

CACHAPAS

Serving 4

INGREDIENTS:

Cachapas

2 box mais (approx 600/700 gr)
2 dl milk (if is any intolerance can be soya milk)
2 egg
100 gr Flour
4 tbsp oil to fried or oil spray
1 tbsp butter
Pinch of sugar
Pinch of salt

Optional some drops of vanilla essence

Note: is good to have extra milk or flour to ballance the consistence of the mix.

Filling

Ham & Cheese
Smoked paprika & feta cheese
Chicken & avocado
Smoked salmon & philadelphia

tbsp = tablespoon

PREPARATIONS:

- *Put the grains of mais in a bowl and grind with food processors to a paste, then add the milk, the egg, the sugar, the salt, the essence and in the end the flour, the consistent of the mixt must be thik and not to liquid.*
- *The frying pan must be hot, set the oil and take a portion with a big soup ladle and pour in the pan with some circle movements until cover the hole pan surface.*
- *Let the mix have holes pores of the heating) and as soon it looks like dry, twist to the other side and wait until is bit golden brown and take out of heat.*
- *Put in the stuffings and fold.*

Enjoy hot