



*Portuguese
dishes
you want to
taste*



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Carne de Porco à Alentejana **Portuguese Pork and Clams**

Ingredients (2 people)

| | |
|---|----------------------------|
| 500g pork loin (with some fat but not much) | 1/2tsp smoked paprika |
| 2 garlic cloves – crushed | 400ml of a good white wine |
| 2tsp massa de pimentão (Pepper paste) | Salt and black pepper |
| 2 bay leaves | 2 large potatoes |
| | 1tsp olive oil |
| | 500g clams |
| | Fresh cilantro |

Preparation

Cut the pork into approximately 3cm cubes and place in a bowl or deep dish. Add the wine, crushed garlic cloves, bay leaves, pepper paste and paprika to the dish. Mix thoroughly and be sure the pork is covered well.

Cover, and leave to marinade for at least 2 hours.

While the pork is marinating, we can prepare our clams. Place them in a large bowl and cover them with cold salted water. You'll want to leave them for at least an hour. The clams which should be alive will start to breathe and begin to filter the water. This should push the older saltwater and sand out of their shells. You'll notice the water get pretty murky. With the pork marinated, separate the pork and keep the marinade. Sear the pork in a hot pan.

Once all of the pork is seared, pour the remaining marinade on top of the pork. Let it simmer with a lid for around 45 minutes.

Meanwhile, peel and cut the potatoes into small cubes.

Give them a nice coating of olive oil and salt and spread them on a baking tray. Place them in the oven at 200°. Cook them in the oven for around 30-40 minutes until they're golden brown.

Drain the clams into a large colander or sieve, remove any with broken shells, or any clams that don't close when you touch them

If you've timed this correctly, we should be reaching the point where everything is nearly ready, the clams will only need around 5 minutes so pause here if your potatoes aren't quite done.

Place all of the clams into the pan with the pork. Use a lid and let the clams, steam/simmer in the liquid. They'll take around 5 to 7 minutes to cook and open.

While the clams are cooking, spread your potatoes evenly on a plate. Once the clams are cooked, discard any that did not open. We think its best to remove about half of the clams from their shells and leave them in the sauce.

Spoon the pork, clams and plenty of the sauce on top of the potato base layer! Sprinkle with fresh coriander.





Cozido à Portuguesa

Ingredients

| | |
|----------------------------|---------------------------------------|
| 500g of beef | 2 turnips |
| 1 pig's foot | 4 potatoes |
| 1 pig's ear | 4 carrots |
| 300g of pork chops | 300g of rice |
| 1 chouriço | 1 meat flavoured bouillon |
| 1 meat chouriço | 1 chicken flavoured bouillon |
| 1 blood sausage | 1 vegetable flavoured bouillon |
| 2 puddings | Cooking salt (as much as you like it) |
| 1 rice pudding | Cloves (as much as you like them) |
| 1800g of savoy cabbage | 1 can of white cooked beans |
| 800g of Portuguese cabbage | |

Preparation

Put the 3 bouillons, salt, cloves, and the chouriço on a big pot with water and let them boil. Clean the meats (beef, pork chops, pigs foot, pig's ear, and meat "chouriço") and add them to the pot to boil. Once all the meats are cooked, remove them from the pot and plate them. Wash the vegetables and add them to the water that was used to cook the meat. Let them boil for 5 minutes.

Add the rice pudding, the turnips, and the carrots after cutting them into quarters. Let them boil for 5 minutes.

In the meanwhile add the rice and some of the stock from the meats into another pot. Cook the rice as you normally would.

Add the potatoes cut in half to the pot with the vegetables.

Pierce the puddings and the "chouriço" with a toothpick and add them to the pot. After 4 minutes remove the blood sausage.

Remove some of the stock to another pot and add the beans, letting them cook for 2 minutes.

When everything is cooked, cut the meats and plate everything.



Francesinha

For the Sauce:

- 1tsp olive oil
- 1tbsp lard
- 1 small onion – thinly sliced
- 2 garlic cloves – roughly chopped
- 1 bay leaf
- 1 tin of diced tomatoes
- 400ml beef stock
- ½ cup ruby port wine
- 500ml blonde beer
- 1 piri-piri seedless
- 2tbsp Worcester sauce
- Salt
- Black pepper

For the Francesinha:

- 2 slices of soft bread
- 1 thin beef steak – tenderized
- 1 pork sausage
- 1 cured pork sausage – linguça
- 2 slices of ham
- 5 slices of cheese
- 1 egg

Preparation

Place a medium saucepan over low to medium heat. Once the pan is hot, add the lard, olive oil, garlic, and bay leaf. Let it cook for a minute before adding the onion. Let it simmer for about 8 minutes until the onion turns translucent.

Add the tinned tomatoes and the beef stock. Bring it to a boil and let it simmer for about 10 minutes.

Add the remaining sauce ingredients: port wine, beer, piri-piri and Worcestershire sauce, cook for another 10 minutes.

With a hand mixer, blend everything until smooth. Let the sauce simmer for 30 minutes.

The texture should be similar to a gravy but slightly more liquid. If necessary, add some corn starch or other thickening to your taste. Make sure to dissolve it in cold water before adding to the mixture.

