

Travel, eat,  
and drink  
like a *local*.

VITAMINA DE  
ABACATE



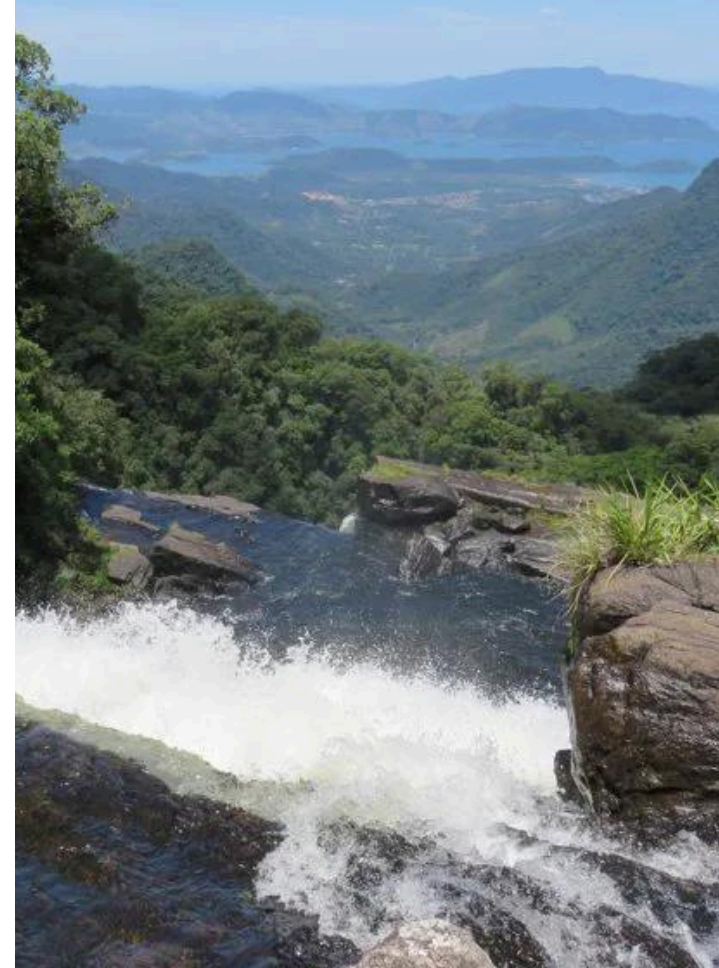
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“History Meets  
Nature”

A LIVE, VIRTUAL TOUR TO  
BANANAL, SAO PAULO,  
BRAZIL

# Famous Foods

## COD PASTEL (BACALHAU)

The thin pastry is filled with the salt cod, mashed potato, eggs, onion and parsley before being deep-fried.

This might sound like a bit of an odd combination but it's like the filling of a delicious fish pie that's been deep-fried in pastry.

## FEIJOADA

Feijoada is Brazil's national dish. It is a hearty stew of black beans, beef and pork. The name comes from the Portuguese word feijão, which means beans.

Normally served with rice, feijoada is typically eaten on the weekends. Why? It is a very hearty dish so plenty of time needs to be set aside for a food-induced nap afterwards.

## CHURROS

the choux pastry used in Brazil is often filled with chocolate or condensed milk before heading to the fryer. This creates a heavenly, gooey, melty centre. Can be found at street food stalls, markets, subways and street corners all around São Paulo.

# Mix Your Own

## VITAMINA DE ABACATE

### INGREDIENTS

- 1 small avocado
- 400ml milk
- A few drops of lemon juice (to taste)
- Sugar or honey to sweeten (to taste)
  - no need if the avocado is sweet

### DIRECTIONS:

Combine all the ingredients in a blender and blend until smooth

# Famous Drinks

## ALUÁ

Aluá is a traditional fermented beverage that hails from Brazil. The base ingredient is usually fermented with water and brown sugar, while the most common additions include grated ginger and cloves. The length of fermentation will affect the flavor, making it more sour and fizzy with time.

## TUCUPI

It is a yellowish-brown sauce made from the juice extracted from manioc root (also known as cassava or yuca). The preparation involves a fermentation process to remove the naturally occurring cyanide compounds found in raw manioc. The root is peeled, grated, and soaked in water for several days, allowing it to ferment.

## VITAMINA DE ABACATE

This blended smoothie (called a vitaminas in Portuguese) is made with avocado, sugar and milk. Interestingly, avocado is considered to be a fruit in Brazil and is often sweetened (rather than being used as a salty ingredient

# Make Your Own

## Brigadeiros

### Ingredients:

- 1/16 cup of butter
- 14 oz sweetened condensed milk(395 g)
- ¾ cup cocoa powder(30 g)
- 1 cup chocolate sprinkle(160 g), as needed

### Directions:

1. In a pot over low heat, melt the butter, condensed milk, and cocoa powder, stirring continuously until you can see the bottom of the pot for 2-3 seconds when dragging a spatula through.
2. Pour onto a greased plate, then chill for 1 hour.
3. Shape and roll the chilled mixture into balls.
4. Roll the balls in chocolate sprinkles. Enjoy!

# Bananal

## THE CITY

Bananal is a small, agricultural village situated along the Tietê River in rural São Paulo, originally settled in the 19th century. It is known for its coffee plantations, sugar cane production, cattle ranches, quaint historic church, and opportunities to experience Brazilian country culture.

## THE TOUR

Our live, virtual, 60 minute walking tour will begin at the historic train station, our local guide will take you back in time to find out how transport connected this rural town. As we stroll along cobblestone streets to the central plaza, we will learn what life was like through century-old tales. Pass local landmarks like the 18th century church and hillside shrines. We will witness daily life as we encounter locals and discover Bananal's folk artisan traditions. Our interactive live format allows you to talk directly with your guide to better understand local culture or get an insider's recommendations. In just 60 minutes, we will discover the rich history and welcoming people that make rural Bananal special.

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