

relish **Portugal**

Apr/May/June 2020

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



Cataplana:
**THE ALGARVE'S
ICONIC DISH**

+ PLUS +

**AN INTERVIEW WITH FOOD WASTE
WARRIORS, A VIRTUAL PORTO
MARKET TOUR, A MEXICAN MEAL,
PIRI-PIRI 101, RECIPES AND MORE**

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FROM MY COZINHA



It's late-March and as I look out my window the usually bustling square below is empty save for the woman walking her pug and an occasional passerby. Cafés are closed, shops are papered over, and nearly the entire world is at a standstill, contemplating life and staring into their fridge, asking that age old question, "what's for dinner?" I'm an avid home cook but

mercy, these days inside have me cooking more than I have in recent memory. Same for you? I'm also connecting with loved ones across the globe, running up and down my building's stairs doing jumping jacks at each landing, and reading...lots of reading. Reading news, reading ebooks, and proofreading Relish Portugal.

Originally, this late-spring/early-summer edition was going to have a roundup of events, advice on how to host a brilliant Easter brunch and other such stories. I've shelved that content (for now) but am pleased to continue to showcase many small Portuguese businesses that, even in this shutdown, tickle our imagination and tempt our tastebuds.

As you know, this is not a "what's on" publication. Instead, we offer the Portugal-loving home cook (*and that's all of us right now, right?*) an abundance of interesting stories from across the country, light learning, and delish recipes.

For example, by request of a delightful fan and in partnership with Tertúlia Algarvia, we present cataplana in its many splendors and glories. Practice Portuguese is back. With their story in hand, get out your post-it notes and start tagging your kitchen gear. Our friends at Black Sheep Lisboa Wine and Spirit Bar talk about field blends, we get an insider's look at Porto's famous Mercado do Bolhão from Get-Portugal.com Tours, and so much more.

Thank you for reading. Please be well, stay safe, cook up a storm and please, please share this magazine with anyone you think might enjoy it.

Evanne

PS — While Cinco de Mayo might be an Americanized celebration, celebrate we shall! Don't miss the party, turn to this issue's Not From Around Here piece and whip up a sensational stay-at-home Mexican feast.

relishPortugal

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

Relish Portugal is published four times a year plus two special editions.

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*Queue up the latest
"WHAT'S PLAYING
IN YOUR KITCHEN?"
playlist here
(see the song list on
page 42) and let's
spend some time
together.*

relish **Portugal**

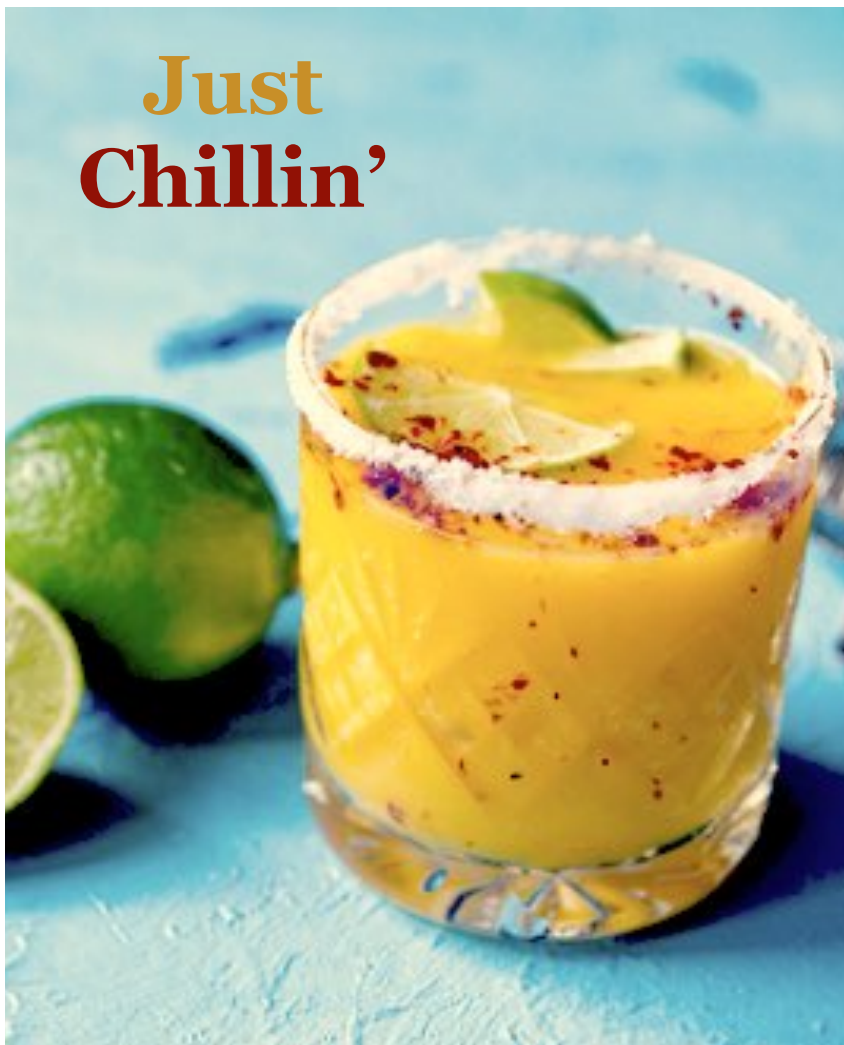
Cocktail Hour

Sugar Cane *Liquor*

There's no question that Cachaça, a delicious rum-like distilled sugarcane liquor, is Brazilian through and through. After all, it's the foundation of Brazil's national cocktail, the Caipirinha. Yet the beginnings of this spirit are partly Portuguese. Turns out that Portuguese colonizers brought sugar cane to Brazil, kicking off the mighty booze boom. It's also rumored that Dom Pedro I toasted Brazil's independence with a raised glass of Cachaça.

Cachaça comes in two styles, white and aged. And like most things in life, you get what you pay for. Pick up a bottle and celebrate *International Cachaça Day* with the world (and this cocktail) on June 12.

Just Chillin'



Cantinho do Aziz' Pura Sacanagem

Sweet mango, tart lime juice and a spicy kick give this cocktail umph!

- 1 shot Cachaça
- 1 shot mango syrup
- 2 shots mango puree
- crushed or cubed ice
- half a lime
- one fresh piri-piri pepper, pierced*
- salt and piri-piri powder for rim
- lime slice to garnish

*Using a sharp point, pierce the piri-piri pepper to allow the heat to infuse the cocktail. The more pierced, the hotter the drink.

Rim the glasses: On a saucer or small plate create a mixture of (mostly) coarse salt and a small shake of coarse piri-piri powder. Glide a lime wedge around the lip of the glass to moisten and dip rim into salt/pepper blend. Set aside.

To a blender add Cachaça, mango syrup, mango puree, and ice. Blend until smooth. Carefully pour into the rimmed glass, squeeze the half-lime into the cocktail, and partially submerge the pierced piri-piri into the mixture.

Enjoy an authentic Portuguese atmosphere coupled with true Mozambican food at Cantinho do Aziz in Mouraria's fabled Largo dos Trigueiros



The Noz Knows

Maybe you've seen it in the store or maybe you've got a bottle in your cupboard. **Walnut oil** is a delight — fragrant with a distinctive rich, nutty flavor. It's a very healthy oil but, unlike Portuguese olive oil, walnut oil is quite delicate and should not be heated. The shelf life of this oil is short and a little goes a long way. When purchasing, check the label to make sure it's less than a year old. Store it in the fridge after opening. Drizzle over a Portuguese pear and parmesan salad or add a few drops to a chicken or broccoli salad. Try it on roasted sweet potatoes, carrots or turnips. If using it to make a vinaigrette, combine with a light-flavored olive oil, adding just a little walnut oil to the dressing so as not to overpower the mixture. It's also wonderful atop a scoop of vanilla ice cream (bonus points if that sits on a brownie).



Quiosque Corner

Outside of the tourist district, Quiosque das Amoreiras is situated among mature shade trees in a peaceful city park, Jardim das Amoreiras. It's a place where locals bring their children to play on the playground, elders take pleasure in visiting with friends and family, singles nestle in to read a few pages of a good book and life goes on as it should in beautiful Lisbon.

Enjoy a coffee or other beverage and a snack or a sweet at this larger than usual classic quiosque



before or after visiting Museum Arpad Szenes-Vieira da Silva or Mãe d'Água Reservoir, both bordering the garden. Amble over on a Friday evening and you might be rewarded with live music. Saúde!

Walnut vinegar, on the other hand, often smells of toasted walnuts, is bright and has a bit of sweet/tart to it. You might find it with a white wine or balsamic vinegar base. Try using alone as a dressing for a tender green salad with feta or goat cheese or mixing with a fruit-infused oil. Add it to a maple-syrup based marinade, sprinkle over fresh fruit, or splash a bit on a gorgonzola pasta dish or a creamy risotto. Delish!

Oh! Ouriços!!

The Portuguese word “ouriços” could mean sea urchins or it might mean hedgehog but it also refers to an amazing regional pastry found in the lovely and famous surf town of Ericeira, about 20 miles northwest of Lisbon.

