



relish Portugal

Jul/Aug/Sept 2020

*The English-Language Food Magazine
For Portugal Lovers Everywhere*

**INSIDE A PORTUGUESE PICNIC:
CHEESE, BREAD, TINNED FISH, TARTS
AND ESPUMANTE...OF COURSE**

**CELEBRATING ALL
THINGS SUMMER**

THE HOTTEST GELATO TICKET IN TOWN

A DAY AT THE BEACH...PORTUGUESE-STYLE

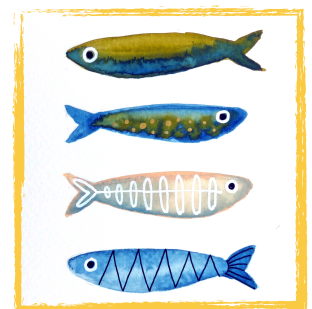
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FROM MY COZINHA



While you certainly wouldn't know it by a buzz of tourists queueing up for a table at my favorite outdoor cafe or a packed Tram 28 squeezing its way up and down Lisbon's fabled seven hills, summer is in full swing. There aren't any concerts in the park and my favorite pastel de nata shop only opens one of their two locations but people are out, enjoying the warm inviting

days, thrilling in the dolphins frolicking in the Tagus River, and partaking in that classic summertime tradition, the picnic. When you think about it, there aren't many things in the food world that are as universal as gathering up a few items and, when hungry, sitting down outside to eat. Some of my favorite memories were made at picnics: the rest stops from my first car trip away from my parents, Fourth of July fireworks bright and beautiful above my picnic blanket, romantic wine and cheese affairs on the beach. That feeling, that experience, is what this issue of Relish **Portugal** is all about.

Portugal is rich with wonderful flavors that easily translate to your picnic blanket, balcony, or backyard. Cheese immediately comes to mind. If the many Portuguese varieties leave you a little confused, Gabriella Opaz at Catavino can clear that up for you in her feature story. And then there's ancient grain bread as told by Salt of Portugal, tinned fish reimaged at Can the Can, tarts from our Portuguese Dreamer, Chef Sérgio, roasted nuts, something sweet and, of course, Black Sheep Lisboa schools us in espumante — Portugal's underrated sparkling wine. You can read about all of it (and more) in this issue of Relish **Portugal**.

We'll also introduce you to a wonderful woodworker, learn a little about salt, and discover some hidden gem picnic spots with a Portuguese landscape architect. There's so much more inside these nearly 50 pages. Our contributors are experts and delighted to share their love of this beautiful country with you. Thumb through and see what catches your eye then download the magazine on your device for some easy-breezy picnic entertainment. If you like what you see, please share it with your

Evanne

friends and family. I hope you'll find it too good to keep to yourself.

relish**Portugal**

**The local food and flavor
magazine for
English-speaking Portugal
lovers everywhere!**

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

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*Wondering about that
perfect picnic fare,
Portuguese sausages?*

*Want to test your
Portuguese olive oil
IQ? How about a road
trip along Portugal's
Route 66, the N2?*

Check out our blog!

P.S. In addition to our What's Playing In Your Kitchen? playlist, you might enjoy this spectacular concert, 100 guitars paying homage to famous fadista Amália Rodrigues, on the 100th anniversary of her birth.

relish **Portugal**

Cocktail Hour

Uniquely Ours

Port wine, that wonderfully rich, sweet, and satisfying fortified wine we know today, is made in one of the world's oldest and most beautiful vineyard areas, the Douro Valley. In 1756, the Port wine vineyards of the Douro became the first vineyard area in the world to be legally demarcated. Like other great classic wines, Port owes its distinctive character to the valley's climate, soil, grape varieties, and wine making tradition. This unique terroir of the Douro Valley and its remarkable wines cannot be replicated anywhere else in the world.

Wood-aged Ports can be aged anywhere from two years for a refreshing White Port (sweet or dry) to 40+ years for a nuanced Tawny Port. Interestingly, a wood-aged Port will last six weeks after the bottle's been opened. Vintage Ports are wood-aged for two years then bottle-aged for years or even decades. This became possible as glassmakers began to create slim, cylindrical bottles that could be stored on their sides, allowing the wine to come into contact with the cork, essentially sealing the bottle.



Portuguese Summer in a Glass

Catavino's *Porto Tónico*

Refreshing White Port + bubbly tonic + mint and citrus = summer sips

- 1 part dry White Port Wine
- 2 parts quality tonic (Fever Tree, Franklin & Sons, etc.)
- fresh mint to garnish
- lemon or orange slices to garnish
- cubed ice

Fill a beautiful glass two-thirds full with cubed ice. Add one part Dry White Port Wine and two parts quality tonic water. Remove a few mint leaves from their stem, gently bruise them and place in the glass. Add a slice of citrus — lemon is preferred but orange works well, too. Stir to combine and pair with roasted, salted nuts.

>>> Don't be concerned with finding the "best" dry white port wine for this cocktail. Tonic water, on the other hand, should be high quality. Adding the garnishes pulls the flavors together with style and grace.

Watch Catavino make this refreshing cocktail (and much more) on their [YouTube channel](#).

Discover [Catavino's](#) custom luxury tours and experiences, exploring the wine, food, and cultures of Iberia and visit their dynamic space — theLAB — in Porto.



What's In Season: Melão, Melo, Melancia

When you think summer fruits in Portugal, you'd be spot on to picture syrupy, complex figs, peaches that beckon you with their alluring scent, and Elvas plums, the namesake of sugar plums in the Nutcracker. But what about melon? It turns out that Portuguese summers produce outstanding melons, sugar sweet, cool and wet, perfect for breakfast or as a fancy presunto-wrapped starter.

Here we enjoy three primary types of melon: melão, meloa, and melancia. You'll recognize the **melão** by its US football shape. It comes in white and green and both are exceptional. It's often compared to honeydew. If you're lucky, you might see the cantaloupe-looking, orange-fleshed **Melo de Santa Maria Açores**, a super sweet, aromatic melon benefitting from the island's climate and soil. A **melancia** is a watermelon. You can find the seedless variety here but

more often it'll be the traditional, seeded type.



While the first melons of the season are delicious, it's the late season melons that are strikingly mouthwatering. Choose melons that are heavy for their size, fragrant, and have a little give at their stem end. You can also thump it, listening for a hollow sound. The more muted the green of a melão, the riper it is.

And remember, not every melon pick will be perfect. If at first you don't succeed, try again... such a difficult job but someone has to do it.

Summer Snack: Quicker Than A Snail's Pace

Our friends Gracinda Gomes and Teresa Mouro at [getLisbon](#) reminded us that summertime is snail time. All across the country, and especially in the center and the south, you'll see handwritten signs reading há caracóis — there are snails! This delicious delicacy is seasonal, once summer's done so are the caracóis.

They are cooked over low heat with salt and oregano and finished with a broth of onion, bay leaf, garlic, white wine, olive oil, and, if you wish, some piri-iri and chorizo. Perfect with an imperial (a draft beer), they are eaten with a toothpick, a satisfying snack or starter.

Look for the signs at your local eatery and bags of caracóis at markets.

Quiosque Corner

Across from Lisbon's busy Cais de Sodre transportation center, on Avenue 24 de Julho, sits a fire-engine red quiosque, next to a big beautiful shade tree and a patio with café tables and chairs, Mr. Chips. This city center quiosque is one of the last remaining privately owned quiosques in Lisbon. Run by the same family, it's been around for decades, albeit just up the street, on the corner.

At Mr. Chips you'll find the friendliest owners. The proprietor is always delighted to chat,

share Portugal's history, and deliver delicious food and drink to your table or the stand up bar.



It's an oasis among the hustle-bustle. A great place to people watch while you sit

and enjoy the capital city's ambiance over a café, juice or Sagres and a fresh-made snack.

FOOD FOR THOUGHT

My Portuguese Roots

Maria Lawton, **AZOREAN GREEN BEAN** —
author, Emmy-nominated cooking show host
MARIA'S PORTUGUESE TABLE, podcaster

Today we find ourselves in an unprecedented moment. Suddenly, we have more time to reflect upon everything that has lead us to be where we are in life. I find comfort in the thought of my parents and grandparents that lived through hard times and not only survived but thrived. Cooking helps me feel closer to them and closer to the world we come from.

I was born in Sao Miguel, Azores, Portugal and immigrated to the United States with my family when I was only six years old. However, just because we left the island didn't mean we would be allowed to forget where we came from. I was blessed with parents and grandparents that would constantly remind me how lucky I was to be Portuguese. I can trace my Portuguese lineage back seven generations on my maternal side to 1746 in the Trás-os-Montes area. From there our family separated with some settling in Madeira, Brazil, and Santa Maria. It was my great-grandparents that eventually left Santa Maria and settled in Sao Miguel.

Growing up, I knew that outside the home we needed to assimilate but inside our four American walls we kept one foot in the old world. I got history lessons from my maternal grandfather, who would read to me from his many books, telling me just how special we Portuguese truly are. I learned we're blessed with vigor, courage, and are from people that boldly explored the world. We're still that wonderful combination

of substance, bravery and fortitude. It's what we are made of and we can never forget. No wonder I've always been proud to be Portuguese!

The other special part of growing up Portuguese were summers spent visiting the paternal side of my family that remained in the Azores. It's something I continue to do when I can, sharing the island and my family's long Azorean history with my husband and children. I dream of the day I can return with my grandchild, now just nine months old.

