



## *Brazilian Cuisine*

Brazil's cuisine is as varied as its geography and culture. Brazil's national dish is **feijoada**, a hearty stew made of black beans and pork (ears, knuckles, sausage and pieces of beef (usually dried)). It's served with a side of white rice, garnished with collard greens and sliced orange.

But in each region of Brazil food will have its own flavor and mixtures

Bahian food has a flavorful African influence, consisting mostly of seafood, beans, coconut milk and palm oil. The Churrasco is of Argentinean influence. With the exception of salt, the meats are cooked with no spices or sauces, because the chef wants to show his guests that the quality and flavor of the meat does not need to be camouflaged.

At the same time, sugar cane cultivation had a strong effect on desserts: traditional Brazilian desserts are nothing more than fruits blended with tons of sugar. Most of these can be eaten along with cheese

The contemporary-cuisine chefs in Brazil are making an impressive rediscovery of local ingredients, by adding new twists to old recipes, or inventing new dishes altogether !!

Come taste and learn a little bit of the Brazilian cuisine !!!

### Rio de Janeiro, Paraty and Salvador *9 days / 8 nights package*



### Day 1 – RIO DE JANEIRO

Arrival and transfer to Porto Bay Rio Internacional (or similar) in Copacabana Beach. Accommodation and rest of the day at leisure.

### Day 2 – RIO DE JANEIRO

Breakfast and departure to visit a local Market center with a variety of typical flowers, fruit and vegetables, where pax will have the chance to know a little bit of our local flavors and ingredients.

### Day 3 – RIO DE JANEIRO

Breakfast and Half Day tour to Corcovado (4hs). At evening we' ll have a Brazilian Cooking class with dinner. Pax will learn the Feijoada menu with Caipirinha, and will also have the oportunity to taste different brands of artinanal Cachaças.

These lessons only include ingredients that can be readily found in the US or EU countries.



### Day 4 – RIO DE JANEIRO / PARATY

Breakfast. Morning free to take na *optional* tour to Sugar Loaf. Afternoon transfer to Paraty. Arrival and accommodation at Sandi Pousada (or similar).

### Day 5 - PARATY

Breakfast. Day free to get a optional walking city tour or schooner tour. In the Evening another Brazilian cooking class with the Chef Yara Castro Roberts, who gathers the group around the stove in their ultra-modern kitchen and demonstrates how each dish is made. Those who want, participate in the preparation.

Brazilian cuisine is at a crossroad of cultures reflecting its roots that combines the native Indian, the Portuguese and the African. Yara tells stories about these traditions.

### Day 6 – PARATY / RIO / SALVADOR

Breakfast. Morning transfer to Rio airport to take a flight to Salvador. Arrival in Salvador and tranfer to Vila Gale Salvador. Accommodation and rest of the day at leisure.

### Day 7 - SALVADOR

Breakfast. Morning city tour and visit to the S. Joaquim Market where it' s possible to find all kinds of local fruits and ingredients and also a variety of handicrafts.

### Day 8 - SALVADOR

Breakfast. At lunch time we' ll go to Uauá Restaurant where we' ll have a demonstration of the Bahian Cuisine when pax can participate in the preparation of the dishes and then have a wonderful lunch.

Afternoon free.

### Day 9 - SALVADOR

Breakfast and transfer to the airport

## **Included in the Package:**

### **Rio de Janeiro**

Transfer IN airport / Hotel – PVT with English speaking guide assistance

03 Nights in Porto Bay Rio Internacional Hotel in Standard room with breakfast

01 Full Day tour to a Local Market (lunch not included)

01 Half Day tour to Corcovado (lunch not included)

01 Brazilian cooking Class with Specialized Chef\* + dinner\*

*\* Classes can be done in Portuguese, Spanish, English or French*

*\*\* Feijoada menu including: caipirinha, pork rinds, feijoada (meat&beans stew, rice, collard greens, oranges, farofa, rice), banana sweet for dessert.*

### **Paraty**

RT Transfer Rio / Paraty / Rio - PVT with English speaking guide assistance

02 Nights in Sandi Pousada in Standard room with breakfast

01 Brazilian cooking Class with Chef Yara Roberts\* + dinner\*\*

*\*Classes can be done in Portuguese, Spanish, English or French*

*\*\*The dinner includes: Appetizer, Main dish, Salad, Dessert, Wine or beer, Soft drinks and water*

### **Salvador**

RT Transfer airport / Hotel / Airport - PVT with English Speaking guide

03 nights at Vila Galé Hotel in Standard room with breakfast

01 Full Day City Tour with S. Joaquim Market - PVT with English Speaking guide (no lunch included)

01 cooking demonstration at Uauá restaurant with one of the local Chefs\* + dinner

*\* Demonstration is in Portuguese translated by a bilingual guide*

*\*\*Dinner as per menu of the day (drinks not included)*

### **General Remarks:**

- Rates in Us dollars, per pax, commissionable as per agreement
- Based on a minimum of 3 pax and max. of 8 (for a different group size please ask for a specific quote)
- Air tickets not included
- Rates valid until Dec 10<sup>th</sup>/2008, except during National Holidays
- Rates can change without prior notice
- IMPORTANT: Hotels and Cooking Classes are subject to availability (Availability must be checked in advance and itinerary can be changed and adapted depending on it.
- In Paraty the chef Yara Robert won't be available until July 2008
- Quote number as refe. 30151



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