Ouriços da Ericeira are sweet, chewy-on-the-outside, spongy-on-the-inside almond cakes that pair perfectly with an espresso or pingado. When in Ericeira they are not to be missed.



There are a number of ouriços shops in town and each one has its secret recipe and loyal following. But if it's an ocean view and a breath of salt air you want with your sweets, Casa da Fernanda is what you're looking for. The small pastelaria is located right above Praia dos Pescadores with sidewalk seating and plenty of public benches in case a table isn't available.

FOOD FOR THOUGHT

Portugal, I Love You

*Maureen Ferguson, founder, **GRAPE OLIVE PIG** Food, Wine & Design Tours in Lisbon & Alentejo*

The Portuguese people will steal your heart – but they won't do it with a grand gesture or a sweeping statement. These warm, curious and sweetly shy people reveal their depth, their soulfulness, the very thing that makes them so special, layer by layer.

The first time I visited Portugal, it was as a tourist, and I was smitten. Its art and architecture, food and wine, its history and culture, the beaches, the sunshine – thousands of books, magazine articles and blog posts have been written that sing its praises. They are not wrong. These things abound here. But what makes Portugal unique from any other place I know is impossible to capture on paper.

Let me try.

Now that I live here, I've made friends, I have family (my husband is Portuguese) and I (finally) have the places in my neighborhood that I depend upon – my pharmacy, my tasca, my cafe and my pastelaria. As such, I've been able to observe and interact with people here on a deeper level.

As an American, these are some of the things that I adore.

Portuguese faces. They say that eyes are the window to the soul. I'm not sure where this saying came from, but it must have been written about the Portuguese. I find the people here to have a gentleness, a sweet shyness at first glance – but their eyes tell a different story. Their eyes carry within them centuries of sadness and longing, of love and

loss, of warmth and connection. There is a whole world written across the Portuguese face and they are able to express a multitude of emotions with one look, one gesture.

Personal space. Maybe it comes from living in a small country, but the Portuguese

notion of personal space is virtually non-existent. On the street, in the store and certainly with friends and loved ones, there is a lot of touching. They walk close, they talk close, they want to make sure you understand whatever it is they are trying to say. I've seen Portuguese people approach a police officer to ask a question and hold the officer's arm while they talk. Meu Deus. This would never happen in the States. I've totally embraced this way of life. I love the closeness and connectedness that I feel daily. Except in the car – I break out in a cold sweat when I



think about the Portuguese and their driving habits.

Pride of place. Sit around a table with Portuguese friends for long enough and eventually someone will say “you know, the Portuguese invented that / discovered that / are responsible for that...” And then even if they have to go back through the millennia, they will explain why, for example, British fish and chips, Jewish challah bread or Japanese tempura are of Portuguese origin. While they are quick to poke fun at themselves, they have a deep love, respect and knowledge of their history and heritage.

At the table. Which brings me to the Portuguese national sport, and no it's not futebol. It's food. These are people who have a passion for talking and a passion for eating and a passion for talking about eating. We spend hours talking about food – the best fish in Algarve, the porco preto from Alentejo, Serra da Estrela cheeses, wine from the Douro, the chestnuts from someone's grandma's village. It goes on and on. And in fact, this would be my single best piece of advice for expats who have recently moved to Portugal and are starting to make friends – ask anyone about their favorite foods or the best foods of any region. Even better – ask a group of people. Then sit back and enjoy – the magic is about to begin.

A love of language. The Portuguese are the best English speakers I've encountered outside of the United States (and even then...). They have an aptitude for language that I think is hardwired into them from their years as the greatest explorers in the world. They are delighted (and amused) by my

shaky Portuguese and always encouraging. It can feel stressful as an expat to try to speak their language, cringing at every mistake. The Portuguese people never make me feel like an outsider, and in fact often reward me with a sweet use of their own language for example by calling me “menina.” It warms my soul – and reminds me daily how lucky I am to call this beautiful country home, and these beautiful people, friends.



Photo credit: Emanuele Siracusa

Imagine off-the-beaten track adventures that explore the Alentejo region, celebrated worldwide for its cuisine, where things are still done the traditional way and the warmth of the people stays with you forever.

Maureen's GRAPE OLIVE PIG offers one-day, once-in-a-lifetime experiences where you'll meet local producers, taste local wines, tour farms and historic hill towns, see local craftspeople, and taste beloved desserts made from secret centuries-old recipes – eating and drinking your way through the rolling hills, olive trees and vineyards of the region.

Workshops and community dinners coming soon!





BOCHECAS // WINE BRAISED PORK CHEEKS from Maureen Ferguson's bountiful Alentejo

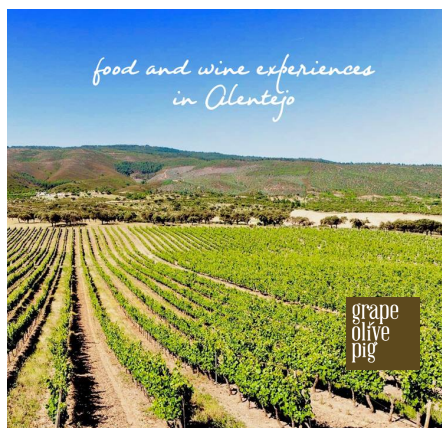
An overlooked cut in the U.S., pork cheeks are lean and fall-apart tender. And they are used in so many different preparations. Easily found at our local butchers and shops in Portugal, pork cheeks are best seasoned and browned then slow cooked to release their delicious lush porkiness.

Here, pork cheeks are braised in aromatics and wine until they fall apart at the touch. Delicious!

- 3/4 kilo pork cheeks (6-8)
- sea salt/freshly ground pepper
- 1 t coriander seeds
- 1 t dried marjoram
- 1 t paprika
- 1 t piri-iri paste
- 1 T flour
- 1 T olive oil
- 1 clove garlic, finely chopped
- 2 large carrots, quartered, finely sliced
- 2 turnips, peeled, diced
- 2 large onions, diced
- 1 T fresh rosemary, chopped
- 1 T fresh thyme, chopped
- 2 sage leaves, chopped
- 2 T balsamic vinegar
- 2 T sherry vinegar
- 350 ml dry white wine
- 800 g canned plum tomatoes

Serve with garlic mashed potatoes, veg of choice, local bread and a bottle of Alentejo vinho tinto.

1. Season the pork with sea salt and freshly ground black pepper (if you have time, allow to season overnight).
2. Smash the coriander seeds and mix with the dried marjoram, paprika and piri-iri paste. Roll the cheeks in this mixture, pressing it in well. Dust the cheeks with flour.
3. Heat a thick-bottomed casserole pan, add the oil, brown the meat on all sides and then remove from the pan.
4. Add the garlic, carrot, turnip, onions, the chopped rosemary, thyme and sage and a pinch of salt and sweat them until softened.
5. Add the balsamic and sherry vinegars and allow them to reduce to a syrup.
6. Pour in the white wine and allow to simmer for 5 minutes or so. Add the canned tomatoes with their juice, roughly smashing them with a wooden spoon. Allow to simmer for another 5 minutes and return the cheeks to the pan.
7. Bring to a boil, put on the lid and simmer in the oven at 180C for 1.5-2 hours, then remove the lid and cook for another half an hour.



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

<https://RelishPortugal.com>



Herbed Goat Cheese Spread

This is a super simple recipe, easily adaptable to whatever you have on hand. Fresh herbs are best, but dried herbs such as Herbs de Provence are also acceptable. Makes a great appetizer or accompaniment to soup and salad.

- 1 log of goat cheese (or feta or anything with a similar texture)
- olive oil
- fresh herbs, chopped (thyme, sage, etc.)
- salt/pepper

Using a fork, break cheese up in a bowl. Gently stirring, drizzle in olive oil until you get a thick but creamy spreadable texture. Mix in herbs and salt/pepper to taste.

Serve in a bowl with toasts, bread or crackers on the side. It's also great with fresh veggies. Take it to the next level by spreading it on bread and baking it. Yum.



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

What's Old Is New Again

At Black Sheep, we specialize in working with small producers who work organically, biodynamically and naturally in the vineyard and the winery. These producers are special because they work to embrace old ways and pair these winemaking traditions with new technologies. Farming the way their grandparents did, using natural or spontaneous fermentation, native grape varieties and creating field blends are some of the ways in which they honor these methods.

One of our favorite styles that is both old and new is the palhete, or clarete style of wine. Neither a red or rose, a palhete (palheto) wine is a light bodied red wine made from either a shorter maceration (the process of soaking crushed grapes, seeds, and stems to extract color, aroma and tannins) and/or a small amount of white grapes cofermented with the red grapes.

Traditionally these wines are field blends, which means they are made with whatever grapes are in the vineyard. Some of our winemakers are working with very old vineyards and don't even know what varietals are planted! A field blend can have a dozen or more different types of grapes. Wines were sometimes made this way because maybe in a particular harvest there weren't enough grapes to warrant separating the red and white fruit, and everything was thrown in together. Or maybe your great-uncle was bad at keeping records and no one could remember what was planted where. It was common for everyone in the family or village to pool what they had.

