

The recipe for Broinhas de Fuba is adapted from the cooking blog [Authentic Brazilian Cuisine](#).



## Broinhas de Fuba

1 c of filtered water

1 c of whole milk

1/2 c of unsalted butter (we used Smart Balance instead of butter)

1 c of corn meal

1 c of flour

1/2 c of sugar

1 t anise seed

pinch of salt

5 eggs

Preheat the oven to 400F degrees. Combine the flour, corn meal, sugar, anise seed and salt in a bowl. Then bring the milk, butter and water to a boil in a sauce pan. Once boiling, add the corn meal/flour mixture. Stir continuously with a wooden spoon until the dough begins to pull away from the sides of the pan and forms a ball. Once the dough is formed, let it cool. Next add the five eggs and beat it into the dough with the wooden spoon.

Next oil the inside of a small, round bowl and sprinkle with 1/4 t of flour (shake bowl around in circular motion to coat bowl in flour). Spoon a T of the dough into the bowl and roll the bowl in a circular motion, flipping the dough a few times until it forms a ball lightly covered in flour. Flip the bowl upside down and drop the puff onto a greased baking pan. Repeat the process for each puff, adding 1/4 t of flour each to the bowl each time. Place each puff two inches from the next. Bake for 20-30 minutes until golden brown. Recipe makes approximately 30 puffs. Serve warm or cold. (We served ours warm with a dab of butter on top.)