: 30'
yield:
1 beiju

maize landrace beiju Leila Carreiro

ingredients:

- 200g** of fresh manioc gum
- 100g** humid maize landrace cornmeal
- 100g** grated coconut
- 1 tablespoon** of sugar
- salt to taste
- cashew honey

In a bowl, sieve the manioc gum and the Maize landrace cornmeal, add a pinch of salt. Mix and set it aside. Blend the dried coconut with 200ml of water, season it with salt to taste and sugar. Place in a frying pan over medium heat and spread the manioc gum mixed with the cornmeal over it, forming a circle. Let it firm, release it from the pan, turn the side and it is ready. Fill the beiju with well humid coconut pulp and serve with a drizzle of cashew honey in syrup.



Preparation
time: 40'
Yield:
4 portions

palm cake Timóteo Domingues

ingredients:

- 300g** of skinless and thornless palm
- 150g** of tapioca gum
- 70ml** bottle butter
- 150ml** of fresh licuri milk
- 100g** of sugar
- a pinch of salt

Take the palm to the blender, shred it until a cream is formed and set it aside. Beat the butter and sugar for two minutes in a mixer. Add the tapioca gum and mix it all. Then, add the licuri milk. Mix for one minute and add the palm cream. To finish, add salt and cinnamon to taste. Bake in low heat for one hour. Add cinnamon and panela syrup.



preparation
time: XX'
yield:
10 portions

xique-xique (cactus) filet with angu

Timóteo Domingos

ingredients:

1kg of xique-xique
(cactus) filet
50g of licuri oil
6 leaves of velame
5 Galician lemons
Salt and pepper
to taste

ingredients angu:

licuri oil
maize landrace cornmeal
moringa flour
onion, garlic and bell pepper
velame, pursiane and thorn bredo
salt and black pepper

Divide the xique-xique into slices of 100g and let it marinate in lemon juice and velvet leaves for 4 hs. Season with salt and pepper. Heat the butter in a frying pan and brown the tickle on all sides.

angu:

Saute the garlic and onion with the licuri oil. Add the chopped leaves (velame, pursiane and thorn bredo) and the bell pepper. Let it saute for a few minutes and add some water. Sprinkle the maize landrace cornmeal little by little, always stirring, until the broth thickens. Arrange the angu and filet on the dish and sprinkle it with the moringa leaf flour. Season it to taste.



oysters with goat cheese and mangaba

Seichele Barboza

ingredients:

6 oysters
goat's cheese
licuri
slices of biribiri (fruit)

ingredients sauce:

1 medium onion, chopped
2 cloves of chopped garlic
1 tablespoon of bootle butter
200ml of mangaba pulp
optional salt

Wash the fresh oysters shells well, open and separate them. Arrange the shells on a dish and add the oysters, the mangaba sauce and the grated goat cheese. Bake it at an average temperature of 180 C° from 10 to 15 minutes. Remove it from the oven, the cheese may be sprinkled. Finish it with licuri and slices of biribiri.

sauce:

Brown the garlic and the onion in butter. Add the mangaba pulp, let it cook for another three minutes, add salt if you prefer and set it aside.

preparation
time: 10'
yield:
6 portions



preparation
time: 5'
yield:
500ml

juice **palm**

Timóteo Domingos

ingredients:
200g of palm
3 lemons
250ml of water
sugar to taste

Remove all thorns from the palm, with the help of a knife and tweezers. Then wash, cut and mix the palm in the blender, sift and set it aside. Put the lemon juice, the sugar in the blender and mix it all. Add the juice of palm and mix it once more. Serve it with ice.

salad **shrimp**

Leila Carreiro

Ingredients:
100g of fresh shrimp from the São Francisco River
30g of cooked licuri
20g boiled peanuts
 $\frac{1}{4}$ of finely chopped purple onion
1 tablespoon bottle butter
1 small ripe cashew
salt and Galician lemon to taste

Remove the shell from the shrimp and season it with the crushed garlic. Cut all ingredients into cubes and set them aside. In a hot frying pan, put the bottle butter and add the shrimp, stirring for a few seconds, until they turn pink. Remove it from heat and let it cool. Add the other chopped ingredients to the shrimp and squeeze half a lemon. Serve it cold.

