


relish **Portugal**

Jan/Feb/Mar 2020

*The English-Language Food Magazine For
Those Living In or Traveling To Portugal*



WHEN A ROMÃO IS
NOT A TOMATO
AND OTHER SECRETS
OF EUROPEAN
PORTUGUESE IN THE
COZINHA (KITCHEN)

ABC, 123, DOP?
PORTUGAL'S LIQUID GOLD
—OLIVE OIL

AMAZING AGRO-TOURISM
OPPORTUNITIES ACROSS
PORTUGAL

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Renowned Portuguese Pavement

getLisbon || The Unusual Lisbon Guide



FROM MY COZINHA



Grocery stores are a top attraction when I'm somewhere new. Slowly strolling the aisles, I thrill at local products that I've only read or heard about and I'm eager to try them in my home kitchen. You, too?

It's in that spirit—as an avid reader, engaged home cook, and curious expat in Portugal—that I went in search of a food magazine for locals. To my great disappointment, all of the publications I found were in Portuguese. I'm certainly learning but nowhere near skilled enough to read a recipe or a food-forward profile. So I created *Relish Portugal*, full of foodie news and info that I wanted to know more about and thought you might as well.

This isn't a tourist "what's on" magazine but one designed for residents that spend time in their kitchens and enjoy learning about local products and makers... even if they are all about Israeli, Mexican, Thai or other ethnic foods. Surprised at the diversity? I was, too.

For this inaugural issue I searched high and low to find organizations and individuals that are expert in their field to help me better understand and enjoy my Portuguese cozinha. From learning about the six DOP olive oil regions (page 28) to the demystification of Portuguese sausages on page 30 to the page 18 interview connecting us with local farmers, and so much more, I'm proud to present *Relish Portugal*, a practical and entertaining look at Portugal's burgeoning food scene...in English. Relish the possibilities.

See you at the grocery...

Evanne

3 FIXE (COOL) THINGS WE LEARNED THIS ISSUE

They put BEER in sangria! And guess what, it's delicious!!
Make Taberna Sal Grosso's recipe at home, page 4.

In Portuguese you might think vegetais, logically, means vegetables. But nope, it only refers to the veg plants.

Jews in 15th century Portugal made sausage with meat other than pork + bread + garlic to fool the Inquisitioners and stay alive!

relish **Portugal**

The local food and flavor magazine for English speakers living in or traveling to Portugal

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relish **Portugal**

Cover Recipe

Sangria's Secrets

While sangria was once considered purely Spanish, the Portuguese have laid claim to this fresh, fruity punch. Using their fabulous wines and even a generous splash of their famous port, this refreshing drink is a crowd pleaser. Equally at home at a sidewalk cafe, a swanky restaurant or a backyard bbq, sangria's refreshing profile is easily customizable and always welcome.

Interestingly, a 2014 EU law states that only sangria made in Spain and Portugal can be labeled as "sangria". Others must be labeled "sangria produced in ...".

Here's how they do it at this issue's featured taberna. You're welcome!

Ruby Red Sangria



Taberna Sal Grosso's Ruby Red Sangria

Fresh fruit, wine, port and a couple surprises make this sangria sing!

Yield: 1 liter

- fresh oranges, lemons, apples, roughly chopped
- 50ml Portuguese brandy
- 50ml red or white port wine
- 100ml simple syrup (to taste)
- 2 cinnamon sticks
- red, white or rosé wine, chilled
- 12 fresh peppermint leaves
- sparkling water
- splash of beer
- ice

Using a 1L pitcher, combine chopped fruit, brandy, port wine, simple syrup, and cinnamon sticks. Stir well, gently crushing the fruit. Add wine. Bruise peppermint leaves and add to pitcher. Add ice and stir briskly. Top with sparkling water and a splash of beer. Give it one more stir and serve.

- To make red sangria use a ruby port and red wine
- To make white sangria use white port and white wine
- To make rosé sangria use white port, rosé wine, and fresh berries in place of the orange, lemon, apple combo



*Lunch and dinner bookings recommended at
[facebook.com/TabernaSalGrosso](https://www.facebook.com/TabernaSalGrosso)
Calçada do Forte, 22, Lisbon, Portugal*

Cataplana Romance

While the debate on the origins of the clamshell-shaped cookware called a cataplana rages on, it's commonly agreed that it was first used in the Algarve region as far back as perhaps the 8th century.

Traditionally made from hammered copper (though also available in stainless steel or aluminum), the two halves latch tightly together, essentially steaming its contents.

These beautiful cooking devices come in a variety of sizes. For example, you might find an 18 cm (7") cataplana that serves two up to a 36 cm (14") pot that serves up to eight. Toss in aromatics, tomatoes, garlic, olive oil, white wine, potatoes/rice and your protein of choice, close the cataplana and cook over low heat. Serve the cataplana in the gorgeous pan and start the feast with your eyes.



Shopping Organic

Sure, there are a number of great grocery stores across Portugal—from hypermarkets to mini-mercados—but if you're looking for organic (bio) products and produce, sometimes the search can be challenging.



Enter Agrobio.pt. Founded in 1985, the Portuguese Association of Organic Farming works tirelessly on behalf of organic agriculture in Portugal.

In addition to fostering school and urban gardens, Agrobio promotes a large number of weekly farmers markets. Their website provides consumers with an exhaustive list of where bio products and produce are sold, including outdoor markets, specialty retailers, and bio shops across the whole of Portugal. It's in Portuguese so visit the site using Chrome or another browser that auto-translates and find your local organic providers.



Quiosque Corner

Small ornate Art Nouveau and Moorish-style kiosques (kiosks), can be found in squares and gardens across Lisbon. Popular during the late 1860s, they had fallen out of fashion by the turn of the century, and were left abandoned until 2009, when local entrepreneur Catarina Portas, founder of retro-chic brand A Vida Portuguesa,

and architect João Regal worked to restore these iconic gems.

With prime positions in some of the city's most

scenic locations, and always surrounded by tables and chairs spread out across the esplanade, kiosques are perfect for a mid-stroll pick-me-up or a meeting point to enjoy friendly company and community. It's a lovely Portuguese tradition encouraging us to slow down, take a breath, and enjoy the moment. Thanks Catarina and João!



FOOD FOR THOUGHT

What I Miss About Portugal

David Leite, founder of **LEITE'S CULINARIA** and author of the award-winning cookbook **THE NEW PORTUGUESE TABLE**

I'm often asked at signings or lectures what I miss most about my near-yearlong stay in Portugal while I researched my cookbook. Honestly, the answer changes. It's not that I'm being capricious or anything (although I can be—a lot). My response is tied to the calendar.

Ask me in October, and it's São Jorge, one of the nine Azores Islands. It was there that my friend, Portuguese food scholar Janet Boileau, and I scoured the island in search of the finest sample of its namesake cheese: *queijo São Jorge*.

Ask me in March, and it'll be the still-green undulating plains of the Alentejo, the great swath of land that cuts through the midsection of the country. In spring a riot of flowers speckle the landscape, almost in defiance of the sun that will pelt all of it into a tawny brown. The One and I spent three glorious weeks there, crawling on our bellies and eating, it seems, every living creature in sight.

But ask me at this time of year, and I always miss this woman. I have no idea what her name is. (I was too self-conscious about my Portuguese to speak to her.) She owned a sliver of a store in the Alfama district, just down the street from my apartment. Outside, she methodically lined the cobblestone sidewalk, which she swept daily, with a few crates of just-delivered greens (the best of which was *couves*, or kale), baskets of dented cookware, which I doubt anyone ever bought, and blemished fruit. Hung above was perhaps the loudest bird in captivity on the Iberian Peninsula.

What I miss most, though, was that every day when school let out, a gaggle of kids bottlenecked at her door. She'd wait until every last one was watching, and then she'd reach into the pocket of her smock for candy. As the kids ripped into the wrappers, she'd cackle, beaming behind her crooked, half-toothless grin. If I were walking by, she'd catch my eye and nod mischievously, knowingly. (Finally, one day she relented and tossed a candy my way: pineapple.)

Saudades. In Portuguese it means to miss something profoundly, to have a deep and unabiding longing. Today, *eu tenho saudades de Portugal*. I miss Portugal.

Make David's Portuguese Red Pepper Paste...





PORTUGUESE RED PEPPER PASTE

from David Leite's fabulous award-winning
cookbook, **THE NEW PORTUGUESE TABLE**

This Portuguese red pepper paste is my take on the classic massa de pimentão, made from red bell peppers and salt. This paste adds all the other ingredients popular in Portugal: wine, paprika, garlic, hot sauce, and herbs. It's Portugal in a jar.

It's sorta like Asian fish sauce in that a little goes a looooooong way. Rub a little bit of this paste on a beef roast, chicken (both above and below the skin), fish, even peeled, halved potatoes before roasting. Or you can stir it into stews or soups. It works wonders when stirred into mayo or any other application you can imagine where you want or need a bit of bling.

