



# Look-Cook-Book



## PORTUGUESE RECIPES

SELECTED BY 6<sup>th</sup> G STUDENTS



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PÓVOA DE LANHOSO

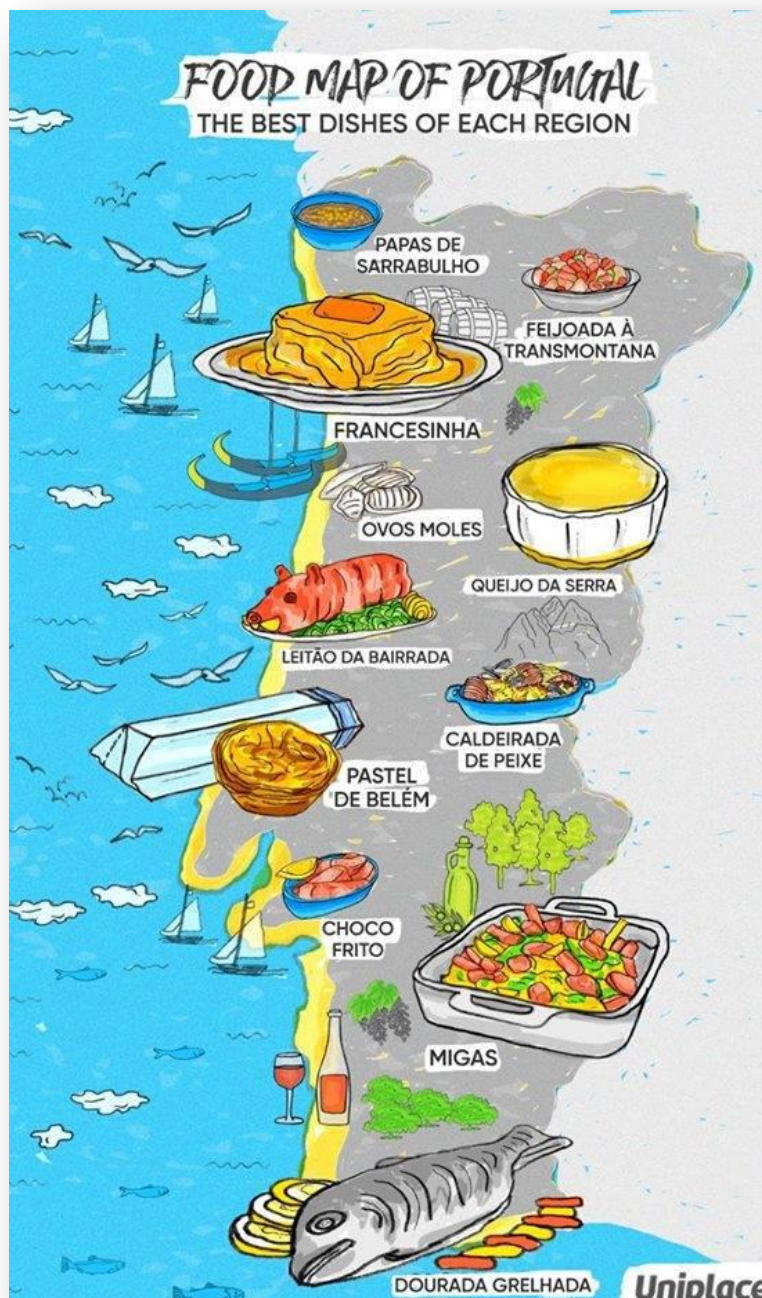
PORTUGAL

**PART I**

**PORTUGUESE**

**TRADITIONAL**

**RECIPES**



# PAPAS DE SARRABULHO



This is a recipe for a big family and is traditionally cooked during Winter.