Preparation
time: 30'
Yield:
2 portions



practical classes | visit to the Antônio Franco Municipal Market | Aracaju - SE



preparation
time: 2h
yield:
8 portions

capon with palm

Timóteo Domingos

- ingredients:**
- 1** capon or free-range chicken
 - 5** oranges
 - 1kg** of clean palm
 - 6** garlic cloves
 - 2** chopped onions
 - 50ml** of bottle butter
 - 20g** of cumin
 - ¼** of cilantro packet
 - 5** scented peppers
 - ½** bell pepper
 - salt to taste

Remove the thorns from the palm, cut into pieces and set it aside. Cut the capon roughly and let it marinate in the orange juice, cumin and peppers for one hour. Heat the butter, place the chopped onion and garlic and let it brown. Add the capon and let it brown all the parts in low heat. Soon after, arrange the palm and bell pepper in small cubes in the pan and let it cook in the stock itself for about 30 minutes. Finish with salt and cilantro.

preparation
time: 30'
yield:
3 portions

salad northeastern

Timóteo Domingos

- ingredients:**
- 300g** of xique-xique (cactus)
 - 50g** of boiled peanuts
 - 50g** of cambuí
 - 50g** of cooked licuri
 - 50g** cashew nuts
 - 1** branch of bredo
 - 1** honey spoon
 - 1** handful of pink pepper
 - 3** biribiris (fruit)
 - 1** lemon
 - salt to taste

Use a tweezers and a knife to remove the thorns from the xique-xique and grate them into blades. Set it aside. Grind separately in the blender the cashew nuts, licuri and peanuts, without adding water. Pour them into a deep bowl and mix delicately with the chiquichique, the cambuí and the diced biri-biri. Take them to the refrigerator. While resting, make a sauce mixing the lemon with a tablespoon of licuri oil and a teaspoon of honey. Place the salad on a dish lined with bredo leaves. Finish with the pink pepper and the sauce.



preparation
time: 30'
yield: 1
portion

Green beans with seafood

Samuel Davi

ingredients:

200g green beans
50g of onion
2 cloves of garlic
30g of bell pepper
 $\frac{1}{2}$ sprig of cilantro
100g of rice
50g of shrimp
50g of crab

50g sururu
50g of oyster
50ml of licuri oil
10g of salt
500ml of shrimp base
(shrimp head broth with cilantro, onion, tomato, and bell pepper, boiled until is reduced)

Clean the seafood, season it with salt and set it aside. In a heated pan add the licuri oil, garlic, onion, and chopped bell pepper, and let it saute for a few moments. Add the beans and the shrimp and cook until boiling. Gradually add the seafood, starting with the sururu and the oyster, let it boil, and add more shrimp if necessary. Add the rest of the seafood, adjust the salt and finish with some chopped cilantro. Cook the rice to order and set it aside. Mix the cilantro with a bit of water in a blender, add it to the cooked rice and mix well. Assemble the dish and serve.



preparation
time: 40'
yield:
4 porções

mungunzá of sururu

Leila Carreiro

ingredients:

200g of white corn
500g of sururu catado
2 cloves of garlic
1 medium onion
1 medium tomato
1 medium bell pepper
 $\frac{1}{2}$ sprig of cilantro
200ml fresh coconut milk
20g of saffron

Cook the white corn in the pressure cooker with 1 liter of water and a pinch of salt for half an hour, without soaking it. Turn off the heat and set it aside. Wash the sururu in running water, drain it, and set it aside. Macerate the garlic and saute it in the coconut oil, add the onion, the bell pepper and the finely chopped tomato. Add 500ml of water, let it cook. Add coconut milk and little by little the broth of the cooked corn with a bit less grain. Add the saffron and cook it for about 10 minutes until the flavor of the sururu incorporates it. Serve with a bit of pepper sauce.



preparation
time: 50'
yield: 3 beiju

beiju with **crab paste** Leila Carreiro

ingredients:

- 400g** of fresh gum
- 250g** of pickled crab
- $\frac{1}{2}$ lemon
- 1** medium onion
- 2** cloves of garlic
- 1** medium red bell pepper
- 1** large tomato
- $\frac{1}{2}$ sprig of cilantro
- 50ml** olive oil
- 100ml** fresh coconut milk
- salt to taste

In a medium heated frying pan, pass the gum through the sieve forming a circle. Cover it to stay hydrated and set it aside.