The mystery is part of what we love about field blends. The magical alchemy of a healthy vineyard and attentive winemaker really shines, and with less skin contact during maceration you get a lighter bodied wine that is bright and fresh. Palhete and clarete wines are typically served slightly chilled and make a wonderful aperitivo. Some of our favorite producers making this style of wine include Vale da Capucha, Gouvyas, Aphros, XXVI Talhas, Vinho da Ordem, Uivo, Quinta do Montalto, and Casa de Mouraz. Try them, we think you'll be wowed.

NOT FROM AROUND HERE

Who among us does not appreciate a warm, chewy corn tortilla with a filling to your taste, a scoop of fresh guacamole and pico de gallo, and a frosty margarita to round everything out?

While we can improvise or find bits and pieces in the grocery stores we frequent, there's a better way.



Originally from Cancun, Mexico, Martha Tomé came to Portugal many years ago and brought her passion for preparing and sharing Mexican food. So much so that she operates Abarrotes Mexicanos en Portugal (Mexican Groceries in Portugal) where you'll find nixtamalized corn for tortillas, dried chiles, achiote, nopales, Mexican drinking chocolate, and, of course, ready-to-eat food.

You'll also find kitchen tools including tortilla presses, molinillos (for hot chocolate) and molcajetes (mortar and pestles).

Shop Martha's authentic Mexican products at her Lisbon store (by appointment only) or order online or over the phone and she'll ship them to your Portuguese doorstep via CTT.

HUNGRY? We've got recipes!!



GET IN TOUCH: Martha Tomé Cozinha Mexicana
Email: martha.cocina.mexicana@gmail.com
Phone: 963 045 638 Facebook: [@abarrotesmexicanos](https://www.facebook.com/abarrotesmexicanos)

WHAT ELSE: Catering, Workshops, Cooking Classes

“Mexican cuisine is not complete without corn tortillas. Throughout the length and breadth of Mexico they are present at Mexican tables everywhere. Traditional corn tortillas serve as the base of tacos of all styles and have transcended borders and conquered palates across the globe.” ~ Martha Tomé

Corn Tortillas

- 250 gr *nixtamalized corn flour
- 235 ml warm water
- ½ t salt

**Nixtamalization is an alkaline process used in the preparation of maize. The corn is boiled, soaked, dried and ground into masa. Not only does it enhance the grains' nutrition, without nixtamalizing, the corn will not hold together as a dough.*

Place the nixtamalized corn flour and salt in a bowl and gradually add the water. Knead until you get a dough that doesn't stick to your hands. Take a little dough and form a ball, pressing it between your hands. If cracks appear it means you need more moisture. Add just a little more water, knead and retest. When, it no longer cracks, the dough is ready. Cover with a plastic film and let stand for 10-15 minutes.

Put a comal (flat Mexican griddle) or nonstick skillet on stovetop. When hot lower the heat to medium.

Take a portion of dough (approx 25-30 gr), place between two pieces of plastic or parchment paper, and press with the tortilla press. If you are not using a tortilla press, position the dough portion between the plastic or paper on a completely flat surface. Put a cutting board over it, press hard and voilà! The tortilla is ready. If you'd like it thinner, use a rolling pin.



Remove the tortilla from the plastic or paper and carefully place it on the griddle or nonstick skillet. Wait 15-20 SECONDS and turn the tortilla. Let it cook well and when it is ready, turn it over again. At this point, the tortilla should start to inflate.

In Mexico it's said that when the tortilla inflates it's time to get married!!

CINCO
DE MAYO

Fresh Margaritas on the Rocks

Makes two fabulous, refreshing cocktails



Moisten the rim of two rocks glasses with a wedge of fresh-squeezed lime. Using a small saucer of kosher or sea salt, coat the rim with salt. Set aside so the salt

creates a hard, luscious crust.

In a cocktail shaker add three ice cubes and:

- 2 shots tequila
- 1 shot Cointreau (orange liquor – use the good stuff, it makes a difference)
- 2 shots fresh-squeezed lime juice
- ½ shot simple syrup

Shake then taste to make sure the margarita ingredients are mixed perfectly for your palate. Adjust if necessary. Strain into two ice-filled, salt-rimmed glasses and enjoy.

Pickled Onion

- red onion, thinly sliced
- lemon juice, fresh-squeezed
- oregano
- sea salt

Cover sliced onions with hot water for 10 minutes. Drain and add lemon juice, oregano and sea salt to taste. Allow to marinate on the countertop until ready to serve.

Shrimp Ceviche



- ½ kg (extra-large 26/30) shrimp, peeled and deveined, cut into one-inch chunks
- ½ c cilantro, roughly chopped, stems okay
- 1 jalapeño pepper, seeded and chopped into small pieces
- ¼ c sweet onion, diced
- juice of 4 limes, fresh-squeezed — enough to completely cover shrimp

Combine all ingredients in a glass bowl with lid. Stir well and marinate in the refrigerator 6-ish hours, until the shrimp is opaque. Don't allow it to sit too long (overnight) or the shrimp will “overcook” in the citrus juice.

Pico de Gallo

- ¾-1 pound ripe red tomatoes, diced, with seeds and liquid
- ½ c cilantro, roughly chopped, stems okay
- 1 jalapeño pepper, seeded and chopped into small pieces
- ¼-½ c sweet onion, diced

Combine all ingredients.

Place in bowl with lid and cover. Allow to sit on counter until ready to use – at least one hour. Doesn't keep well in the refrigerator so eat up.



The Greatest Guacamole

- 2 ripe avocados
- ½ c diced red onion
- 1 c diced tomatoes (any shape high quality)
- 1 clove garlic, minced
- 2 T cilantro, chopped, stems okay
- 2 T seeded, chopped jalapeño
- ½ t kosher salt
- juice of 1 lime, fresh-squeezed (optional)
- ½ c scallions, chopped (optional)

In a medium bowl, prep and mix all ingredients except avocado. Halve avocados, pit, and peel. Add to bowl, “smush” together and serve immediately.





*Portuguese artist Sarah Affonso children's illustration.
As seen at the Sarah Affonso: Days of Little Things exhibit.*

My Everyday Portuguese Cozinha: Tools And Appliances

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

Cooking at home can be a pleasure, especially when you are experimenting with new ingredients and recipes or when your tastebuds call for old familiar flavors. The cooking tools and appliances you'll use in your Portuguese cozinha are similar — if not identical — to those used in your past, they are just called something different.



When preparing a meal in your kitchen, you might set out your **tábua de cortar** (*cutting board*), wash your **frutas ou legumes** (*fruits or vegetables*), and begin with your **faca de chef** (*chef's knife*) or a **faca para vegetais** (*paring knife*). If you're cutting bread, then a **faca serrilhada** (*serrated knife*) would be more appropriate.



From your drawers you might need these utensils:

<u>colheres de pau</u>	<u>wooden spoons</u>
<u>pinças</u>	<u>tongs</u>
<u>espátulas</u>	<u>spatulas</u>
<u>coador</u>	<u>colander</u>
<u>ralador</u>	<u>grater</u>
<u>batedor</u>	<u>whisk</u>
<u>quebra-nozes</u>	<u>nutcracker</u>
<u>rolo da massa</u>	<u>rolling pin</u>

Of course, if you are cooking, you might be using:

<u>panelas</u>	<u>pots</u>
<u>tachos</u>	<u>pans</u>
<u>frigideiras</u>	<u>frying pans</u>
<u>caçarolas</u>	<u>casseroles</u>
<u>luvas (de forno)</u>	<u>oven mitts</u>

Kitchen appliances run the gambit from need to have to nice to have:

<u>fogão</u>	<u>stove</u>
<u>placa de indução</u>	<u>induction cooktop</u>
<u>forno</u>	<u>oven</u>
<u>micro-ondas</u>	<u>microwave</u>
<u>grelhador</u>	<u>grill</u>
<u>panela de pressão</u>	<u>pressure cooker</u>
<u>processador de alimentos</u>	<u>food processor</u>
<u>liquidificadora</u>	<u>blender</u>
<u>batedeira</u>	<u>mixer</u>
<u>tostadeira</u>	<u>toaster</u>
<u>espremedor</u>	<u>juicer</u>
<u>chaleira</u>	<u>kettle</u>
<u>cafeteria</u>	<u>coffee maker</u>
<u>balança</u>	<u>scale</u>

After your fine work in the cozinha, you'll want to set a beautiful table. Tableware includes **talheres** (cutlery), **pratos** (plates/dishes), and **copos** (glassware).

When it comes to cutlery, the three main eating utensils are **colheres** (spoons), **garfos** (forks) and **facas** (knives).

Here are some other common items you may see on a Portuguese table:

travessa	platter
tigela	bowl
taça	bowl
concha	ladle
cesto de pão	bread basket
jarro	pitcher/jug/carafe
garrafa	bottle
chávena	cup
pires	saucer
caneca	mug
colher de café	coffee spoon
guardanapo	napkin

"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.



