



# Requeijão



# Requeijão

- The Brazilian product is a type of cream cheese white in color (but not similar to the American notion of cream cheese, and may be better understood as "creamy cheese").
- It has a mild taste and its consistency can vary from creamy solid, to liquid.
- Traditionally associated with the state of Minas Gerais, the *mineiro* presence in Rio de Janeiro and São Paulo from the start of the 20th century on popularized it and nowadays it is produced all over the country.
- Usually sold in glasses or plastic cups, both generally re-employed by Brazilians as usual cups.
- Originally the curd has emerged as a by-product made from skim milk and whey had at the time deemed disposal, producing regions of cream for making butter. Normally this cream was made on farms located near the small railway stations stops (in Minas Gerais) and sent the cream to butter processing industries, usually located in cities poles. The origin of the curd in Brazil, however, dates back to the arrival of the first Portuguese families to the country (1500)





# \* Middle eastern Requeijão



# Minas cheese

Minas is a type of cheese that has been traditionally produced in the Brazilian state of Minas Gerais.

It comes in three varieties, named **Frescal** (fresh cheese, ), **Meia-cura** (slightly matured cheese) and **Curado** (matured cheese).

In May 2008, the original firm, ripened Minas cheese was declared a Brazilian Immaterial Cultural Heritage by IPHAN, the Brazilian Institute for National Historic and Artistic Heritage.



# Minas Frescal

*Fresca*/cheese (as the name implies) is served quite fresh, about 4-10 days after preparation, still white and tender (this is the best kind, usually procured through someone who has just come from Minas Gerais).

Good *fresca* must be juicy, soft, slightly granulated (instead of rubbery), with a mild taste. It is not good for cooking, except with beef or pork (the juice helps change the taste of it). It can be used to make sandwiches (when in Brazil, ask for a *sanduche de queijo minas*, you won't regret it).

When mixed with guava paste, is called ROMEO AND JULIETA





# Minas Curado

*Curado* cheese is ready for consumption when the juice has evaporated and the cheese has solidified and acquired a yellowish tint.

Good *curado* cheese must have a white core, punctured with tiny bubbles of air, slightly more granulated than *fresca* and with a stronger taste, tending to bitter.

It is excellent for cooking, being used for a huge variety of dishes of all types, including empanadas and the famous pão de queijo (cheese rolls).



# Pão de queijo

Pão = bread  
De = of  
Queijo = cheese





# Pão de queijo

Like many great foods in the Western Hemisphere, pão de queijo has its roots in the culinary creations of African slaves. Slaves were often deprived of the 'edible'

cuts of the animal and vegetable. The slaves, having mouths to feed, made due with the discards.

Manioc (a root plant also know as yucca or cassava, and is better known in the US supermarkets as tapioca) was, and still is, a common staple during the Portuguese colonization of Brazil. This root was peeled, grated, soaked and dried in order to make a wide variety of what are now traditional Brazilian foods.



# \*Yucca Root



# Pão de queijo

The residue of this process, considered inedible by the landowners and others that were better off, was a fine white powder, or starch. The slaves gathered this residue, made balls and baked them. Of course, no cheese or milk was added at this point in history. In short, it was baked starch.

At the end of the 19th century, after slavery ended, other foods were made available to the Afro-Brazilian population. And in the State of Minas Gerais, the center of the dairy production in Brazil, cheese and milk were added to the balls of starch. So, with a combination of Afro-Brazilian ethnicity and the agricultural geography of Minas Gerais, pão de queijo as we now all know it, came to be.





# \* Feijoada

Regarding the animal, the tail, the head, the stomach and similar anatomy was discarded as unusable by the landowners (think 'feijoada', another Brazilian specialty that has similar beginnings).



# Queijo coalho

