

Portuguese Influence on Minas Gerais Dessert Culinary During Brazil Colonization Period

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Abstract : The Minas Gerais sweets have a remarkable personality, perceived on the original usage of fruits, sweets, and cheeses in the Brazilian gastronomic landscape, as a unique representation of Minas Gerais. This memory-related and feeling-oriented food is one of the treasures common to all Brazilians. It is mandatory to mention its Portuguese roots for the use of honey, as well as sugar cane and its countless possibilities. This work will show that this heritage is predominantly Portuguese, born in Portuguese convents and that it crossed the Atlantic. Through a historical survey, visits to mining towns known for their sweet culture and material collected in these places, we present the protagonists of this journey of flavors: the Portuguese cake makers (boleiras), who brought the knowledge, ingredients, and the dream of a better life in the crowded mines of gold and opportunities, helping to form a new Minas Gerais knowledge with their delicacies.

Keywords : sweets from portugal, convent sweets, minas gerais, brazil

Conference Title : ICGC 2022 : International Conference on Gastronomy and Culture

Conference Location : Tokyo, Japan

Conference Dates : May 26-27, 2022