

THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

Brigadeiros

Ingredients:

1 – 14 ounce can sweetened condensed milk
4 tablespoons unsweetened cocoa powder
2 tablespoons unsalted butter
A pinch of salt
Assorted sprinkles or chopped nuts



Directions:

Before you begin:

Use good quality unsweetened cocoa powder (I use Valrhona). Use a non-stick saucepan. Stir constantly with a silicone spatula or wooden spoon; do not scorch. It should take about 15 – 20 minutes for the mixture to thicken and start coming away from the sides of the pan. The mixture should be thick and fudgy. Patience is a must.

1. Pour the condensed milk, cocoa powder, 1 tablespoon of the butter and a pinch of salt, into a medium non-stick saucepan. Stir until blended.
2. Place over medium heat and continuously stir until edges begin to bubble, then reduce heat to a simmer.
3. Continue stirring, scraping down the sides and bottom of the pan.
4. In about 15 minutes, the mixture should be quite thick. If not, continue for 5 more minutes until fudgy. Remove from the heat.
5. Pour your variety of sprinkles into individual bowls.
6. Butter a 9" square baking dish. Pour the chocolate mixture into the dish. Let cool for two hours.
7. Once the Brigadeiro mixture is cooled, grease your hands with butter and roll into 1 teaspoon-sized balls.
8. Roll the balls into the sprinkle mixture, re-roll, and place in candy papers.
9. Refrigeration is not necessary, although I like my Brigadeiro chilled.