- 2 tablespoons sweet paprika
- 2 tablespoons sweet smoked paprika
- 1/4 cup dry red wine
- 8 to 10 garlic cloves
- 2 crumbled Turkish bay leaves
- 3 tablespoons store-bought or homemade tomato paste or 1 tablespoon double-concentrate tomato paste
- 1 1/2 tablespoons fresh lemon juice
- 7 sprigs cilantro
- 5 sprigs flat-leaf parsley
- 1 1/2 tablespoons kosher salt (16 g)
- 1/4 teaspoon freshly ground white pepper
- Few dashes Piri-Piri sauce, or to taste
- 1/4 cup olive oil



At Leite's Culinaria, they believe a passion for food isn't limited to the kitchen. A person can be as satisfied by eating a good meal as by reading about one. Therefore, their mission is to educate and to entertain cooks and readers of all levels who are interested in the diverse world of food. Spend time with their website and discover a multi-ethnic variety of recipes, how-tos, essays, musings, and interviews from writers both Pulitzer prize-winning and previously unpublished. Hot food, dry wit since 1999.

Learn more about **The New Portuguese Table** at Leite's Culinaria or get your copy at Amazon.com and/or Barnes & Noble.



In a food processor, combine all ingredients except the olive oil. Pulse until the garlic and herbs are minced, scraping the sides of the bowl as necessary.

With the motor still running, add the olive oil in a slow, steady stream and continue whirring until the mixture comes together in a slick, homogeneous paste, 1 to 2 minutes.

Use the mixture immediately or spoon it into a small glass jar with a tight-fitting lid and refrigerate for up to a month.

DON'T MISS A SINGLE
ISSUE OF *relish* **Portugal**

<https://RelishPortugal.com>



São Jorge Cheese and Walnut Crackers

Yield: about 30 crackers, great with wine

- 1 cup grated São Jorge cheese
- ½ cup butter (room temperature)
- ¼ teaspoon ground pepper
- 1 cup all-purpose flour
- ½ cup toasted chopped walnuts

Preheat oven to 175°C (appx 350°F).

Beat cheese, butter, and pepper in a medium bowl until just blended.

Using a rubber spatula, mix in flour then nuts.

Form dough into 1-inch balls and arrange on baking sheet. Flatten to 2-inch rounds and press a walnut half onto each (optional). If you'd prefer, you can also form a log, refrigerate for an hour and then slice into rounds.

Bake until golden on the bottom and around edges, about 15 minutes. Transfer to rack, cool, and enjoy with a wonderful glass of Portuguese wine.



Black Sheep Lisboa is Lisbon's smallest wine bar and garrafeira. They have carefully curated one of the only selections of 100% Portuguese wines in Lisbon exclusively dedicated to small independent producers. These include biodynamic, organic, natural and low intervention wines.

Praça das Flores, 62, Lisbon, Portugal

WINE VINES

BLACK SHEEP LISBOA WINE AND SPIRIT BAR

A distinctive bar for people who chart their own course and forge their own path

Vinhão. Is it Portuguese Lambrusco, merely a curiosity, or something worthy of admiration and further investigation?

Depending on who you ask, you'll get differing answers and near uniform surprise that you, **a foreigner(!)**, actually like the stuff. All we know is that more people ought to be drinking it!

Vinhão grapes are typically grown in the northern region of Minho, where Vinho Verde hails from. Yes friends, Vinho Verde can be RED! It might be confusing because most people think all Vinho Verde is white. But where do you think rosé Vinho Verde comes from? Interestingly, this grape is also grown in the Douro Valley where it is called Sousão and is often used in typical Douro red blends.

It is what's known as a teinturier grape, meaning that the inside of the grape is colored, just like the skin. Most grapes are clear on the inside and were it not for skin contact, the juice they produce would also be clear. In many countries, teinturiers are used for blending and for their color. Portugal seems to have a knack for turning them into varietal wine.

In the case of Vinhão, because both the skins and meat of the fruit are deeply colored, the wine produced is an impressive dark purple-red. Typically high in tannin and acid, it can be bracing to the uninitiated. But, pair this wine with fatty and smoky chouriço, presunto, morcela, rich cheese, and other such Portuguese delicacies, and you have a wine that perfectly balances out the rich flavor, cleanses your palate, and makes you salivate for more yumminess. Plus, Vinhão often has the added benefit of being fairly moderate in alcohol. 10-11% ABV is common so you can drink a good bit without getting too loopy.

It's traditional to drink it from small white pottery bowls, which shows off the intense color of the wine. Some people prefer to drink it chilled, others don't. Some of the wines have more Vinho Verde-esque spritz and some don't. There are Vinhão wines that are meant for simple quaffing and some are age-worthy and profound. Try one style, or both, but try it. Have it with some charcuterie to enjoy a distinctly Portuguese wine experience.

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It's no surprise that Middle Eastern food is big in Portugal. After all, the country is rich with multi-cultural history. That's good news for those of us that enjoy falafels and kababs, widely available in the country's urban centers.

Falafels, crisp on the outside, tender and flavorful on the inside are the answer to the southern US favorite, hush puppies.

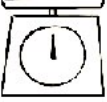


The Relish Portugal team has been crushing on **Ink Farm Food's** Israeli street food version for quite some time. Owner Igal Botra and his team have been making falafel, shashuka, and other vegetarian delights, including a sensational housemade spicy oil, at their Lisbon location for over two years. And there's no need for Igal to tell you his organic food is made with love, it's obvious from the first bite of the falafel sample he'll greet you with as he welcomes you to his hip little joint.



WHERE: Rua Marechal Saldanha 6, Lisbon
(just steps away from the Miradouro de Santa Catarina)

WHAT ELSE: Fresh organic juices, great music, interesting art, cozy atmosphere, eat in or take away



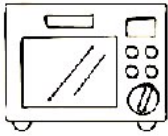
WEIGHTS

28g	1oz
113g	4oz or ¼lb
230g	8oz or ½lb
250g	¼kg
340g	12oz or ¾lb
450g	16oz or 1lb
500g	½kg
1kg	2.2lb

SPOONS


5 mL = 1 teaspoon
15 mL = 1 tablespoon
or 1/2 fluid ounce

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°C	°F
120	250
150	300
180	350
190	375
200	400
220	425
230	450
240	475

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1 cup = 

Flour	120g
Sugar	200g
Oats-raw	90g
Rice-raw	190g
Nuts-chop'd	150g
Butter	240g


2 Tablespoons =

Flour	15g
Sugar	25g
Brown sugar	23g
Oats-raw	11g
Nuts-chop'd	20g
Butter	30g

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60ml	¼c	2oz
80ml	⅓c	
120ml	½c	4oz
180ml	¾c	6oz
200ml		7oz
240ml	1c	8oz
350ml	1½c	12oz
1.0L	4c	32oz

¼ pint	150ml	5oz
½ pint	275ml	10oz
1 pint	570ml	20oz



GET YOUR FRESH *relish* Portugal MERCH HERE...

Wear your Portuguese proudly with **RELISH PORTUGAL MERCH**. Designs available as long and short sleeve t-shirts, tank tops, sweatshirts, hoodies, and popsockets, multiple colors to choose from, in both mens and womens sizes.

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[Amazon DE Relish Portugal Merch Store](#)



Relish Portugal's Reuben Toasta From Home

Crisp, gooey, rich and satisfying, these quick and easy reuben toastas (grilled sandwiches) remind us of the old USA days.

- fresh Mafra bread, 2 slices per sandwich
- meat of your choice (or none at all)
- sauerkraut, drained of excess liquid
- 2 slices of Azorean cheese
- Thousand Island Dressing (homemade)
- extra virgin olive oil for cooking

Slather one side of each slice of bread with Thousand Island Dressing. Place a slice of cheese on each side of dressed bread. Layer meat and sauerkraut. Close sandwich and press to compact.

Generously brush outside of bread with extra virgin olive oil. Grill until crisp, flip and grill other side. Remove from pan, cut in half and serve with extra Thousand Island on the side.



Super Simple Thousand Island Dressing

- ½ cup thick full-fat Greek yogurt
- 2 tablespoons ketchup
- 2 tablespoons white or cider vinegar
- 4 teaspoons chopped dill or vinegar pickles
- 2 teaspoons finely chopped sweet onion
- pinch of salt and pepper—to taste

Combine all ingredients. Taste and adjust. Allow to meld for at least 30 minutes. The longer it sits, the deeper the flavor.



Chá Gorreana Tea Plantation, São Miguel, Azores

Everyday Portuguese Cozinha: Staples

PRACTICE PORTUGUESE LEARNING STUDIO — *Strictly European Portuguese Since 2012*
Visit their website to listen to pronunciations and practice your Portuguese

Grocery shopping for the non-Portuguese speaker can be an adventure, to say the least. Although we can visually recognize an item, the particulars can confuse us. Knowing a few key terms can make all the difference. Once we've got those down, we can begin to build our food vocabulary. Start here...

Dairy Products (Laticínios) on the Portuguese Table

Concepts are familiar, terms, not so much. For example, **leite** (milk) is typically available in three types: **leite magro** or skim milk, **leite meio-gordo** similar to a 2% milk, and **leite gordo** or whole milk.

Leite, **iogurte** (yogurt) and **queijo** (cheese) are a part of many Portuguese people's breakfasts and snacks. Queijo, in particular, is very important and there are several tasty varieties. You might also bring home a tub of **manteiga** (butter) for your **torrada** (toast) or **nata** (cream) for your coffee, if you're feeling a bit decadent. Interestingly, leite and nata can be found both refrigerated and in shelf-stable boxes.