## INGREDIENTS:

- 1 homemade chicken (about 3 kg)
- 1,750 kg of veal meat
- 1 kg of pig meat
- 1 big bone
- 1 *salami*
- Some ham
- Some bacon
- 1 meat sausage
- 1 blood sausage
- 36 dry wheat loaves of bread
- Lemons
- Cumin
- Salt and white pepper
- Crumbled pork blood
- 1,5 kg of potatoes

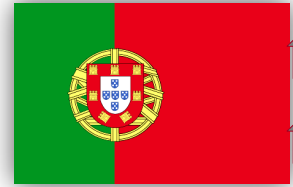


## PREPARATION:

- ✓ Put in a pan all the meat, together with the spices, the lemon and the crumbled pork blood for some hours;
- ✓ Pour water until it covers the meats;
- ✓ Let it cook well, until they can be shredded;
- ✓ Chop and shred the meats into very tiny pieces;
- ✓ Reserve the bones, the skin and some chicken fat to boil with water where you will add potatoes;
- ✓ Remove the bones;
- ✓ Cut the loaves of meat into very small pieces and add them to the cooked meats;
- ✓ Serve hot and add more cumin if you like.



# TRIPAS À MODA DO PORTO



## INGREDIENTS:

- 600 gr of pork tripe
- 1/2 of a veal hand
- 100 gr of ham
- 1 chicken leg
- 100 gr of pig ear
- 100 gr of bacon
- 80 gr of meat sausage
- 80 gr of *salami*
- 80 gr of blood sausage
- 4 dl of white beans
- 1 carrot
- 0,5 dl of olive oil
- 1 clove garlic
- 1 onion
- 1 *bouquet* of scents
- 1 dl white wine
- 2 spoon of tomato pulp soup
- Salt, pepper, cumin and chopped parsley
- Piri piri
- 300 gr of rice



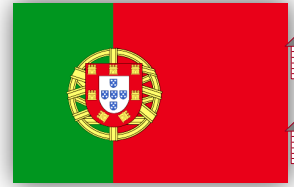
## PREPARATION:

- ✓ Put the beans in cold water during a day;
- ✓ Clean and wash the tripe and the veal hand thoroughly;
- ✓ Bake them with small pieces of carrot, onion, chopped garlic and some pepper;
- ✓ Let the tripe bake a little more than the veal hand;
- ✓ Bake the beans with carrot pieces, the chicken, the ear, the ham and the sausages, except the meat sausage;
- ✓ Remove the meats as they are getting cooked;
- ✓ Cut them into small pieces and stir in olive oil, onion and garlic;
- ✓ Add the white wine, the tomato pulp, the meat sausage and the bacon;
- ✓ Let it boil slowly for about 45 minutes;
- ✓ Add the tripe and the veal hand, remove the meat sausage and the bacon and allow to rinse for 15 minutes, adding the necessary broth;
- ✓ Add the beans, piri piri and cumin, stirring carefully;
- ✓ Serve on a platter, spreading over the boiled pig ear cut in strips, ham, shredded chicken, slices of *salami* and slices of bacon;
- ✓ Sprinkle with chopped parsley;
- ✓ Serve with white rice, made in the oven, garnished with the slices of the meat and blood sausages.





# BOLO COM SARDINHAS



## INGREDIENTS:

- Corn flour
- Rye flour
- Yeast
- Salt
- Water



## PREPARATION:

- ✓ Mix the flours with the water and the salt;
- ✓ Add the yeast and leave it for some time;
- ✓ Make small balls with the and spread the dough in the oven together to grow and toast.
- ✓ Serve it hot with fried Portuguese sardines.





# BATATAS A MURRO



## INGREDIENTS:

- 6-8 medium sized gold potatoes
- 10 garlic cloves, chopped
- 2 small onios, chopped
- Salt and pepper
- 1 tablespoon of olive oil



## PREPARATION:

- ✓ Bake the potatoes in the oven (350°C), unwrapped, until cooked;
- ✓ Take the potatoes out of oven and "punch" them so as to have the center of the potato popped open and then push the potato pulp up;
- ✓ Place desired amount of garlic and onions in each open potato;
- ✓ Drizzle with a bit of olive oil;
- ✓ Sprinkle with pepper;
- ✓ Serve it with grilled cod fish;
- ✓ Enjoy!