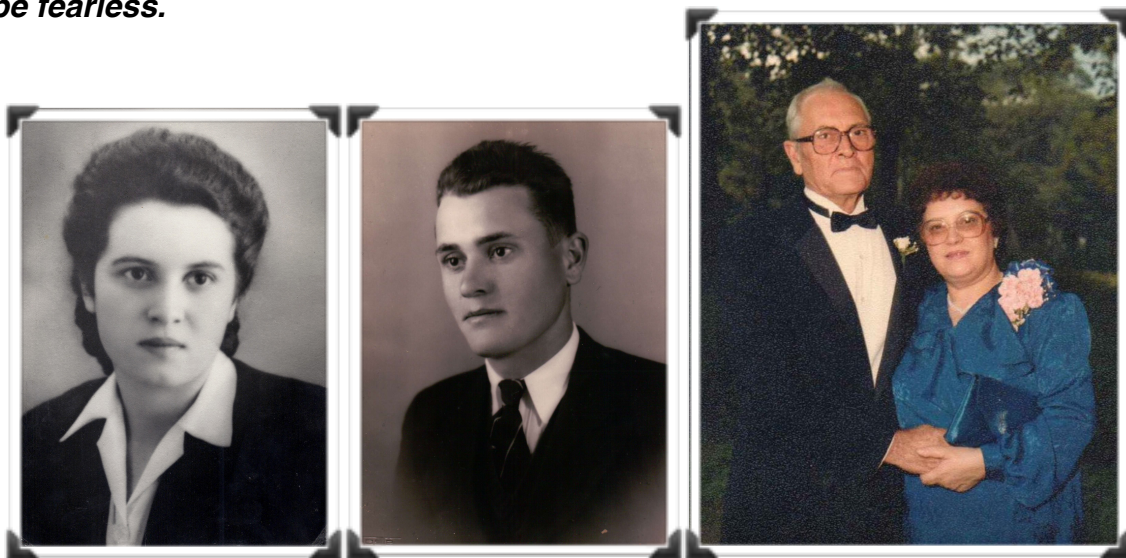


It is likely I won't be able to visit this year as I planned, but the day will come when I can go home. Until then, I will dream of returning to my beautiful island, dream of being able to walk secluded paths that lead to magnificent waterfalls. I will dream of soaking my tired

bones in the many thermal mineral pools scattered across the island. I will dream of the day that I'm able to sit around a table and share stories, wine, and a delicious meal with family and special friends until the early morning hours. I will dream of picking sun ripened fruit from vibrant vines and trees, eating freshly cut pineapples, and sharing homemade sweets. I will dream of hugging and holding close those that are so far away yet always remain in my heart.

We have to know where we come from to envision our future. It's the fearless explorer in all of us, encoded deep in our DNA, and we need to embrace that version of who we are with open arms. I am grateful to have been taught such amazing lessons that guide me through even the darkest of times: to always choose faith, following the traits that are deep inside every Portuguese person: ***to be strong, to be brave, and to be fearless.***

Maria's parents



Maria Lawton is the Azorean Green Bean, preserving Portuguese food and culture with a focus on the Azores Islands. Born on the



island of São Miguel, her family moved to Massachusetts when she was six. Watching her

mother cook on the first floor and her grandmother cook on the second made an indelible impression.

With a family of her own, she enlisted her two sisters, aunts, and cousins to help her recreate the recipes of her childhood and her heritage. From that passion came her well-received cookbook, *Azorean Cooking: From My Family Table to Yours*.

Soon after, Maria developed the Rhode Island PBS TV series Maria's Portuguese Table, taking viewers on a culinary and cultural journey. With Angela Simões, Maria co-hosts the Our Portuguese Table podcast, two chicks dishing about Portuguese food, culture, and what it means to be Portuguese.





8-LAYER MARIA BISCUIT PUDDING //

SOBREMESA DE 8 CAMADAS DE PUDIM COM MARIA

This dessert recipe brings back so many wonderful memories of my family sitting outside in the summer, under the grape arbor, eating this sweet treat. I would watch my maternal grandmother, who had the sweetest sweet tooth, enjoy each bite. This homemade pudding with the Maria Biscuits was right up her ally.

My mom would make this recipe mostly in the summertime, when no one really wants to turn on an oven to bake. Since the only cooking you'll do is on the stovetop to make the puddings, you're not going to spend too much time in the kitchen, either.

One of my aunts (I won't say who) would make this using boxed instant pudding, something you can do too. I won't judge, but I will say that it's worth the extra time it takes to make the puddings from scratch. Once you make this dessert, you'll be making it often for your family and friends.

Assembling the 8-Layer Pudding

- 2 packages (7 oz each) of Maria Biscuits
- 2 pints heavy whipping cream
- homemade vanilla pudding
- homemade chocolate pudding
- 2 cups strong coffee, cooled

Grease a 15x10 rectangle dish and set aside. Using a large bowl, whip the whipping cream until nice and firm, forming peaks. Set aside.

Using the rectangular dish, start your layers:

- 1st layer - coffee-dipped Maria Biscuits
- 2nd layer - vanilla pudding
- 3rd layer - coffee-dipped Maria Biscuits
- 4th layer - whipped cream
- 5th layer - coffee-dipped Maria Biscuits
- 6th layer - chocolate pudding
- 7th layer - coffee-dipped Maria Biscuits
- 8th and final layer - whipped cream

Cover and refrigerate for at least 4 hours before serving, but I always think it's

best when refrigerated overnight.



Vanilla Pudding

- 2 cups milk
- ½ cup white sugar
- 3 tbsp cornstarch
- ¼ tsp salt
- 1 tsp vanilla extract
- 1 tbsp butter, room temperature



In medium saucepan over medium heat, whisk together milk, sugar, cornstarch and salt. Bring to a boil, stirring until mixture thickens. Remove from heat, stir in vanilla and butter. Allow to cool before spreading on top of the Maria Biscuits.

Chocolate Pudding

- 2 ¾ cups milk
- 2 ½ cups white sugar
- 3 tbsp unsweetened cocoa powder
- ¼ cup cornstarch
- ⅛ tsp salt
- 1 tsp vanilla extract
- 2 tbsp butter, room temperature

In medium saucepan over medium heat, whisk together milk, sugar, cocoa, cornstarch and salt. Bring to a boil, stirring until mixture thickens. Remove from heat, stir in vanilla and butter. Allow to cool before spreading on top of the Maria Biscuits.

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

<https://RelishPortugal.com>



The Beauty of Portuguese Bubbly

BLACK SHEEP LISBOA WINE AND SPIRIT BAR +
*their new online shop **REAL PORTUGUESE WINE***
bring you wines that are alive with flavor, a window into
true terroir, and the bottled essence of
a winemaker's philosophy

After a few weeks of rain and dark skies, the hot Iberian sun has decided to show itself in full force. With deconfinement on everyone's minds, people are starting to think about beach days, outdoor grilling, and sundowners by the river or at the neighborhood miradouro. Portugal loves to live life outside, soaking up the atmosphere and sun. As wine shop owners, for us, a glass of wine in hand is our obvious partner to enhance these glorious sunny days.

For the money, you can do no better than Portuguese bubbles. Non-Portuguese residents can be forgiven for a lack of familiarity with Portuguese sparkling wines, given the prevalence of bubbles from seemingly everywhere but Portugal. From champagne to prosecco to cava, Portuguese espumante does not seem to have a clearly defined space on foreign shelves. Those of us lucky enough to live here can gleefully reap the rewards of a bounty of Portuguese bubbly that runs the gamut from light and frivolous to serious and dinner worthy.

Portuguese sparkling wine may not be so well known in the outside world due relatively small production. Aside from two to three very large producers, most Portuguese espumante is made in smaller quantities. The top regions for Portuguese bubbles made in the *metodo clasico* (champagne method) are Bairrada and Tavora-Varosa. Bairrada is widely known for dry, crisp, and refreshingly higher-acid wines made from the red Baga grape and white grapes like Cerceal, Bical, and Maria Gomes. This region is also famous for *leitão*, or suckling pig, and is always served with a glass of local bubbles to counter the richness of that dish. Try one of their sparkling wines the next time you grill pork of any kind! We very much enjoy the wines from Quinta das Bageiras, a classic Bairrada producer

WINE VINES

who uses natural winemaking techniques to produce a fantastic range of wines at all price points.

Other Portuguese sparklers hail from Tavora-Varosa, a sub-region of the Douro Valley that mainly produces vinho espumante. Here you can find the largest producers in the country, as well as many smaller family domains. The bubbles from this region tend to be more reminiscent of champagne, with bready, yeasty aromas, and fine, elegant fruit.

Marcos Hehn is a Tavora-Varosa producer making high quality wines at wallet-friendly price points on his historic family estate.

If you prefer something a little more rustic and on the funky side, check out Portugal's growing selection of Pet Nat sparkling wine. These are sparkling wines made via a single bubble-capturing fermentation that takes place in one bottle, as opposed to the Champagne method where finished wine is re-fermented through a secondary fermentation. Pet Nat bubbles tend to be volatile or effervescent, and have more primary fruit flavors. They are tailor-made to pair with any picnic or day out where something cold and refreshing is needed. We especially love the ones made in Douro by Tiago Sampaio under his Uivo label. The Uivo Pet Nats are available in white, blanc de noir, and rose styles.

Portuguese bubbles are a treat for the senses and we are lucky to have such an array of spritzzy pleasures so close at hand and at such affordable prices.



Grilled French Toast Kabobs

We used to make this every summer for our annual “Big Camping” trip with a large group of friends. It’s great served with fresh fruit salad, jam, maple syrup or honey, and a Portuguese bubbly mimosa.

- loaf of rustic bread
- 6-8 eggs
- ½ -1 cup milk
- sugar and spice mixture (see note)
- skewers (if using wood, soak in water for 10+ minutes so they don’t burn)
- gas or charcoal grill or campfire with grill

Day before: cut bread into cubes and store in a container to slightly dry

Day of: in a large bowl, beat eggs and milk

Prepare sugar and spice mixture and add a healthy pinch of salt, maybe even some cocoa powder or something spicy if you’re feeling adventurous.

Soak the bread cubes in the egg batter until most is absorbed. Toss them in the sugar and spice mixture. Let them rest then give a final sugar toss.

Thread the cubes onto the skewers and place on a hot grill, away from direct flame. Watch them so the sugar doesn’t burn, turning after a few minutes. They are done when the outside is crunchy and golden-brown with a few crunchy, delicious burnt edges.

Note: We use several different types of sugar — fine, light or dark brown, demerara, etc. It gives a better texture and crunch combined with cinnamon, ginger, and nutmeg. Use whatever spices in this family appeal to you.

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 and genuine experiences.



Want Black Sheep’s thoughtfully curated wine delivered to your doorstep? Visit their new online shop,

Real Portuguese Wine, catering to the natural, organic, biodynamic, low-intervention, small-producer-wine-lover like you!



Honey-Lime Yogurt Sauce

This yogurt-based sauce is good enough to eat from the spoon, and we often do. It uses a 2:1:1 ratio (2 parts plain yogurt:1 part honey:1 part fresh-squeezed lime juice), allowing you to easily adjust the amount to prepare.