Filling:

Wash and drain the crab and season it with garlic, salt and lemon. Put a bit of olive oil in the frying pan and saute the onion, the bell pepper and finally the chopped tomato. Add the seasoned crab and cook it for 20 minutes. Add the coconut milk and the cilantro and cook for another 10 minutes until the broth is dry. Turn off the heat and fill the beiju with a generous spoonful of the sururu.



preparation
time: 60'
yield:
2 portions

carapeba in the cachaça of cambuí Seichele Barboza

ingredients:

- 400g** fillet of carapeba (fish)
- 60ml** of cachaça of cambuí
- 1** Galician lemon salt and pepper to taste
- 1** chicken egg
- 200g** of corn fubá Creole
- 80ml** of licuri oil

- 2** tomatoes
- 1** purple onion
- cilantro
- broken dry licuri
- biribiri, cambuí and
- leaf of imbé

Separate two filets of carapeba and season it with the lemon juice, cachaça, salt, pepper and half of a purple onion, incorporating well all ingredients. Let the fish marinate and make the vinaigrette sauce with biribiri, tomato, the other half of the onion, salt, some of the lemon juice and the cilantro. Set it aside. Empane the filets with the egg and the cornmeal. Heat a frying pan, add the licuri oil and fry the fish on both sides. Arrange the filet on the imbé leaf. Finish by adding the vinaigrette, the biribiri, the broken lycuri and the cambuí.



Practical classes SENAC Aracaju | **ingredients, cutting, assembly and presentation**



Preparation
time: 30'
yield:
5 portions

banana jam with Peanuts and Moringa

Timóteo Domingos

ingredients:

- 100g of rapadura
- 1 tablespoon of moringa flour
- 50g cooked peanuts
- 2 green bananas
- 1 pinch of salt

Cut the bananas in half, put them in boiling water with a pinch of salt and cook for 5 minutes. Remove from water and let cool. Peel the bananas and cut them into cubes. Set aside. Melt the panela over medium heat, adding a bit of water used to cook the bananas, stirring until it turns into syrup. Add the peanuts and let it boil. Add the bananas and stir gently until the syrup becomes consistent. Serve with the moringa flour.



preparation
time: 45'
yield:
5 portions

puba (fermented manioc) dough Cake

Timóteo Domingos

ingredients:

- 500g of puba dough
- 400g of sugar
- 200ml of licuri coconut milk
- 3 free-range chicken eggs
- 2 tablespoons of bottle butter
- 1 teaspoon of bicarbonate
- cashew honey to finish

Separate the yolks and whites from the eggs. Mix the egg yolks with the butter and sugar for 2-3 minutes, until getting a very smooth cream. Add the puba, mix in the cream, add the coconut milk and mix again. Separately, mix the egg whites until stiff and add to the puba cake mixture, stirring gently. Finally, add the bicarbonate to the dough and transfer it to a greased and floured cake pan. Bake in a preheated oven at 180°C for about 40 minutes, or until the cake becomes golden brown.



mangaba pie with cambuí jam

Seichele Barboza

ingredients: massa sablée

500g of maize landrace cornmeal
3 egg yolks
100g demerara sugar
300g cold butter in pieces
Pinch of salt

mangaba cream ingredients

800ml mangaba pulp
80g demerara sugar
10g of unflavored gelatin

cambuí jam ingredients

200ml Cambuí pulp
80g demerara sugar

preparation
time: 90'
yield:
8 slices



sablée dough:

Mix the sugar with the egg yolks, until they get very homogeneous. Add the cornmeal, salt, and little by little the butter and mix with scrapers or large spoons. When it becomes almost a fluffy mixture, gradually add the sugar and the mixed egg yolks. Form a ball, protect with plastic wrap and refrigerate for 30 minutes.

