



ACHIEVE+

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PORTUGUESE TYPICAL RECIPES



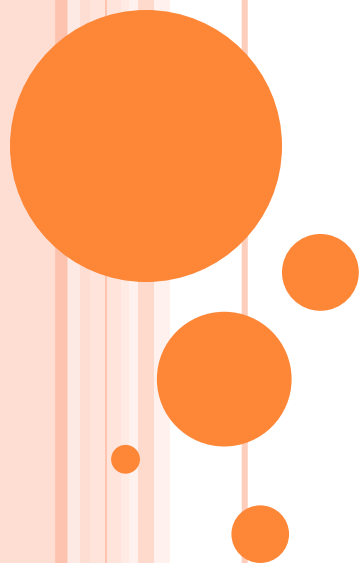
With the support of the Erasmus+ Programme of the European Union



PORTUGUESE TRADITIONAL STARTER

By João Morais, 9th grade, class B

PATANISCAS



INGREDIENTS:

- Shredded cod
- Eggs
- Onions
- Flour
- Parsley
- Olive oil



- 1- Cut parsley.
- 2- Chop the onions and placethem in a container along with the parsley.
- 3- Put the shredded cod in the container where the onion and parsley are.
- 4- Incorporate the eggs.
- 5- Add flour.
- 6- Add 5 tbsp of olive oil



- 7- Mix all the ingredients well.
- 8- Put oil in a pan and let heat a bit.
- 9 - Put small portions of the mixture (equivalent to 1 coffee spoon) into the pan.
- 9- When “pataniscas” start to look golden, take them out of the pan.
- 10 -With the help of a fork, pull them out to a plate.
- 11- They can be eaten immediately!



Portuguese Traditional Starter-Pataniscas Video



Link:

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PORTUGUESE TRADITIONAL SOUP

By Rita Lopes, 7th grade, class A



CABBAGE SOUP



Ingredients:

500g of potatoes
400g cabbage cut
into strips

1 onion



2 garlic cloves

2dl of olive oil

Salt

1 chorizo

2 liters of water



Preparation:

1. In a pan with 2 liters of water, place the potatoes, onion, garlic and half the olive oil.

Season with salt. Let it cook for 30 minutes to get everything cooked well

2. When everything is cooked, use the blender.

Add the chopped cabbage.

Let the cabbage boil for 15 minutes

3. Cut the chorizo into slices.

Finally, add the remaining olive oil and chorizo.

Let it boil.

And it's ready to be served.



Portuguese Traditional Soup - Caldo Verde Video



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PORTUGUESE TRADITIONAL MAIN COURSE

By Bruno Sousa, 9th grade, class B



BACALHAU À BRÁS



RECIPE INGREDIENTS :

- Shredded cod – 700g
- Chopped onion – 200g
- Chopped parsley – (optional)
- Potato cut to squares – 400g
- Olives – 50g
- Olive oil – 6 tablespoons
- Eggs – 4
- Cloves of garlic - 2



FIRST STEP:

- Pour 6 tablespoons of olive oil in the pain
- Add 300g of chopped onion and let the ingredientes brown for 5min



SECOND STEP:

- Mix the shredded cod and 2 cloves of garlic
- Cook for a few minutes



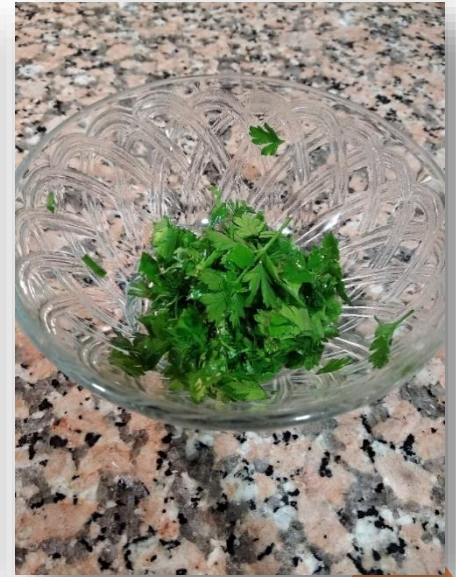
THIRD STEP:

- Fry and add the potatoes to the mixture



FOURTH STEP:

- Add the 4 eggs beaten and the parsley chopped



FIFTH STEP:

- Add some olives



Portuguese Traditional Main course- Bacalhau à Brás Video



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PORTUGUESE TRADITIONAL DESSERT

By Angelina Martins, 7th grade, class A

ALLETRIA



INGREDIENTS:

- 1,5 liters of water
- 250 grams of aletria
- 150 grams of sugar
- 2 honey spoons
- 2 strips of lemon peel
- cinnamon powder q.b.
to sprinkle

Preparation

- ❑ Put the water in the pan and boil it along with sugar, the lemon peel and honey.
- ❑ Add the aletria and let it bake for about 20 minutes.
- ❑ Put the aletria on a dish.
- ❑ Remove the lemon peel.
- ❑ Decorate with cinnamon powder to taste.

Let it cool and just taste this delicious and very Portuguese dessert.



Portuguese Traditional dessert – Aletria Video



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