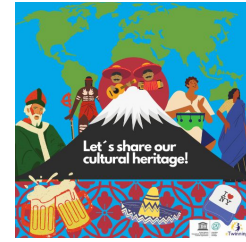




MY CULTURAL HERITAGE: FAMILY AND TRADITIONAL RECIPES

Name of the recipe:	Ervilhas à açoreana (Peas in Azores' style)
Author:	Joana Freitas
Origin:	City: Ponta Delgada Region: São Miguel island, Azores Country: Portugal
Characteristics:	It's a quick, cheap and easy yet very delicious and nutritious dish.
Who created it?	Ambrosina Rodrigues (grandma of Joana Freitas)
Why is it special?	It is a family recipe brought by my mother to my hometown (mainland countryside of Portugal). She made this for me to remind herself of her home (Azores).
When do I eat it?	When I go home to see my family! But I also cook it when I need a comforting meal. Because the ingredients are simple, I even cooked it when I lived in Czech Republic and Belgium when I missed home.
Ingredients:	500gr of frozen peas 4 carrots 5 big potatoes 1 smoked sausage (traditionally "linguiça" or "presunto" (salted ham) or 250 gr of bacon or chorizo 4 eggs 150 dl of tomato pulp 1 onion 1/2 chicken stock cube Olive oil
Preparation:	Start by cutting the onions in tiny pieces and all the vegetables in small cubes. In a large pot, cover the bottom with olive oil and add the onions and let it simmer in low-medium heat. When the onions start to cook (don't let them burn), pour the tomato and add the



	<p>meat of your choice in slices or cubes. Let it simmer for a minute and add the potatoes, carrots and peas with the stock and cover everything in hot water. Let it cook in medium heat for about then minutes and check the potatoes. When they start to cook, open the eggs, one by one, on top of everything and cover with the lid. Let them sit until the eggs have poached.</p>
Servings:	Serves 4 adults
Cooking time:	30 minutes
Picture:	