

### **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.

## Canja de Galinha (Chicken Broth)



### Ingredients:

- 2 L chicken stock
- 1 cup of long grain rice
- 2 cups of grated carrot
- 1/4 Chouriço (Portuguese Sausage)
- Salt
- Fresh mint leaves

### Preparation:

1. Bring stock to boil and add the chouriço cut in half and the rice.
2. Once the rice is nearly cooked (for this kind of soup the rice should be slightly overcooked), add the grated carrot.
3. Boil for another 5 minutes, taste for salt and serve with a fresh mint leaf and with the shredded meat, if using.

## 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.

## Carne de Porco à Alentejana (Pork with clams Alentejana style)

### Ingredients:

- 1 kg Pork shoulder, trimmed of excess fat and cut into 3 cm cube
- 1 kg small clams, still in their shells but already well purged
- 4 garlic cloves, peeled, finely chopped
- 1 onion, peeled and chopped
- 200 ml good fruity white wine
- 1 lemon, zest and juice
- 1 tablespoon sweet paprika
- ½ teaspoon allspice
- 3 fresh bay leaves
- 800 g potatoes, peeled and cubed
- 1 handful chopped coriander
- Salt and freshly ground pepper to taste
- 500 ml water
- 5 tablespoons olive oil



### Preparation:

- Boil the potatoes for about 5 minutes on high heat, remove, rinse, dry and set aside.
- Heat the oil in a large wide pan and sauté the pork over high heat until golden and crisp on both sides to add flavour to the meat.
- Add onions and garlic and sauté until the aroma is noticeable; add salt, allspice, paprika and pepper and then the wine. Allow it to boil for a few seconds in order to thicken the sauce.
- Add the water, put on the lid and simmer over low heat for about 1 ¼ hours, turning the meat over and checking regularly. Should the need arise, add some more water but remember that there must be enough slightly thickened sauce in the pot.
- Finally add the clams, the zest and the lemon juice, put on the lid, turn up the heat and cook vigorously for about 10 minutes until the clams have all opened up. Discard all closed clams.
- Check and correct seasoning, stir in the coriander and set aside to rest.
- During this period, fry the potatoes in enough olive oil until they are crisp, sprinkle with salt, add to the meat and clams and serve immediately.

## Mousse de Chocolate (Chocolate mousse)



### Ingredients:

200 g melted chocolate  
6 eggs  
6 tbsp. sugar  
50 g butter  
1tbsp. Port wine

### Preparation:

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

**Agrupamento Vertical de Escolas de Pico de  
Regalados**

**E.B.I Monsenhor Elísio Araújo**



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