

GAUTHIER *home*

Menu

Box delivered Friday, 23rd October 2020

Feijoada & Herbs

A black bean spread flavoured with herbs and nuts

Allergens: N, SO², Sy

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Pas De Qeijo

Classic Plant Based Cheese Bread

Sy, G

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Palmito Fresco Assado

Heart of Palm & Fresh Mint, Sweet & Sour Dressing

SO²

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Ceviche

Black Tucupi Marinated Crunchy Mule

Grated Corn & Pink Grapefruit

SO²

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Moqueca

Tofu, Cassava, Coconut Milk, Chimichurri Rice & Lime

Sy, N

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Feijoada

Black Bean Stew, Kale, Malt Vinegar & Fresh Orange

Tomato & Pepper Spicy Salsa

SO²

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Folia de Bananeira

Plantain, Corn, Papaya, Baked in Banana Leaf, Chili Sauce

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Cocada

Coconut & Almond Sponge, Mango Aromatic Plant Cream

Sy, N

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Dark Cacao & Acai

Cachaca infused

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Allergens: G: Gluten, SO²: Sulphites, N: Nuts, Se: Sesame, Sy: Soya, M: Mustard

Hello,

Due to the current pandemic, the idea of taking a plane for warmer weather is either impossible or against the law.

However, being able to enjoy some exotic cuisine is not too difficult and this is why I want to take you on a Brazilian Journey this week. I bet you have never heard of the delight of plant-based Brazilian cuisine. Me neither.

I have never been to Brazil and I don't think that I ever eaten in a Brazilian restaurant. I usually associate Brazilian cuisine with a brochette of grilled meat served alongside rice and potatoes. Also, the only vegetable I remotely knew that was exclusively from Brazil was the Heart of Palm.

So, I researched and explored books, articles, blogs, travel stories and everything I could find which helped me understand the subtilité of Brazilian cooking. There is a real finesse and a svelteness of touches that surprised and really excited me while preparing those recipes.

This is my take on Brazilian cuisine because after all, the ingredients of Brazil are made for a Vegan feast. Enjoy!

Bon apetite!



Alexis Gauthier xxx

 @gauthierinsoho

 @gauthiersoho

 @gauthiersoho

STORAGE

We are aware that there may be a lot of food for one sitting so we have ensured that all items are suitable freezing or will last up to 3 days in the fridge.

PREPARATION

Feijoada & Herbs

Serve with either toasted bread, cheese biscuits or on its own.

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Pas De Queijo

Reheat the bread in a hot oven (180 degrees) for 3 minutes

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Palmito Fresco Assado

Simply plate the palm hearts in the middle of a cold plate and cover with the mint garnish and pour over the dressing from the bag.

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Ceviche

Season the thin slices of mule with the dressing from the bag. Delicately place them on each plate and cover them with the corn and grapefruit segments. Serve very cold.

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Moqueca

Reheat the Moqueca in pan until piping hot. Reheat the rice separately in a microwave oven for 2 minutes. Serve the Moqueca on top of the rice.

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Feijoada

Reheat the stew very slowly (preferably in a thick bottomed pan) until piping hot. Serve in soup plate and add a spoon of the salsa.

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Folia de Bananeira

Place the stuffed banana leaves in a lightly oiled baking tray and cook for 8 minutes in a pre-heated oven at 160 degrees. Remove the string and add the chili sauce to your taste.

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Cocada

Place the sponge cake in the middle of a plate and cover with the fresh mango and a dollop of plant-cream.

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Dark Cacao & Acai

Just enjoy the dark cacao & acai, just like if they were chocolate truffle.