Fruit, Veg and Beans Play an Important Role

Frutos is the term for plants that have seeds, but the most used in daily life is **fruta**. **Frutas**, which is the plural of fruta, can also be used, but the latter is a collective noun, so both are correct. In Portugal, fruits can be added to salads or treated as **sobremesas** (desserts) or snacks.



Os legumes (vegetables) are included in most meals, as part of **saladas** (salads) or **sopas** (soups). They include vegetables, cooked or raw, and also the leafy greens, like **as alfaces** (lettuces) and **as couves** (cabbages).

You're probably asking yourself why don't we use the word **vegetais** for vegetables. That's because we reserve that word for when we are talking about plants. We use the expression **as leguminosas** for all kinds of beans.



Portugal is Rich in Carne e Peixe (Meat and Fish)

Being a coastal nation, Portuguese cuisine is spectacularly rich in fish and seafood, but meat also gets plenty of attention.

When it comes to meat, you can have:

- **As carnes vermelhas** (red meats) which include **a carne de porco** (pork) and **a carne de vaca** (beef)
- **A carne branca** (white meat) includes **a carne de aves** (poultry)

Notice how **carne de vaca** translates to beef? In Portuguese, there isn't a word for beef, so we use **vaca**, whether we're talking about the cow or its meat. The same goes with pig, turkey, and chicken. In Portugal they all count as meat, so we say **o porco** (pork), **o peru** (turkey), and **o frango** (chicken) when referring to the meat or the animal.

Puzzling to those not in the know, at the **talho** (butcher) you may see chickens labeled as **galinha** (chicken) or **galo** (rooster). **Frango** is the term for a young, more tender bird.

Now be careful because the Portuguese word **bife** looks and sounds very similar to beef, but it actually means "steak". You might see bife de frango on a menu or at the talho. It's a chicken breast so don't get confused!

As for fish, we don't say that they have meat. **A carne** (the meat), just like **os ossos** (bones), are words that we only use for land animals. The flesh of a fish we just call **o peixe**, like the animal, and **as espinhas** (the spine) for its bones.

O bacalhau (cod) is the most appreciated fish and can be found in many dishes. **O marisco** (seafood) is also popular.



Cereais (Cereals) Do Not Translate to Frosted Flakes in Portuguese

Os cereais (cereals or grains as understood in English) are very much present in Portuguese daily lives. They are the basis for everyday breakfast, especially for kids. They're used in making **farinha** (flour), which is then used to make **massa** (pasta), or the very traditional **broa de milho** (corn bread), for example.

They're also a part of our second most favorite drink.

A cevada (barley) is the main ingredient in **cerveja** (beer)!

In Translation

A Fruta/Os Legumes (Fruit/Veg)

<u>o morango/morangos</u>	strawberry
<u>a laranja/laranjas</u>	orange
<u>o ananás/ananases</u>	pineapple
<u>a banana/bananas</u>	banana
<u>a maçã/maçãs</u>	apple
<u>a cenoura/cenouras</u>	carrot
<u>o pepino/pepinos</u>	cucumber
<u>a cebola/cebolas</u>	onion
<u>o pimentão/pimentões</u>	pepper
<u>o alho/alhos</u>	garlic
<u>o alho francês/alhos franceses</u>	leek

Cereais (Cereals)

<u>o trigo/trigos</u>	wheat
<u>o milho/milhos</u>	corn
<u>a aveia/aveias</u>	oat
<u>a cevada/cevadas</u>	barley
<u>o arroz/arrozetes</u>	rice

As Leguminosas (Beans)

<u>o feijão/feijões</u>	bean
<u>a ervilha/ervilhas</u>	pea
<u>a lentilha/lentilhas</u>	lentil
<u>o grão de bico/grãos de bico</u>	chickpea
<u>a soja/sojas</u>	soy
<u>o amendoim/amendoins</u>	peanut
<u>a amêndoa/ amêndoas</u>	almond

O Peixe (Fish)

<u>a sardinha/sardinhas</u>	sardine
<u>o atum/atuns</u>	tuna
<u>o carapau/carapaus</u>	mackerel
<u>o polvo/polvos</u>	octopus
<u>o camarão/camarões</u>	shrimp/prawn
<u>o mexilhão/mexilhões</u>	mussel
<u>a amêijoia/amêijoas</u>	clam
<u>a lagosta/lagostas</u>	lobster

"Like having a personal tutor", "visibly stunned", and "absolutely essential" are just a few of the glowing recommendations for the online learning resource, **Practice Portuguese Learning Studio**. Rui, Joel and their team specialize in strictly European Portuguese, offering over 400 lessons. Listen to dialogue and learn with native European Portuguese speakers, test your pronunciation with their speaking tool, and master verbs.



European Portuguese is a beautiful language that deserves to be made easily accessible to learners worldwide. Visit PracticePortuguese.com, review their free material, and check out their affordable and effective membership program.

Mix-n-Match Leguminosas Salada

Economic, protein-rich, and easy to adapt to whatever fresh ingredients you might have on hand, mix up the flavors each time you make this dish by changing out the spices, herbs, dressing and other ingredients.

- Legumes (Leguminosas)—lentils (as lentilhas) or chickpeas (o grão de bico). Canned is easier, cooking yourself from dried is cheaper!
- Vegetables (os legumes)—any combination of cucumber (o pepino), tomato (o tomate), red pepper (o pimento vermelho), avocado (o abacate), etc.
- Extra protein (a proteína)—smoked salmon (o salmão fumado), canned codfish or tuna (o bacalhau ou atum enlatado), etc.
- Fresh herbs (ervas frescas)—basil (o manjericão), oregano (os óregãos), etc.
- Salad dressing (molho de salada)—it works great with simply olive oil (o azeite) and balsamic vinegar (o vinagre balsâmico) or use whatever else you have on hand

Chop it up, mix, season as desired and enjoy!

Situated in a privileged location, on Largo dos Trigueiros, the hungry and the curious climb well-trodden steps to this Mouraria oasis, O Corvo Bar e Restaurante. Opened in 2016 by two Austrian expats, Hans Bipp and Signe Hauser, this Lisbon landmark is an ideal spot to take a coffee, a cold drink, taste their signature focaccia and enjoy a meal. The cuisine is modern Portuguese with an Austrian twist. Certainly you can get standard staples such as Lombo de Bacalhau com à Bras de Batata (codfish loin boiled in low temperature with potato 'à bras') but their sweets are made from closely-held Old World family recipes handed down through the generations. And they are delicious.

MY TOWN: O CORVO

Both Hans and Signe fell in love with Portugal almost immediately upon

arriving, Hans 13 years ago, Signe 8 years ago. They met and worked together in an Alfama café and eventually decided to open a new bistro. 50/50 business partners of O Corvo, they run the operation with a dedicated staff of 14, including a Portuguese chef. In the open concept kitchen you can see them prepare salads and several other dishes as well as get a gander at the scrumptious cakes.

Relish Portugal asked Hans and Signe to share some of their favorite places to slow down, relax and enjoy their town, lovely Lisbon.



Coffee with a view: Miradouro da Graça and the bustling Terrace Bar Esplanada, Botto Michado Garden and the lovely Clara Clara Café Kiosk, Café Janis overlooking Jardim Dom Luis



Delicious, simple dining: Atira-te ao Rio (Almada), Praia do Castelo (Costa Caparica), O Trigueirinho (Mouraria)



To do: beachtime along the vast Costa Caparica shoreline, gardens and art at Gulbenkian Foundation, evening stroll to discover new goings on, classic movies at Cinemateca Portuguesa, hip shops and dining scene at LX Factory



Late night drinks and entertainment: ammunitions factory turned cultural center Fábrica Braço de Prata, world-renowned Hot Club (Jazz) of Portugal, cozy Pensão Amor, infamous Pink Street, 1890's-era Coliseu dos Recreios concert venue





Costa da Caparica, Praia da Saúde

Miradouro da Graça at sunset



Back to the Land: Experiencing Portugal's Traditional Farms

An interview with Portugal Farm Experience's founder Estêvão Rodrigues Anacleto
PORTUGAL FARM EXPERIENCES || Best Farm Tours with Real Farmers in Portugal

Is there anything more satisfying than biting into a sweet sun-kissed peach, juice dripping down your arm, just picked from the tree? How about walking through leafy vineyards, the smell of grapes permeating the air, and then tasting the wonderful wine that was produced from those very vines? Portugal Farm Experiences, founded in 2017, is passionate about connecting people with nature. They bring together those interested in food and its origins with the farmers and the farms, inspiring tour participants with time-honored traditions, an in-depth look at the production process, and the opportunity to spend time and dine with those that work the land. Relish Portugal sat down with founder Estêvão Rodrigues Anacleto, an environmental engineer and consultant, to learn more about Portugal Farm Experiences' impactful tours.



How did the business begin and how has it changed over the years?

I started the project in 2015 and began meeting a number of farmers. My family works in tourism and we found many of our clients asking about different activities. It was then that I decided to combine my passion and connections with the environment and agriculture with tourism, creating Portugal Farm Experiences.

Portugal Farm Experiences take place all over this beautiful country, including Madeira and the Azores. How did the business come to be so spread out and diverse?

