

PORTUGUESE TRADITIONAL CHRISTMAS RECIPES



FILHÓS



INGREDIENTS

- 1 kg flour
- 2 tablespoons baking powder
- 1 tsp salt
- 30 ml brandy
- 100 ml semi-skimmed milk
- 10 eggs
- 100 ml olive oil
- 100 grams sugar
- 1 tablespoon ground cinnamon



PREPARATION

1. In a bowl, add flour, baking powder, salt and mix well.
2. Add the brandy and milk.
3. Start kneading with your hands.
4. Add eggs one by one and continue to knead carefully.
5. When all is well wrapped, grease your hands in olive oil and work the dough well until it drops from the bowl.
6. Continue to knead another 2 minutes.
7. Cover the bowl with a cloth and let rise for 2 hours.
8. Form small flat balls and fry in very hot oil.
9. Sprinkle with sugar and cinnamon and serve.



SONHOS

(DREAMS)



INGREDIENTS

- 200 grams flour
- 2 dl water
- 75 grams butter
- 2 lemon peel
- 1 tablespoon salt
- 5 eggs
- sugar
- cinnamon powder
- q.s. sugar syrup



PREPARATION

1. Bring the water to the boil with the sliced butter, lemon peel and salt. Let it boil and melt the butter.
2. Remove the pan from the heat, add the sifted flour and stir.
3. The dough should form a ball around the spoon.
4. Bring the batter back to low heat and then pour into the mixing bowl.
5. Open eggs in a container and bind very lightly.
6. Add the eggs to the dough in 5 portions.
7. Have hot olive oil or oil, dip two spoons in this oil, drain and take small pieces of dough with them.
8. Pour this mass into the fat and let it cook until golden.
9. While cooking is slow, dreams turn on their own with someone who pokes them with a needle or hits them.
10. Drain on absorbent paper and eat sprinkled with sugar or sugar and cinnamon or drizzled with syrup.



MERRY CHRISTMAS