After this time, open the dough between two pieces of plastic wrap so that it does not stick to the rolling pin. Remove the plastic and line a baking pan with the dough (preferably with a removable bottom). Make some holes in the dough with a fork. Bake in a heated oven at 180 C° for about 20 minutes or until baked completely.

mangaba cream:

In a bowl, mix the mangaba pulp with sugar. Dissolve the colorless gelatin and add to the mixture. Fill all the pastry with the cream and refrigerate until it becomes consistent.

cambuí jam:

In a saucepan over low heat, cook the pulp and sugar until it reaches the jelly point. Set it aside.

finishing:

Remove the pie from the refrigerator and add the cambuí jam on top.

the **cooks**



Timóteo Domingos

Gastrotinga

Canindé de São Francisco - SE

Timoteo Domingos is a 21 year old young man who, from an early age, transformed the food of the northeast countryside people. Cook, researcher, founder of Gastrotinga, he mines different species of cacti, mandacaru, xique-xique, palm and faxeiro, proposing new flavors and alternative food in the semiarid.



Seichele Barboza

Bistrô Seu Sergipe.

Aracaju - SE

The 28-year-old chef Seichele Barboza is aracajuana and in her kitchen she rescues and promotes the gastronomy of Sergipe through the tasting menu, extolling the know-how of traditional communities and using products that come straight from the land and local ancestry.



Samuel Davi

Senac Aracajú

Aracaju - SE

Chef professor Samuel Davi is an instructor at SENAC in Sergipe, appreciates the regional gastronomy, and seeks to rescue the traditional gastronomy along with current techniques.



Leila Carreiro

Restaurante Dona Mariquita

Salvador - BA

In 2006, she opened the Dona Mariquita restaurant to promote the regional culture in her recipes, rescuing both the typical foods of Bahia's street markets and the street foods of the Recôncavo. She mixes seafood, seeds and leaves, blending the indigenous, African, and countryside influences in search of the true flavor of Bahia's history.



Marcela Alves Magalhães
Prosemiárido Project - Bahia

Vandielson de Jesus Silva
Prosemiárido Project - Bahia

Flaviana de Lima Silva
Paulo Freire Project - Ceará

Andreane da Silva
Procasse Project - Paraíba



Aparecida Silva Souza Projeto
Viva o Semiárido Project - Piauí

Maria Jozinete dos Santos
Dom Távora Project - Sergipe

Francisca Neri Bida
Viva o Semiárido Project - Piauí



Antônia Maria da Silva Rosendo
Paulo Freire Project - Ceará

Lays Milena Araújo Ferreira
Procasse Project - Paraíba

**Patrícia da Silva Marques e Izabel Carmem
Silva Barreto** | Paulo Freire Project - Ceará



Ines Rodrigues Alves
Paulo Freire Project - Ceará

Henrique Rosas Bernadini dos Santos
Dom Távora Project - Sergipe.

Antônia do Carmo Bezerra de Oliveira
Paulo Freire Project - Ceará



Maria do Perpétuo Socorro M. do Nascimento
Viva o Semiárido Project - Piauí

Francisco de Souza
Viva o Semiárido Project - Piauí

Cristiano Bezerra de Oliveira e Maria Grazielle Bezerra de Oliveira. Dom Távora Project, Sergipe



Carla Salomé e Jayne Tavares Ferreira
Dom Távora Project - Sergipe.