- ½ cup plain Greek yogurt*
- ¼ cup honey
- ¼ cup fresh-squeezed lime juice
- zest** of the lime (don’t skip this, it magically transforms the flavor)
- fresh ginger knob (optional – to grate and garnish)

In a bowl, mix the Greek yogurt, honey, and lime juice. Taste and adjust to your liking (sweeter, more tart). Add most of the zest, reserve a small bit for garnishing each dish or the pitcher of sauce. If using ginger, grate a small amount on top.

*for the best consistency, use a thick Greek yogurt to balance out the juice

**zest before cutting and squeezing, it’s easier that way

Spoon over a fresh fruit salad, dip your French toast kabobs in it, or mix with grilled chicken breast, green grapes, and chopped walnuts for an out-of-this-world chicken salad.



*Praça das Flores, 62
Lisbon, Portugal*

NOT FROM MROUND HERE

If you find yourself in lovely Lisbon, craving something cool and creamy, head directly to Gelateria Nannarella at Rua Nova da Piedade nº 64A in the São Bento neighborhood. Chances are very good that you'll know you found it by the long line streaming out the door and down the calçada.

Do not be deterred! Get in line and don't doubt your decision. It moves fast and you'll be handsomely rewarded for your patience.

Founder, Gelato Master, and Lisbon-lover Costanza Ventura started Nannarella in 2013, after moving to the city from Rome and discovering two important factors: the lack of artisanal gelato and the very high quality of raw materials such as milk and fruit in Portugal.

While Costanza is the Gelato Master creating the recipes and overseeing the lab, Diogo Silva is the Gelato Maker. And what a wonderful job he does! Diogo makes milk-based artisanal gelato and water-based artisanal sorbet. The production method is different from gelato to sorbet because gelato passes through a pasteurization process. All fruit is cut by hand and all preparations are housemade, respecting the rigorous, artisanal Italian tradition. The ingredients are fresh, no preservatives, no colorants, no chemical additives.

Salted caramel, pistachio, and mango are some of the best sellers but they also sell a lot of other flavors like basil, coconut, and seasonal fruit-based sorbets. Vegans are welcome, too, with Nannarella's cashew milk gelatos. They also develop special flavors for clients including BoCA's Contemporary



VISIT: Gelateria Nannarella
Rua Nova da Piedade nº 64A, Lisbon, Portugal
or El Corte Inglés, 7th Floor Facebook: [@GelateriaNannarella](https://www.facebook.com/GelateriaNannarella)

WHAT ELSE: Roman Pizza, Italian Coffee, Ice Cream Cakes



Art Festival. For that event, they created BoCA Flower, salted and spicy caramel with dark chocolate chips, a sensory trip through the sweetness of caramel, spiciness of piri-piri, saltiness of Flor de Sal, and bitterness of dark chocolate.

If as you are reading this, you're thinking you've heard of Gelateria Nannarella but know you haven't visited yet, you could be right. You may have seen them in the Lisbon episode of Somebody Feed Phil, Season 1 (First Course) on Netflix. There, Phil visits with Costanza, enjoys her mango gelato and gets a lunchtime surprise, pizza!

In 2017 the Nannarella "family" founded Pizza di Nanna, an artisanal pizza shop next door to their São Bento gelateria, another successful project that is based on the same principles of Nannarella: genuineness, authenticity, and happiness. The pizza is Roman-style, very thin, a crunchy base, and fresh ingredients on the top. The flour and fresh ingredients like vegetables are Portuguese, the tomato sauce and other typical products are Italian.

They also have a small Italian-style neighborhood coffee shop across the street in the Mercado de São Bento, Baretto. Customers can sit inside or stand at the sidewalk window and enjoy some of the best espresso in Lisbon.



Facebook: [@LaPizzadiNanna](https://www.facebook.com/LaPizzadiNanna)

Nannarella is a family owned and operated business built on professionalism and deep respect for humanity. The management of their enterprise is based on a participative and responsible approach with workers, neighborhoods, clients, institutions, and in general with social society and the environment.



Costanza came here to follow her dreams and spread happiness throughout Lisbon, her favorite city. The Nannarella family's gelato, pizza, and coffee are so good for that reason — they work with passion, commitment, and happiness. Now go get happy!

My Everyday Portuguese Cozinha: Cooking Techniques

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

Grilled, boiled, fried or roasted: dishes we prepare in Portugal use the same techniques we are familiar with but the words are, of course, different. That also goes for specific terms we use to describe how we want our food cooked or what we expect to see coming out of a restaurant cozinha (kitchen).

What cooking techniques will you use to prepare your meal?

roasted	<u>assado/a</u>
grilled	<u>grelhado/a</u>
steamed	<u>cozido/a a vapor</u>
fried	<u>frito</u>
boiled	<u>cozido/a</u>
boiled	<u>fervido/a</u>

For example:

Peixe com batatas **cozidas**.
Legumes **cozidos a vapor**.
O pastel de bacalhau é **frito**.
Ela gosta de carne **assada**.
Salmão **grelhado** é saudável.

Fish with **boiled** potatoes.
Steamed vegetables.
The codfish cake is **fried**.
She likes **roasted** meat
Grilled salmon is healthy.

In Portuguese we do not use “barbecued” to express how something is cooked. We say **grelhado** when you use a grill, whether it’s a barbecue or a stove, and we say **assado** when you use an oven.

But hold on! There is one exception: don’t be surprised when you hear **frango assado** for barbecued chicken.



How do you like your meat or fish cooked?

crua _____ raw

Not a great idea unless you like steak tartar and definitely avoid it with chicken.

mal passada _____ rare to medium-rare

ao ponto _____ medium

bem passada _____ medium-well/well-done

queimada _____ burnt

Not a great idea either (unless you prefer it that way).

Are you particular about your eggs?

estrelados sunny side up

mexidos scrambled

escalfados poached

omelet omelet

Over-easy eggs are not as common. If ordering out, you'll have to explain how to cook them.



What about potatoes?

fritas fried

cozidas boiled/cooked

assadas roasted

Be careful when you go to a restaurant and ask for **batatas fritas**. Sometimes you'll get a side of potato chips and other times, French fries.

You can ask them to clarify if the batatas fritas are served **às rodelas** (potato chips/crisps) or **em palitos** (French fries).

Carolos à Moda da Beira-Alta (Beira Alta-Style Cornmeal)

This traditional Portuguese family receita (recipe) was contributed by one of the fabulous Practice Portuguese team members, Eduardo, and his mother Fernanda. Obrigado amigos! It's sprinkled with Portuguese vocabulary, let's see how you do.

- 175 gramas carolos de milho (coarse cornmeal, similar to grits or polenta)
- 500 gramas de couratos limpos (raw pork rinds)
- 500 gramas de entrecosto (spare ribs)
- uma cabeça de alho picada (a head of minced garlic)
- folha de louro (bay leaf)
- vinho tinto (red wine)
- 1.3 litros de água (water)
- sal (salt)

Finally, remove the meat from the marinade and add the meat to the panela, along with a little more vinho tinto. Let it cook for another half hour, stirring as needed. E está pronto a servir! (And it's ready to serve!)

Marinate the couratos limpos and entrecosto for two days before the meal: Cut the meat aos pedaços (in pieces) and place it in an alguidar (bowl) with the head of minced alho, two folhas de louro, sal, and vinho tinto. Atenção: O vinho deverá cobrir a carne (Attention: The wine should cover the meat).

On the day of the meal, wash the carolos several times in order to remove the bran (outer layer).

Add the carolos and água to a panela (pot), season with sal, and cook for about meia hora (half an hour) on medium-high heat.

"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 with more added frequently. Listen to dialogue and learn with native European Portuguese speakers, test your pronunciation with their speaking tool, master verbs, and quiz yourself.

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.



PORTUGUESE DREAMERS

For nearly 20 years Chef Sérgio De Jesus dreamed of opening a restaurant. His establishment was to be the first of its type, one that specialized in pataniscas (fritters) and focused on historic Portuguese products. But like all success stories, his path was not straight forward.

Sérgio became a chef in the Portuguese Navy and soon thereafter moved to England to hone his trade. He returned to Portugal a year later and worked as a chef in award-winning kitchens, including becoming the Executive Chef at Confeitaria Nacional, the oldest pastry shop in Lisbon, responsible for their restaurants, shops and the luxury River Cruise by Confeitaria Nacional.

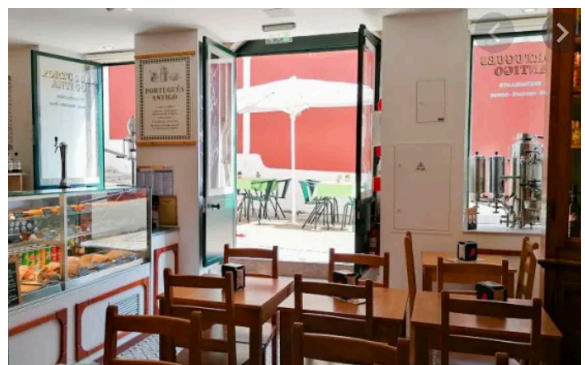
In 2017 Sérgio's idea for his restaurant was a finalist among thousands of entrants in Sonae Sierra's Rising Store contest, offering budding retail entrepreneurs the opportunity to bring new products and services to market. With that experience under his belt, in 2019 Sérgio realized his dream, he opened his own charming restaurant.



Located in an enviable location on Lisbon's Calçada do Duque, Português Antigo Café offers indoor and outdoor seating, classic, old fashioned Portuguese liquors and cocktails, wonderful meals, satisfying sandwiches and snacks, pataniscas that will blow your mind, and pastries that would make an angel weep with joy. Português Antigo Café is also one of the few cafés that serves the coveted Nescafé brand of coffee, delicious.

Whether you're in the mood for a grilled veg sandwich on traditional bread, pataniscas for that mid-afternoon meal, lanche, coffee and queijadas on the stairs, or their renowned classically reimagined octopus, you'll stop by once to try it and come back again and again, always impressed, always welcome.

Calçada do Duque, N 17, Lisbon, Portugal
Facebook: [@portuguesantigocafe](https://www.facebook.com/portuguesantigocafe)



Pastry

- 250 grams flour
- 75 grams olive oil
- 60 ml water
- pinch of garlic powder
- pinch of salt

Filling

- olive oil
- 1 leek, thinly sliced
- 3 shallots, chopped
- 4-6 fresh mushrooms, sliced
- 5 eggs
- 250 grams béchamel sauce
- pinch of white pepper
- pinch of nutmeg
- pinch of salt

Leeks — or French garlic as it's called in Portugal — look like scallions and smell like shallots but have a delicate, sweet, subtle flavor.



