



Typical
Portuguese
Recips

Bacalhau cozido com todos/ Cooked cod with everybody

- The Vikings will have been the first to resort to dry cod, such as groceries for their long journeys. The lack of salt caused them to dry the cod outdoors until it hardened. During the time of the Discoveries, it was the Portuguese who needed food to supply them on their long journeys and saw in cod the ideal food product. Dry and salty, cod had the desired and necessary durability.



Cooked Cod with everybody's recip

Ingredients

- 4 cod loins
- 2 onions
- 2 carrots
- 2 eggs
- 1 Portuguese cabbage
- 1 glass of white wine
- Olive oil, salt, parsley and pepper grain, was much as you want
- Lard and potatoes, to taste

Procedure

1. Place the cod already wet to bake in temperate water with a strand of olive oil, a branch of parsley, pepper grains and salt.
2. Peel the potatoes and onions, clean the cabbage and scrape the carrots.

3.

Red

Is the color of blood, and because of this it has historically been associated with sacrifice, danger and courage.