

# Portuguese Discoveries

5 Foodie Tips to Help You  
Shop and Savor Like a Local



From your expat friends at

*relish* **Portugal**

THE LOCAL FOOD AND FLAVOR MAGAZINE FOR ENGLISH-SPEAKING  
FOOD LOVERS LIVING IN OR TRAVELING TO PORTUGAL

If you are spending any time in beautiful Portugal – be it living in, an extended stay, or a vacation – chances are you're eager to explore the flavors on offer. And there are plenty here to please the palette. Certainly you'll want to explore the many fantastic dining out options but you might also be interested in understanding the food scene from a local's point of view. However, let's face it, unless we grew up in this gorgeous country we aren't



actually locals. We need a guide, some direction, hints and tips, recommendations and observations to find our way...at least at first.

This nifty guide shares the results of our food searches and experiences as we've navigated Portuguese markets and makers. Whether you're shopping for a picnic or a dinner party, take advantage of what we've learned and in no time you'll be living like a local.

**“ We need a guide, some direction, hints and tips, recommendations and observations to find our way...at least at first.”**

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## 1. Buying In Bulk

We came from the Costco culture. Bulk-sized bags of nuts, dried fruits, grains and legumes, and sometimes spices were standard on the shopping list. It didn't take too long to go through them and it was much more economical than buying small bags of, say, walnuts, at the grocery store. But alas, here in Portugal there is no Costco. That's why we made a

concerted effort to find local shops that cater to bulk consumers like us. The Portuguese word for bulk is *granel*.



From the wonderful bio-grocery store Miosótis, near the Miradouro Parque Eduardo VII, to the small Portuguese chain Maria Granel, located in both Lisbon

and Porto, to Dom Pedro, a small shop on Rua das Fanquieras in Lisbon's city center – among several others – foodies can find a wide variety of items *a granel*. Look for walnuts and almonds, dried apricots and cranberries, spices that are hard to find in the grocery, and other assorted goodies like goji berries, quinoa, tea, honey, and even popcorn.



## 2. Seasonal Produce

Unlike in the United States, where you can find almost any type of fruit or vegetable all year long, if it's not in season in this part of the world it's usually not available. Certainly there are a few exceptions but not many.

The moral of this story is eat all you can of your favorite seasonal produce (figs, melons, zucchini, etc.) while it's plentiful because when the season ends you'll have to wait a whole year for those flavors to come around again.



## 3. Something's Fishy

Love Portugal, its fantastic flavors, laid-back vibe, and the many makers? Subscribe to

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today and become a Portugal food-scene insider!

With a little over 500 miles (832 km) of gorgeous coastline, it's no wonder that the Portuguese enjoy such a rich diversity of fresh fish. Delicious *dourada* (gilthead bream), *robalo* (European sea bass), *pargo* (common sea bream), *sardinha* (sardine), and *peixe espada* (scabbard fish – often confused with swordfish) can be found at

markets in abundance. However, if you're not familiar with or interested in cooking and/or eating whole fish, it can be a little intimidating (not to mention messy and time consuming).

Fortunately for those that fit into that category (us especially!) fishmongers can quickly and easily fillet almost any fish on offer. Choose the fish (or type of fish) that you'd like and ask the fishmonger to "*filé de peixe, por favor.*" You'll usually have to pay for the skin and bones but it is so worth it.

Other tasty seafood on the Portuguese plate includes *percebes* (goose barnacles), *polvo* (octopus), *choco* (cuttlefish), *lagosta* (lobster) *amêijoas* (clams), and *camarão* (shrimp). Scallop lovers, sorry, we haven't seen these sweet, juicy gems at any Portuguese fish counter.

#### 4. Wicked Wine Deals

When we arrived in Portugal we discovered that there was so much more to Portuguese wine than the limited varietals found on US wine shelves. Delighted, we frequented a neighborhood *garrafeira* (wine cellar) and couldn't believe the wonderful wines costing a fraction of what we'd become accustomed to spending. 8

euros/bottle (some were more, some were less) seemed like such a deal. Then one day we wandered into the local Pingo Doce grocery store and couldn't believe the sales.

Sure, there are finer wines to be had but for everyday drinking and/or cooking we find some darn tasty *vinhos* from every wine region in the country for up to 70% off, 3-4 euros/bottle. If we're feeling flush, a 4-5 euro sale priced bottle is a real treat.





## 5. Coffee 101

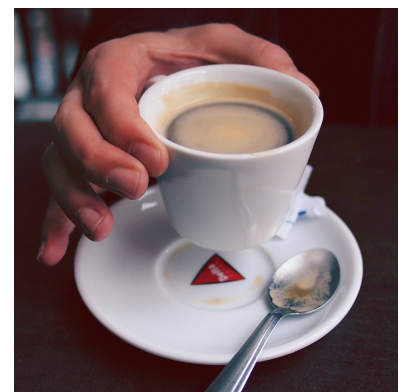
It's unmistakable. Coffee is a way of life in Portugal. Nearly every eating or drinking establishment sells it and nearly every diner will finish their meal with *um café* (a coffee). Not to mention the plentiful *quiosques* (kiosks) and myriad of small bars (*cafés*) on what seems like every block.



Finding coffee is easy. Ordering, not so much. Not only are their regional differences in what a cuppa is called, it can vary by *café* or even by server. Roughly, *um café* is an espresso. It's also called a *bica*. Want a full espresso cup? A *dupulo* is a double but a *cheio* is a regular espresso with hot water to the top. Add a drop of milk to *um café* and you'll have a *pingado*. *Garotos* are usually a shot of espresso and milk to the top of the

cup...but not always. Sometimes they're more milk than coffee. Yikes. An *Americano* is an espresso in a larger cup with hot water to the top. *Meia leite* is similar to a latte and a cappuccino is always a crap shoot.

Interestingly, drip coffee is never seen here. Pour overs are beginning to gain in popularity. Iced coffee isn't widely had however, seeking to bring a cold caffeinated beverage to the market, Nespresso introduced a lemonade coffee for summer that was refreshingly wonderful. Who knew?!?



## About the folks behind *relish*Portugal

After extensively traveling and tasting our way across the United States, we two food-loving, content-consuming, experience-seeking Americans decided to see what life was all about across the pond. That's how we wound up in Portugal.



As luck would have it, the food scene here is exploding. From traditional establishments to newfangled food producers, we found ourselves surrounded by an abundance of delicious options.

What we didn't find, however, was an English language foodie-focused publication to help us navigate our daily food lives...so we *started one!* De nada :)

Whether you LOVE Portugal, LIVE in Portugal, or LONG to experience Portugal, if you haven't already, join our foodie-forward tribe and become a Portugal food-scene insider. Sign up at [www.relishPortugal.com](http://www.relishPortugal.com) today and we'll see you across the table.

Pastel de nata. Bacalhau a bras. Cataplana de marisco. Caldo verde. Port. Bica. Ginjinha. Quiosque. Tasca. Cervejaria. Churrasqueira. Taberna. Restaurante. Manjeriço. Coentro. Salsa. Erve-Doce. Funcho. Hortelã. Alecrim. Tomilho. Baunilha.  
Bem vindo a Portugal!