Let it cook until it reaches your preferred texture.

Season it with salt and black pepper, set it aside.

Place a frying pan over high heat. Meanwhile, cut the sausages in half then butterfly-cut them.

Fry the sausages in their own fat, then use the remaining fat to fry the steak. Finally, lightly fry the ham slices.

Gently toast the bread slices. Start putting the Francesinha together: On a plate, place one bread slice, then a slice of cheese, ham, steak, the sausages, and the final bread slice.

Fry the egg, place it on top of the sandwich, cover it with the cheese slices, leaving the egg-yolk visible.

Bring the sauce to a boil, then spoon it on top of the sandwich.

The hot sauce will melt the cheese. Serve it either with a side of French fries, or surrounded by fries if your plate is big enough!





Bacalhau à Brás

Ingredients

600 g desalted codfish

200 g straw potato

6 eggs

1 onion - sliced

4 garlic cloves

2 bay leaves

black olives

olive oil

parsley - chopped

salt

black pepper

Preparation

Cook and shred the codfish:

Take a pan of water, bay leaves, and 2 cloves of garlic to boil.

As soon as it boils, add the codfish.

When it boils again, turn off the heat and set it aside for 15 minutes.

Remove the cod from the water and let it cool;

Once cooled, remove the skin and bones and shred the cod.

Prepare the Bacalhau à Brás:

Heat a frying pan over low heat in olive oil and saute the onion and 2 cloves of chopped garlic;

Add the shredded cod and cook for a few minutes;

Add the potatoes, mixing carefully;

In a separate bowl, beat the eggs lightly with the help of a fouet;

Add half of the beaten eggs to the codfish stew, mixing well;

Season with salt and black pepper to taste and let the eggs cook, always stirring the mixture;

Turn off the heat and mix in the rest of the eggs;

Sprinkle the dish with parsley and black olives;

Serve it hot.



Pastéis de bacalhau

Ingredients

- 10 ounces salted cod preferably thick pieces, soaked overnight
- 14 ounces russet potatoes unpeeled
- 1 small onion very finely chopped
- 2 tablespoons finely chopped flat-leaf parsley
- 3 large eggs
- Vegetable or canola oil for frying

Preparation

Boil the potatoes (preferably in their skins, so the potatoes don't absorb water). Peel the potatoes and mash or sieve them. Set aside.

Meantime, simmer the previous soaked cod in enough boiling water to cover until tender, about 20 minutes. Drain the cod, discard the skin and bones, and flake the fish as much as you can with your fingers or a fork to reduce it to threads.

The proper way of doing this is to place the flaked cod inside a clean cloth, fold it and squeeze and pound the contents of the cloth with your fists. In this way you will have mashed cod.

Mix the cod with the mashed potatoes and add the eggs, 1 by 1, and then the onion and parsley. Taste and, if desired, season with salt. You may not need to add any, as the cod itself retains quite a lot of saltiness, in spite of being soaked and boiled. The mixture should be quite stiff, enabling a spoon to stand up in it. If you find it excessively dry, add one or two tablespoons of milk. Allow this to cool completely before deep frying.

With two tablespoons, shape the fishcakes like large eggs and place them in the hot oil, turning them three or four times to get nicely browned all over. When cooked, lift them with a big fork or slotted spoon and place them on kitchen paper, to absorb excess fat. Go on molding and frying until you use up the mixture.



Polvo à Lagareiro

Ingredients

- 4 lb octopus
- 3 lb small white potatoes
- 8 cloves garlic , crushed
- 2 bay leaves
- 1 large onion
- ¾ cup olive oil
- 1 bunch cilantro , roughly chopped
- Coarse salt
- Black pepper , freshly ground

Preparation

Remove the octopus beak.

Place the octopus in a large Dutch oven, cover with water and cook for 30 minutes with the unpeeled onion and especially no salt (it would harden the octopus).

Preheat the oven to 350F/180C.

Wash the potatoes, wipe with a cloth, and place in a baking dish sprinkled with coarse salt. Bake for 40 minutes.

When the octopus is cooked, remove from the water, drain and cut into pieces.

Place in a large oven dish (earthenware if possible) with the cloves of garlic, bay leaf and cilantro and drizzle with olive oil.

When the potatoes are cooked, shake off the excess salt, crush them very lightly with the fist, just to open them slightly, then place them around the octopus and sprinkle them generously with olive oil.

Bake again for 15 minutes.

Season with freshly ground black pepper and serve immediately.



Sardinhas assadas

Ingredients

- 1 to 2 pounds of Fresh or Frozen Sardines
- 1 large red bell pepper
- 1 large green bell pepper
- 1 large onion (sliced)
- 2 large garlic cloves (chopped)
- Portuguese olive oil
- Sea salt
- Pepper

Preparation

If your sardines are frozen, defrost them slightly in a large bowl by rinsing them with cold water and covering them with a good coating of sea salt. Let them sit for about 30 minutes to absorb the salt. Drain any moisture from the bowl and set in the refrigerator until you're ready to grill.

Heat the grill on high.

