

Cookbook



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From Amidos Mundo Novo to you

We have prepared this little cookbook with great affection, thinking about bringing you some of the love we have for this ingredient that is the basis of our story.

Did you know?

Tapioca starch is starch extracted from the tapioca root and is known commercially in Brazil as sweet starch.

Special tip

A little box of Polville is enough for you to make one of our recipes. Make your choice and enjoy it with yours.





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Quindim of Starch

Ingredients:

- 4 tablespoons (tapioca starch).
- 4 egg yolks.
- 4 tablespoons of refined sugar.
- 200ml coconut milk.
- 1 tablespoon of butter or margarine.
- Grated or flaked coconut to taste.

Mode of Preparation:

1. Sift the egg yolks and mix with the sugar.
2. Add the rest of the ingredients and mix well.
3. Pour in a greased form with butter and refined sugar.
4. Cover the mould with aluminium foil and bake in a water bath at 180°C for approximately 30 minutes.
5. Allow to cool before unrolling.



Preparation time:
40 minutes



Biscuit Popcorn

Ingredients:

- 5 tablespoons of tapioca starch.
- 1 egg white.
- $\frac{3}{4}$ tea cup of refined sugar.
- $\frac{1}{2}$ teaspoon of ammonia salt.

Mode of Preparation:

1. Whisk the egg whites with a mixer until they become snowy and add the ammonium salt and sugar slowly.
2. Turn off the mixer and add the tapioca starch by mixing with a spoon until it is ready to model.
3. Make small biscuits approximately 3 cm in diameter and place them in a greased baking sheet, well separated from each other.
4. Place in the preheated oven at 180°C for approximately 30 minutes or until slightly browned.
5. Remove from the oven and allow to cool to make them crispier.



Preparation time:
45 minutes



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Purruca of Tapioca Starch

Ingredients:

- 180g tapioca starch.
- 150 ml of milk.
- 1 egg.
- Salt to taste.
- Meat broth to flavour or replace with natural seasoning to taste.
- Soya oil for frying.

Mode of Preparation:

1. Mix all ingredients.
2. Take a non-stick pan and make thin pancakes.
3. Place the dough in a baking sheet, separate from each other so that it dries, in a sunny environment, to the point of being brittle.
4. Fry in hot oil over medium heat until lightly browned, they expand and stay on point very fast.



Preparation time:
90 minutes



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Tapioca Flour

Ingredients:

- 180g tapioca starch.
- 100ml water.
- Salt to taste (optional).

Mode of Preparation:

1. Place tapioca starch in a container and add water gradually. The starch will absorb the water and look harder and more compact.
2. Mix with your hand to break the lumps of tapioca flour.
3. Pass the flour through a sieve and store in a closed container in the refrigerator.
4. Make your tapioca with the filling of your choice, sweet or salty.



Preparation time:
20 minutes

Sweet Tapioca

Ingredients:

- 1 cup (tea) of tapioca flour.
 - 1 tablespoon of grated coconut.
 - 1 tablespoon of coconut milk.
- Suggestion of filling:
- Hazelnut cream with strawberries.

Mode of Preparation:

1. Mix the tapioca flour with the grated coconut and coconut milk.
2. Take a non-stick pan and cover the bottom with the mixture and let it fry for approximately 2 minutes.
3. Add the filling, fold the dough and serve.

Savory Tapioca

Ingredients:

- 1 cup (tea) of tapioca flour.
- Suggestion of filling:
- Cheese.
 - Cherry tomato.
 - Oregano.

Mode of Preparation:

1. Take a non-stick pan and cover the bottom with tapioca flour and let it fry for about 2 minutes.
2. Add the filling, wait for the cheese to melt.
3. Turn off the heat, fold the dough and serve.



For both recipes the preparation time: 10 minutes

Tapioca Starch Pudding

Ingredients:

- 180g tapioca starch.
- 4 egg yolks.
- 1 can of condensed milk.
- Vanilla essence to taste.