We wanted to have a marketplace in all areas of agriculture, offering activities not only near major cities, but across the country. As the tours developed we considered the tourism strategy of Portugal and wanted to encourage visitors

and residents alike to spend time in rural areas of the country. In fact, we feel it is essential. Additionally, we very much wanted to have special and unique farms, so we must look to other regions, like Madeira and Azores, where you have special productions.

You certainly have a number of tours that are on people's radar (olives, wine, cork), but you also have some very unusual tours on offer as well. For example the shiitake mushroom farm, snails, and the one that personally intrigues me the most, the shepherds tour/hike. How do you select the farms/operators? Is there a vetting process? Do you know them personally?

In the beginning we contacted the farmers directly and talked about the project. As the publicity and popularity of the experiences grew, farmers began to

contact us. Certainly we still reach out to farmers who have unique and different farms. Our choices always go toward authenticity, we want to work with real farmers who are special and we want to show our clients the true Portuguese countryside.

Can you share a funny or interesting story about one of your more unusual tours?

On the snail tour a gentleman who is a cattle farmer said he was not afraid of anything. When we put a snail in his hand, he began to tremble...he was afraid of the snail. Pois!



Tour participants can expect an authentic and genuine experience with local farmers, where they learn all about the process, what life is like on the farm,

harvest and taste the best products. There's also the opportunity to spend quality time with the farmer and the family, discover more about Portugal and the rural habits, and make human connections with those that grow our food.



Several of your tours include a meal. Are they typically prepared and served at the farm?

All the food is made by the farmers or the farm family using their own farm-fresh products. It is essential that this happens on our tours, we want to show the best of our cuisine with real products. It's truly a farm-to-table experience!

Is there an opportunity for participants to bring the farm's products home with them, if applicable?

How can readers learn more about your diverse tour offerings and book an adventure? What are the price points? Is transportation to/from the farm included?

Folks can go to our website and book directly. Pricing depends on if they choose to include lunch and transportation, but the average price of the main experience



**Farm-Fresh Picnic:
Portugal Farm Experiences**

chard pate with cabbage, radish, and carrot sticks, two salads and a quiche, garlic salad, fruit salad with lemon and honey sauce, peppermint tea with orange zest, strawberry lemonade and coffee

is between 35€-55€. Currently we offer transportation to experiences close to Lisbon, but next year we're planning to offer transportation to other points as well.



Anything else you'd like to share with the Relish Portugal tribe?

Yes, come connect with our tribe, too. Come learn and live a real experience with real farmers, and share it with your friends, because Portugal is not just Lisbon or Porto, it's so much more!



Portugal Farm Experiences

Discover Portugal's beautiful rural countryside and reawaken your senses with an extraordinary adventure—whether that is in wine, animals, shiitake mushrooms, olive oil, cork, fruit, or farm-to-table experiences. Portugal Farm Experiences allows you to relax and taste local food and wines, while uncovering ancient traditions, recipes and cultures; taste genuine products, and participate firsthand in the production process. Explore and book their countrywide tours and activities today.

How to Handle a Pomegranate



Abundant in Portugal's winter months, the prized pomegranate (romã) can be seen growing on trees and piled high in markets.

Their juicy jewels—the ruby red arils—are high in antioxidants and are considered a “superfood”. But how do you get those little gems out? Here's how:

1. Select poms that are heavy and slightly squared or flat on the sides.
2. Put on an apron, they can be messy.
3. Over a protected surface cut off the crown, revealing the ruby red arils.
4. Score the fruit in quarters from pole to pole.
5. Pull sections apart, turn the sections inside out and rub the arils out onto your protected surface or into a bowl. Discard the white pith.





TABERNA SAL GROSSO



Honest and traditional food. Innovative and joyful cooks.
Prepare to be delighted.

Nestled in the bosom of a hidden cobblestone street, halfway up a steep hill and easy to overlook as you pass by the sculptured gates of Alfama’s Military Museum, there’s a 30-seat taberna that the world has seemingly discovered — Taberna Sal Grosso. And they are hungry.

At once modest yet proud, traditional yet innovative, old-style yet cutting-edge, this fabulous little tavern is often credited with reviving Lisbon’s taberna culture. But ask cooks Tiago Cruz, João Melo, and Pedro Cerqueira about that and they’ll give you a genuine “ah shucks” look and share with you the pure joy they experience preparing food for their guests. The consensus of the cooks is that they “focus on the food, feed the customers, and get happy doing it.”

That happiness is a two-way street.



The team of seven cooks—usually three per service—led by Chef Joaquim Saragga Leal, approach typical Portuguese dishes with a revolutionary, imaginative flair. They believe in preparing fresh ingredients in a simple, delicious manner. “We pay attention to using the highest quality ingredients possible. We don’t need to use 15 techniques to make our food good. Simple methods are the way we make our dishes shine,” said Tiago.

The chalkboard menu contains several signature items such as Rabo de Boi (oxtail), Barriga de Porco Fumada (smoked pork belly), Pica-Pau de Atum (diced tuna), Bacalhau Confitado (codfish confit), and a Salada Laranja (orange salad) complimented with a rotating roster of seasonal offerings. What’s unique about Taberna Sal Grosso’s menu, however, is the way that dishes are

or not it will appear on the small menu. This is exactly how João’s family recipe for rice pudding made its way into the hearts and stomachs of the Taberna-faithful, including a diner that noted how the comforting dessert reminded him of his grandmother.

Summer dishes might include pickled and lighter selections like the popular pickled rabbit or tomato and fig salad. In the winter you’re more likely to find purees of pumpkin, sweet potatoes, or celery and apple under your perfectly prepared pork or lamb. But never fear, their sensational sangria is always available as are their own craft beers, Boca Suja (Dirty Mouth), on tap. “I’ve been fascinated with the craft beer process for quite some time,” shared Pedro. He discussed making a house-brand beer with Chef Joaquim and they decided to try their hand at craft beer brewing. “We make 12-15 styles throughout

“Being able to look out at happy customers enjoying our food means so much to us”

~ João Melo, TSG Cook

added to the mix. Each cook is asked to bring a recipe for consideration to regular brainstorming sessions. They stress that each cook has a different background. “My parents came from Cape Verde, João and our other cooks are from different regions on Portugal’s mainland, Pedro is Brazilian. Our goal is to bring those flavors to the table so others can experience and enjoy the diversity of our homeland,” said Tiago. The team will discuss the preparation methods and childhood memories attached to the submissions, prepare and sample it, and evaluate whether

the year, sharing the production with our sister restaurant, Taberna Salmoura. Our beer is only available at these two establishments. We’ve even been known to use Boca Suja in desserts, most recently the surprisingly delicious beer pudding.”

Like many dining establishments, when they opened in 2014 sourcing ingredients was a job. Today farmers and producers come to them to help the team prepare food with the freshest, and often organic, ingredients available. Case in point, tomatoes. Their

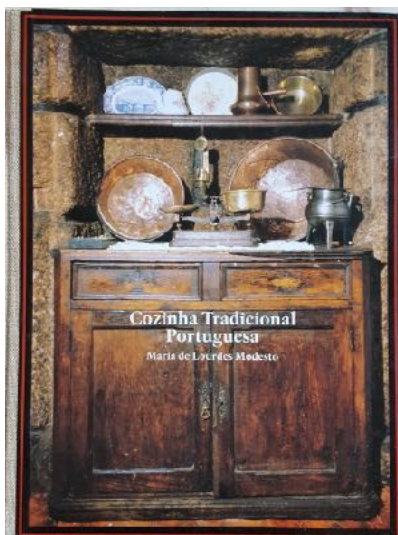




Dishes, clockwise from top left: Cod Confit, Smoked Pork Belly, Diced Tuna, Cod Tongue, Lamb with Sweet Potato Puree and Smoked Pumpkin, Marinated Quail

supplier only grows tomatoes, harvesting many varieties of the sun-kissed orbs, thrilling the most ardent backyard gardener or discriminating diner. Olive oil frequently comes from a source in the famed Moura olive-growing region.

What can't the kitchen at Taberna Sal Grosso do without? As you'd expect, hallmarks of the Portuguese kitchen, including olive oil, garlic, onion, wine, parsley, bay leaves, coriander, and salt and pepper. Their must-have kitchen tools? The obvious answer is a chef's knife. Not as obvious—or at least not for obvious reasons—are spoons. Because sauces are such an important component of their dishes, a cook tastes every single dish before it leaves the kitchen. "We want it to be as close to perfection as possible," said João. Tiago added, "sometimes it might need salt or pepper, vinegar or olive oil. Sometimes it's exactly as it should be." In that case, Pedro chimed in, "we call all the other cooks in the kitchen to have a look and smell taste. Consistency and excellence are what we're striving for."



The cozy space sports an open kitchen, giving diners a glimpse into the organized chaos of a busy operation. João mentioned that people often ask how they can work in such a small, exposed space. "That's part of the magic. Being able to look out at happy customers enjoying our food means so much to us." Pedro added that the feeling of cooking in a show-style open kitchen can be emotional. "Diners see us cooking. We'll look out, see that we are being observed, and ask ourselves if that person is himself or herself a cook. Often, the answer is yes. We like to talk with them, they like to come into our kitchen and see how we do things."

