



## Easy Farofa Recipe

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## Easy Farofa Recipe

**Farofa** is a traditional Brazilian side dish made from toasted cassava flour, often mixed with ingredients like onions, bacon, and spices. It's crunchy, flavorful, and served with almost every Brazilian meal—especially barbecue and feijoada. Loved for its rich texture and savory taste, farofa adds a special touch to any plate. Whether you're discovering it for the first time or bringing back memories of home, this easy farofa recipe will show you why it's a favorite in Brazilian kitchens.



## **Ingredients for Easy Farofa:**

### **Cassava Flour (Toasted Manioc Flour)**

This is the main ingredient and base of farofa. It's made by toasting cassava flour until it's golden and crunchy, giving the dish its signature texture and nutty flavor.

### **Butter or Oil**

Adds richness and helps toast the flour evenly. Butter gives a creamy, buttery flavor, while oil (like vegetable or olive oil) can be a lighter alternative.

### **Onions**

Sautéed onions add sweetness and depth of flavor. Cooking them until soft and slightly golden enhances the dish's aroma and taste.

### **Garlic**

Adds a bold and savory touch. Garlic should be finely chopped and sautéed briefly with onions to release its aroma without burning.

### **Bacon or Smoked Sausage (Optional)**

These bring a smoky, salty flavor and a crispy texture. Including these proteins makes the farofa more filling and flavorful, turning it from a side dish into a hearty accompaniment.

### **Salt and Pepper**

Essential seasonings that enhance all the other flavors. Salt brings out sweetness and balances bitterness, while pepper adds a subtle heat.

### **Fresh Herbs (Parsley or Green Onions – Optional)**

Adding chopped fresh herbs brightens the dish with a fresh, slightly peppery taste and adds color.

### **Optional Extras (Grated Carrots, Eggs, Raisins, etc.)**

These can be added to customize your farofa. For example, grated carrots add a bit of sweetness and color; scrambled eggs add richness and protein; raisins add a surprising touch of sweetness.

## **How to make classic farofa recipe:**

Making farofa is simple and quick. Follow these easy steps for a tasty side dish:

- **Start by toasting the cassava flour.** Heat a dry pan over medium heat and add the flour. Stir often until it becomes golden and crunchy. This gives farofa its classic texture.
- **Sauté the aromatics next.** In another pan, melt some butter or heat oil. Add chopped onions and cook until they are soft and lightly golden. Then add minced garlic and cook for about one minute until fragrant.
- **Add crispy bacon or smoked sausage (optional).** If you want extra flavor, fry small pieces of bacon or sausage until crispy. Mix them with the onions and garlic.
- **Combine the toasted flour with the sautéed ingredients.** Mix everything well in the pan so the flavors blend perfectly.
- **Season with salt and pepper.** Taste and adjust as needed.
- **Add fresh herbs like parsley or green onions if you like.** They add freshness and color.
- **Optional extras:** You can stir in grated carrots, cooked eggs, or raisins to make your farofa unique.

Farofa is flexible and you can customize it based on what you have. Enjoy this delicious Brazilian side dish with your meals!



## Serving and Storage Tips:

Serve farofa warm as a side dish with grilled meats, stews, or beans for a tasty Brazilian touch. It adds a nice crunch and flavor to any meal. If you have leftovers, let the farofa cool completely before storing it in an airtight container. Keep it in the refrigerator for up to 3 days. To enjoy it again, gently reheat in a pan to bring back the crispiness. Avoid microwaving too long, as it can make the farofa soggy. This way, you can enjoy farofa fresh anytime!

## Nutrition Info & Healthy Alternatives:

Farofa is mainly made from cassava flour, which is gluten-free and a good source of carbohydrates. It provides energy but can be high in calories depending on added fats like butter and bacon. To make it healthier, use olive oil or a small amount of butter instead of lots of fat. You can also add more vegetables like grated carrots or chopped spinach for extra

vitamins and fiber. For a lighter version, skip the bacon or sausage and use herbs and spices to boost flavor without extra calories. Enjoy farofa as part of a balanced diet!

# nutrition facts table:

Nutrient	Amount per Serving
Calories	210 kcal
Total Fat	12 g
– Saturated Fat	4 g
– Trans Fat	0 g
Cholesterol	20 mg
Sodium	350 mg
Total Carbohydrate	22 g
– Dietary Fiber	2 g
– Sugars	1 g
Protein	4 g
Vitamin A	2% DV
Vitamin C	4% DV
Calcium	2% DV
Iron	6% DV

**Note:** These values may vary depending on specific ingredients used (e.g., amount of butter, sausage, and cassava flour).

# Simple, Crispy, and Full of Flavor!

Farofa may be simple, but it brings so much personality to the plate. That buttery crunch, the savory notes, and the way it pairs perfectly with almost anything—it's no wonder it's a must-have at Brazilian tables. Whether you're serving it with grilled meats, beans, or even eggs, farofa adds that special something you didn't know you were missing. Try it once, and it just might become your new favorite side!

And if you want to take your Brazilian meal to the next level, pair this crispy farofa with our [Easy Brazilian Chicken Stroganoff](#). The creamy, comforting stroganoff and the crunchy farofa are a perfect match that will delight your taste buds. Don't miss out on this classic combo!

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Easy Farofa Recipe



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