Marvelous Mushroom Toast

- olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 500 gr mushrooms, sliced
- 15 cherry tomatoes, halved
- Vinho Verde
- salt/pepper to taste
- fresh parsley, chopped
- half a lemon, juiced

Heat olive oil in a pan and add the onion. Cook until it begins to soften. Add the mushrooms and continue cooking until they've browned. Add the garlic and stir until fragrant, less than a minute. Add the cherry tomatoes and a large splash of Vinho Verde. Allow the liquid to reduce. Season to taste with salt, pepper, chopped fresh parsley, and lemon juice.

Serve on top of toast or enjoy as a side dish along with the remaining wine.



PORTUGUESE PASSION

“I am just a guy with a camera, trying to make sense of it all.” ~ Nelson Carvalho

It'll grab your attention but it's so much more than entertainment. Prepare to be educated, enlightened, entranced.

Nelson Carvalho's most recent body of work, short films demonstrating his love for the country of his birth, are stunning.

From the Azores to the Alentejo, the Ribatejo, the Douro Valley, Centro de Portugal and more — showcasing the food, beauty, and genuine people of each region — this award-winning filmmaker offers a glimpse into the heart and soul of our beloved Portugal.

If you don't already know Nelson, take the time to explore his film collection. Undoubtedly, you'll find inspiration in his *stories worth telling*.



Click to watch →

O Centro de Portugal Faz Bem (Center of Portugal Does Well):
A native son returns home to pay homage to the wonderful foods and wines from his Centro de Portugal.



For more, including blogs, recipes and his award-winning cookbook, visit NelsonCarvalho.com



*Circular economy. Reduce.
Repair. Reuse.*



*Green infrastructure in the
fight against climate
changes.*



*Mobility. Sustainable,
accessible and smart.*

LISBON EUROPEAN GREEN CAPITAL 2020

They didn't win because they were the most sustainable city.

They won because the city grew in these environmental sectors:
waste, green structure and biodiversity, mobility, water, energy.

Lisbon won because they've proven they can evolve, assuming
ambitious future commitments in all areas.



*Lisbon, a city that completes
the water cycle.*



*Lisbon, a solar city with
sustainable energy sources.*

Scottish by birth, zoologist by schooling, and living in London as an adult, Teresa Lynch had been vacationing in Lagos for nearly 40 years. Interested in making a life change and also interested in catering, Teresa made the move, opening London Tiger Coffee — nestled in the historic center of Lagos along a small cobblestone lane — in 2016. Touted as an ideal mix of a livable small town and a beach resort, she's never looked back.

Tourists and locals alike flock to her cozy cafe for housemade cakes, a wide-ranging coffee menu, smoothies and snacks.

Choose indoor seating on a rainy day (like Relish Portugal experienced on our last visit) or sit outside and watch the passersby while sipping an expertly made cappuccino, a more traditional café, or an espresso martini.



MY TOWN: LONDON TIGER COFFEE

While London Tiger Coffee keeps Teresa busy, she tries to take advantage of her down time in this seaside paradise. So does her staff. In fact, if the temperatures allow, it's not unusual for them to pop over to the beach for a picnic and a swim on their lunch breaks.

Relish Portugal asked Teresa to share some of her favorite places to slow down, relax and enjoy her beloved Algarve beach town, Lagos.



Delicious dining: Beach Bar Burgau — casual grill, great view, Bar Quim — fabulous seafood on Meia Praia, Tasco do Kiko — hidden, high-end gem



To do: walk amongst the dinosaur footprints at Salema Beach, art and cultural events at the Lagos Cultural Center, take visitors on a two-hour tuk-tuk tour, soak in the late afternoon sun over a pre-dinner drink at any of the marina bars



Don't miss: the historic Slave Market Museum, medronho — the Algarve's local firewater, official End of Season Beach Party with bonfires, bands, fireworks and a midnight swim

Almond Orange Cake

- 23cm springform pan
- 2 whole medium oranges
- 6 eggs
- 225 g superfine sugar
- 250 g ground almonds
- 1 t baking powder

Preheat oven to 160C. Place oranges in a saucepan covered with water, bring to a boil. Cover saucepan and allow to simmer for 1.5 hours. Remove from pan and once slightly cooled, blitz them, peel and all, in a food processor.

Whisk eggs until thick and frothy (the mixture will have more than doubled in size). Gradually whisk in the sugar.

Mix the almonds and baking powder together and then gradually fold into the egg mixture. Fold in the orange puree.

Bake 50 minutes to 1 hour. Once the cake has cooled, decorate using loose icing sugar and flaked almonds.



London Tiger Coffee





*Portuguese idiom that can mean
down to earth, straight forward,
or no fuss depending on the context.*



Fruta Feia: Beautiful People Eat Ugly Fruit

*An interview with the purpose-driven **FRUTA FEIA COOPERATIVE**
Food Waste Warriors. Friends Of The Earth.*

Shockingly, each year approximately 30 percent of what is produced by Portuguese farmers is discarded, left to rot in the field, despite being good quality, simply because of aesthetics: the fruits and vegetables are too small, misshapen, or just not the expected color. Isabel Soares, an environmental engineer, set out to change that. In 2013 she founded the non-profit Fruta Feia Cooperative in an effort to help change consumption patterns, creating an alternative market for “ugly” fruits and vegetables.

The membership co-op sources product from farmers, sorts them into large (6-8 kg, eight types of produce) and small (3-4 kg, seven types of produce) boxes, and readies them for weekly consumer pick-ups at designated locations throughout the country. Expanding from one employee, a single pick-up point, 10 partner-farmers, and 100 consumers, today's Fruta Feia team of 12-plus volunteers now serves up ugly fruit and veg to 6,000 consumers from 240 partner-farmers at 12 pick-up points, saving a whopping 16.5 tons of waste weekly. Since the program's inception they've saved more than 2,100 tons of perfectly delicious fruits and vegetables from being wasted.

The dedicated team at Fruta Feia sat down with Relish Portugal to talk about food waste, farmers, and making a difference.

What is Fruta Feia all about?

Fruta Feia is designed to fight food waste due to appearance, reducing the tons of good quality food that is thrown back to the land by farmers every year and preventing the unnecessary use of resources on their production, such as water, arable land, energy and working hours.

To that end, our program channels the ugly fruits and vegetables direct from the farmers to consumers who don't judge the quality by appearance. By changing consumption patterns, we're working toward a future where all quality fruits and vegetables are marketed equally, regardless of their size, color and shape.

Where did the idea for Fruta Feia come from?

Ms. Soares began watching documentaries about food waste and specifically about the problem of food waste due to appearance. Appalled, she spoke to an uncle, who is a farmer, and he confirmed that that year alone he was going to waste 40 percent of his (incredibly sweet) pears simply because they didn't meet the market's aesthetic standards.



She realized the significant need to overturn such standardization trends, which have nothing to do with quality and safety, preventing food waste as well as the unnecessary waste of resources.

Why is it called Fruta Feia, or in English, Ugly Fruit?

The European Union groups fruits and vegetables into classes, depending on the size, color and other appearance characteristics (such as stains on the peel), establishing an order of value for these products.



Class extra includes big and flawless products; class I can be a little smaller but still flawless; class II can be slightly discolored, and so on. So when going to the supermarkets, people began choosing only the class extra, class I and class II products, the good looking ones, convinced that these were higher quality. Distributors and supermarkets stopped buying the “ugly” fruits and vegetables because no one was buying them.

Fruta Feia’s name was designed to call things by their name, in order to face the problem head-on and encourage people to reflect on this consumption paradigm. That being said, beauty is in the eye of the beholder and a misshapen carrot tastes just as delicious as a picture-perfect one.



How do you source your partner-farmers?

Initially, we went to MARL (Lisbon Area’s Supplying Market), where we found a few local farmers, explained the project, and asked if they wanted to sell us their ugly fruits and vegetables. We had a network of 10 partner-farmers when the project began. As we hoped, those farmers started talking about Fruta Feia with other friend and family farmers and our network grew.

After the kickstart, Fruta Feia was covered on national television and in newspapers, giving us a lot of exposure. In turn, many farmers came to talk with us in order to sell us what they were unnecessarily wasting. It’s actually an always-in-progress task:



we’re always looking to work with new farmers. Nowadays, we work with around 240 partner-farmers in the regions of Lisbon and Porto.

How do you choose what’s in each weeks’ baskets?

We choose the products for the boxes according to what’s being wasted in the season and in the region. Apart from that, every week we try to work with different partner-farmers.

How has Fruta Feia been received among the public?

We designed Fruta Feia to be launched with 40 consumers. However, the e-mail inviting friends to join the cooperative went viral and we had hundreds of people signing up in two short weeks. Instead of launching Fruta Feia with 40 consumers,

it was launched with 100 and another 100 already on the waiting list.

The enormous motivation to join this project happened due to several reasons: a greater awareness of food waste and a desire to contribute to its reduction; a growing desire to engage in local consumption; the possibility of access to fresh, quality, seasonal and regional products at affordable prices; and also motivation to be part of a collective that struggles to solve a global problem locally. Finally, the close relationship created between the project's promoters at each delivery point also helps Fruta Feia consumers become loyal, creating a sense of belonging to the project and strengthening the sense of community.

Who works at Fruta Feia? Are you seeking volunteers?