Speaking of shows, on their bookshelf is what's commonly known as the "bible of Portuguese food", Maria de Lourdes Modesto's *Cozinha Tradicional Portuguesa* (Traditional Portuguese Cooking). Known for her effective teaching ability, improvisational cooking style, and an honest and appealing presentation, Senhora de Lourdes Modesto pioneered one of the most popular cooking shows on Portuguese television. Considered one of Portugal's most trusted food authorities, she appeals to the simplicity of the product. "It's important to talk about this book, it's



our main reference. She sets guidelines and challenges us to be our best,” remarked João.

And that’s great news for the enthusiastic diners outside the taberna’s low door. With luck, those in line will have made a reservation on Taberna Sal Grosso’s Facebook page (10 days out is a good rule of thumb) because, as always, it’ll be a full house. The assigned cook in charge of today’s front-of-house sets the ambiance with a personally-curated playlist, makes sure there are plenty of clean spoons on the line, and opens the door to an expectant and soon-to-be adoring crowd.

It’s showtime.



Intimate, bustling, and welcoming, Taberna Sal Grosso is a small tavern serving a seasonal selection of honest and traditional food with the greatest of care. Share the food, drink one more, and make yourself comfortable. This is what memories are made of.

Lunch and dinner bookings highly suggested via their Facebook page



Lisbon Cooking Academy’s Traditional Arroz Doce (Rice Pudding)

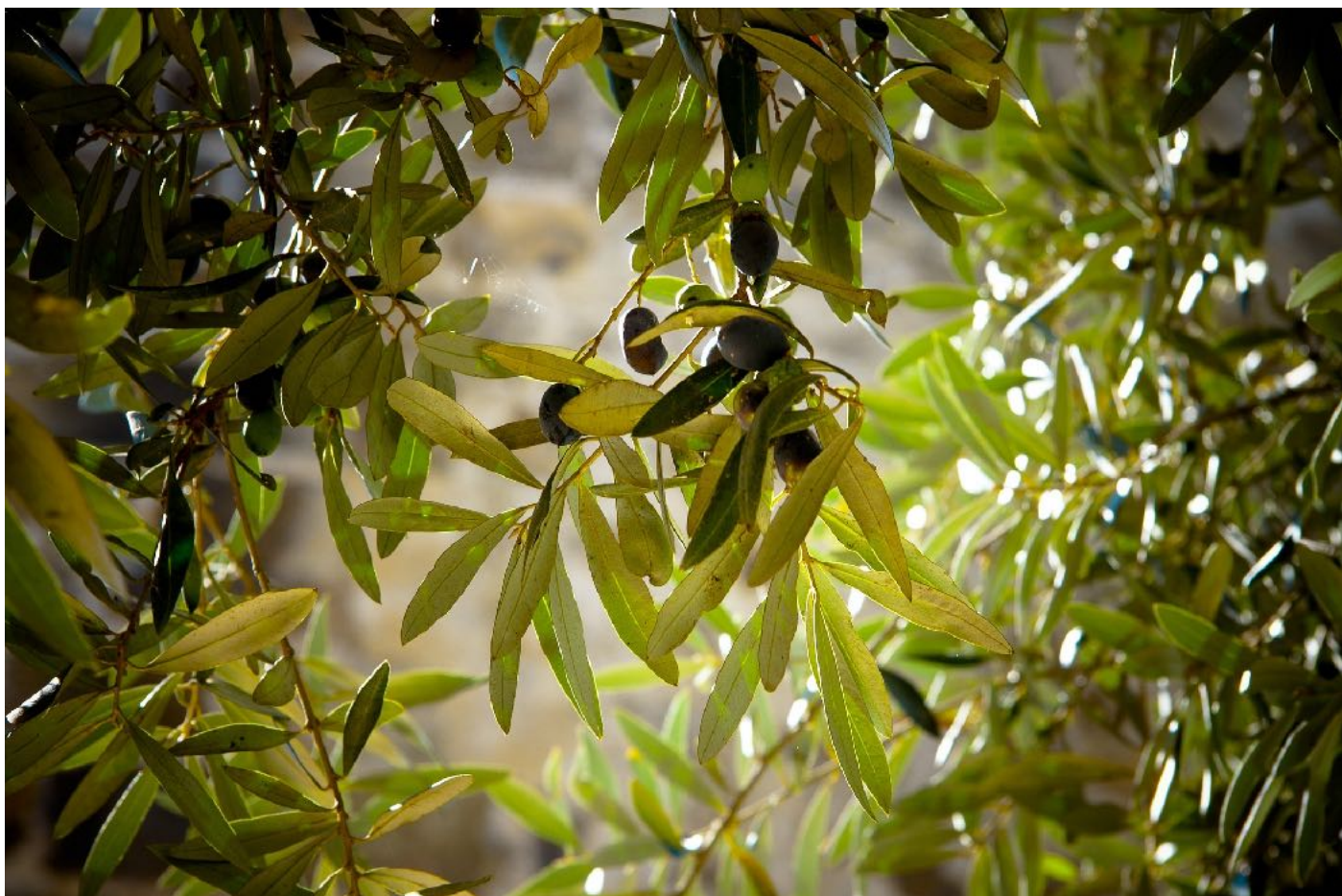
- 125 grams Carolino rice
- 125 grams white sugar
- 3 eggs yolks
- 1 lemon peel
- 1 cinnamon stick
- 125 milliliters water
- 850 milliliters milk
- pinch of salt
- powdered cinnamon

Separate the egg whites and yolks. Combine the egg yolks with 50 milliliters of milk.

In a pan, add the water, lemon peel and cinnamon stick. When the water begins to boil, add the rice and cook until the water is absorbed. Mix constantly.

Add the rest of the milk to the rice and continue stirring until the rice is cooked and creamy. Add the sugar and the egg mixture and stir until well combined.

Divide the rice into three small bowls and sprinkle with powdered cinnamon. Let cool before serving.



LIQUID GOLD



>> PRODUCT SPOTLIGHT << PORTUGAL'S WORLD FAMOUS OLIVE OIL

LOA | THE OLIVE WORLD || *The Premium Portuguese Extra Virgin Olive Oil Store*

PDO classification means the olive oil was produced according to established EU rules which include olive varieties, harvesting conditions, transport to the olive mill, working conditions, and characteristics of the final product.

Olive oil can be monovarietal—from a single olive variety—or a blend of varieties

There are six olive oil Protected Designation of Origin (PDO) regions in Portugal, almost all on the eastern side of the country. Each region's olive varieties, climate, and soil produce specific aromas and flavors.

6

Moura PDO: very fruity, bitter and spicy with a greenish yellow color

Alentejo Interior PDO: grown in a very peculiar climate delivering a mild fruity aroma and a sweet flavor sensation

Norte Alentejo PDO: slightly thick and golden yellow or occasionally greenish offering a fruity flavor with a strong apple aroma

Ribatejo PDO: Ribatejo is a region of sweet olive oils

Beira Interior PDO: several olive varieties provide olive oils with complex aromas and flavors

Trás-os-Montes PDO: grown in a “hot land” expect very fine, balanced, and complex olive oils with an accentuated aroma of nuts and remarkable flavors such as sweet, fresh, bitter, spicy

Be aware of the following when **buying olive oil:**

Packaging >>> opt for dark glass bottles with air-tight seals

Expiration Date >>> the newer/younger/fresher the olive oil the better

Conservation >>> avoid buying from a bright and/or hot place. Consume oil within 20 days of opening for best flavor

Color >>> There is no relation between color and quality in olive oils. Those results come from the maturation stage of the olives—greener olive oils come from greener olives and yellowish olive oils come from ripe olives.

Extra virgin olive oil is a quality level above virgin olive oil, however, compared to seed oil VOO has a much higher quality and is the better option for culinary use.



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Visit their shop and taste their focus on the excellence of local, bio, and sustainable products or explore their offerings in the 24/7 online shop. [Visit and shop them online here.](#)

When tasting olive oil, the main attributes to be aware of are fruity, bitter or spicy

Extra virgin olive oil deeply penetrates skin making it a natural moisturizer, a skin cell regenerator and an excellent skin softener.

A Guide To Portuguese Sausages: 7 Varieties You Should Try

By Joana Taborda at cityodes.com for **DEVOUR LISBON FOOD TOURS**
*Connecting curious travelers with local food and people
in a way that helps culture thrive*

Whether as an afternoon snack or an accompaniment to a full meal, sausages are an integral part of Portuguese cuisine.

It's hard to find a meat dish in Portugal without at least one kind of enchidos—the traditional Portuguese sausages. You can find them in cozido, the feijoada (bean stew) or even mixed in soups like caldo verde.

Whether you like them raw, grilled, baked or fried, there are endless ways of eating Portuguese sausages. If you need a little introduction, this guide explains all the varieties you might find and the best way to eat them.

One way to sample them all at once is to order a sausage board (tábua de enchidos).

1. Chouriço

Chouriço is the most versatile Portuguese sausage and a staple petisco in the local tascas. Made with pork meat, it's similar to Spanish chorizo, but has less paprika than its neighbor to the east, and tastes a bit smokier.

Here in Portugal, chouriço goes hand in hand with dishes like caldo verde soup and arroz de pato (duck rice).