Individual Mushroom and Leek Tarts

Pastry

Add dry ingredients to a large bowl. Make an indentation in the middle of the dry ingredients and add water and olive oil. Gently mix until a smooth dough comes together.

Flour the kitchen countertop, turn pastry dough out and roll piecrust thin. Line 4 individual tart pans with parchment paper, cut dough into 4 circles — keeping in mind you'll want to cover the bottom and sides of the tart pans, gently place pastry in the pans and flatten on the bottom and sides.

Filling

In a wok or large fry pan, sauté shallots and leek in olive oil, approximately 8 minutes, stirring occasionally. Add mushrooms and cook until softened. Season with salt and white pepper, remove from heat, and reserve.

In a medium bowl, whisk eggs, add béchamel sauce, season with pepper and nutmeg, whisking again until combined.

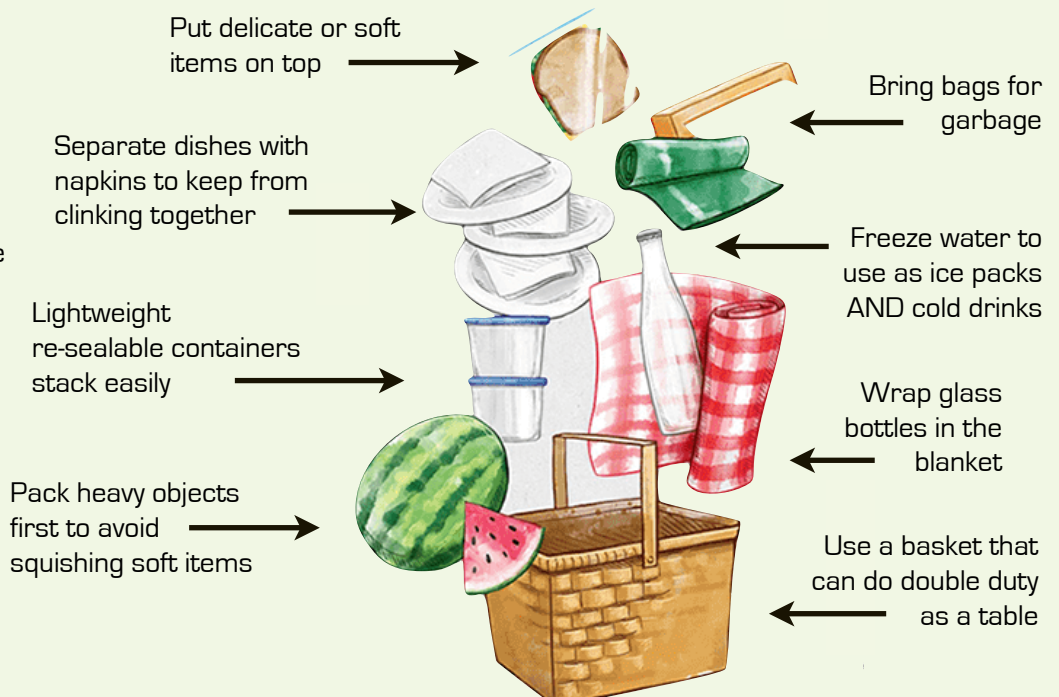
Spoon the shallot/leek/mushroom mixture into the bottom of the pastry-filled tart pans and cover with the egg mixture.

Bake at 180°C 20 to 30 minutes, until the pastry is browned and filling is firm.

how to pack the perfect picnic

Don't forget:

- ☐ salt/pepper
- ☐ condiments
- ☐ utensils
- ☐ extra napkins
- ☐ cutting board/knife
- ☐ corkscrew/bottle opener
- ☐ glassware
- ☐ music
- ☐ games and cards
- ☐ book
- ☐ sunscreen
- ☐ sunglasses
- ☐ hand sanitizer
- ☐ bug spray
- ☐ wet wipes



PORTUGUESE MAKERS

Little did Argentinian expat Tomas Rosberg know that the day he received a call from a good friend of his, Adriano Sérgio, asking him to shoot some promo videos for Adriano's beautiful instruments (www.ergonguitars.com) his life would change.

After the shoot they began talking. Tomas, a musician and producer, had always been interested in woodworking and Adriano was looking for an apprentice. Tired of the grind of the music industry and constant touring, Tomas began apprenticing under Adriano.

He spent a year in Adriano's Loures, Lisbon shop, working from 4:30am to 7pm everyday except Sunday, learning the craft. He decided to set up shop in Lisbon's Marvila neighborhood in October 2018 and named it Tiny Room Woodworks. The workshop was (and still is) in a tiny room. Tomas wanted to explore other types of woodworking not related to music, leading him to create custom furniture, jewelry boxes, and cutting/bread boards.

His construction process is organic and he typically makes three cutting boards at a time using mainly hand tools. "This is hard work but the results achieved are worth it. Many of the tools I use are over 100 years old. Each board is unique, I like that no two are the same," Tomas told us.

He takes between 2-4 days to complete a board, allowing the wood to suggest how he should handle it. No two pieces of wood are the same and that's part of the magic. He's careful to use responsibly sourced woods. "If I'm using exotics, I make sure these were cut prior to any bans to avoid contributing to poaching," he added.

Tomas also makes his own finish, it's the only way to be certain of what goes into it, and uses the best raw materials available. The finish is beeswax-based, food safe, cosmetic grade and organic.



Explore the beauty, art, and craftsmanship that is Tiny Room Woodworks on Facebook. Orders

are taken by email and Tomas carefully selects a few wood options for each client to choose from. This also takes time and effort but it's worth it in the satisfaction and enjoyment of the custom handcrafted product.



Tomas makes artisan, one-of-a-kind wooden objects including cutting boards, trays, furniture, and refurbished woodworking tools in his tiny room studio.

Contact him at 934 952 145 or tinyroomwoodworks@gmail.com or Facebook @tinyroomwoodworks

MY TOWN: GOOD MORNING PORTUGAL!

In 2007 Carl Munson, from Devon, UK, visited Portugal, fell in love, and vowed to return. Ten years later, Carl, his wife, and their two young children left jolly old England in a camper van to explore the Iberian Peninsula and experience living in various locations. After spending time in Spain, the family ventured into Portugal.



They loved many places in this beautiful country, including São Martinho do Porto, just up the coast from Peniche. But their roaming days were stymied by a vehicle breakdown. After intense São Martinho-syndrome, as Carl calls it — the inevitable “we want to live here” everywhere they visited — those eight weeks waiting for their van to be repaired made them realize they were already living in paradise.

Soon thereafter, Carl created a community for like-minded individuals to connect, learn from one another, and gather information to help them live their best lives:

Good Morning Portugal! Presented to listeners and viewers as a radio show, podcast, and livestream, Carl and Good Morning Portugal! just celebrated their 300th podcast episode. The show highlights the unique quality of life that Portugal has to offer, answers listener/viewer questions, and provides a platform for discussion.

These days Carl and his family (five now, the youngest born in Portugal!) call the gorgeous Central Portugal Bairrada Wine Region, known for deep colored tannic red wines that often have bell pepper and black currant flavors as well an emerging rosé production, home. It's no wonder Good Morning Portugal! has their very own wine club. Cool, huh?

Carl generously offered to share some favorite spots in his town. See you there?



Delicious dining: Known for their succulent suckling pig, Rei dos Leitoes in Mealhada is not to be missed and wine tasting (and a good look around) at the historic and adorned Curia train station is a must.



To do: Soak in the thermal waters at the Curia Thermal Park at Hotel das Termas and explore the converted wine cellars that now house the Aliança Underground Museum's eight impressive collections.



Don't miss: Take a beautiful drive and enjoy the day at Buçaco where you can stroll and picnic in ancient woodlands and explore the Palácio Hotel do Buçaco.

Quick Coco-Banana “Ice Cream”

- 4-6 frozen bananas (see note)
- ½-1 can high quality coconut milk
- toppings such as chopped nuts, cacao nibs, fresh fruit, etc.

Add the bananas and coconut milk to a blender and blend until a creamy consistency. Spoon into individual serving bowls and top with chopped nut, cocoa nibs, and/or fresh fruit.

Note: it's critical to peel and slice the bananas before freezing



Facebook:
[@olabomdiaportugal](https://www.facebook.com/olabomdiaportugal)

Custom piece: an impression of a client's lovely Lisbon apartment



Whimsical watercolor art inspired by all the beautiful things Lisbon has to offer. Colorful and happy paintings with the option for custom orders of your favorite place, home or business. Various sizes, from postcards to larger pieces.

Facebook: [@sketchinglisbon](https://www.facebook.com/sketchinglisbon) Instagram: [@wendybeugels](https://www.instagram.com/wendybeugels)
Website: [wendy-beugels.com](https://www.wendy-beugels.com)





Tin Can Renaissance: What's Old Is New Again

An interview with *CONSERVAS DE PORTUGAL BY CAN THE CAN*
Portuguese Canning Industry Digital Museum + Gourmet Dining



If you've spent any time in Portugal, chances are you've felt a magnetic attraction to the colorful, diverse, and omnipresent cans of fish. Whether you're a fish-eater or not, these affordable works of art run the gambit from silly to sublime and make fabulous souvenirs or gifts. For those that do enjoy fish, the varieties and preparations are astounding. Sure, you'll find that old staple, tuna, but usually in olive oil and often enhanced with fennel seed, curry, or red pepper. Canned sardines, in their many forms and flavors, are everywhere. Then there are the oddball sounding types of fish including horse mackerel, cockles, and even eels preserved in an escabeche (vinegar-based) sauce.

Perfect for picnics, Portuguese conservas (canned fish) have recently entered the fine dining limelight. Can the Can, located in Lisbon's Praça do Comercio, was the first to pioneer this movement and offers some spectacular dishes. They also curate a digital museum, Conservas de Portugal, aiming to educate the world on one of Portugal's most identifiable products. Relish **Portugal** sat down with Conservas de Portugal's Victor Vicente to learn more about this ubiquitous (and delicious) fish.

First Victor, what's proper? Is it called "tinned" or "canned" fish?

