

ATLAS BRAZIL: EAT

# Make Brigadeiros!

## Ingredients:

- 1 14-oz (300 ml) can sweetened condensed milk
- 3 tablespoons (22 g) unsweetened cocoa
- ½ cup (120 ml) water
- 1 tablespoon (14 g) butter (plus a little more for your hands)
- chocolate or rainbow sprinkles

**Makes 12-14 brigadeiros**

Use an adult assistant and be careful when working with the stove.

Cocoa is made out of cocoa beans, which grow wild in the Amazon rainforest.

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- 1** Use half of the butter to grease a big plate or platter.



- 2** In a small bowl or cup, mix the cocoa and water so the cocoa dissolves.



- 3** In a medium-sized, heavy saucepan, use a wooden spoon to combine the dissolved cocoa, condensed milk, and the remaining butter over medium-low heat.



- 4** Keep stirring until the mixture thickens and starts to look a bit like brownie batter. When you drag your spoon across the bottom of the pan, it should take a moment before the gap fills back in. Hang in there — this step may take as long as twenty minutes.

Be patient! Keep stirring!

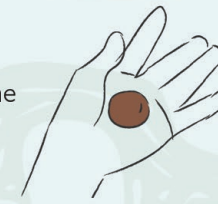


- 5** Spread the chocolate on the buttered platter and let it cool to room temperature. If you want to speed up the cooling, pop the platter in the fridge.



It will thicken even more as it cools.

- 6** Once the mixture is cool, grease your hands with a little butter. Scoop up some chocolate in a spoon and then roll it between your palms to form a ball.



- 7** Roll the ball in sprinkles. Scoop and roll the rest of the chocolate the same way.



That's it! You can chill the brigadeiros in the fridge until it's time to eat them up.

Yum!