You can have it cold, but the best way to eat it is in the form of flame-grilled chouriço assado. More than a mere dish, this is a full culinary experience!

When you order chouriço assado at a restaurant, your server will bring the sausage to your table on a clay dish. Then, they'll light

it up right in front of you. Once it's on the table, you can cook the chouriço for as long as you like. For a perfect chouriço assado, the outside of the sausage should be slightly burned and crispy.

While you're out and about, be sure to also try pão com chouriço (chorizo bread), a popular Lisbon street food that's as simple—and as delicious—as it gets.



2. Linguiça

Linguiça is a thinner version of chouriço with some heavier notes of paprika, chilies, and garlic. Usually fried, this Portuguese sausage is an essential ingredient in the francesinha, Porto's signature meat sandwich.

3. Morcela

Morcela is a blood sausage, typically served in rural regions of Portugal like Guarda and Portalegre.

Besides pork meat, morcela also has the animal's blood, which gives it a different consistency (soft and crumbly) and a darker color compared to chouriço and linguiça. Seasonings include several spices such as cloves and cumin, which add to its strong flavor.

And don't worry if you're a little squeamish—you can still try this typical Portuguese sausage. In the region of Leiria, there's a version of morcela with rice—morcela de arroz—which is made both with and without blood.



Insider's Tip: You can eat morcela as part of a dish like cozido or feijoada, but we like to eat it by itself straight from the oven and spread on a piece of bread.

4. Farinheira

The name farinheira comes from the word farinha, meaning "flour" in Portuguese. As you might have guessed, flour is one of the main ingredients of this smoked sausage, along with pork fat, garlic, white wine, and massa de pimentão (bell pepper paste).

Like morcela, you can eat it with bread, but it's also common to mix it with scrambled eggs (look for ovos mexidos com farinheira). It has an orange-ish color and tastes sweeter than chouriço. Once cooked, farinheira turns into a delicious soft paste, perfect to spread on bread.

5. Alheira

Most Portuguese sausages have always contained pork, but alheira is an exception.

In the 15th century, Portuguese Jews created this sausage as a way to deceive the Inquisition. Since they couldn't eat pork, they made sausages with other kinds of meat like poultry and game, adding bread for texture. Garlic (alho) was also a common ingredient, hence the name alheira.

These days, you can find alheira with or without pork. The most famous variety comes from the region of Mirandela in the north of Portugal. There, locals like to eat it grilled and accompanied with boiled potatoes. In the south, however, it's more common to see fried alheira served with french fries and a fried egg.

6. Salpicão

If you order a Portuguese sausage board, it will probably include a bit of salpicão.

Hailing from the northern region of Trás-os-Montes, this Portuguese sausage combines pork loin with wine, garlic, bay leaves, and sweet or hot paprika. It's usually sliced into thin pieces and eaten raw with a piece of bread.



7. Paio

Paio is made of pork loin and seasoned with garlic, salt and sometimes red pepper paste. It resembles the salpicão, but it's larger in diameter.

In supermarkets, you'll often find paio cut into slices, making it a good option for sandwiches. There's also another variety in the Alentejo region known as paio branco (white paio) which is lighter in color since it doesn't include red pepper.



How Long Does Portuguese Sausage Keep?

Some Portuguese sausages like chouriço, linguiça, and salpicão can last up to three months when stored in a cool and dry place. Still, you should keep an eye out for mold. If you bought a farinheira, it's best to eat it within 15 days after your purchase. Packages of sausage from a supermarket will include an expiration date.

The best way to preserve the sausages after you open them is to rub a bit of olive oil on and around the area you cut. While the olive oil will change the flavor slightly, it prevents mold and preserves the sausage for later enjoyment.

Joana Taborda is a Portuguese travel writer based in Lisbon. On her blog [CITY ODES](#), she writes about the hidden gems of Portugal, fun road trips and train rides worth taking. She's also got a great archive of expat interviews called [LisbonInsideOut](#). When she's not typing away on her laptop, you can find her drinking an IPA in one of Lisbon's latest craft beer bars.

CITY ODES



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Book your [Devour Lisbon](#) (or one of their six other fab food cities) tour today and experience the food scene like you live here. Bem vindo!





3D Stitch artisan burel fabric panels from Burel Factory.



Burel is an ancestral fabric made from 100% pure wool, traditionally used by shepherds from the top of the Serra da Estrela mountains.

Pastel de Nata and Its Hippy-Dippy Cousin

By Sara Vale, creative strategist, writer, wellbeing expert for **LISBON COOKING ACADEMY**
Memory-making workshops and classes

When we thought of writing about pastel de nata, we had to think twice, even three times. There's so much information out there about them, both online and in real life, that it makes it a bit hard to create something inspiring and unique. Challenge accepted. That's why we will share not only the history of these beauts, but also a more modern version of the natas family. The nata with no nata, meaning its vegan version. This exists!

Pastel de nata. Repeat it after us: *pazhtel deh nahtah*. Great job, we're good to go.

So let's get started talking about one of Portugal's most treasured heritages: our one and only pastel de nata. Custard pie, Portuguese egg tart, you name it. You can call it whatever you fancy, you can try them around the world—from London to Paris, Shanghai to Tokyo—but the truth is, nothing beats eating these delights in their hometown, Lisbon.

Pair them with a simple bica and you will have the best snack you can get to face Lisbon's hills—that we all know are many more than seven.

The History Behind the Pastry

Pastel de nata, like many other Portuguese sweets, were created by monastic people around the 18th century. Back then, egg-whites were used to make clerical clothes whiter. How? By separating egg yolks from the whites, and then using them to starch nun's habits. Sticky? Maybe a bit. The resulting truth, however, is that there were a lot of leftover egg-yolks, which soon became the main and favorite ingredient to make

sweet pastry recipes throughout the country. Delish.

The particular case of pastel de nata started at Mosteiro dos Jerónimos in Belém, which was then a different town, not Lisbon. Even today you can taste the exact historic recipe there, at Pastéis de Belém bakery. You can't miss it. Look for the long line snaking down the street. It is said that the original recipe of Pastéis de Belém is so well kept that only two people in the whole world know it. Lucky them.

Pastéis de Belém vs Pastel de Nata

What we do know is that there is some truth and beauty to eating the originals. Pastel de nata, on the other hand, are known to be variations of Pastéis de Belém.

Our favorite Lisbon-proper natas are from Manteigaria, with two locations, Chiado and Cais-do-Sodré. There, the queue is smaller and you will get a similar (yet noticeably different) warm deliciousness. Not a big secret, but now you know. The question now

becomes how to eat a pastel de nata.

Start by being picky and choose your pastel. Not too dark, not too light. Get it fresh from the oven. Note: resist buying them in plastic packs from the supermarket or you will end up with a sugar overdose paired with a disappointing experience and a bigger carbon footprint.

Add cinnamon. Add more cinnamon to the point it nearly makes you sneeze. Good. Bite it while it's still warm. Maybe you've dropped some crust or cream on your shirt. Maybe



there's a cinnamon dusting down your front. You've got this.

Time to eat the second one (of course you always buy two and will want to eat them as hot and fresh as possible). Ok, now you'll have crumbs and cream everywhere. Lick your fingers, elegantly. Sip your bica. Now go take on the city.

Meet the Hippie-Dippy Cousin, the Vegan Nata-Not-Nata

Vegan: made of plant-based vs animal ingredients.

Now we're getting controversial, as if choosing a favorite nata in Lisbon was not enough. What the heck is a vegan nata, anyways?

Nata's hippy-dippy cousin has very little to do with its posh cousin, made with eggs and milk. The look and the experience are what unites this family. The vegan pastel de nata—did we already say nata means cream?—has the same flavors, such as the sweetness of sugar, the crunchiness of the crust and the creaminess of the filling. But no eggs, milk or butter here, only plant-based ingredients. Sugar and fat included.

Curious about where you can eat these not-nata natas? We've read you can get them at Zarzuela and Princesa do Castelo, but unfortunately they were both closed when we went. Ooh. If you go we'd like to know how you find them.

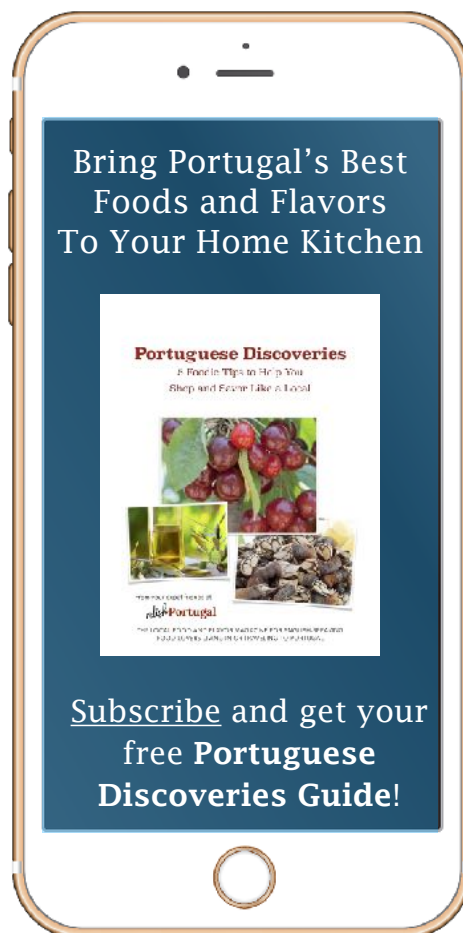
Whether you dream of the tasty traditional pastel de nata or are all about the vegan variety, just knowing that these sweet Portuguese treats are out there—waiting for you to claim them—makes everything alright. Peace out, amigos!

