

BRAZILIAN CHEESE PUFFS

Equipment needed –

Measuring cups, grater, large bowl, 3 mini muffin tins and a blender.

Ingredients from the Garden –

- 1 egg

Ingredients from the Pantry –

- ½ cup of milk
- 1/3 cup of vegetable oil
- ¼ cup of plain yoghurt
- 1 ½ cups of tapioca flour (arrowroot)
- Oil spray
- 2/3 cup of grated parmesan cheese

What to do –

1. Preheat the oven to 180°C.
2. Spray the mini muffin tins with some oil.
3. Grate the parmesan cheese so that you have enough for 2/3 of a cup. Set the cheese aside.
4. Measure out ½ cup of milk and add to the blender.
5. Measure out 1/3 cup of oil and add to the blender.
6. Measure out ¼ cup of plain yoghurt and add to the blender.
7. Crack the egg into a small bowl, check first for any egg shells and then add to the blender.
8. Measure out 1 ½ cups of tapioca flour, add to the blender and blend until combined.
9. When everything looks smooth and combined, stir in the parmesan cheese and a pinch of salt.
10. Pour the batter into smaller jugs so easier to pour. Pour into the prepared tins and bake for 15-20 minutes or until golden and crisp.
11. Divide amongst 3 serving platters to serve.

Serves –

- 28 students.