Sandriele Santos, Célzio da Silva, Andreia Jorge dos Santos
Dom Távora Project - Sergipe.

the foods

Products presented by the youth at the Ecogastronomy Interchange

Some of these foods can be purchased on demand, during the harvest season



Honey - Associação de Mulheres Agricultoras de Itainópolis | Itainópolis - Piauí
aparecidamanu40@gmail.com

Cajuína - Assentamento Lisboa - Centro de Formação e Capacitação Agenor da Silva | São João do Piauí - Piauí
francisco.sjpi@gmail.com

Moringa flour - Unidade de Ensino e Pesquisa (UPE) Senhor do Bomfim | IF Baiano - Bahia
marcela.alves.magalhaes@gmail.com

Smoked jackfruit sausage, fermented fruit of palm and seriguela - Unidade de Ensino e Pesquisa (UPE) Senhor Do Bomfim | IF Baiano - Bahia
valdivsinmartins61@gmail.com

Coconut oil and cambuí cachaça - Comunidade Resina | Baixo São Francisco - Sergipe | **(79) 99935-5885**

Crab and Shrimp pieces - Associação Remanescente Quilombola do Bongue | Ilha das Flores - Sergipe
(79) 99850-8440 / 99636-5019

Free-range chicken, oyster and sururu - Comunidade Quilombola Santa Cruz Brejão dos Negros | Brejo Grande - Sergipe | **(79) 99841-1688**

Fish of the São Francisco River - Pescadores Artesanais do Rio São Francisco | **(79) 99974-1688**

Peanut butter - Produtor Henrique Rosas Bernadino | Sergipe - Aracaju | **(79) 99999-3487**

Manioc flour and by-products - Associação Remanecente Quilombola Dom José Brandão de Castro | Brejo Grande - Sergipe | **(79) 9 9934 -3288**

Goat's milk cheese - Caprinovinocultores Comunidade Casaco | Boqueirão - Paraíba | **(83) 99175-7281 (83) 99136-1298 / laysmila@hotmail.com**

Maize landrace cornmeal - Cooptera | Remigio - Paraíba | andranecooptera@gmail.com / **(83) 99845-0855 / 98610-1830**

Buriti jam, guava rapadura, cashew honey and candied mango jam - Associação de Moradores de São José dos Cocos | Ipiranga - Piauí
perpetuamacedo@hotmail.com / **(89) 98819-1458**

Milk caramel jam - Ascobetania | Betânia do Piauí
franciscanerisbida@gmail.com / **(89) 99463-8805**

Coconut cookie - Cooperativa de Pesca, agricultura e aquicultura marinha de Icapuí | Icapuí - Ceará
patriciamarquesaj7@gmail.com / **(88) 99231-5841 98151-9656**

Free-range chicken manioc flour - Cetra | Santa Luzia, Sobral - Ceará | **(88) 99279-0967 / (88) 99254-1391**

Pumpkin pie - Iac | Jatobá - Município de Ipu - Ceará
inesipu@ol.com.br / **(88) 99714-4970 / 99443-7356**

Hot chilli sauce and papaya coconut candy Associação do Boqueirão | Ceará | **(88) 99668-0632.**

References

A Biodiversidade, o que é, o que tem a ver com o que comemos diariamente, o que podemos fazer para preservá-la, Slow Food, Bra, Itália, 2014 | *disponível em:* <http://www.slowfoodbrasil.com/documentos/slowfood-livreto-biodiversidade.pdf>

Arca do Gosto no Brasil: alimentos, conhecimentos e histórias do patrimônio gastronômico, Slow Food Editore, Bra, Itália, 2017 | *disponível em:* <http://slowfoodbrasil.com/documentos/slowfood-publicacao.pdf>

Biodiversidade, Arca do Gosto e Fortalezas Slow Food: um guia para entender o que são, como se relacionam com o que comemos e como podemos apoiá-las. *disponível em:* <http://slowfoodbrasil.com/documentos/slowfood-publicacao.pdf>

Comida e Liberdade: Slow Food - Histórias de Gastronomia para a Libertação, Carlo Petrini, tradução de Renata Lucia Bottini, Editora Senac São Paulo, SP, 2015.

Ecogastronomia, a juventude e o futuro da agricultura, Produto 2 Consultoria Nadiella Monteiro, Slow Food / PNUD / SEAD BRA 11009, Brasília, 2017.

Slow Food: princípios da nova gastronomia, Carlo Petrini, tradução de Renata Lucia Bottini, Editora Senac São Paulo, São Paulo 2009.

copyright: IFDA 2018



ISBN 978-92-9266-083-3



9 789292 660833



Slow Food® Brasil

apoio:

