

MENU 3

Presunto com melão (Raw ham with melon)



Ingredients:

- 1 melon
- Slices of Portuguese raw ham (“Presunto”)

Preparation:

Use fresh and cool melon.

1- Slice the melon.

2- Remove the seeds

3- Cut along into thin slices.

4- Lay out a slice of raw ham on each slice of melon.

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.

Polvo à Lagareiro (Octopus Lagareiro style)



Ingredients:

- 1,5kg octopus
- 1 onion
- 2 bay leaves
- 6 garlic cloves
- 1/2 red pepper
- 1/2 yellow pepper
- 1/2 green pepper
- 1 kg potatoes
- 1 bunch of parsley
- 1 teaspoon vinegar
- salt and pepper

Preparation:

1- Boil the octopus in a pressure cooker with an entire onion, a bay leaf, salt and pepper, for about 30 minutes.

2- Then, take it from the pressure cooker and put it in a clay oven tray.

3- Peel the garlic, cut the peppers in large slices, add the potatoes still with its skin, and the rest of the ingredients into the tray. Sprinkle with parsley and olive oil and take it to the oven, for a couple of minutes just to finish it with a char-grilled taste.

4- Sprinkle with vinegar and serve immediately.

Cozido à portuguesa (Portuguese “Cozido”)



Ingredients: (serves 6)

- 200 gr. of rice
- 200 gr. of vegetables (beans, chick-peas...)
- 1 Kg. of chicken
- 1 Kg. of beef (preferably the leg), or calf
- 200 gr. of portuguese sausage (chouriço)
- 400 gr. of pork leg
- 1 pig ear
- 4 medium potatoes
- 6 turnips
- 6 carrots
- 1 white cabbage
- 300 gr. kale (Portuguese cabbage)
- 2 onions
- water
- pepper
- salt

Preparation:

The day before, put the beans and chick-peas in water, soaking.

1- Once drained, put the beans and chick-peas in a pressure cooker with pepper, cover with water and boil for 15 minutes on low heat.

2- While the beans cook, put the leg of pork, beef and ear in a large pan, season it, cover with water and bring to boil. Then, remove the foam, lower the heat and add the onion. Let it all cook for an hour and a half, removing a liter of broth and reserving it.

In the same pan, add the drained beans and allow to bake 30 minutes more, checking the amount of water so that everything is covered.

3- The “chouriço” is cooked separately and then added to the main pan, along with pieces of chicken, sliced potatoes, turnips and carrots. Let it cook on low heat for 30 minutes.

Then, add the kale and white cabbage. Cover and bake 15 more minutes at low heat.

4- With the reserved broth, make the rice

Finally, display all the types of meat, beans and chick-peas in a serving dish, and around it the vegetables. Serve hot accompanied with rice.

Leite Creme (Egg Custard)



Ingredients:

- 1L milk
- 4 egg yolks
- 4 spoons of sugar
- 4 tablespoons cornstarch flour
- 1 lemon peel

Preparation:

- Beat egg yolks and milk.
- Mix sugar and flour together then add the lemon peel.
- Cook in double boiler until thick, for 10 minutes (approximately)
- Remove the lemon peel.
- Pour in a platter or in small bowls, cover with sugar and burn it with a hot iron.

Agrupamento Vertical de Escolas de Pico de
Regalados

E.B.I Monsenhor Elísio Araújo



Education and Culture DG

Lifelong Learning Programme