Ha! You are an English girl! Both ways are fine. I prefer "tinned" because it alleviates any depreciatory impression of "canned food".

My generation (I am 55) grew up with tinned fish. I wouldn't say tinned fish was a "poor man's lunch" but a scout food, camping food, quick meal, and beach food. Lots of brands promoted the practical aspect of taking a few cans with you on a camping trip, making a quick salad with tuna and mayonnaise, or some wonderful and tasty sandwiches to take to the beach. There was even a brand called "Campista", meaning "Camper".



Give us a brief history of the industry and the manufacturers, how this has changed over the years, and where does it stand today.

When the canning industry first appeared in Portugal, it was partly due to the disappearance of sardines from the coast of Brittany, which led to French industrialists moving to Portugal in search of their raw material. The abundance and quality of the fish, the extensive coastline, and a tradition of fishing combined to create favorable conditions for the rapid development of a Portuguese fish canning industry.

But it was not just through the initiative of foreign concerns that the industry developed in Portugal. Across the country, domestic companies emerged. The humble sardine, already a truly local product,

fueled the exporting of Portugal's canned fish.

It experienced a decline in the '70s but with the 1974 Portuguese revolution, many industries suffered from the social and political situation. In the '80s it started slowly to grow again, the main market was abroad and 90% of the production was exported. Then, a few years ago, it started to change. The tourist boom that started in Lisbon around 2012/2013, and that spread to Porto and to the countryside, definitely contributed to its revival.

I am not going to say Can the Can's gourmet positioning of this classic national product was responsible, but our concept in 2012 – as the world's first restaurant to cook gourmet dishes with canned fish – helped to at least pave the way to a new appreciation for this product.

The canning sector is back to being a national icon, the largest exporter, and a motor of social dynamics in the twentieth century. It is also the driving force of many other industries, such as sheet metal, carpentry, printers and lithographers, casting, mechanical, salt exploration, fishing, and the production of olive oil needed to fill the cans. Conservas are reinventing themselves and are now regarded by the consumer as a delicacy.

Talk about your project, CONSERVAS DE PORTUGAL.

CONSERVAS DE PORTUGAL, in conjunction with Can the Can, is developing a digital museum. This project's mission is to investigate, study, protect and

preserve the material and immaterial heritage of all themes and areas related to the canning industry and – through this work – contribute to promote and disseminate its incredible history. It's

designed to be a cultural platform, open to all, becoming an international reference in the context of the canning industry and the sea. Today, we make available the largest online resource regarding Portugal's canning industry brands, companies, advertising, packaging, etc.

What parts of Portugal do the different types of fish come from?

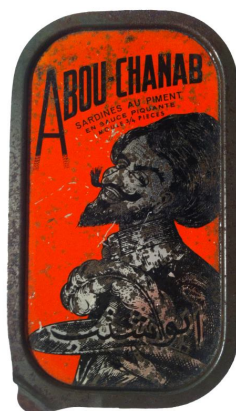
Some factories have become very large making it impractical to buy only in their region. Therefore, the fish comes from the entire coast. Sardines, for instance, come from Algarve, Nazaré, Matosinhos, Setúbal, Sesimbra.

Interestingly, what once boasted 400 canneries, we now have a fraction of those – only about 20 – yet they produce and export much more than in the past.

We know tinned fish tastes great straight from the can as well as a super-star ingredient in gourmet dishes but what about their health benefits?

Tinned fish is quite healthy! Tuna and sardines are a great source of Omega 3 fatty acids, vitamins and minerals, especially when boiled in sea salt and preserved in olive oil. Tinned shellfish like clams and mussels are very high in iron.

Interestingly, tinned sardines, some of the healthiest fish in the world, are even



healthier than fresh. They are high in protein and vitamin B12, and have ten times more calcium as a result of the jellification process that breaks down the bones and makes them easily digestible. So in fact by eating the fish we get added calcium from the bones. Even Portuguese cardiologists recommend that people consume tinned sardines to lower the risk of a heart attack.

What are the most popular varieties of tinned fish? Of course, sardines, but what else?

Portugal produces sardines in abundance but also squid, cuttlefish, octopus, blue mussels, razor clams, codfish, Atlantic pomfret, horse mackerel, chub mackerel, Atlantic bonito, albacore, European eel, black scabbardfish (not to be confused with swordfish), grooved carpet shell, etc.

Using atum (tuna) as a 1 in strength of taste (on a scale of 1=most mild-10=very strong or fishy) please rate the strength of some of the fish varieties.

I don't think you can put things that way today. It depends on the way the fish is tinned, with spices, olive oil, water, herbs and also how it's treated if used in a gourmet recipe.

But I can tell you that the strongest taste in tinned fish is certainly from "sangacho de atum". Tuna sangacho is the tuna's "dark meat", with more blood, so it's a question of love it or hate it.

That art! Has tinned fish always been this beautiful? Why do some manufacturers print the tin and others print wrappers?



The old cans were of stunning beauty and, as fruits of prodigious imagination, they provide a somewhat out of the norm marketing image of the time to which they relate. These designs are romantic, full of history, with stories to tell – especially those that contained more unusual products.

A lithographer usually created the designs, with thousands of cans made for different markets of the world. Their designers were anonymous and did not sign the work, making it impossible to establish the authorship of 90% of the work produced. The exception is with companies at the end of the 20th century. Used as advertising vehicles, these were often signed and we are able to identify the artists.

When considering tin vs. wrappers, it's a question of production scale. To make a printed can you need a large production, 100,000 tins. Not all companies can afford to produce on such a large scale. I

love both of them, but the wrapping paper gives more possibility of being creative across many more cans.

Any other interesting tidbits you can share with our readers?

Yes, one to keep you humming. In 1940, the Conservas La Rose brand was promoted by the voice of the famous

fadista Hermínia Silva through Rádio Clube Português and Columbia Records. The radio spot is called "Diga só La Rose, Conservas La Rose!" ("Just say La Rose, Conservas La Rose!"). You can listen to the 1:17 recording on our [website \(here\)](#).

Can the Can's cuisine is bold and distinctive — Canned Food Gone Gourmet. Their way of cooking is a direct translation of their way of building cultural heritage, the enormous wealth passed down from generation to generation. There you'll find a kitchen full of "Portugality", representing the best of Portugal and the

Portuguese, but not afraid to look to the world for collaborative ideas. Visit their stunning restaurant in Lisbon's Praça do Comercio for a gourmet meal, to explore their Eat & Art exhibition, and get their new book featuring some of Portugal's finest chefs and artists.

Honey Mustard Tuna Sangacho Over Marinated Beet + Orange Salad

This layered, vibrant-colored and beautifully plated dish contains four steps: the honey mustard sauce, marinated beet orange salad, yogurt sauce, and the tuna.

Create each of the components as separate recipes and bring together just before serving.

Honey Mustard Sauce

Make this first as it needs to sit for up to 8 hours. While not complicated, it's a good idea to set out all the ingredients before assembling.

- 8 tbsp mayonnaise (125ml)
- 1 tbsp light mustard (15ml)
- 2 tbsp Dijon mustard (30ml)
- 2 tbsp honey (30ml)
- 1/2 tsp curry powder (2.5g)
- 1/4 tsp hot paprika (1.25g)
- 1 tsp fresh-squeezed lemon juice (15ml)

In a small bowl whip the mayonnaise, mustards, and honey. Add the curry powder and hot paprika, mix well, until texture is smooth. Add the lemon juice, continuing to whip until it is part of the dressing.

Rest for at least 8 hours in a refrigerator to meld and thicken.

Yogurt Sauce

- 4 tbsp Greek yogurt
- 1 tbsp olive oil
- 2 tsp grainy mustard
- pinch of salt
- five-peppers mix, freshly ground
- fresh orange zest

Combine all ingredients and refrigerate.

Marinated Beet Orange Salad

- 6 beets, cooked and cubed
- 6 tbsp olive oil
- 4 tbsp balsamic vinegar
- 1 clove garlic, finely minced
- juice of 1/2 an orange
- flor de sal

Combine all ingredients and refrigerate.

Tuna Sangacho

- 3 cans tuna sangacho
- 2 oranges for garnish (and freshness)

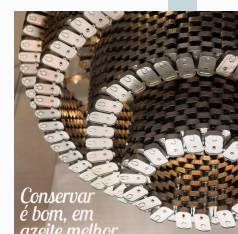
Open cans, strain oil, and separate fillets. Season tuna sangacho fillets with honey mustard sauce before serving.

Peel, seed, and section oranges.

Assembly

In a deep plate, layer as follows:

- 4 tbsp marinated beets
mixed with 1 tbsp yogurt sauce
- 6 pieces of orange, artfully arranged
- 4 to 5 fillets of tuna sangacho, criss-crossed
- dollop of honey mustard sauce



Chamar-lhe um figo



Call it a fig

*to eagerly accept and enjoy something (food or not)
with enormous pleasure and enthusiasm. For example,
she offered me a trip to the beach and I called it a fig or
he couldn't finish his dessert so I called it a fig.*

By Gabriella Opaz,
CATAVINO

Top Portuguese Cheeses to Savor This Summer

Alongside its rustic brethren of cured meats and olives, cheese completes the holy trinity of nibbles on the Portuguese (picnic) table. Whether it's the cow cheese wheels from the archipelago of the Azores or the oozy rounds from the goats and sheep grazing the mountains on the mainland, every region in Portugal has its own artisanal cheese (*queijo*).



There are approximately 15 known styles of Portuguese cheese to savor in Portugal, most of which have been given the designation of Denominação de Origem Protegida (DOP) or Protected Designation of Origin (PDO). In the same vein as the DOC or DO for wine, the DOP guarantees that the cheese is produced within the demarcated region using the traditional methods and ingredients. These cheeses are named and labeled with their city or town of origin and the DOP label of approval.

However, one can find numerous other cheeses produced in the same style that are produced in nearby towns or regions without the DOP designation and are therefore labeled either with the larger regional label or simply sheep, goat or cow's milk cheese of a particular style. And like wine, many of these "non-DOP approved" cheeses are as good, if not better than their DOP counterparts, and of course, sold at a much lower price.

Whatever your preferences, be it hard and pungent or soft and velvety cheese, you are bound to find something you love in Portugal's rich traditions of cheese making.

