

Menu 2

Chouriço assado com aguardente (Grilled Portuguese sausage with alcohol)



Ingredients:

- Portuguese Chouriço
- Alcohol (or brandy)

Preparation:

- Flambé the chouriço in 96° alcohol, in a Portuguese clay pot (as in the photo) until it is well-cooked and has released most of its fat.
- Once the alcohol has burned off, the sausage is ready to eat.
- Cut in small pieces and serve with cornbread.



Sopa de Hortaliça à moda da Avó (Vegetable Soup Grandma Style)



Ingredients:

- *Chouriço* (Portuguese sausage)
- Bacon
- ½ Kale (cabagge)
- 1 big, ripe tomato
- 1 big onion
- 4 carrots
- 6 potatoes
- 3 strips of pumpkin
- Parsley
- 2 turnips
- 4 tablespoons of “macaroni” noodles
- 4 4 tablespoons of good olive oil
- 3 cloves of garlic
- 1 a sprig of mint

Preparation:

Wash the kale well and cut into thick julienne. Cut the potatoes, carrots, pumpkin, turnips, tomatoes and onion. After well washed, bring to cook in a pot with water covering all the ingredients. Add the parsley and garlic. As soon as it begins to boil, add the bacon and the sausage. Cook for 20 minutes. Remove the meat. Mash up everything and bring back to boil. Add the cabbage and the noodles. Bake for 10 more minutes. Add olive oil to the final preparation without letting it boil.

The sausage and bacon can be cut into pieces and add to the soup according to taste. At the time of serving, add a bit of mint to the dish.

Arroz de marisco (Seafood Rice)



Ingredients:

- 300 gr. of short grain white rice
- Shrimp
- Clams
- 4 tiger prawns
- 1 onion
- 2 tomatoes
- 2 cloves of garlic
- 1/4 green pepper
- 1 bay leaf
- Red hot chili pepper
- 1,5 dL of olive oil
- water
- salt

Preparation:

1- In a pan, boil the shrimp and tiger prawns. Turn off the heat, peel them and take off the head to the seafood and reserve. Lightly mash up their heads, put them back into the broth and let it boil a few minutes. The water is filtered and saved.

In another pan, bring to boil the clams until opened, and also reserve the cooking water.

2- Mix the onion, garlic and olive oil until the onion is soft. Add the tomatoes, pepper and bay leaf. Allow to simmer, season to taste and add the chili.

3- Next, join the two cooking water which were reserved (three times the amount of rice), so that, as soon it starts to boil, add the rice, washed and drained. When the rice is cooked, add the seafood and serve

You can reserve some prawns to decorate the plate.

Bife à Portuguesa (Portuguese steak)



Ingredients:

- 2 tenderloin steaks
- 4 cloves of garlic
- salt and pepper
- Margarine
- Ham
- 1dl of white wine
- 1 tablespoon of flour
- Vinegar

Preparation:

1- Season the steaks with garlic and salt.

2- In a skillet, bring the steaks to fry with plenty of margarine (to make the sauce). Remove and set aside on a platter covered with foil to keep them warm.

3- On low heat, add the white wine and the flour and stir well. Add a little pepper, and stir until thickened, letting it simmer a little.

4- When the sauce is ready, place the steaks in a serving tray, and add the ham and a fried egg on top of each steak.

5- Sprinkle with 2 drops of vinegar.

Serve accompanied by fries, white rice and a salad.

Arroz doce (Rice Pudding)



Ingredients:

- ½ cup of short grain white rice
- ½ L of water
- 150 gr. of margarine
- 1 L hot milk
- 6 egg yolks
- 9 tablespoons of sugar
- 1 lemon peel
- 1 cinnamon stick
- cinnamon powder (to taste)
- 1 pinch of salt

Preparation:

1- In a medium-sized, heavy-bottomed saucepan, bring the water, margarine, salt, cinnamon stick and lemon peel, to a boil over high heat. Once the margarine has melted, add the rice, allow boiling and letting it cook until the water disappears. At this moment, add the hot milk. Let it boil until the rice is cooked, but not overcooked. Stir frequently to prevent the rice from sticking to the bottom of the pan.

2 - Add the sugar and stir well, cook for another 5 minutes. Remove the lemon peel and cinnamon stick.

3. Beat the egg yolks and mix in the rice, stirring constantly. Bring back to simmer without letting it boil, stirring constantly.

4. Put in a bowl or in individual bowls, and sprinkle with cinnamon.

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

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