

Recipes – English



"On The Move For
Social Inclusion"

SPAIN – VITÓRIA GASTEIZ

From 7 to 12 of april, 2019



Pataniscas, original Portuguese recipe



Many times, are accompanied by rice, bean or tomato rice, but can also be consumed as a snack, accompanied by a drink, or in a sandwich.

The pataniscas possess a flat or spherical, irregular shape if fried in abundant fat and get about 8-12 cm in diameter.

Ingredients:

- 2 pieces of Cod soaked
- 8 tablespoons wheat flour with yeast
- 1 cup of tea milk or steam water cod
- 1 small onion of chopped finely
- 2 tablespoons salsa sting
- 1 garlic tooth finely chopped
- 1 teaspoons baking powder
- 3 eggs
- salt to taste
- pepper to taste
- vegetable oil to fry, or if you prefer you may use olive oil

Doses

12 portions

Preparation Time	15 min
Cooking Time	3 min
Passive time	0 min

Preparation instructions:

1. Cook the cod in water, remove it and reserve the water. Shred in chips, removing the fish's bones and skin.
2. In a bowl, add the eggs, shredded cod, salsa, the garlic and the onion and involve well. Add flour and baking powder and stir well.
3. Finally, add slowly the milk or the cod cooking water until the mixture becomes a little liquid and season with salt and pepper. Pay attention to the salt, because the cod already has enough.
4. In a large skillet, heat the oil and fry the fritters by spoonfuls, pressing them with a fork so they are low. Let brown on both sides.
5. Drain well on absorbent paper to dry and serve while still hot and crispy.

Notes:

The pataniscas are excellent when accompanied by tomato or beans rice and a generous salad.

Grilled sausage and cheese, original Portuguese recipe



Recipe with the best sausages and portuguese cheeses.

Ingredients:

- Sliced bread
- Sliced sausage
- Diced cheese
- Pitted olives

Doses	12 servings
Preparation Time	15 min
Cooking Time	0 min
Passive time	0 min

Preparation instructions:

1. Build each entry according to the image.

Cod with cream, original Portuguese recipe



Recipe for cod with cream, one of the most appreciated dishes by the Portuguese, the famous cod with cream, the traditional Portuguese recipe.

Ingredients:

- 4 codfish desalted
- 1 k g potatoes
- 1 dl olive oil
- 2 medium onions
- 3 cloves garlic
- 40 g flour
- 40 g butter
- 5.0 dl milk
- 2.50 dl cream
- 3 bay leaves
- 3 egg yolks
- to taste spicy
- to taste salt
- pepper to taste
- to taste nutmeg
- to taste lemon juice
- 1 tea spoon cheese or breadcrumbs

Doses	4 portions
Preparation Time	20 min
Cooking Time	30 min
Passive time	0 min

Preparation instructions:

1. Cook the cod for five minutes in 0.5 l of milk. Remove the bones and skin and break it into small chips. Reserve the water.
2. Peel the potatoes, wash them, cut them into small cubes and fry them in hot oil, until they roast. After fried, drain them and place them on absorbent paper to remove excess fat. Season them with salt.
3. Slice onions into thin half-moons and saute them in olive oil, along with minced garlic, until they become translucent and the bay leaves. Add the cod, chips let Sauté some more, and whisk together after the potatoes and wrap them in the previous mixture.
4. Prepare a béchamel sauce: melt the butter in a sauce pan, add the flour and stir well; Add gradually, 5.0 ml milk used to cook the cod, stirring constantly; Add the cream, egg yolks and stir until bubbly; and, finally, remove from heat and season with salt, pepper, nutmeg, spice and lemon juice.
5. Mix 2/3 of the béchamel on cod and potatoes mixture and arrange it in a previously buttered tray. Cover the surface with the remaining sauce, sprinkle with breadcrumbs and Bake until browned well. Serve with spinach.

Notes:

Serve your cod with hot cream accompanied by a mixed salad of lettuce and tomato.