Lisbon Cooking Academy offers culinary classes in a fun, hands-on environment led by professional chef instructors. From a market experience to Mama's Dinner to vegan meals and sweets to traditional pastel de natas and more, you'll enjoy camaraderie and authentic flavors. They love food and believe it can be used to create and experience unforgettable moments. You're invited into their kitchen. Learn more and [book a class on the Lisbon Cooking Academy's website.](#)

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Sara Vale is a creative strategist, writer and wellbeing expert based in Lisbon. She's worked around the world from Africa to London and recently created Pause and Flow, bringing a modern and uncomplicated view of yoga, meditation and personal development to Lisbon. It's not unusual to find Sara drinking black coffee and people watching. Learn more about Sara and her [creative work on her website.](#)



Curious Secrets In The World Renowned Portuguese Pavement

By *GET LISBON's* Gracinda Gomes and Teresa Mouro
getLISBON.com || The Unusual Lisbon Guide

The art of Portuguese pavement (*calçada Portuguesa*) is abundant in Lisbon as well as across the country. However, even with its great popularity, many do not know that there are curious secrets disguised in the black and white patterns. Let's take a closer look at this fantastic artistic manifestation and discover its unexpected curiosities.

Yes, unexpected curiosities!

If we look closely we can see, hidden in the middle of the eye-catching designs, diverse images that surprise us with every step we take. A bunch of grapes, a bird, a watch, a boat or even a smiling face are some of the curious secrets in the *calçadas* that make us stop to admire and wonder about their existence and the men that made them.

Curious Secrets in the Calçada Portuguesa: Signatures or Pure Provocation?

The motifs that surprise us are usually interpreted as signatures from pavers, but a more attentive reflection makes us consider another possibility. The curious secrets that we're referring to are one-of-a-kind symbols concealed in patterns.

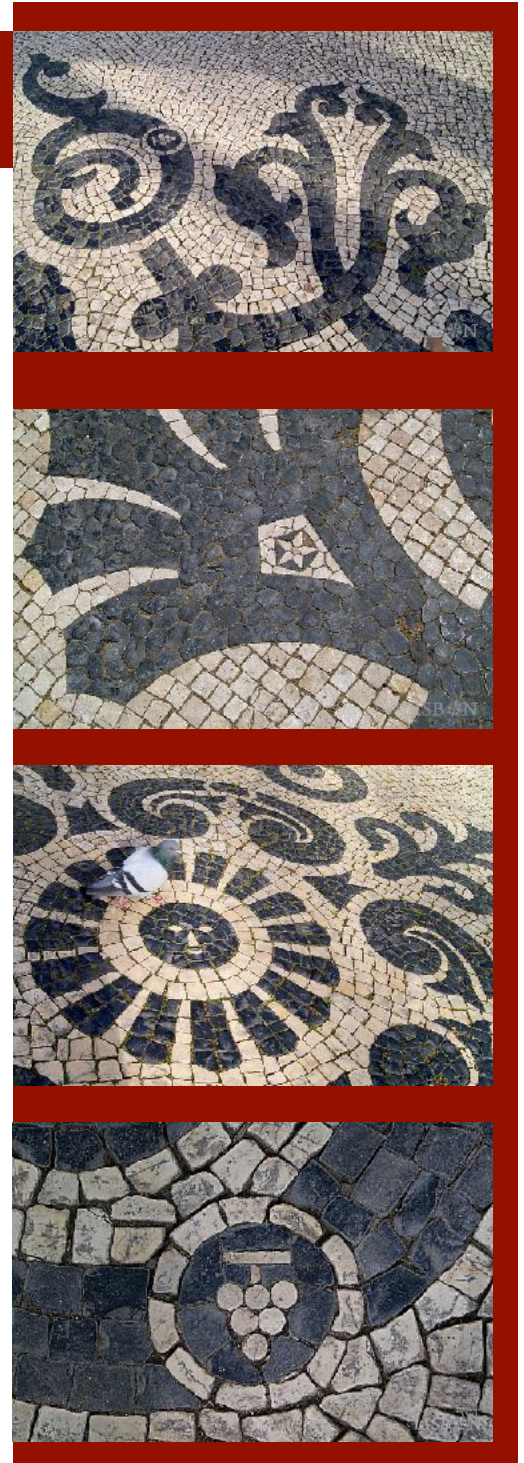
One of the places with a high number of incidences such as these is along Lisbon's *Avenida da Liberdade*, particularly the section in front of *Parque Mayer* (theatre venue), very close to the Monument to the Dead of World War I.

This part of the pavement was completely removed due to the construction of the metro and redone afterwards, which leads us to believe that these curiosities date back to the 1950s.

Do these symbols have a specific meaning? Is there a connection between them? We might never be able to answer these questions. However, we cannot ignore the fact that they are virtuous signs of sensibility and fondness for the profession.

The First Pavers

The first men to do this job were prisoners of the Limoeiro Prison that, because they wore iron rings and chains around their ankles, were known as "legcuffs". This fact is ingeniously portrayed



by the realist poet of the late 1800's, Cesário Verde, in his poem *Cristalizações*.

The pavers were condemned and thus commanded to do the hard work, requiring them to spend long hours in an uncomfortable position breaking stones.

The extraordinary original designs on the pavement of the parade ground of the *São Jorge Castle* (1842) and *Rossio Square* (1848) weren't shown to the artistic-eyed legcuffs that produced the modern *calçadas*.

The Recognition of the Profession

Despite the touristic popularity of the *calçada Portuguesa* and a deserved tribute to the pavers by a monument, the profession of paver is still far from being properly valued and thus, not many people are willing to learn this hard craft.

But is this hard work correlated with less sensitive men or men of no aesthetic sense? By analyzing these curious secrets in the Portuguese pavement that we bring to you and that are spread all over the city wherever the artistic pavement is present, we have to conclude, no.

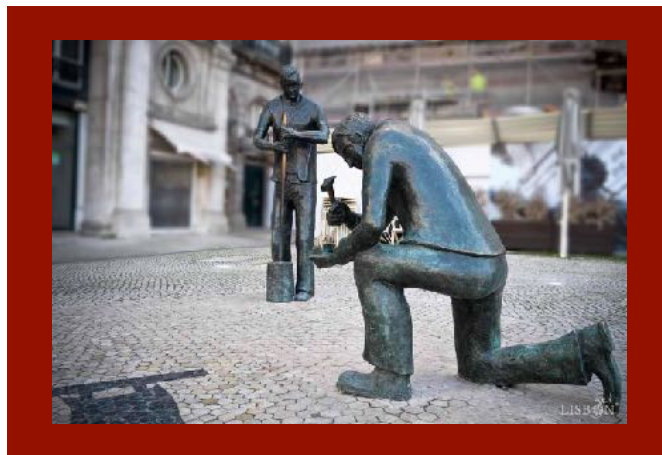
Over time, artful techniques were developed for the production of a good *calçada Portuguesa*. These had several stages: floor preparation, stone laying that avoids posterior deformations of the pavement, finishing and final compaction, among others. This required trained pavers that had mastered rigorous practices.

The paver follows a design previously made, generally by a plastic artist. However, the shape and disposition of stones is determined by the paver, which says a lot about his level of technical knowledge and the sensibility necessary for this job.

The School for Pavers, created by the City Council of Lisbon in 1986, brought recognition to the profession and seeks to pass on to its students not only the techniques, but also the

practical and artistic value that this job represents.

There is a huge difference between covering holes with stones that immediately become loose, causing uncomfortable and potentially dangerous irregularities that pedestrians complain about, and a rigorously executed work that requires well-cut stones that fit perfectly.



This iconic Portuguese art—and the skilled craftsmen necessary to create it—is not only beloved in Portugal but much appreciated abroad, constituting some of the finest public sidewalks, replicated in many parts of the world.

In addition to the curious secrets in the *calçada Portuguesa* shown here, you'll find other surprises across the land. Just be on the lookout!

It's no wonder that Lisbon has become a well-loved destination. With an abundance of beautiful weather, delicious food, interesting sights, traditions and warm people, it's a great city to call home. But a deeper look reveals more than the

pastel colored buildings, sidewalk cafes, and that special Rio Tejo light. getLISBON is expert at uncovering unusual, curious and meaningful details that tell the story of the city.



If the hidden history and curiosities of the City on Seven Hills grabs your imagination, [visit their site](#) and [discover](#) the most peculiar aspects of Lisbon.

getLisbon's Hidden Bacalhau (Codfish)

- 3 salted bacalhau (codfish) fillets
- 2 onions
- 4 tablespoons olive oil
- 1 zucchini
- 2 carrots
- ½ tablespoon butter
- 1 ½ tablespoon flour
- 1 cup (appx 250ml) milk
- ¾ cup (appx 200ml) cooking cream
- 1 egg yolk
- 10 ounces (appx 300g) potato sticks
- pepper and nutmeg to taste
- grated cheese or breadcrumbs

(This recipe doesn't require any salt since the codfish and the potato sticks already have enough salt.)

