

**Portuguese Gastronomy**

**Regional Menu**

**Starter:**

**Bolinhos de Bacalhau (Codfish Fritters)**



**Ingredients:**

- 250 g dried soaked codfish ;
- 200 g potatoes
- Small onion, finely chopped
- 2 tbsp. finely chopped parsley
- 3 tbsp. Port wine
- 3 eggs
- salt
- pepper
- 1 tbsp. flour
- vegetable oil for frying

**Preparation:**

- 1- Boil and mash the potatoes, set them aside.
- 2- Boil the codfish until it flakes easily. Drain and flake the fish with a fork.  
Be sure to remove all bones.
- 3- Mix the flaked fish, the potatoes and the rest of the ingredients together well by hand. If the mixture is too crumbly, add another egg. If too sticky, add some flour.
- 4- With the help of two tablespoons form the mixture into oval shape and deep fry them until golden.
- 5- Drain on paper towels.

## Caldo Verde (Portuguese cabbage soup)

### Ingredients (serves 4)

- 6 leaves of Portuguese green cabbage or similar cabbage
- 600 g of potatoes
- 2 cloves of garlic
- 1 medium-sized onion
- slices of "chouriço" (Portuguese sausage)
- 2 slices of corn bread
- 1 dl of olive oil
- Salt



### Preparation:

- 1 - Peel the potatoes, the onion and the cloves of garlic and cook in 2.5 L of salted water; add half the portion of olive oil.
- 2 - Meanwhile, wash and shred the green cabbage very finely.
- 3 - When the potatoes and the other ingredients are well cooked, reduce them to purée and bring to boil again on a low to medium flame.
- 4 - Drain the cabbage and add it to the boiling mixture: let simmer, uncovered (so that the cabbage stays green), until the cabbage no longer tastes raw.
- 5 - Season to taste and add the remaining olive oil.
- 6 - When serving, put one or two slices of "chouriço" in each bowl or soup plate before pouring the "caldo verde" on it. Serve with half a slice of corn bread per person.

**Hint:** In summer, the cabbages are a little hard; it is advisable to scald them before adding to the broth.

**First course:**

**Bacalhau com Natas (*Codfish with Cream*)**



**Ingredients:**

(serves 4)

400 g of dried and salted codfish (*bacalhau*)

500 g of potatoes, diced

5 big red onions, diced

olive oil

salt and pepper

3 cups of cream

black olives for decoration

**Preparation:**

Soak the dried cod in cold water for about 24 hours, or until completely moistened. Change the water several times; drain thoroughly. Put the cod into a saucepan with cold water to cover. Bring to a boil, reduce heat, and simmer for 15 minutes or until fish is tender. Drain; skin and bone the fish. Flake with a fork into large pieces.

Dice the onions and sauté them in oil till they are tender and golden. Add the softened codfish and mix. Keep this on a low fire for about 5 minutes. Now pre-heat the oven.

Put the diced potatoes in a big pan with lots of oil till they are a bit soft. Then add the codfish and onions, and add salt and pepper to taste. Add the cream and keep this on a low fire for a minute, till the cream is warm, but not boiling. Now put this mixture in a casserole, decorate with olives and put it in the oven till slightly golden (about half an hour).

Serve immediately.

**Second course:**

## Rojões à Minhota (Pork and Pickled Vegetables)

**Ingredients:**

1, 50 kg pork shoulder, cut in cubes

4 tbsp. olive oil

2 large garlic cloves, peeled & minced

2 tbsp. sweet paprika

2 large bay leaves (do not crumble)

1/2 tsp. freshly ground black pepper

1 cup dry red wine

1/2 tsp. salt

1-1/2 cups pickled vegetables (carrots, cauliflower, green beans, etc.)

**Preparation:** Brown the pork in 2 to 3 batches in the olive oil in a large heavy kettle over moderately high heat, allowing 10 to 12 minutes per batch; as the pork browns, lift it with a slotted spoon to a heat-proof bowl.

When all the pork is brown, drain all but 1 tablespoon of drippings from the kettle; return the pork to the kettle, add the garlic, paprika, bay leaves, and pepper, and mellow over moderate heat 5 minutes, stirring occasionally. Add the wine, bring to simmer, adjust the heat so that the wine barely bubbles, cover, and simmer, 1 to 1 1/2 hours until pork is fork-tender.

Season to taste with salt. Ladle the pork into a large deep platter, spoon some of the kettle liquid on top, then sprinkle with the pickled vegetables.

Serve with boiled or roasted potatoes.



## Dessert

### Pasteis de Nata (Portuguese Custard)

#### Ingredients

- 3 free-range egg yolks
- 115g caster sugar
- 2 tbsp corn flour
- 230ml double cream
- 170ml milk
- 2 tsp natural vanilla extract
- 1 sheet ready-rolled puff pastry



#### Method

1. Put the egg yolks, sugar and corn flour in a saucepan and whisk together. Gradually whisk in the cream and milk until smooth.
2. Place the pan over medium heat and cook, stirring, until the mixture thickens and comes to the boil. Remove from the heat and stir in the vanilla extract.
3. Transfer the custard to a bowl, cover the surface with plastic wrap to prevent a skin forming and leave to cool.
4. Preheat the oven to 190C
5. Lightly grease a 12-hole muffin tin.
6. Cut the pastry sheet in half, put one half on top of the other and set aside for five minutes. Roll up the pastry tightly from the shorter-sided end and cut the pastry log into twelve 1cm rounds.
7. Lay each pastry round on a lightly floured surface and use a rolling pin to roll out until each is 10cm in diameter.
8. Press the pastry rounds into the holes in the muffin tin. Spoon the cooled custard into the pastry cases and bake for 20-25 minutes, or until the pastry and custard are golden.
9. Leave the tarts in the tin for five minutes, then transfer to a wire rack.
10. Pasteis de Nata can be served warm or cold, but highly recommended with a good sprinkle of cinnamon on top.

## Chocolate mousse



### Ingredients:

200 g melted chocolate

6 eggs

6 tbsp. sugar

50 g butter

1tbsp. Port wine

1. Mix the butter and the sugar until smooth.
2. Add egg yolks one at the time and stir until obtaining a white cream.
3. Add Port wine.
3. Add the melted chocolate and mix until fully combined.
4. Lightly whip the egg whites and fold into the mousse with a rubber spatula.
5. Pour the mousse in small bowls, cover and refrigerate for at least three hours.
6. Serve chill or remove from the refrigerator 10 minutes before serving.