You may prefer to make a bechamel-type sauce with cream, egg whites and cornstarch.

Cozido à Portuguesa, Portuguese original recipe



Cozido à Portuguesa is one of the traditional dishes of Portuguese cuisine, much appreciated within and across borders. The recipe is made from a stew of meats, sausages, vegetables, creating a colorful, aromatic and very tasty dish. In it's all, it's an intense and rich dish, ideal for cold winter days.

With regard to vegetables it's usually used beans, potatoes, carrots, turnips, cabbage and mint. The meat, are a mixture of bird, pig and cow or chicken, spare ribs, streaky bacon, trotters and pig ears and beef. The typical sausages are the chorizo (flesh and blood), sausages and black pudding. There are small regional variations, especially in the combination of ingredients, though in essence this traditional dish of meat remains unchanged, and can be found all over Portugal.

Ingredients:

- ½ chicken
- ½ kg of pork (ribs, ribs, ear and sparkle)
- ½ kg of beef
- 1 onion
- 1 beef choriz
- 1 blood sausage
- 1 glass of rice
- 1 red cabbage
- 1 farinheira
- 1 small can of cooked white beans
- 1 black pudding of rice
- 2 carrots
- 2 bay leaves
- 4 potatoes
- 4 heads of turnip

Doses	6 portions
Preparation Time	30 min
Cooking Time	45 min
Passive time	0 min

Preparation instructions:

1. In the previous evening, season the meats with salt.
2. In a pressure cooker, place beef, pork and, above, the chicken with the black pudding and the chorizo, the bay leaf and the onion.
3. When it starts to boil, let it cook for 30 minutes. After this time, check the cooking; if the beef is not yet cooked, remove the pork and cook the cow a little longer.
4. Remove the meat and, in the same water as you cooked, add a little more salt, and cook the vegetables for about 20 minutes.
5. On another pan with a little of the meat water, cook the farinheira and the rice (in the proportion of 2 glasses of water for 1 of rice). Put the rice when it is bubbling, stir and let the cooking on a low heat.
6. Heat the beans and serve together, very hot, on a platter.

Pastel de nata



An authentic national business card, pastel de nata is a national symbol. Prepare the most Portuguese of the pastels in your home and impress your friends and family.

Ingredients:

- 1 semi-skimmed milk
- 2 lemon peels
- 2 cinnamon sticks
- 500 g sugar
- 100 g flour
- 2 eggs M
- 10 egg yolks M
- 500 g puff pastry

Doses	20 portions
Preparation Time	45 min
Cooking Time	15 min
Passive time	0 min

Preparation instructions:

1. Preheat the oven to 240° c.
2. In a pot, place the milk, the lemon peels and cinnamon sticks.
3. Take the stove to boil and turn off.
4. In a bowl, mix the sugar with the flour.
5. Add the milk mixture, still hot, stirring well with sticks.
6. Remove the lemon peels and cinnamon sticks and let cool for 10 minutes.
7. Add the whole eggs and the egg yolks. Stir with whisk until light and fluffy. Bring to the boil again, stirring constantly until thickened.
8. Roll the puff pastry to form a cylinder and cut into 3 cm slices each.
9. With the help of wetted thumbs, cover small metallic molds spreading the dough until the rim
10. Pour the filling in molds and bake for 15 minutes, or until they start to brown. Serve while still hot. Suggestion: sprinkle with cinnamon.

Leite creme, original Portuguese recipe



It is not exactly known it's source, but reportedly this gluttonous cream made of milk and eggs, with vanilla pods, is a part of the typical cuisine of Northern Portugal.

If you don't dismiss the tasty crust of burnt sugar on top, don't forget that should be made only at the time of serving.