Poach the codfish in boiling water for a few minutes. Drain, remove the skin and bones and break into flakes. Set aside.

Chop the onions into thin half-moons and fry them in olive oil for 3-4 minutes or until golden. Add the codfish and stir.

Cut the zucchini in thin slices and grate the carrots. Add to the pan. Cover and let cook for about 7 minutes, stirring halfway through. Turn off the heat and add the potato sticks.

Make the bechamel sauce by heating the butter, folding in the flour and adding the milk. Stir well and add the cooking cream. Let it cook on low heat while stirring it. Turn off the heat and add the egg yolk. Season with pepper and nutmeg.

Add half the sauce to the codfish mixture and fold it in. Transfer to an oven dish and cover it with the remaining sauce. Sprinkle with grated cheese and/or breadcrumbs and bake for 15 minutes at 200°C (appx 400°F) or until gratinate. Enjoy this authentic bacalhau dish!





A Vegan in Portugal's No Cook Siren Bars

These delicious treats are named for a fabulous group of creative women, the Ink-Slinging Sirens. The Sirens started as a group for copywriters, but it's morphed into a support system, wellspring of wisdom, and hilarity factory.

- 1 ½ cup rolled oats
- ½ cup almond butter
- ¼ cup coconut oil
- 1 tablespoon maple syrup
- 1 tablespoon vanilla extract
- 1 tablespoon almond milk

- ¼ cup cacao powder
- ½ teaspoon cinnamon
- 2 tablespoons raw cacao nibs
- ¼ cup chocolate chips
- ¼ cup shredded coconut

Grind oats in a blender or food processor until fine. Add wet ingredients and mix well. Add dry ingredients and mix until combined.

Transfer mixture to a parchment-lined 13-inch baking sheet. Flatten the dough to about a quarter-inch thickness using your hands and form into a square or rectangle. It's easy to shape and mold using the parchment paper.

Freeze for at least 10 minutes. Cut bars into desired size. Store in freezer or refrigerator for up to seven days.

This recipe is easy and forgiving. Swap chocolate chips for dried cranberries, cacao nibs for hemp seeds, etc. But whatever you do, make and eat these delicious vegan bars!

From Shanna's cookbook, The Intentionalist Cooks

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FOOD, GLORIOUS FOOD

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WHAT'S PLAYING IN YOUR KITCHEN?

Relish Portugal asked this issues' contributors to share what's playing in their kitchen. The result? A perfectly curated playlist for your Portuguese kitchen pleasure.

Meu Amor de Longe || *Raquel Tavares*
Ouvi Dizer || *Ornatos Violeta*
A máquina (acordou) || *Amor Electro*
Mercy Mercy Me || *Marvin Gaye*
Intro Live at HQ || *Incubus*
Minor Swing || *Django Rheinhardt*
Killing Me Softly || *Fugees/Lauryn Hill*
Ring of Fire || *Johnny Cash*
Alegria, Alegria || *Caetano Veloso*
Sincerely Yours || *Jim Barbaro*
Dia Clerear || *Banda do Mar*
You'll Be Back || *Hamilton Soundtrack*
Vamos a la Playa || *Righeira*
Being Boring || *Pet Shop Boys*
Hope || *Fat Freddy's Drop*
Salted Caramel Ice Cream || *Metronomy*
Here Comes The Sun || *Beatles*
Chega de Saudade || *João Gilberto*
What I Know || *Jim Barbaro*

LOA | The Olive World's EVOO Envy Humus

- 2 tablespoons sesame seeds
- juice of 1 fresh lemon
- 3 tablespoons of intense, fruity, green extra virgin olive oil
- 18 ounces drained cooked chickpeas
- ½ teaspoon of salt/pinch of pepper
- pinch of smoked paprika (optional)

Toast the sesame seeds until golden. In a blender, combine sesame seeds and olive oil to form a paste. Add lemon juice, chickpeas, and salt/pepper and blend until smooth. Serve in a beautiful bowl topped with a generous drizzle of olive oil and a dusting of paprika and a basket of good bread.

Listen to the
What's Playing In Your Kitchen?
[Spotify playlist here.](#)



Bifanas, Bitoques & Bacalhau, Oh My!

SHANNA TRENHOLM, A VEGAN IN PORTUGAL
Now booking *So, You Want To Move To Portugal* sessions

Wandering Lisbon's steep, twisty, and potentially ankle-breaking cobbled streets, every restaurant I peered into was proudly offering, from either a handwritten sign in the window or a makeshift menu board outside, *bacalhau à brás* as the special of the day.

One of the most traditional Portuguese dishes, *bacalhau à brás* is made with the ubiquitous salt cod, eggs, and potatoes. And while I'm sure it's delicious, it's not a dish that works for me or other vegans living in or visiting Portugal.

So, what's a hungry animal-loving plant-eater to do when living in (or visiting) Portugal?

Since moving to Portugal, one of the most common questions I get asked is, "how hard is it to be vegan in Portugal?" My typical answer goes something like this: I can't even make my way through all the vegan options in Lisbon!

Lisbon, Plant-Based Paradise

Ah yes, Lisbon. It's easy to be an eater of plants in Portugal's breathtaking and hilly capital city.

Lisbon is the current darling on the tourism circuit, and with new restaurants cropping up every week to meet visitors' demands, there are plenty of options to satisfy a variety of palates.

In fact, there are so many vegan and vegetarian restaurants, and restaurants that offer veggie or vegan options, that it's not hard to be vegan in Lisbon. And although I haven't yet eaten my way through all the veg and vegan

establishments, I will certainly make a valiant effort to do so (such hard work!).

But, The Challenges

I don't live in the city proper; I live a pleasant 10-minute ferry ride across the Tagus River (Rio Tejo). So as a vegan in Portugal, my experience centers on the Lisbon region.

Where I live, it's like another world from the cosmopolitan city. My neighborhood is a typical Portuguese neighborhood; vegan and vegetarian options are slim. We don't see foreigners or tourists too often over here, except along the charming main street and restaurant row of *Cacilhas*.

Cacilhas is a small town with a big shipbuilding and industrial past. Nowadays, though, it is the place where day-trippers come to dine at the traditional fish restaurants along the waterfront (pro tip: the best views of

Lisbon are from here). The moment you step off the ferry, the smoky smell of grilled fish, and the din of street merchants trying to shout above one another to advertise their wares, overtakes your senses.

Although you won't find many vegan or vegetarian restaurants where I live, a notable exception is Veg-e-tal and their cute hidden garden. That's nice once in a while, however, if you enjoy cooking as I do, read on.

Portugal, A Cook's Delight

Portuguese cuisine is heavy on seafood, meat, and eggs. Still, the silent stars of the local fare are the bounty of beautiful veggies and fruits grown right here in this little Western European country. If you enjoy cooking, even making simple salads and pasta dishes with fresh vegetables, you will absolutely not starve as a vegan visiting Portugal.

Fresh citrus of all varieties, especially lemons, clementines, and oranges, enchant the senses. Plums, pears, apples, cherries, melons, passion fruit, and blueberries—all grown locally, and are abundant when in season. And figs! Did I mention the figs? Some of the most decadent fig varieties I've ever tasted are from Portugal.

The local mercado, supermarket, or corner frutaria is where you'll find all kinds of fruits and vegetables.



I like to experiment with locally-grown veggies like the little heart-shaped *couve-coração*, which I use in a vegan version of caldo verde (green broth) soup.

In addition to curious cabbages at the mercado, you'll find the usual kitchen staples like carrots, tomatoes, onions, leeks, garlic, and potatoes of all varieties, including delicious sweet potatoes from Aljezur. There they even have a 3-day festival dedicated to the humble tuber.

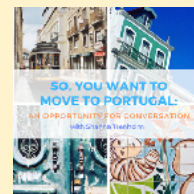
If you shop for your produce in season, you'll get the tastiest selection and the best prices.

And, Vegan/Veg Dining Out in Portugal Is Plentiful

For a comprehensive list of Lisbon's vegan eateries with reviews, check out [The Nomadic Vegan's Best of Lisbon](#) list. More

broadly, [Happy Cow](#) provides a wide-ranging list of vegan/vegetarian options across Portugal. Bom apetite!

Shanna, [A Vegan in Portugal](#), is a writer and creative strategist from San Diego, CA who decided to pursue her lifelong dream of living in Europe. Thinking that she'd settle in France or Spain, Portugal won her heart. The climate, people, cost of living, quality of life, and healthcare were some of the many reasons she chose Portugal—oh, and the coffee, too.



Her one-hour [So, You Want To Move To Portugal](#) Skype sessions are designed to help you decide if a move abroad is right for you.

The image shows three glasses of sangria. The central glass is in sharp focus, showing a dark red liquid with several ice cubes and slices of fruit, including strawberries and lemons. The two glasses on either side are slightly out of focus. The background is a plain, light-colored surface.

**Whether you LOVE Portugal, LIVE in Portugal or
LONG to experience Portugal, Relish Portugal
is your foodie-focused friend.**

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