

# Portuguese Gastronomy



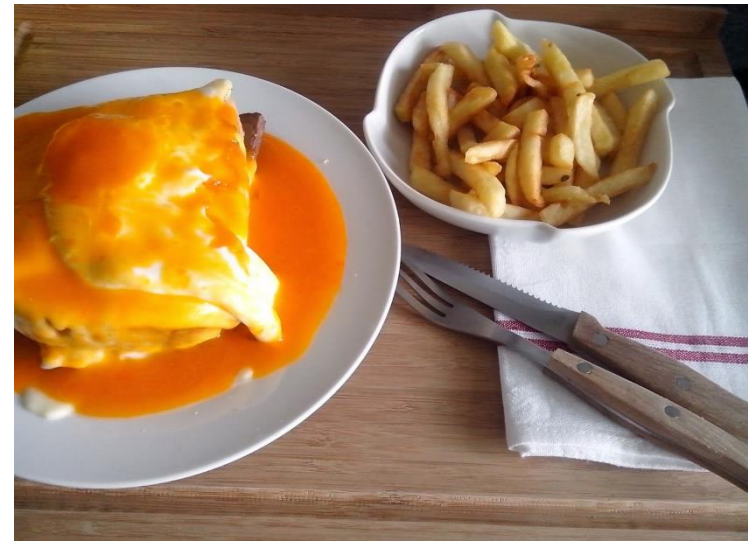
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# You are what you eat!

- Portugal is famous for having one of the best gastronomies in the world and it is one of the countries that has the "Mediterranean diet".
- We have many great famous dishes known all over the world for their awesome taste and we have chosen some typical dishes from our region.

# Francesinha

- It is considered one of the top 10 sandwiches in the world by several world famous sites like AOL Travel, "The Culture Trip" and "Condé Nest Traveller".
- The Francesinha sandwich has one loaf of bread underneath, ham, linguiça, sausage, steak and another loaf of bread on top, covered with four slices of cheese and fried egg. Finally we cover everything with a hot delicious sauce (made from onion, garlic, olive oil, tomato pulp, wine, mustard and piri-piri).
- People say that this sandwich was created by a Portuguese who emigrated to France, bringing this idea to the North of Portugal. He created this sandwich based on the French sandwich croque monsieur.



# Tripas à moda do Porto

- It is a typical traditional dish from the North of Portugal made from beans, chorizo, pork and carrot. It is a stew. It is very appreciated by people all over Portugal.



# Arroz de Marisco (seafood rice)

- It is a very appreciated dish in Portugal made from shrimps, clams, rice, tomato, pepper, onion and garlic, olive oil and parsley.





# Grilled Fish

- The Portuguese appreciate all kinds of grilled fish: sardines, mackerel, whiting, salmon, among others.
- The fish is usually grilled in a charcoal grill and people usually season the fish with salt, olive oil and lemon and it is usually garnished with boiled potatoes and grilled vegetables like pepper and courgette.



# Enchidos (sausages)

- There are all kinds of enchidos throughout Portugal. They differ according to the region. We have alheira, chorizo, farinheira, morcela, presunto (cooked ham), linguiça among others. They were created to help in the cold days because of their fat.



# Leite-creme (custard)

- Leite creme is a very appreciated dessert made of milk, sugar, eggs and flour. On top we burn sugar to make a delicious crust.





# CONCLUSION

- We are what we eat! That's why it is said that the Portuguese are a nice, peaceful people who enjoy life and the good moments spent with friends and family. Eating is part of our pleasure of being with the people we love!