# COZIDO À PORTUGUESA



Cozido à Portuguesa is one of the favorite and most traditional dishes of the Portuguese.

## INGREDIENTS:

- Beef
- Pork (Entrecote, Ribs)
- Chicken
- Meat sausage
- Blood sausage
- Bacon
- White Beans
- Potatoes
- Carrots
- Cabbage
- Turnips
- Garlic



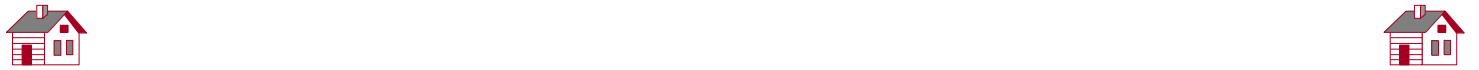
## PREPARATIO:

- ✓ Clean and wash the meats;
- ✓ Put them all (except the chorizo) in a pan and cover with a little salt water;
- ✓ Let them boil until the meats are cooked and tender;
- ✓ Bake in a small pan the farinheira part;
- ✓ Peel all the vegetable and cut them in quarters or halves;
- ✓ After cooking, remove the meats, save the cooking water and set aside.
- ✓ Put all the vegetables and sausages in a pan and cover half with water and the other half with the cooking water of the meats;
- ✓ Season with salt and let it cook until all the vegetables are well cooked (between 10 to 15 minutes).
- ✓ After being cooked, cut all the meats and serve with rice.





## PART II



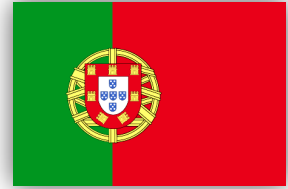
# PORTUGUESE CHRISTMAS RECIPES







# ROUPA VELHA



## INGREDIENTS:

(for two or three people)

- 2 slices of cod fish;
- 2 potatoes;
- 2 cloves garlic;
- 2 boiled eggs;
- 6 cabbage leaves;
- oil ;
- salt ;
- olives for garnish (optional).



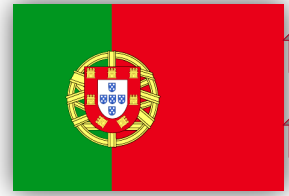
## PREPARATION:

- ✓ Put the cod fish in cold water during a day;
- ✓ Clean the skin and bones of the cod fish and shred it;
- ✓ Cut the cabbage and potatoes into pieces;
- ✓ Boil some olive oil with minced garlic and, when these look brownish, add the cod, the potatoes and the cabbage;
- ✓ Let it cook for a while, stirring well;
- ✓ Add the eggs cut into pieces and stir until they are well mixed;
- ✓ Check the seasonings, add pepper and, if necessary, add salt;
- ✓ Serve hot and garnish with some olives.





# ALETRIA



## INGREDIENTS:



- 150 g of *Vermicelli* pasta
- 5 dl of milk
- 50 g of butter
- 200 g of sugar
- 4 egg yolks
- 1 lemon rind
- powdered cinnamon
- 1 pinch of salt



## PREPARATION:

- ✓ Cook the *Vermicelli* pasta in water seasoned with a little salt;
- ✓ Drain the water;
- ✓ Separately, heat the milk with a thin rind of lemon and then add it gradually to the pasta, keeping the low heat and stirring constantly;
- ✓ Add the butter and then the sugar;
- ✓ Beat the egg yolks and mix some milk;
- ✓ Remove the pasta from heat, enclosing the yolks carefully;
- ✓ Cook again for a minute or two without boiling;
- ✓ Pour the pasta still hot on a platter;
- ✓ Wait to cool a little and decorate with powdered cinnamon.





