**Food and Shopping**

**HISTORY AND FOOD**

**Brazil**

Brazil is a large country that is made up of different cultures. Each region has its own style of cooking. The Portuguese arrived in Brazil in 1500 and brought their tastes and styles of cooking with them. They brought sugar, citrus fruits, and many desserts that are still found today. The slaves from Africa and the original people of Brazil too contributed to the Brazilian cuisine. After that, other nationalities that settled in Brazil were Japanese, Arabs, Italians and Germans. Each immigrant group brought along its own style of cooking.

Long before the Europeans arrived, however, the Tupí-Guaraní and other Indian groups lived in Brazil. They planted *manioc*(a root vegetable like a potato) from which Brazilians make flour, *tapioca* and *farofa* (stuffing).

Brazilians use many eggs, fruits, spices (such as cinnamon and cloves), and sugar to make desserts. They also use savour seasonings such as parsley and garlic.

The *feijoada* is recognized as the national dish. *Feijoada*is a stew made with black turtle beans and various cuts of pork and beef. It’s often served with rice, collard greens, deep-fried cassava or bananas and oranges. It’s a very common meal on Wednesday or Saturday lunch in the Southeast cities of Rio de Janeiro, São Paulo and Minas Gerais.

A large variety of bread products can be found fresh daily at local shops and *padarias*, including *pão de queijo* (cheesy roll). Many fresh pastries are eaten for breakfast along with fresh fruits such as mango, papaya, guava, passion fruit and oranges. These fruits are also juiced and enjoyed fresh.

 Adapted from: <http://www.foodbycountry.com/Algeria-to-France/Brazil.html#ixzz624KiKOhU>

**Portugal**

Portugal may have introduced hot chiles to Asia, tea to England, and tempura to Japan, but the country’s cuisine still remains a mystery to most food lovers outside of its borders. Only *pastéis de nata* (custard tarts) have broken into the larger food-obsessed culture.

The roots of Portuguese food lie in both native peasant cookery and the ingredients obtained through trade routes established many centuries ago. Bread, rice, spices, pastries, sausages, and seafood remain the staples of many Portuguese meals.

At a time when honey was still the dominant sweetener in Europe, Portugal’s sugar rush started early, with expensive sugar arriving from the Portuguese island of Madeira in the 15th century, and later, from Brazil. Convent cakes and desserts — including the *pastéis de nata* — were developed by nuns with skill and patience.

Salt cod has been part of Portuguese culture since the Vikings came to trade cod for salt. This convenient relationship was a powerful asset for Portuguese navigators; ships armed with supplies of salt cod could travel further with a source of protein that didn’t spoil.

Navigators brought back *chá* (tea) and sweet oranges from China; spices like nutmeg, pepper, cloves, cumin, turmeric, cinnamon, and star anise from Goa, Sri Lanka, and Malacca; and piri piri chiles from Brazil.

Portugal also has a centuries-long history of producing olive oil, wine, and cheese.

<https://www.eater.com/2017/6/28/15870974/portuguese-food-traditional-cuisine>

**Mozambique**

The cuisine of Mozambique revolves around fresh seafood, stews, corn porridge, *arroz*(rice), millet (a type of grain), and *mandioca*(cassava). Meats such as *bife*(steak) and *frango*(chicken) are often accompanied by beans, cassava chips, cashew nuts, coconut, *batata*(potatoes), and a variety of spices, including garlic and peppers. Seasonal *fruta*(fruit) like papaya and pineapples, puddings made of fruits and rice, and fried balls of flour paste (similar to doughnuts), most often accompanied by Mozambican *chá*(tea), make a delicious ending to any meal.

In the mornings for *pequeno almoço*(breakfast), tea and coffee are commonly sold with sandwiches made of *ovos*(egg) or fresh *peixe*(fish), or a slightly sweetened bread-cake. The *pequeno almoço*is usually light, however, as the main meal of the day is normally *almoço*(lunch) at midday.

Those who work in cities and towns often purchase *almoço*from food stalls. *Pregos*(steak sandwiches), toasted cheese sandwiches (*sandes de queijo*), burgers, fried chicken, meat stews, and rice are typical fare available from the stalls. Fresh seafood from off the coast of Mozambique is abundant and is considered some of the most delicious food available. Fresh fish, prawns, calamari (squid), crab, lobster, and crayfish are often served with *arroz*(rice) or *batata fritas*(fries). *Matata*, a seafood and peanut stew, is a typical local dish. Rice topped with sauce, spicy stew, fresh fruit (such as pineapples sprinkled with sugar and cashew nuts), and *posho*(maize porridge) are common lunches for children.

<http://www.foodbycountry.com/Kazakhstan-to-South-Africa/Mozambique.html#ixzz624LosY4b>