

BRIGADEIRO (STRAWBERRY DELICIOUS)

Medium Recipe

Brigadeiros are small, tasty, bite-sized desserts that are typically rolled into balls and coated with chocolate sprinkles! These delicious creations are cherished in Brazilian cuisine and beyond!

PREP TIME:

15 minutes

COOKING TIME:

15 minutes

AMOUNT RECIPE MAKES:

20 balls

SKILLS USED:

Measuring, mixing/stirring, cooking on the stove

Nutrition Nuggets: Fresh fruit, like strawberries and grapes are fresh, nutritious additions to this classic dessert!

Leftover Love: These delights can be served immediately or stored in an airtight container in the refrigerator.

Food for Thought: Traditional brigadeiros are chocolate flavoured, but other variations include coconut flakes, nuts, and fruit preserves!

Submitted by BGC Hamilton-Halton



EQUIPMENT:

- Stove
- Medium saucepan
- Wooden spoon
- Plate

INGREDIENTS:

- 1 can (395 grams) sweetened condensed milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons unsalted butter
- Pinch of salt
- Chocolate sprinkles (for coating)
- Butter (for greasing)
- Grapes or strawberries (*optional*)

DIRECTIONS:

1. In a medium saucepan, combine the sweetened condensed milk, cocoa powder, butter, and a pinch of salt. Place the pan over medium heat.
2. Stir the mixture continuously with a wooden spoon or silicone spatula to prevent it from burning.
3. Cook for about 10 - 15 minutes until the mixture thickens and starts to pull away from the sides and bottom of the pan. You should be able to see the bottom of the pan for a few seconds when you drag the spoon through the mixture.
4. Remove from heat and let the mixture cool to a temperature that is cool enough to handle.
5. Grease your hands with butter to prevent it from sticking. Scoop small portions of the cooled mixture (about 1 tablespoon each) and roll them into balls.
6. Place the chocolate sprinkles on a plate. Roll each brigadeiro ball in sprinkles until fully coated.

Optional: If using strawberries or grapes, place the fruit in the centre of the rolled 'dough'.