Our team of 12 permanent employees are from different backgrounds from environmental engineering to sociology, all sharing the same commitment to fight food waste. This provides a multidisciplinary team, with different characteristics and strengths to better tackle food waste and change the consumption paradigm. Everyone has identical tasks (e.g. going twice a week to farmers, setting up and selling boxes to the consumers) and a specific responsibility such as accounting, educational program, managing the farmers network, communication and outreach, etc. The team has a horizontal organizational structure, based on a collective decision-making process.

We count on a team of volunteers to help us set the boxes at each delivery point, always from 2:30pm to 5pm. To each volunteer we offer one small box in return, as a way to say thank you.

We are always looking for new volunteers, so anyone interested in participating can contact us at info@frutafeia.pt.

Tell me about the delivery points. Will those with waiting lists ever expand? If so, how can that happen?



All delivery points have a list of people waiting to join Fruta Feia. We invite people to join the cooperative according to their registration date and the distance to a particular delivery point.

Our plan is to continue launching new delivery points, thus inviting more people to join the project. To do that, however, we need additional resources, including another van. We'll continue to grow at the pace we're able, serving our partner-farmers, consumers, and Mother Earth.

Cumin-Scented Ugly Carrots

- 3 T olive oil
- 1 t cumin seed
- ½ t brown mustard seed
- 4 large ugly carrots, peeled and sliced
- 1 medium onion, cut into eight wedges
- 1 clove garlic, chopped
- 3 T water
- salt/pepper to taste

In a heavy-bottomed pan (with lid) heat olive oil. Add cumin and mustard seeds and cook until fragrant (1-ish minute). Add all other ingredients to the pan, reduce heat, cover and simmer, stirring occasionally, for 10 minutes or until ugly carrots are soft.



Visit their website and learn more about [Fruta Feia Cooperative](#) — their goals and accomplishments, register and request to participate, and meet their partner-farmers in a great video series called “Beautiful People Produce Ugly Fruit”.

THE ALGARVE'S CULINARY HERITAGE



As traditional a Portuguese dish as you can get, cataplana — much like the beautiful Portuguese people — is a diverse delight.

Cataplana

Is it a clamshell-shaped cooking vessel or a delectable dish? Turns out this Algarvian treasure is both. All along the southern coast of Portugal, bathed by the Atlantic Ocean, the cataplana is recognized as an icon of the local cuisine.

Little is known about the origins of the cataplana because there are few historical records about its creation. Many believe that the cataplana can be traced to the eighth-century Moorish occupation and a concept not unique to the clamshell pan. Slow steam cooking at low temperature in a sealed container, as is the case with the cataplana, is also found in another cooking vessel, the clay tagine, traditionally used by some north African peoples.



Cooking Cataplana

It's imagined that fishermen, hunters, and nomads filled their cataplana pans with garlic, onions, herbs, vegetables, and olive oil and sealed them shut for transport as they began their working day, later adding their catch to the pan and cooking over glowing embers as the sun began to set.

The airtight cataplana pan acts much like a pressure cooker. Aromatics are sautéed in the bottom of the pan, ingredients are layered, liquid is added and the pan is sealed shut with its attached hinges and sidelocks. The pan is then placed on a heat source, in essence

steaming the contents, locking in flavor and delivering a moist, delicious meal.

Cataplanas can be made with fish and/or meat, for the vegetarian or vegan, and is even surprisingly adept at

desserts. Once you learn the simple techniques, your cataplana creations will be limited only by your imagination.



chicken, sweet potato and clam cataplana

Interesting fact: this recipe is an adaptation of the traditional cataplana dish “Dona Galinha Foi à Praia” (Mrs Chicken Went To The Beach).

Serves 4

- 450 g chicken
- 150 g fatty bacon
- 600 g clams
- 2 medium sweet potatoes
- 6 cloves garlic, unpeeled, crushed
- 1 large onion, cut into half moons
- 1 green or red pepper
- 1 fresh malagueta pepper, chopped
- paprika
- olive oil
- 1 dl white wine
- lemon juice, fresh-squeezed
- rosemary
- thyme
- mint
- cilantro
- oregano
- coarse sea salt

The night before, cut the chicken into small pieces and season with salt, pepper, lemon juice, garlic, rosemary, thyme and white wine. Marinate in the fridge overnight.

On the day, bake the potatoes in their skin until firm. Remove the chicken from the marinade, reserve the liquid and separate out the herbs.

In the cataplana, confit* the chicken in olive oil with the crushed unpeeled garlic and herbs from the marinade until cooked. Remove the chicken and half the fat and sauté the bacon, onion and malagueta. Return the chicken to the pan, add the liquid from the marinade, paprika and peppers. Cover and let simmer for 4 minutes.

Add the sweet potatoes cut in rounds, the clams, cilantro, mint and oregano. Close the cataplana and simmer for another 4-5 minutes, turning the cataplana occasionally.



*Confiting consists of cooking for a long time at low temperature, beginning with “frying” then lowering the temperature so that the food cooks in the fat.

Cataplana As Cookware

This delightful piece of Portuguese cookware comes in a variety of sizes and materials. Traditional cataplana pans (originally made of zinc but no longer) are made of copper, a wonderful heat-distributing metal, hammered for beauty and craftsmanship, and lined with tin. You can also find stainless steel captaplanas, also a pleasure to cook with.

Be cognizant of your cooktop when choosing a cataplana, making sure it's compatible. For example, copper cannot be used on induction cooktops.

Ranging in size from a small single serving 9cm to a 24cm easily feeding two to a crowd-sized 86cm (not a typo!), be generous when choosing a size. If you're not sure, go one larger than you think you need. To a certain extent, you can reduce the ingredients to feed fewer but cannot effectively cook more than your cataplana is designed to hold.

Depending on where and from whom you purchase your cataplana cooking vessel, expect to spend somewhere starting around €32 for an 18cm pan to €90 for a 36cm version. You can also purchase a cork trivet allowing you to present and serve your gorgeous cataplana at the table.



migas and coffee cataplana

Interesting fact: this recipe was inspired by a dish that our forebears used to eat in the morning before going to work in the fields. As a high-calorie breakfast, it provided the energy needed for the hard work that awaited them.

Serves 4

- 800 g stale local bread
- 1 L filter coffee (about 200 g of coffee per liter of water)
- 2 cloves garlic, minced
- 200 g fatty bacon
- 1 dl olive oil
- 1 bay leaf

Cut the stale bread into thin slices. If the bread is very hard, sprinkle with warm water to soften it. Make the coffee and let it rest to allow the grounds to settle.

Put olive oil, bacon, bay leaf and garlic in the cataplana. Sauté and add the crumbled bread.

Allow to brown. When it is evenly colored, make a hole in the middle and pour in the coffee.

fish and seafood

cataplana

Serves 4

- 150 g grouper
- 150 g snapper
- 150 g prawns
- 100 g clams
- 6 small potatoes, cooked and peeled
- 2 medium onions
- 2 large very ripe tomatoes
- 1 green pepper
- 1 red pepper
- 4 cloves garlic, thinly sliced
- 1 chunk cured ham
- 1 dl olive oil
- 1 dl white wine
- 1 bay leaf
- 1 dried piri-iri pepper
- fresh cilantro and mint
- coarse sea salt

Clean and cut the fish into generous, equal size pieces. Season with salt. Slice the onion and tomato in rounds, slice the peppers and cut the ham into thin strips.

In the cataplana, arrange alternate layers of vegetables, fish, ham, half the herbs, bay leaf, the piri-iri pepper and salt. Drizzle with olive oil and add the wine. Top with the clams and prawns. Close and cook over a low heat for 10 minutes.

Add the potatoes cut in half, top with the remaining herbs and close again. Simmer for 5 more minutes, turning the cataplana several times.



prawn cataplana

Serves 4

- 600 g prawns (size 30/40 per kilo)
- 1 dl olive oil
- 4 cloves garlic, chopped
- 1 large onion
- 1 green pepper
- 1 red pepper
- 1 dried piri-iri pepper
- 1 bay leaf
- juice of 1 lemon, fresh-squeezed
- ½ dl white wine
- fresh cilantro
- coarse sea salt

Peel and devein the prawns, leaving the heads and tails on if possible. Add olive oil to the cataplana and sweat the garlic until golden. Add the prawns, allow to cook for 30 seconds and then add the rest of the solid ingredients. Close the cataplana and cook for 2 minutes over a high heat.

Splash with white wine and add the cilantro. Close the cataplana and cook for another 30 seconds.

With the heat turned off, add the lemon juice. Close and turn the cataplana so that the flavors blend together and it is ready to serve.



fig, spices and lemon thyme cataplana



Serves 4

- 300 g dried figs
- 2 red onions, sliced
- 100 g almond batons, toasted
- 1 lemon (juice and zest*)
- 1 orange (juice and zest*)
- 2 star anise
- 1 cinnamon stick
- 150 g wild honey
- 1 dl water
- ½ dl medronho brandy
- 1 bay leaf
- fresh lemon thyme



Zest* the citrus fruits and then juice them. Remove the stalks from the figs.

Place the honey, bay leaf and spices in the cataplana. Bring to a boil with the cataplana closed.

Add the onion and cook for 1 minute.