DOP Azeitão (Estremadura): Named after its little town of origin, Azeitão is just a 40-minute drive south of Lisbon and is the closest cheese area to visit from the capital. Crafted in wee rounds of 100 to 250 grams from sheep's milk, it's then wrapped in vegetal paper and cured for either 20 days if produced in the summer or 40 days if in winter.



Azeitão is a smooth, creamy cheese using thistle flowers rather than sheep stomach lining to coagulate the milk and has an intense, earthy flavor and pungent aroma. This cheese is not for the faint-hearted! Azeitão is also produced in the neighboring towns of Setúbal, Palmela, and Sesimbra without

the DOP classification, which offers plenty of other culinary delights to savor while you're there.

How to serve it: As a common find in Portuguese restaurants as a starter, savor with bread, alone or drizzled with a touch of olive oil.

DOP Evora (Alentejo): This semi-hard to hard cheese is made from raw sheep's milk. Due to a long curing process, the core of the sumptuous cheese is dotted. Aged over 60 days, it's produced in small rounds of between 100 and 150 grams, and even smaller queijinhos that tend to be softer and may be preserved in olive oil. The flavor is medium strong, with a savory, black pepper flavor, which intensifies with age. It is normally served as a tasty entrada (appetizer) in the Alentejo.

How to serve it: Cut a hole in the top of the cheese, then scoop it out with a spoon.

DOP Nisa (Alto-Alentejo): Like Evora, this semi-hard to hard cheese is also made from raw sheep's milk. Similar to the Evora, Nisa cheese also contains small holes, but the flavor tends to be softer with an acidulated edge to it. Made in the higher region of Alentejo, the cheese is produced in small rounds of between 200 and 400 grams, as well as larger ones of between 800 and 1,300 grams.



How to serve it: Cut into slices and savor it as a petisco paired with a glass of Alentejo wine.

DOP Pico (Azores): Traditionally made exclusively from raw cow's milk of the grass-fed cows on the island of Pico in the Azores, but some are supposedly now made from a mix of cow and goat's milk. The cheese is cured and aged for a minimum of 20 days and produced in semi-large rounds of between 650 and 800 grams. The flavor of Pico is very distinct but very smooth and palatable. It almost reminds me a bit of a slightly smoked, smooth Cheddar or Gouda and is one of my favorite cheeses in Portugal!



How to serve it: The cheese is traditionally consumed at the end of a big meal, ideally accompanied by Verdelho do Pico wine.

DOP Rabaçal (Beira Litoral) – Named after the small village near Coimbra, Rabaçal is made from a mix of sheep and goat's milk and cured for a minimum of 20 days. Produced in rounds of 300-500 grams, this cheese is often sold as semi-hard or hard but also comes fresh.

The flavor is like a typical fresh or cured goat cheese with a little tartness to it. Other nearby towns that produce good Rabaçal are Anisão and Penela. Queijo de Tomar is a cheese from Ribatejo that is produced in a similar style as Rabaçal but sold in tiny hard rounds, making it the smallest of the Portuguese cheeses.



How to serve it: You can eat it as an appetizer with a hunk of bread or as dessert drizzled with local honey.

DOP São Jorge or “Queijo da Ilha” (Azores Islands) – The “Island Cheese” of Saint Jorge Island is the largest of the Portuguese cheeses, and the only one made exclusively from whole and raw cow's milk. Cured and aged for 3 months then formed into large rounds of 8-12 kilos, this cheese requires a minimum of 45% milk fat; thus, making it very rich. It's sold in the rounds or wedges with its look being very similar to Pecorino Romano but the aroma being a lot stinkier, a mix of stinky and nutty! But like most stinky cheeses, once you get past the smell, the cheese is quite flavorful, sharp, nutty, buttery. Most Azoreans like it for breakfast slapped on a piece of fresh baked bread. São Jorge is commonly produced in a picante style of varying degrees, which is very popular.

How to serve it: Eat a slice with fresh bread or grate it over pasta for extra flavor.





DOP Serra de Estrela or “Serra” (Beiras): Produced in the beautiful “Star Mountains” Serra de Estrela is considered one of the best cheeses in Portugal. Although Serra is made exclusively from sheep’s milk of two native species of sheep, you might also encounter Serra produced with a mixture of sheep and goat’s milk without the DOP classification. The cheese is cured with cardoon flowers, an indigenous mountain plant, and is made into large rounds between 1 and 1.5 kilos, but can be sold in half rounds with its soft core seen oozing out.

Serra is also produced in the “velho” style, which I tend to think is more astringent than the younger version; yet both styles are equally as pungent and perfectly delicious! There are several other towns nearby that produce non-DOP cheeses made in the same Serra style, one commonly known as Queijo de Seia.

How to serve it: If it’s creamy, you can spread it as a paste; if not, cut it into slices and serve it with crusty bread.

DOP Serpa (Baixo-Alentejo): This award-winning cheese of lower Alentejo is made from raw sheep’s milk and aged for a minimum of 4 months to 2 years. The consistency can then range from very soft and creamy to hard, dotted with small holes. The rind has a very distinctive brick-orange color, resulting from its regular brushing with olive oil mixed with paprika and is produced in small to medium sized rounds. The flavor is a unique mix of strong, spicy and slightly sweet-tart, as a result of the paprika, and has gained distinction from the Slow Food movement as one of the most extraordinary products in the world.



How to serve it: Cut a circular hole in the top of the rind and use a spoon to spread this oozy cheese on crackers or fresh crusty Alentejano bread.

Portugal’s culinary adventure truly begins when you experience these flavors firsthand. Whether you’re visiting a cheese house in Estremadura, taking a petiscos tour of a dynamic city like Lisbon or Porto, learning how to make an authentic Francesinha with local chefs, shopping in some of the world’s best food markets, fine-dining in Michelin-starred restaurants, or experiencing a guided wine tasting in sun-kissed vineyards, Portugal has an incredible amount to savor. We’ll be here waiting for you!

Catavino helps people discover the hidden culinary treasures of Portugal and Spain, through their custom luxury tours and experiences with a focus on wine, food and culture.



Gabriella (an award-winning speaker and writer), Ryan (Knighthood by the Port Wine Brotherhood) and the entire Catavino Tours team are avid travelers that pride themselves on listening, asking questions and going out of their way to ensure guests’ experience is exactly what they had in mind. Tell us what you would love to experience and we’ll make it happen!

If you’re in Porto, drop by their shop, theLAB @ Catavino to enjoy themed tastings, an artisanal wine shop, art gallery, and event space located on the vibrant street of Rua do Bonjardim.



FLAVOR SAVOR



>> PRODUCT SPOTLIGHT <<

TRADITIONAL SEA SALT & FLOR DE SAL

ABOUT

There's a difference between sea salt and traditional sea salt

Flor de Sal translates to salt flower

Traditional sea salt is produced using ancestral methods. It's 100% natural, uses only sea water, sun, wind, and manpower

As water evaporates from salt pans, a thin layer of crystals form on the top and are skimmed off. This is the Flor de Sal

The light, bright Flor de Sal crystals are collected daily, manually, using a squeegee

Sea salt is collected in salt evaporation ponds by machines and later chemically washed, centrifuged, dried, and many times whitened

Flor de Sal is also referred to as salt curd

Once considered waste, Flor de Sal was given to the workers rather than being thrown away

Prime traditional sea salt and Flor de Sal production runs May though September

Flor de Sal production time is shorter than that needed for traditional sea salt

Marnoto or salineiro is the name given to the people of the region that work at the salt evaporation ponds

Traditional sea salt is dried in the sun for a period of at least five days

Moist salt is good salt — traditional sea salt and Flor de Sal retain approximately 4-14% of their mineral-rich brine

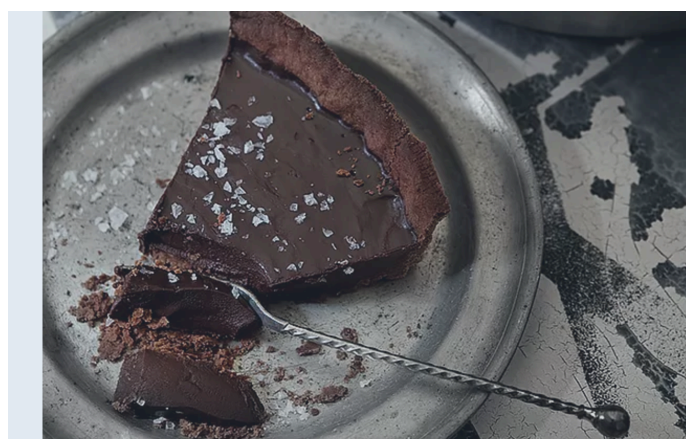
Savvy cooks know that salting as you go, layering flavors throughout the cooking process, beats adding salt once at the end

Use three fingers (thumb, index and middle fingers) when a recipe calls for a pinch of salt. This equates to somewhere between 1/8 and 1/4 tsp

Store your sea salt and Flor de Sal in a salt cellar or other lidded container

Pay attention to the size of salt crystals when measuring... smaller = more salt by volume = saltier

Flor de Sal is finishing salt used to add a burst of salty goodness and crunchy texture right before serving



Portugal sports five primary salt producing regions including the Algarve's Castro Marim and Tavira, central inland's Rio Maior, and the Silver Coast's Figueira da Foz and Aveiro, each offering a unique flavor, color, and texture

Brands you might see:

- SalMarim
- Terras de Sal
- Marnoto (by Necton)
- Rui Simeão Tavira Sal
- Sal de Tavira
- Marisol
- Terras de Sal
- Loja do Sal

ABOUT

BUYING

COOKING

Parques de Merendas: Premier Piquenique (Picnic) Spots

By Filipa Branco,
Landscape Architect

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Every summer, families, friends, lovers, and outdoor enthusiasts celebrate the pastime of picnicking. In addition to the pleasure of sharing a meal outdoors, we often seek out gardens and parks in urban areas or in places that still preserve some naturalness, a stage for informal conviviality, physical exercise, and contemplation of the world around us.

With that in mind, let's wander through a set of picnic spaces that represent a remarkable way of relishing the country and reclaiming a bit of Mother Earth, Portugal's beautiful and occasionally hidden parks and green spaces.

Tapada das Necessidades

The most interesting thing about this space is that it gathers much of what exists in several city parks: local vegetation or other greenery used in Lisbon's streets and gardens but also a collection of exotic semi-tropical plants. The specific design informs us about the function of these places throughout their history, transporting us to another time.

