



It's a portuguese cheese made with sheep milk made in mountainous region of Serra da Estrela in Portugal, which has been granted PDO status in the European Union. It is said this is the oldest cheese made in Portugal. It's one of the most acclaimed cheeses of the world.





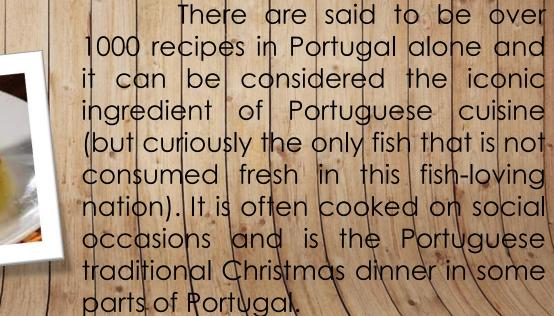
Sopa da Pedra or Stone Soup



Stone Soup is an old folk story in which hungry strangers compel the local people of a town into sharing their food. In varying traditions, the stone has been replaced with other common inedible objects, and therefore the fable is also known as axe soup, button soup, nail soup, and wood soup.

In the Portuguese tradition, the traveler is a monk, and the story takes place around Almeirim, Portugal. Nowadays many restaurants in Almeirim serve stone soup, or sopa da pedra. Almeirim is considered the capital of stone soup.





A few of this popular recipes are "Bacalhau a Ze do Pipo", "Bacalhau com natas" or

"Bacalhau a Lagareiro".

Sardinhas or Sardines

Sardines play an important role in Portuguese culture. Historically a people who depend heavily on the sea for food and commerce, the Portuguese have a predilection for fish in their popular festivities. The most important is Saint Anthony's day, June 13, when Portugal's biggest popular festival takes place in Lisbon, where grilled sardines are the snack of choice.

Almost every place in Portugal, from Figueira da Foz to Portalegre, from Povoa de Varzim to Olhão, has the summertime tradition of eating grilled sardines (sardinhas assadas) the so famous called "sardinhada".







Cozido à Portuguesa is a traditional stew of different meats and vegetables, with numerous regional variations throughout Portugal. It is considered part of the Portuguese legacy.

It has its origins in the Beira. It is a rich stew that usually includes shin of beef, pork, assorted offal, Portuguese smoked sausages (chorizo, black pudding (morcela) and pudding (farinheira)) and in some regions chicken, served with cabbage, carrots, turnips, rice, potatoes, and collard greens. It is often served with olive oil and red wine.



Francesinha is a Portuguese sandwich originally from Porto, made with bread, wet-cured ham, linguiça, fresh sausage like chipolata, steak or roast meat and covered with melted cheese and a hot thick tomato and beer sauce served with french fries.





Pastel de Nata

Pastel de Nata is a Portuguese egg tart pastry. Pastéis de nata were created before the 18th century by Catholic monks at the Jerónimos Monastery in the civil parish of Santa Maria de Belém, in Lisban. At the time, convents and monasteries used large quantities of legg-whites for starching of clothes, such as nuns habits. It was quite common for monasteries and convents to use the leftover egg volks to make cakes and pastries, resulting in the proliferation of sweet pastry recipes throughout the country.

The Pastéis de Belém were mentioned by The Guardian as the 15th most tasty delicacy in the world.