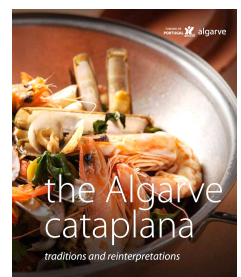
Add the medronho brandy and flambé by putting a lit match to the mixture as soon as it starts to boil. Add the figs, zest, juice and thyme.

Close the cataplana and cook for approx 3-4 minutes.

Serve sprinkled with toasted almonds.

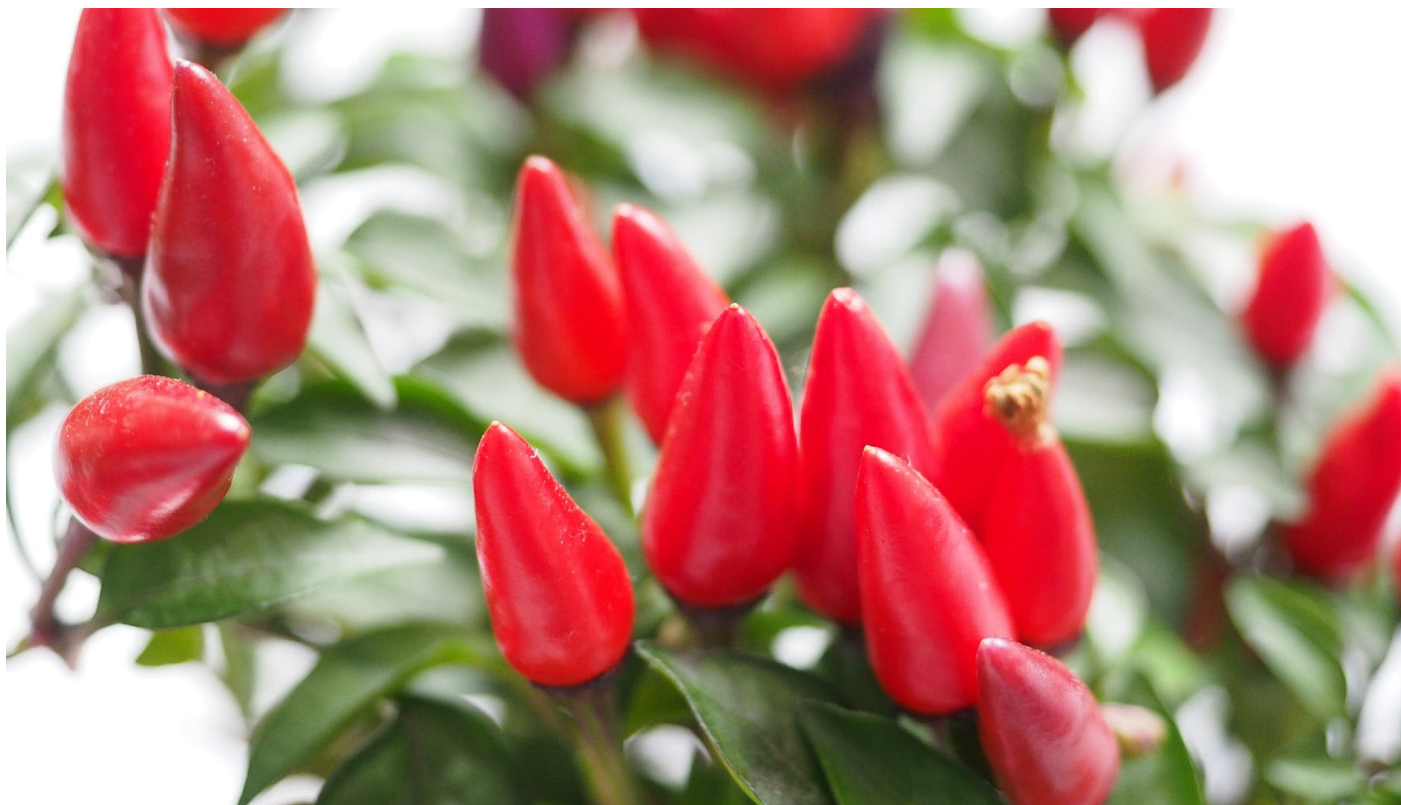
**Remember, it's always easier to zest citrus while whole, before juicing.*

Cataplana's genesis in the southern region makes it a local, authentic Algarvian dish. In 2014/15 Tertúlia Algarvia—Algarve Traditional Culture and Cuisine Knowledge Centre, the Algarve Tourism Board (VisitAlgarve.pt) and the Algarve Promotion Bureau developed the Algarve Cataplana Project, promoting regional development through tourism, regional products, heritage, culture and crafts. They kindly agreed to share their mouthwatering cataplana recipes from their wonderful e-cookbook, **The Algarve Cataplana, Traditions and Interpretations**. It's a treasure trove of cataplana know-how, ingredient information and many more great recipes. [Get your free copy here.](#)



Tertúlia Algarvia is a Faro-based organization promoting gastronomy, history and traditions of the Algarve. In addition to great meals in their airy restaurant and event and catering services, Tertúlia Algarvia offers culinary workshops including their popular Cataplana For All experience. Discover the potential of the most iconic utensil in Algarve gastronomy, learning how to cook a cataplana recipe like and with a real chef! [Learn more here.](#)





SPICE OF LIFE



>> PRODUCT SPOTLIGHT <<

PIRI-PIRI PEPPERS a.k.a. AFRICAN BIRD'S EYE CHILI

CANTINHO DO AZIZ || Acclaimed Mozambican Restaurant in Lisbon's Mouraria (and Leeds, England)

Piri-piri can read as one word or hyphenated, and can also be spelled peri-peri or pili-pili

Piri-piri is the common spelling in Portuguese and English

It's also known as African Red Devil or African Bird's Eye

According to the Oxford Dictionary of English, piri-piri is a foreign word meaning "a very hot sauce made with red chili peppers"

Piri-piri means "pepper" in the Ronga language of southern Mozambique

Capsaicin, the chemical responsible for a chili's heat, does not affect birds, making them excellent chili pollinators

Piri-piri is rich in vitamins and minerals with metabolism enhancing and curative properties

The piri-piri pepper is cultivated for both food and pharmaceuticals

The smaller the pod, the spicier the pepper

Each plant is different but the Scoville Heat Scale ranks the piri-piri pepper as medium, ranging from 50,000 to 175,000 SHU (Scoville Heat Units)

Restaurant Ramires, in the small town of Guia, Albufeira claims to be the first Portuguese establishment to serve piri-piri chicken, beginning in 1964, calling it Franguinho à Guia

Look for churrasqueiras — simple take-away shops — that grill whole spatchcocked chickens, calling the dish frango assado (a.k.a. piri-piri chicken) complete with a generous brushing of piri-piri oil and served with housemade potato chips

Perfectly Spicy Piri-Piri Sauce

Piri-piri sauce is an ubiquitous spicy Portuguese condiment, recipes varying by region and by cook.

Here's Cantinho do Aziz' version:

- 200 g *fresh piri-piri peppers
 - 1 clove garlic
 - 1 medium onion
 - 3 t white wine vinegar
 - 2 t vegetable oil
 - lemon juice, fresh-squeezed
 - salt to taste
- *Substitute fresh Thai, cayenne or red jalapeños if fresh piri-piri peppers are not available but beware of dried piri-piri chilis, they can be scorching.

In a blender crush the peppers, garlic, and onion adding a pinch of salt, until it becomes a paste. Move the paste to a container and add vinegar, oil and lemon juice. Stir with a spoon. Taste and adjust seasoning accordingly.

Cantinho do Aziz has been serving innovative Mozambican dishes for over 35 years at their Mouraria, Lisbon location. Following their family's migration, in 2016 they opened a second location in Leeds, England, serving an identical menu. They also host pop-up events in New York City, typically 3/year.



Taste authentic Mozambican flavors and thrill your tastebuds on their gorgeous patio or with their 24/7 takeaway.

Rua de São Lourenço 5, Lisboa



Amazing Portuguese street art across the country.



*Top photo: Lagos center
Left photo: Setúbal waterfront
Right photo: Mouraria, Lisbon*

The Heart of Porto Lies In A Bubble *Mercado do Bolhão*

By Karin Eden, founder/owner,
GET-PORTUGAL.COM TOURS,
GETARTYTUDE EVENTS AND
THE PORTO ART SALON
Boutique Tours and Experiences

The legendary Virginia Woolf described it perfectly: "One cannot think well, love well and sleep well if one has not dined well" (*A Room of One's Own*, 1929). When I arrived in Portugal for the first time few years ago, I instantly understood the Portuguese passion for food. Little did I know, only a few months later I'd decided to live my life here, delivering food tours as well as combining my love for art, music, people and food into 'The Porto Art Salon' events.

As I planned the food tours, it was clear that one of the main attractions must be the famous farmers market of Porto — *Mercado do Bolhão*. It is also where I do my weekly shopping as well as stop by before dinner parties or social *arty* meet-ups when I'm on the hunt for fresh products.