Tapada das Necessidades is a walled space that, like so many others, has evolved from an enclosed space used by Portuguese monarchs for hunting to a privileged place for picnics.



The former Congregação do Oratório convent currently named Palácio das Necessidades that hosts the Ministry of Foreign Affairs headquarters was built in the 18th century and its area was successively expanded by the acquisition of the surrounding farmland. In 1843 the garden was redesigned by the gardener Bonard, the farmland was transformed into an English-style garden, the construction of the circular greenhouse began, and tennis courts and the Pavilion (Casa do Regalo) were built.

LISBON AND SURROUNDINGS

In Lisbon, there are many gardens and parks equipped with picnic areas or at least a good lawn. Avoiding mentioning the most publicized and frequented, I highlight two gardens for your consideration.

The entire grove of Tapada das Necessidades is classified as being of public interest, with some examples that stand out for their monumentality and rarity: Ombú, Drago, Sophora Japonica, Brazilian Peppertree, the European Nettle Tree, Alley, Carob, the cacti collection, wild-olive, massif of Zambujeiros, Adernos, and Oaks.

Quinta do Monteiro-Mor

It was the first botanical garden in the city, consisting of part of the eighteenth-century gardens and part of the old agricultural core and forest area. It is crossed by a stream that, at the entrance, runs above ground and then follows a tangled section. It was built in the 18th century allowing the construction of the great terraces that support the platform where the palace is located.

The botanical garden was settled in the second half of the 18th century by the Italian botanist Domingos Vandelli. This is where the first Norfolk Pine known in continental Portugal was planted. In 1840, the garden underwent changes; more rare species were imported such as Sequoia, Cypresses, and Acacia. The design of some areas followed the typical layout of English gardens, so very popular at the time.

After the acquisition by the state in 1975, the property was adapted to become a public park, keeping the original garden, the rose garden, orchard, meadows, Pine trees, and vegetable garden while increasing the botanical diversity, with Oaks and Poplars.

In this space, so unknown even to the inhabitants of the city of Lisbon, you can find the Theatre Museum and the Costume and Fashion Museum, which deserves a visit before or after your picnic.

Not far outside the city center, we continue to find remarkable picnic grounds:

Matinha de Queluz

This walled forest space, attached to the gardens of the National Palace of Queluz has a relic of Cork Oaks, which represents an important genetic reserve of the species. It became the property of the Royal House after restoration in 1640 and, with the construction of the Palace in 1747; it became a space for hunting and bullfighting.

Mata dos Medos, Almada

The 5km extension on the cliff of the Fossil Landscape of the Costa de Caparica was planted in order to protect the inland agricultural area from the progressive invasion of the dunes (Medos). The gradual view of the Atlantic Ocean between Cape Espichel and the Serra de Sintra is worth the walk along the pine forest trails. The centenary group of Pine trees and the shrub massifs where, besides the Strawberry Tree, the Mastic Tree and the Kermes Oak, the Juniper (Zimbro, in Portuguese) stands out, surrounding and naming the Zimbral picnic park, leading to the classification of this forest as a botanical reserve in 1971.

CENTER

Mata do Buçaco is found at the highest point of Serra do Buçaco we find the walls built by the Descalced Carmelites in 1630 to surround their convent, and, inside, about 400 species native to the Portuguese Atlantic



coast and approximately 300 from other climates. The most representative element of this symbiosis is the Cedro do Buçaco, an imposing cypress originating from Mexico which was the first exotic species planted in the forest by the monks in 1656. In the 19th century, the arboretum and baroque influenced gardens were built, as well as the Lake and the Valley of the Ferns, to which tree ferns of the species *Dicksonia Antarctica* were imported.

PORTO

To the north, the presence of many rivers and their tributaries, with their lush vegetation inviting escape from the harsh and windy coastline for much of the year, offers us wonderful picnic areas.

Passeio das Virtudes is located in the space once occupied by Companhia Hortícola Portuense. Designed by landscape gardener José Marques Loureiro, one of the main peculiarities of this park is the fact that it is laid out in terraces along the narrow valley of the River Frio, so that from almost everywhere you have a unique view over Alfândega, the River Douro and Vila Nova de Gaia. Here you can find the largest Ginkgo Biloba in Portugal, originating from China, standing about 35 meters high, and a collection of 750 camellias.

MADEIRA

Parque Florestal das Queimadas, Santana is the ideal place to observe the flora of the Laurissilva Forest where the Tilde, Picconia Excelsa, Centenary Heathers, Lily-of-the-Valley-Tree and Madeira's Blueberry stand out among other endemic species. From the picnic park, we can follow several hiking trails to a set of levadas, including the path that gives access to Pico das Pedras, another place on the island worth knowing.

AZORES

Without exaggeration, we can say that almost any square meter of territory in the Azores is a good place to have a picnic, due to the intensity of the presence of nature and the beauty of the landscapes. The injustice of this statement perhaps lies only in the fact that on these islands it rains a lot, and sometimes a little indoor or covered space is welcome. Here are two suggestions, in case you really need some advice.



Lagoa do Congro, São Miguel

One of the most beautiful and primitive of the Azores, with a perimeter of 1.25 kms, the lagoon occupies a volcanic crater located in one of the most active geological faults on the island of São Miguel. The lagoon is a hidden treasure as it is difficult to access, requiring a 700m walk through the dense vegetation, but it's worth the effort.

Fajã de Caldeira de Santo Cristo, São Jorge

The Church of Santo Cristo is a place of worship and its pilgrimage route is part of the hiking trails that also lead you to a lagoon, waterfall, and caldeira. It's classified as a site of international importance for Wetlands of International Importance as Waterfowl Habitat.



There are many more hidden and alluring picnic spots across Portugal. To help you find some of my favorites I've created a [Google Map](#). Click here to view it then download and refer to it when you are looking for a perfect place to enjoy a snack, meal, or an event while communing with nature.



Known as the Basket Building, this 7-story, basket-shaped building in Newark, Ohio, USA was once the headquarters of the now-defunct Longaberger Basket Company.

Renewing Portugal's Ancient Grains Tradition

By SALT OF PORTUGAL || *all that is glorious about Portugal*



Photo credit: © Maria Rebelo Photography

It's not every day one meets a miller. Once a common profession, these skilled artisans are now few and far between. It stands to reason, too. When windmills were abundant across the countryside, Serra de Montejunto, a mountain that is located approximately 50 km northeast of Lisbon and spanning the municipalities of Cadaval and Alenquer, had the largest concentration of these practical and striking structures on the Iberian Peninsula. Today, only one working mill remains—Moínho de Avis. It was there that we met our miller, Miguel Nobre.

Miguel speaks with a cadence that makes everything he says sound like poetry. He has a lot of wisdom to share. "I am fascinated by the idea of bringing back the ancient grains, the old ways of making flour. It is my way of traveling back in time," he told us.

His windmill dates back to 1810 but lingered in ruins for many years until he restored it in 2008. Miguel was a carpenter until he fell in love with windmills. He began restoring them, first as a hobby and later as a full-time occupation. He has restored windmills all over Portugal but takes special pride in Moínho de Avis. It is a beautiful windmill. Miguel shows us the ingenious gears that rotate the sails towards the wind. The small windows offer expansive views of the mountain and the sea.

With his son Luís, Miguel is bringing back ancient wheat varieties that are rich with nutrition and flavor: barbela, nabão, and preto amarelo. "These stones have never milled modern grains so they have no trace of pesticides. My wheats are certified as biological, not by the government but by nature, come see." He places a handful of barbela grains at the entrance of the mill. Soon, an army of ants arrives to cart away this loot. "The ants avoid grains that have pesticides, but they love these ancient wheats," Miguel says. "I am also starting to find more and more lady bugs in the wheat

fields, they had vanished from this region but are coming back." Miguel likes to plant his wheat on southern-facing slopes, protected from northern winds that are likely to be tainted with pesticides.

Stepping outside, we heard the sound of the wind in the clay pots attached to the sails. Each is tuned to a note in the key of C major. "These pots are our weather reporting system," says Miguel. "They sound different when the air is humid, so they warn us when it is going to rain."

We bought a couple of bags of barbela wheat, brought to Portugal by the Arabs in the 7th century and widely used until the 1930s when it was replaced by today's bland white flours. Barbela was saved from extinction by João Vieira, a farmer from Cadaval, who spent 15 years multiplying the seeds so he could share them with other farmers.

Our barbela flour from Moínho de Avis blended easily with our sourdough starter to form a mixture called the levain. We let it rest, added salt, water and more flour. Then came the time for the ancient rituals of bread making: kneading, stretching and folding. The bread went into the oven and soon its aroma filled our kitchen.

One hour later, the loaf was ready. Its taste was intense. This bread shines on its own without any butter or cheese. We shared a few slices with our favorite farm market vegetable vendor. Her eyes filled with tears. “It tastes like my mother’s bread,” she explained. “It brings back memories of my childhood when all the neighbors baked bread at home with their own sourdough starter. Each starter had a different personality, so each family’s bread had a distinct taste.”

We didn’t imagine that our promise to send Miguel photos of the breads we made with his fresh-milled wheat would turn into multiple mill visits, but it did. We return to Moinho de Avis for flour – and especially wisdom – from Miguel Nobre, the master miller.



Bread photo credit: © Maria Rebelo Photography

Salt of Portugal shares the best of their beautifully abundant country from places to see to food to eat, wine to drink, poetry to read, and more.

Produced by a group of creative friends, visit their blog to take their GPS-based voice tour of Lisbon, shop azulejo-inspired scarves, and take a deep dive into all that is glorious about Portugal.



The tasteful minds behind Salt of Portugal are always up for a memorable meal at Solar dos Amigos, a restaurant in the small village of Guisado, near Caldas da Rainha. After praising Dona Luisa Nunes, the restaurant’s legendary owner and chef, for her famous Codfish Campino-style, Dona Luisa offered to give them the recipe so they could share it with their readers. Follow the instructions and you’ll have a delicious codfish meal. But, will it taste as good as when Dona Luisa prepares it? Not a chance!



Codfish Campino-style

Soak 4 slices of salted codfish for two days, changing the water periodically to remove the salt.

Boil the cod for 15 minutes. Reserve the water, remove the skin and bones, and shred the fish by hand. Boil a green cabbage and drain the water (Dona Luisa favors a pusa-drum-head cabbage, known in Portugal as “repolho coração de boi”).