Rub the onions and peppers with salt, pepper and a little olive oil. Cook peppers and onions on the grill until the skin has charred and fully cooked all around. Place peppers in a brown paper lunch bag and set aside. Place the onions aside in a medium heat proof bowl on the grill to keep warm.

Meanwhile place the sardines on a slightly greased charcoal or gas grill on medium high heat. Let the sardines cook until they turn golden brown and slightly crispy, turning them gently not to break the skin.

When they are fully cooked, cover with foil and place them on a platter in a warm place.

Remove the peppers from the paper bag and peel off the skin. You'll find the skin will come out easily.

Slice the peppers into strips and mix with the onions. Add chopped garlic, olive oil and more salt and pepper. Heat slightly and pour the mixture over the cooked sardines.



Caldo Verde

Ingredients

- 4 tablespoons olive oil, divided
- 1 onion, minced
- 1 clove garlic, minced
- 6 potatoes, peeled and thinly sliced
- 2 quarts cold water
- 6 ounces linguica sausage, thinly sliced
- 2 ½ teaspoons salt
- ground black pepper to taste
- 1 pound kale, rinsed and julienned

Preparation

In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.

Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.

Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.

Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.



Pastel de nata

Ingredients

For the Puff Pastry

145g all purpose flour
pinch of salt
105ml water
100g soft unsalted butter

For the Custard

30g all purpose flour
300ml milk
160ml water
220g caster sugar
1 cinnamon stick
1/4 tsp vanilla extract
lemon peel from half a lemon
6 egg yolks

Preparation

For the Pastry

Using your fingers, quickly mix the flour, water and salt in a bowl, until it starts pulling away from the sides of the bowl. You can also use a mixer with a dough hook attached to it. This initial dough should be very similar to a sticky wet bread dough so use a spatula to get it out of the bowl. Transfer the dough to a floured surface, sprinkle some more flour on top of the dough and wrap it in cling film. Set it aside for 15 minutes in order to let any gluten that may have been activated to rest.

Once fifteen minutes has passed, it's time to start the laminating process. So, add more flour to your surface and make sure you have plenty of space to work with your dough. We are going to start rolling our sticky dough, make sure to cover your rolling pin in flour for this. Once we've reached an approximate 25cm square, it's time to create our first layer of butter.

Using a light brush, brush off the excessive flour from the dough. With a small spatula spread evenly 1/3 of the butter on to 2/3 of the dough. Leave a 2cm border in order to stop the butter from coming out during the laminating process.

Carefully fold the unbuttered third of dough over the middle third. Use a dough scrapper to loosen it if it sticks, again brush off any excessive flour from the dough. Fold the remaining third on top of the rest of the dough.

Rotate the dough 90 degrees to the left so the last fold is facing you. Repeat the rolling process to an approximate 25cm square. Once again, spread another 1/3 of the butter on top of 2/3 of the dough even. Repeat the folding process as above.

For the final layer, turn the dough 90 degrees to the left and this time roll out the dough to a 30x35cm rectangle. With the shorter side facing you, spread the remaining butter over the entire surface of the dough this time.

Using our dough scrapper, lift the edge of the dough and while scraping and brushing the excessive flour, roll the dough very tightly. The result should be a tightly rolled pastry log. Trim the ends and wrap it in cling film and chill it for at least 3 hours or ideally, overnight.

For the Custard

In a bowl whisk together the flour and 50ml of milk until smooth.

In a small pan, combine the caster sugar, the cinnamon and the water. Bring it to a boil and cook it until it reaches 100C degrees. If you don't have a thermometer, dip a spoon into your syrup and lift it, a large drop is supposed to form and as it falls it should leave a short thin string behind. Do not stir your solution, as we don't want any crystallization.

Meanwhile, in another pan, bring the remaining milk to a boil. Once boiled, remove it from the heat, add the vanilla and lemon zests and cover it with a lid to infuse for a minute or two. Pour it into the flour and milk mixture.

In a thin stream, pour the sugar syrup into our infused milk mixture. Remove the cinnamon stick and stir it until it cools slightly.

Add in the egg yolks and whisk, strain the mixture into a jug, cover it and set it aside.

Putting it all together

Pre heat your oven to 290 degrees if you can, if not, set to the hottest temperature that your oven reaches.

Remove your pastry log from the fridge and with a sharp knife divide it into 12 even slices. Place each slice cut side down in each well of a non-stick 12-cup muffin tin. Let the dough pieces rest for 10 minutes to soften. Here is where you'll be able to see those buttery layers that we made previously.

Place a small cup of water on the side to dip your thumbs in. With wet thumbs, start shaping the dough spirals. Press it against the bottom of the tin and then smooth the dough up to the sides, creating a raised lip above the pan. Be careful as the bottom should not be too thin.

Fill each cup $\frac{3}{4}$ full with the custard. Bake the pastéis until the edges are golden brown, around 15-17 minutes. If your oven has a grill mode, turn it on for the final minutes to achieve the distinctive burnt effect of your typical pasteis de nata.

Remove them from the oven and let them cool for a few minutes before serving. Our favourite way of eating them is while they're still warm and with a sprinkle of cinnamon on top.



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