By now, stepping into the market and the surrounding 'mercerias' has gained a ritualistic character; the ladies welcome me with an 'O Amor' blessing, hugs and kisses that rival any Jewish mama, let alone comment on my appearance that day. They ask about my family, my life and chit-chat about the most recent gossip from the market's inner circle. The ones I haven't bought from yet make sure to gain my attention by handing me a taste of their merchandise and straightforwardly ask 'why do you never buy from me?'. So yes, I can safely say that Mercado do Bolhão has become somewhat of a family nest, or rather a bubble, which leads me to its name and story.

It all began in 1839 when City Hall purchased the land to become a market. What they didn't know was that the area was marked by a marshland that created a big air bubble



(bolha). It took some time, but in 1914 the neoclassical structure was completed and became a major icon of Porto, both architecturally as well as characteristically. It was classified by the government as a Monument of Public Interest. Since 2018 the century-old building has been going through a serious face-lift and will hopefully reopen sometime this year (well, Portuguese time...).

In the interim, it was moved to a temporary-less-attractive location in *La Vie Porto Baixa Shopping Center*. Although it lacks the outdoor area, sunlight and charming setting of the original spot, the essence remains and proves that the people and their products are the heart of it. So don't judge a book by its cover because here too, you will find the traditional stalls of vegetables, fruits, fish, meat, cheese, flowers and souvenirs, the food courts with their low-priced daily menu, and of course the friendly faces of the vendors. If that's not enough, the market also runs a calendar of events with various activities every Saturday: cooking workshops by renown local chefs, educational activities for kids, music and art performances, as well

as talks and conferences (don't worry if your Portuguese is not fully developed, you can still enjoy the vibe!).

The vendors have been working in the market for 50-60 years, continuing long family traditions. At the entrance to the temporary market, you will see posters introducing the cheery faces along with their specialties. As the sun rises, they bring their fresh regional products and stand on their feet until the sun sets while shouting out to attract clients.

Amongst them, you will find Amelia with a fresh selection of bread, especially 'broa'. This slightly acidic and moist round bread is made with corn and rye flour in varying proportions and weighs between 1-4 kg. Try to taste the different types (Broa de Avintes, Broa do Milho and the sweet Broa do Mel). Get some cheese from Ernestina at Manteigaria do Bolhão, especially the Queijo Curado Fonte Mourisca and pair it with her Port wine chorizo, which is probably the best in town. In fact, this is where the chef of the famous restaurant 'O Buraco' gets the chorizo for the delicious 'Arroz do Pato'. To complete a proper Portuguese kitchen, you must get acquainted with the canned fish. This is where Ruben comes in. This young talented salesman has such a fast beat that before you say "Jack Robinson" you will find yourselves with a box of six flavors including Picas (garfish), sardine pate and spicy tuna.

Most sellers don't speak English, but don't worry, because they'll just grab your arm, make some gestures, call someone to mediate, or just pull out *Google Translate* to make things easy. But beware, it might turn out to be a whole conversation about their kids' lives or health issues. Time is irrelevant,

don't expect anyone to consider that you're in a hurry, they will just hug you even more tightly!

The liveliness of the market is also felt around the neighborhood with the traditional-authentic groceries called 'mercerias'. These are often characterized by rich Art-Nouveau façades and piles of typical Portuguese products ranging from olive oils, jams, honey, cheese, sausages, coffee beans, dried fruits and nuts, wine and more. They play an important role in the community as the owners and customers maintain long-lasting

loyalty that goes from one generation to the next. Meaning that if they catch you in another merceria, it won't look good, and the sense of betrayal will haunt you forever. Having said that, on busy days such as holidays that attract a very long queue, one might get edgy seeing them just chit-chatting rather than moving on faster. But once again, time in Portugal has its own rules!

Each merceria has its expertise: 'A Perola do Bolhão' is known for the best dried fruits and Alheira (a type of sausage made of poultry, bread, olive oil, garlic and paprika and is traditionally grilled or fried); 'Comer e Chorar por Mais' has fantastic regional bread called 'Bola de Carne' which is

filled with a variety of cheese and meats and a great selection of cheese and piri-piri spice from which you can create homemade sauce; 'Casa Chinesa' is known for spices and oriental products; 'The Confeitaria do Bolhão' specializes in cakes, croissants (a must-try in Porto), convent sweets (the yellowish ones), bread, and



Photo credit: Luiza Nomura Fotografia

Pasteis de Bacalhau or Bolinhos de Bacalhau (codfish cakes). The later is often enjoyed as a snack or appetizer, made by combining boiled bacalhau, mashed potato and at times Serra da Estrela cheese, which are then fried to become crunchy on the outside and soft and creamy on the inside.

The bustling Mercado do Bolhão and its surrounding mercerías are an emblem of the 'real Porto' and should be on your radar. But what about the new upcoming version of the market? Well, only the gods can tell. One should not be too surprised if prices start to skyrocket along with camera clicks by enthusiastic tourists. And yet, as long as the sellers stick around with their fresh products and smiles, the charm will be safely kept.

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RelishPortugal.com

Karin Eden is the owner of Get-Portugal.com Tours and Get ARTYtude Events. She designs food tours in Porto and organizes The Porto Art Salon, a line-up offering themed events that combine talks, film projections, food and social gatherings.



Visit her website to learn more, book a tour, or sign up for the fabulous Porto Art Salon events.

Market-Fresh Mango Sorbet

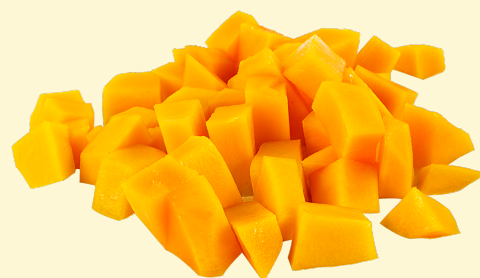
- 1 kg mango, cubed
- ½ pineapple, cubed
- 4 passion fruits, shelled
- ½ c sugar (optional)
- 1 c fresh-squeezed orange juice
- 2 t fresh-squeezed lemon juice
- 1 t freshly-grated ginger root
- fresh basil or mint leaves to garnish
- mango slices to garnish
- berries to garnish

Place the mango, pineapple and passion fruit in a covered container and freeze until the mango is half-frozen (between 1-3 hours).

If using sugar, combine the sugar and orange juice in a small saucepan and bring to a simmer, stirring until the sugar dissolves (do not allow it to boil). Chill.

Add frozen fruit, citrus juice (or orange sugar syrup), and remaining ingredients (aside from garnish) to a food processor or blender and process until smooth and velvety.

Pour the sorbet into small serving dishes and garnish with basil and/or mint, slices of mango and/or berries of your choice and freeze. Remove from freezer approx 20 minutes before serving.



DISCOVERIES

enveloping warmth when you sit down at a bistro for a long-anticipated dinner with your best friends. In Lisbon, that place would be ISCO.

ISCO was created by a Portuguese baker who learned his trade in Stockholm and brought back to his beloved Lisbon all the things he learned — sourdoughs and cinnamon and cardamom pastries are as original Scandinavian as could be in the bageri (bakery) where [@takemybreadaway](#) learned his trade. This is a bakery like no other in the city. At any time of the day you might bump into chefs and cooks lining up next to regular customers to buy a deliciously baked sourdough bread, a sweet treat or a perfectly executed espresso.

The space is nice and airy, with its signature turquoise tabletops and a marble counter, overlooking the open kitchen where the bakers work non-stop, hence the mouthwatering smell of freshly baked bread all day long. When darkness falls, tables are wiped of breadcrumbs and ISCO becomes a delightful little bistro, perfect for heart-to-heart conversations and enjoying delicious food (the menu is highly seasonal and the chefs, who come from Michelin-starred restaurants, are always looking for something special).

Choose ISCO for a quick break in the morning, a perfect excuse for a kanelbullar (a fluffy-on-the-inside and crunchy-on-the-outside cinnamon bun) or a decadent pain au chocolat, perfectly-flaky dough surrounding a very generous piece of pure Belgian chocolate, like a treasure chest. All matching with a Portuguese-pulled coffee or a bottle of fresh-pressed juice in creative flavor combinations to sip quietly, enjoying the atmosphere of a neighborhood bakery. This is a good excuse to stop by, and with the occasion (it's always a festive occasion when sweets are involved) pick up some delicious sourdough bread for the week. Its slow rising and Portuguese grains guarantee an amazing taste and long-lasting freshness.

Visit ISCO for a relaxed evening bite, as well. The menu changes weekly, but I'd always recommend starting with the bread spread:

Scandinavian hygge is all about comfort, clean lines and a warm embrace that makes you feel cozy, much like the smell of bread in the morning, when you go to your favorite padaria. Or that

three or four different bread types are served with a variety of homemade spreads that might include olive or ceviche tapenade, tasty hummus, cured cheese, ham, olive oil and butter. Order a glass of wine, a cocktail or a draft beer from Dois Corvos Craft Brewery, brewed in the Marvila neighborhood. Then, if on offer, I go for the coq au vin.



The menu is small but mighty, featuring local, seasonal dishes, you really can't go wrong. If you need help choosing from the wonderful selection, Natalie, the hostess, will kindly help you decide. Servings are generous and will definitely satisfy. And don't forget bread for home!