Ingredients:

- 1 l semi-skimmed milk
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- 1 lemon rind
- 1 cinnamon stick
- .5 vanilla pod
- 5 egg yolks
- 5 tbsp sugar
- 3 tbsp cornstarch
- qb brown sugar for toast

Doses	12 servings
Preparation Time	10 min
Cooking Time	15 min
Passive time	0 min

Preparation instructions:

1. Take a pot on the stove down and place the milk, lemon rind, cinnamon stick and vanilla pod. Heat and mix.
2. In a bowl put the egg yolks, sugar and flour
3. Add the mixture to the milk and stir really well until thickened (do not let the egg yolks shred, i.e. mix homogeneously so it doesn't get separated from the rest of the liquid). Remove from the heat.
4. Discard the cinnamon stick, lemon peel and vanilla pod. Pour into individual bowls or on a plate. If the custard cuts, pass it with the magic wand.
5. Let cool completely and on time to serve, put the sugar on the custard and burn the top with the iron burner for the effect.

Molotof, original Portuguese recipe



Who doesn't love a nice molotof, a great way to use those eggs that have left. A molotof is basically a cooked meringue in a Bain-Marie in the oven to create a pudding cake adding caramel on top.

Ingredients:

- egg whites - 11
- Sugar - 10 tablespoons
- Caramel - Already done or you can make your own
- Butter - to taste

Doses

12 servings

Preparation Time 15 min

Cooking Time 11 min

Passive time 0 min

Preparation instructions:

1. Beat the egg whites until stiff, then let's start the meringue by adding slowly the sugar always beating and after the sugar ends, add 2 tablespoons of caramel, beat until everything is well incorporated, taste to see if it's to your taste (you don't it too sweet because you still have caramel on the side).
2. Now preheat the oven to 180° C and in a castle mold (those that have a hole in the middle), well-greased with butter.
3. Then pour the egg whites by spoonfuls on the mold, hitting the mold at the bottom and smoothing with a spatula to remove as much of air bubbles that may form (as you can see in the pictures I should have knocked some more).
4. Finally put a tray with enough water on the oven and put it this way with the molotof, let cook for 1 minute for each egg white that you put, in this case, 11 minutes. Then turn off the oven and leave the oven door cracked open a little with a cork for the oven cools and finish as cooking the molotof and makes it tougher.
5. When the oven is slightly warm or cold, you can remove the molotof, let it cool completely before unmold (as it cools it should shrink slightly and separate from the mold).
6. Unmount on a plate and cover with more caramel, or, if the caramel is too strong, mix a little bit of hot water with it to make it weaker. Keep the molotof in the fridge and serve cold, with "leite creme" on top.

Toucinho-do-céu, original Portuguese recipe

(a convent pudding)



The toucinho do céu is a traditional Portuguese sweet, of conventual origin. The name is due to the fact that the original recipe was made with lard in substitution of the butter, which we propose in this recipe.

Being a sweet created in the convents, the name could only be toucinho do céu. This delicious dessert is made from sugar, almonds and yolks. It is a sweet much appreciated a little throughout the country, existing in certain regions of our country some variations of it. It is believed that the original recipe was created by the nuns who

were isolated in the monastery in Murça.

The toucinho do céu pudding, also can be prepared with a portion of gila sweet, which can substitute a part of the almond kernel, for the same portion of this sweet.

Ingredients:

- 1 dl water
- 500 gr sugar
- 1 tablespoon baking wheat flour
- 5 gr cinnamon powder
- 30 gr butter with salt or if you prefer lard
- 250 gr almonds peeled and crushed
- 12 eggs only the yolks

Doses	10 portions
Preparation Time	40 min
Cooking Time	50 min
Passive time	0 min

Preparation instructions:

1. Bring the sugar to the fire with the water until it is in pearl point.
2. Remove from heat and let cool slightly.
3. Add the kernel of the almond, the egg yolks beaten with cinnamon, flour and melted butter. Optionally you can substitute part of the almond kernel for gila sweet.
4. Stir and bring to the heat to thicken.
5. Smear a round mold with the butter and a little flour and take to the oven very hot to bake to 180°.
6. In the end unmould and sprinkle with powdered sugar.