

The Wonders of Portuguese Gastronomy

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Alheira



The alheira is a type of Portuguese sausage, made with meats usually veal, duck, chicken, quail or rabbit, bread, garlic, olive oil and fat.

Alheiras were traditionally grilled or roasted and served with boiled vegetables. Nowadays they are often fried and served with chips and a fried egg.

Serra da Estrela's Cheese

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.



Caldo Verde

Caldo verde is a popular soup of Portuguese cuisine. The basic traditional ingredients for caldo verde are potatoes, kale (although collard greens may be substituted), olive oil and salt. Additionally garlic or onion may be added. Some recipes add meat, such as ham hock, making it similar to Italo-American wedding soup.

The soup is usually accompanied by slices of paio, chouriço or linguiça (boiled separately with that water being discarded, the sausage added last minute to the soup), and with Portuguese broa combread for dipping.



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.

Bacalhau or Codfish

There are said to be over 1000 recipes in Portugal alone and it can be considered the iconic ingredient of Portuguese cuisine (but curiously the only fish that is not consumed fresh in this fish-loving nation). It is often cooked on social occasions and is the Portuguese traditional Christmas dinner in some parts of Portugal.

A few of this popular recipes are “Bacalhau à Zé do Pipo”, “Bacalhau com natas” or “Bacalhau à 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 Póvoa de Varzim to Olhão, has the summertime tradition of eating grilled sardines (sardinhas assadas) the so famous called "sardinhada".



Cozido à Portuguesa



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

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 Lisbon. At the time, convents and monasteries used large quantities of egg-whites for starching of clothes, such as nuns' habits. It was quite common for monasteries and convents to use the leftover egg yolks 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.



Tigeladas

These cakes are typical from Abrantes and are made with sugar, milk, flour, eggs, lemon and cinnamon. They were named after what they're cooked in, which is in a red clay bowl (tigela) without any type of fat.

The recipe changes across other Portugal regions but the better tigeladas are from Artelinho, located here, in Sardoal.