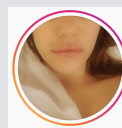
ISCO is a block away from Alvalade Metro stop (Green Line) and near the neighborhood farmer's

market. Located at Rua José d'Esaguy 10D, they're open every day but Sunday, 9am-7pm, serving bread, baked goods and light lunches. Thursday through Saturday, in the evenings, they serve dinner, closing at 11pm.

By **Sara Veronica Marcolla**, an Italian who fell in love with Portuguese gastronomy.

When in Lisbon she discovers hidden gems with friends and gourmets, eating well in the city of Pessoa. Like this piece? You'll LOVE her Instagram.

Follow her at [@sara.vnz](#)



Swallows: A Symbol Of The Portuguese Heart And Home

By **TUGA BOX** || *The Portuguese Subscription Box That Delivers
A Little Bit Of Portugal Direct To Your Door*



*Ó andorinha
da Primavera
Ai quem me dera
também voar
Que bom que era
Ó andorinha
na Primavera
também voar*

It does not seem exaggerated to say that swallows (*andorinha*) are a symbol of Portugal and the Portuguese. They are not exclusively Portuguese yet these sleek, long-pointed-tail, musically twittering acrobats were quickly adopted into the Portuguese imagination. Look around, you see them everywhere in this beautiful country — on walls, windows, textiles, product packaging — even tattoos.

The Portuguese portrayal of these beautiful and industrious birds can be traced back to the prolific artist Rafeal Bordalo Pinheiro who, at the end of the 19th century, designed and produced small black ceramic swallows in his ceramics factory in Caldas da Rainha. His pieces — and the many others, in many colors since — have become a mainstay in Portuguese homes.

It is unclear what made swallows so important and why they assume such a central role in Portuguese popular culture but it's widely believed that the swallow-loving roots are related to romanticism. Swallows are symbols of love and loyalty, of home and family values, feelings that are central to Portuguese culture. After long-haul seasonal flights, swallows build their nests in the same spot year after year. They are also creatures that, throughout their lives, have one single partner.

Today, the ceramic swallows of Bordalo Pinheiro and other representations of this bird are commonly exchanged between people in love, representing commitment and fidelity. They appear in homes across the country as talisman of prosperity, harmony, and joy.

From the past to present day, one can understand the universe of these migratory birds as a beautiful analogy to the Portuguese people in general; a people who have always spread their wings and left their nests to explore other corners of the world, but who tend to return home, to the love and light of their lives and to their homeland.

Charniqueiros (Queijadas de Leite)

- 2 eggs
- 400 g of sugar
- 100 g flour
- 50 g butter
- ½ L milk
- cinnamon and powdered sugar to sprinkle

Preheat oven to 180C. Grease 6 individual cake molds — silicone, paper or aluminum. Beat the eggs and sugar, add flour, set aside. Heat the milk and butter until the butter melts. Cool milk/butter, add to egg mixture and beat until well mixed. It will be very loose. Fill the molds $\frac{3}{4}$ of the way. Bake 20-25 minutes or until they are blond. Sprinkle with cinnamon and powdered sugar just before serving.

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@sara.v mz's Classic Itálian/Ibérián Aperitivo: Grissini + Negroni

Make grissini (long, skinny, crisp Italian breadsticks): bake them yourself with store-bought pizza dough cut in strips, twisted into tiny ropes and sprinkled with coarse sea salt and olive oil.

Once out of the oven and cooled, spread your favorite cheese on one end of each grissini: Portuguese Queijo de Azeitão or Serra da Estrela are perfect.

If you want to be super fancy, roll each tip in unsalted, roughly chopped pistachios.

Wrap each cheese-spread, pistachio-dusted grissini tip with a thin slice of presunto. Serve the grissini as a “bouquet” on a platter.

For your refreshing Negroni, place a large chunk of ice in each glass. Top with equal amounts (1:1:1 ratio) of gin, Campari, and sweet red vermouth. Stir briskly with a spoon. Add a fresh Algarvian orange slice to garnish.

Voila! Aperitivo Itálian-style with Ibérián ingredients in a flash.

La dolce vita is everywhere you want it to be!





A Portuguese Affair's Pataniscas (Portuguese Cod Fritters)

- 500 g salted cod, previously de-salted in a water bath
- 6 large eggs
- 50 g flour
- 1 medium onion, finely chopped
- 1 bunch of fresh parsley, chopped
- fresh-ground black pepper to taste
- vegetable oil for frying

Place cod pieces in a large pot of water and boil until cooked. Remove any bones and skin and shred into small pieces. Set aside. Reserve a half a cup of the fish boiling water.

In a bowl, add the eggs and sift in the flour. Mix thoroughly until there are no lumps in the batter. Stir in chopped onion, parsley, and pepper.

Add the shredded cod and mix everything well. If the mixture is too thick, add a couple spoonfuls of the cod-cooking water.

In a frying pan, heat vegetable oil until hot, a small drop of water should sizzle and spurt. Using a tablespoon, add in lumps of the egg and cod mixture. When the edges begin to brown, turn using a slotted spoon. Once golden, place on a paper towel-covered tray to absorb excess oil.

Serve immediately as a meal with a leafy salad, plain rice or a rice and kidney bean combination. Pataniscas are also great at lanche. For an additional flavor kick, serve with lemon slices or piri-piri sauce.

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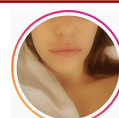
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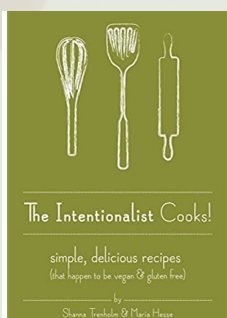


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New cookbook coming soon...

Meu CEREJA Amor

At the foot of the imposing Gardunha Hills, Fundão enjoys the perfect conditions for growing cherries. Every spring the landscape is profoundly transformed. The green hills of the surrounding mountains are painted with cherry blossoms and a sweet scent lingers over this Central Portugal region's historic villages.

In May and June the flavorful, fleshy cherries are ready to be picked. If you visit, explore the Rota de Cereja, an easy 3.5 hour, 10km cherry route walk that begins in Alcongosta Village.

Sticking closer to home? You'll find baskets of Portuguese cherries at your local market, perfect for jams, pies, over cheesecake, with chocolate or straight off the stem. Delicious!



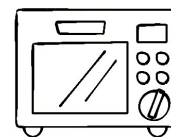
WEIGHTS

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

SPOONS

5 mL = 1 teaspoon
15 mL = 1 tablespoon or ½ fluid ounce

O V E N S



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

C U P S

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

2 Tablespoons =

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



LIQUIDS

60 ml	¼ c	2 oz
80 ml	⅓ c	
100 ml*	.42 c	3.4 oz
120 ml	½ c	4 oz
180 ml	¾ c	6 oz
200 ml		7 oz
240 ml	1 c	8 oz
350 ml	1½ c	12 oz
1.0 L	4 c	32 oz
* 100ml = 1dl (deciliter)		
¼ pint	150 ml	5 oz
½ pint	275 ml	10 oz
1 pint	570 ml	20 oz



FOOD, GLORIOUS FOOD

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It's Lanche, Not Lunch... And It's Amazing!

A PORTUGUESE AFFAIR || *The ultimate guide to all things Portugal: travel tips, food, recipes, shopping and more*

Portuguese *lanche* (pronounced: lun'-sh) is my favorite meal of the day. Although the word *lanche* comes from the English 'lunch' it is a completely different meal.

Lanche is served in late afternoon as a sort of stop-gap until dinnertime.

It's a typical meal in Portugal, most similar to English afternoon tea (which also happens to have Portuguese origins, by the way).

So what exactly is *lanche* and why will it change your life?

Setting Up A Little Lanche

The depth and dishes of a Portuguese *lanche* vary between families, locations, and occasions. It can be light or extravagant. Typical *lanche* food often includes sandwiches, *fritos* (fried pastries filled with meats and fish, such as meat croquettes), *pantaniscas*, cheeses, cured meats, bread, fruit, cakes, and cookies. So yes, it can be a real feast!

I usually start off with *chouriço* or *presunto* sandwiches and delicious cheeses (Serra, São Jorge, and *Requeijão* – to name a few). Of course, it wouldn't be my favorite meal without a little something sweet at the end. Cake, *broas*, or cookies are the most common sweet treats. To drink, you have juices, tea, coffee or even a little wine, depending on how much you're eating.

I am such a *lanche* enthusiast that I often fill up on a heavy *lanche* and opt for a light dinner.

Yummy food aside, I love *lanche* because it brings friends and family

together in a relaxed, fun environment. Less formal and less structured than a regular meal, it somehow feels different.

Lanche knows no age, kids and adults love *lanche*. Meeting your friend(s) for a "*lanchinho*" at a café to catch up or hosting a *lanche* at home is all part of the Portuguese identity. It starts from when you're a child and you get home from school to enjoy a simple *lanche* before doing your homework.

I believe that the institution of *lanche* is a perfect example of how food is such an integral part of Portuguese culture. I suggest you give *lanche* a go and you'll see what I mean, it truly *is* amazing!

A Portuguese Affair is regarded as one of the top blogs about bountiful Portugal. In it, Catarina shares her



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