# BOLO REI

## INGREDIENTS

- 175 g of cristalized fruit
- 1 dl of Port wine
- 30 g of yeast
- 750 g flour
- 150 g margarine
- 150 g sugar
- 5 eggs
- Orange peel
- Lemon peel
- 1 teaspoon of salt
- 100 g of pine nuts
- 100 g of chestnuts
- 100 g of almonds
- 100 g of raiins
- 50 g of icing sugar



## PREPARATION

- ✓ In a small bowl mix together the yeast, sugar and flour and warm water to create a smooth dough. Cover and set aside to rise in a warm place for about 30 minutes or until it has doubled in size.
- ✓ Add the chopped cristalized fruit, raisins, lemon and orange peel and Port wine. Leave the fruit to soak up the liquid while you prepare the dough.
- ✓ Beat the butter and sugar together until smooth and creamy. Beat in the eggs and egg yolks. Gradually beat in half of the remaining flour and the milk.
- ✓ Add the yeast mixture to the dough making sure it is evenly blended together.
- ✓ Add the almonds, chestnuts and pine nuts and the cristalized fruit mixture.
- ✓ Mix in the remaining flour to create a sticky bread like dough and until all the fruit and nuts are evenly covered by the dough.
- ✓ Cover and leave to rise in a warm place for about one hour.
- ✓ Take the dough and shape into a round loaf and place on a greased baking tray.
- ✓ Using your thumbs, open up a hole in the middle of the dough so that you are left with a wreath shape, or crown, about 25cms wide.
- ✓ Decorate the wreath with a few cristalized fruits. Beat the egg and brush over the wreath. Cover and let rise in a warm place for about one hour. Bake in a preheated oven at 190 degrees C for about 40 mintues. Cool and dust with icing sugar.





# FORMIGOS



## INGREDIENTS

- 150gr of regional bread
- 250g of sugar
- 3dl of milk
- 3dl of water
- 2 tablespoons butter
- 1 glass of Port wine
- 4 egg yolks + 2 whole eggs
- 50g raisins
- 50gr of pinions
- 1 stick of cinnamon
- lemon peel



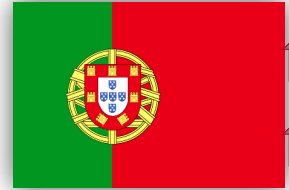
## PREPARATION

- ✓ Bring to a boil with the milk, water, lemon peel, sugar and cinnamon and boil for 3 minutes.
- ✓ Then remove the cinnamon stick and lemon.
- ✓ Add the broken bread, butter, port wine and bring to the heat until golden.
- ✓ Remove from heat and add the beaten eggs, raisins and pinion crumb.
- ✓ Bring to the heat again to thicken slightly and then place the jam on a platter.
- ✓ Sprinkle with cinnamon to taste!
- ✓ Enjoy it!





# SONHOS DE NATAL



## INGREDIENTS:

- 6 extra large eggs;
- 2 cups flour;
- 3/4 cup water;
- 3/4 cup milk;
- 1/2 tsp salt;
- 1/2 stick butter or margarine
- 1 slice lemon rind
- Sugar and cinnamon for topping.



## PREPARATION:

- ✓ In a large pan, place the water, milk, butter, lemon rind, and salt over medium heat and bring to boiling point.
- ✓ Stir in the flour until it becomes a soft dough which turns into a ball shape that separates from the sides of the pan.
- ✓ Remove the dough from heat and place into a bowl. Let the dough cool for a few minutes. Beat in one egg at a time making a smooth batter.
- ✓ Heat the oil to 365 degrees. Shape the dough into round doughnuts by using 2 large tablespoons. Fry the dough by 4 or 5 pieces at time until golden brown while keeping the heat at a steady temperature.
- ✓ Pierce the “sonhos” slightly as they cook.
- ✓ Drain on a brown paper lunch bag or on paper towels.
- ✓ While still hot, roll the “sonhos” in a mixture of sugar and cinnamon.





**THE END**