Mode of Preparation:

1. Mix all ingredients in a blender.
2. Place in a previously caramelized baking dish with sugar.
3. Place in the oven in a water bath for approximately 40 minutes at 180°C.
4. Allow to cool before unrolling.



Preparation time:
60 minutes

Tapioca Starch Rolls

Ingredients:

- 1 egg.
- 100g de açúcar.
- 70g de manteiga.
- 1/2 teaspoon cinnamon.
- 1/2 teaspoon of vanilla essence.
- Required quantity of tapioca starch.

Mode of Preparation:

1. Beat the sugar with the butter until a light, smooth cream is obtained.
2. Add the egg, cinnamon and vanilla essence. Mix well.
3. Gradually add tapioca starch until a fluffy and mouldable dough is obtained.
4. Take portions of dough and form rolls one centimetre in diameter. Cut into pieces, place in a greased form with butter and cassava starch.
5. Place in preheated oven at 180°C for 20 minutes until golden.



Preparation time:
60 minutes

Brevidade Cake

Ingredientes:

- 180g tapioca starch.
- 1 and ¼ cups of refined sugar.
- 3 ovos.

Mode of Preparation:

1. Beat the eggs in a mixer until a cream is left.
2. Add the sugar and beat until the sugar is well dissolved.
3. Add the tapioca starch and stir a little with the help of a spoon and then whisk for another 10 minutes.
4. Grease a pan with butter (or margarine) and flour, then pour the dough.
5. Bake in a preheated oven at 180°C for 35 minutes, or until the cake browns a little over the top.



Preparation time:
60 minutes



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Cheese Bread

Ingredients:

- 180g tapioca starch.
- 30ml de óleo.
- 60 ml of milk.
- 60ml de água.
- 1 egg.
- 80g of cheese.
- 20g parmesan or half-ripened.
- Salt to taste.

Mode of Preparation:

1. Place the water, oil, milk and salt in a small mug. Bring to medium heat and boil.
2. Place the tapioca starch in a bowl and then poach with the boiled mixture. Mix well with the help of a spoon and let it cool a little.
3. Add the egg, mash a little and then add the cheese. Mix well.
4. Finally, make balls with the dough, place them on a baking sheet and bake in a preheated oven at 180°C for approximately 25 minutes or until the breads are browned. Then remove from the oven and serve while hot.



Preparation time:
40 minutes

Chipa Paraguaya

Ingredients:

- 180g tapioca starch.
- 2 tablespoons of butter or margarine.
- 1 ovo
- 1 and 1/2 cup of half-ripened cheese, mozzarella, grated dish or parmesan.
- 5 tablespoons of milk.
- 1/2 tablespoons baking powder.
- 1 teaspoon salt.

Mode of preparation:

1. On a platter add the tapioca starch, the grated cheese, the baking powder, the eggs and the margarine, mix everything.
2. Gradually add the milk until the dough reaches the point of not sticking to the hands.
3. Now just model small horseshoe chipas.
4. Bring to bake in a greased form, bring to preheated heat at 180°C for approximately 20 minutes or until golden brown.



Preparation time:
40 minutes

Tapioca Starch Pearls

Ingredients:

- 180g tapioca starch.
- 90 g brown sugar.
- 10 g cocoa powder.
- 120ml water.

Mode of Preparation:

1. Mix tapioca starch with cocoa and set aside.
2. Bring the water to the fire with the brown sugar, always stirring. As soon as boiling add the starch mixture with cocoa, mix.
3. Turn off the fire and knead the dough until smooth and homogeneous consistency.
4. Make long, thin rolls with the dough. Cut each roll into small pieces and make polka dots (pearls). Pour the balls into a form with cassava starch so as not to stick to each other.
5. Place the pearls in hot water and cook for approximately 20 minutes over medium heat.
6. Remove the balls and place them in ice-cold water to stop the cooking and assist in cleaning the gum on its surface.

Suggested use: Make a tea of your choice with milk. Add condensed milk and cassava starch pearls. Serve chilled.



Preparation time:
90 minutes



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