Cut off the top of a country bread loaf. Remove the inside of the bread (making a bread bowl) and soak the soft pieces for 5 minutes in the water used to boil the codfish. Carefully drain the water from the bread.

Combine olive oil and sliced garlic in a frying pan. Add the soaked bread, shredded codfish, cabbage and 2 pounds of cooked red beans. Season with salt and pepper and let the mixture simmer gently for a few minutes.

Place the mixture inside the country bread bowl, cover with the bread lid, season with olive oil and place in the oven for a few minutes, until the bread turns golden.

Garnish with parsley sprigs and serve.

Reservations suggested. Learn more about Solar dos Amigos on Instagram: [@solar_dos_amigos](#) or Facebook: [@solaramigos](#)

You can hear the sound of the windmill's clay pots beautifully recorded by Pedro Rebelo [here](#).

Pedro is a Portuguese composer, sound artist and performer, working primarily in chamber music, improvisation, and installation with new technologies.

To learn more about his wonderfully original work visit his website, [Pedro Rebelo](#).

Filipa Branco's Baked Falafel Dumplings

- 2¼ cups cooked chickpeas (grão) (divided into 2 cups and ¼ cup)
- 2 cloves garlic
- 1 onion, roughly chopped
- juice of 1 lemon, fresh-squeezed
- 1 handful parsley and cilantro (coriander), chopped
- ¼ cup ground flaxseed
- ¼ cup breadcrumbs*
- ½ tsp ground cumin
- 1 pinch of sea salt
- freshly ground pepper to taste

In a food processor, add 2 cups of chickpeas, garlic, onion, lemon juice and herbs. Process into a smooth paste.

Transfer the mixture into a large bowl. Add flaxseed, breadcrumbs, cumin, the remaining chickpeas, sea salt and pepper to taste. Mix well using your hands.

Roll into 12 small balls and flatten slightly with your fingertips. Transfer to a baking sheet lined with parchment paper and bake at 180°C for about 20 minutes, turning halfway through.

Serve the dumplings finger-food style as a snack or at a party, with guacamole as a topping. Alternatively, serve as a starter or main course accompanied by a mixed green salad or steamed vegetables.

**Make this dish gluten-free by switching out regular breadcrumbs for gluten-free breadcrumbs.*





Taste of Lisboa's Amêijoas à Bulhão Pato (Steamed Clams)

- 1 kilogram clams*
- 1 onion, minced
- 5 cloves garlic, chopped
- 4 tbsp olive oil
- 250 ml white wine
- 1 lemon
- 1 bunch cilantro, chopped (reserve some tender leaves for finishing)
- 1 tbsp butter (optional)

Place clams in a colander and rinse them under cool water, gently moving them around with your fingers to aid the washing process and remove any sand that may still be inside the shells. Be careful not to detach the flesh of the clams from their shells.

In a deep frying pan or pot (with cover) over medium heat, add olive oil and saute onion until golden. Add garlic and stir until fragrant. Add chopped cilantro and the clams.

Pour in white wine, shake gently, cover, and cook for about 5 minutes. Every now and then, shake the pot to assure everything cooks thoroughly.

Finish off with reserved cilantro, this time using only tender cilantro leaves, and a generous squeeze of lemon. If using, add the butter for a wonderful mouth feel. Serve with lots of bread, you will definitely want to soak up every last drop of that delicious sauce!

** Turn this recipe into a vegan treat by simply replacing the clams with whole mushrooms and opting not to add butter.*

Tiny Room Woodworks' Sunny Day Shrimp Salad

This simple, light dish is perfect for those hot sunny days that summer brings.

- 500 grams cooked, peeled shrimp
- lettuce
- few tomatoes
- shallot, julienne sliced
- avocado, sliced
- fresh squeezed lemon juice
- Portuguese olive oil
- flor de sal

Combine shrimp and vegetables. Dress with lemon juice and olive oil and sprinkle with salt.



Wendy Beugels' Tuna Pasta Salad

Easy and satisfying, pack this tuna salad in your picnic basket.

- 150 grams pasta, cooked and cooled
- 2 cans tuna, best quality you can find
- few leaves fresh basil, parsley and chives, chopped
- 1 tsp pesto
- 2 tbsp mayonnaise
- salt and pepper to taste
- 6 sundried tomatoes, roughly chopped
- 2 medium-sized pickles, chopped
- 10 mini cherry tomatoes, halved
- ½ red or green bell pepper, finely chopped (optional)

Drain the tuna, put in a large bowl, add herbs. Stir in the pesto and mayonnaise, taste and add salt and pepper to your liking.

Add the sundried tomatoes, pickles, cherry tomatoes, and bell pepper (if using). Stir to combine then add pasta, mix, and serve.



WEIGHTS

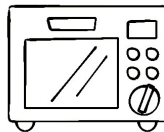
28 g	1 oz
113 g	4 oz or ¼ lb
230 g	8 oz or ½ lb
250 g	¼ kg
340 g	12 oz or ¾ lb
450 g	16 oz or 1lb
500 g	½ kg
1 kg	2.2 lb

SPOONS

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

TEMPERATURES

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



CUPS

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



Smile, It's Rissóis Time

"Rissóis" are a little delicious snack that can be found at every pastelaria, sitting next to meat croquetes and codfish cakes. They are smile-shaped pockets of deep-fried dough, dusted with breadcrumbs and filled with a "recheio". The most famous filling for rissóis is, by far, béchamel with shrimp. It's at the same time decadent and rich and instantly fills your every desire for salty snacking. Portuguese people eat rissóis anytime they feel peckish – not hungry enough for a full meal, but enough to feel the need to stop at a corner pastelaria for a quick snack.

If you feel more than peckish and you're into walking, here's a small rissol tour to guide you through Lisbon's downtown, hopping from one tasty rissol to the next.

Savor the traditional variation with shrimp at Confeitaria Nacional in Praça da Figueira, one of the oldest pastry shops in Lisbon. Take advantage of your visit and look around at the impeccable exhibition of traditional Portuguese pastry. It's not a bad idea to think of taking a small box of sweets for the road.

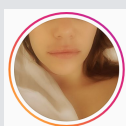
Moving a bit uphill towards Chiado, at the rooftop bar of Bairro Alto Hotel in Praça Luís de Camões, you can enjoy a delicious rissol with percebes and a stunning view of the river. This rissol is filled with one of the most Atlantic seafoods you can find in Portugal, barnacles.

Continuing our little tour, we need to pass by the Cathedral and get lost in Alfama, the most picturesque old town neighborhood in Lisbon, where you can find the famous Taberna Salmoura on Rua dos Remédios. Pop in for a deliciously rich rissol with raia, with citrus hues and filled with sea flavors.

A few more steps towards the Santa Apolónia rail station and you'll reach Taberna Albricoque, where the flavors of Algarve are at the center of this kitchen. Here you can have a rissol de berbigão (cockles), concluding this small tour of seafood rissóis with summery flavors.

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.



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If you still feel hungry, climb upwards again towards the castle and stop at Boi Cavalo restaurant near the beautiful church of Sao Estevão. If the chef is there, you might be lucky to find Chef's rissol, always filled with something surprising and seasonal.

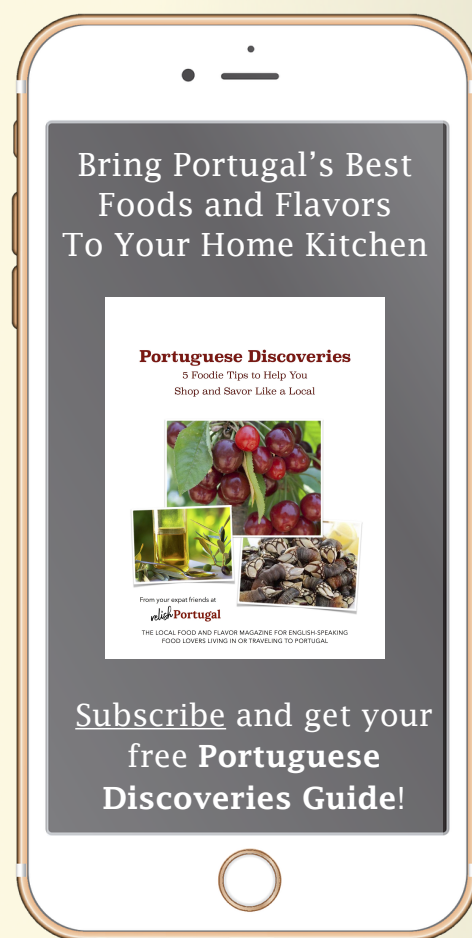
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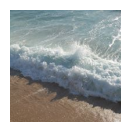
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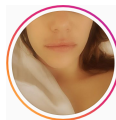
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Oven-roasted nuts are a taste sensation that can easily be made at home. But be careful, nuts can go from close to burned in a flash. As soon as you smell them start watching and pull them out as soon as you think they're done. They'll be hot and will cook a bit more as they cool.

Roasted Tamari Almonds

- 2 cups raw almonds, skin on
- 1 tbsp (more or less) tamari or soy sauce

Set oven to 175°C and line a baking sheet with parchment paper. Spread almonds into a single layer and roast for 8-12 minutes, until fragrant and dark brown.

Remove from oven and, while still piping hot, pour almonds into a large mixing bowl, saving the parchment. Quickly add the tamari and stir to coat the almonds. They'll sizzle and smoke.

Move the parchment to the countertop (or a cool baking sheet) and spread the almonds into a single layer to dry.

Salt & Pepper Cashews

- 2 cups raw cashew pieces
- 1 tbsp olive oil
- sea salt and fresh cracked pepper
- fresh rosemary, finely chopped (optional)

Set oven to 175°C and line a baking sheet with parchment paper. In a medium bowl, toss cashews and olive oil in a medium bowl. Add salt and pepper (and rosemary if using).

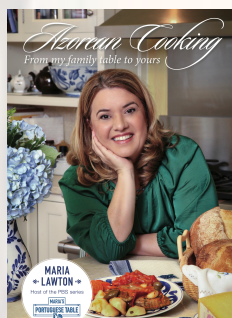
On the baking sheet, spread cashews into a single layer and roast for 12-15 minutes, until fragrant and light brown.

Remove from oven, move the parchment to the countertop (or a cool baking sheet) and spread into a single layer to dry.

COOKBOOK COLLECTION

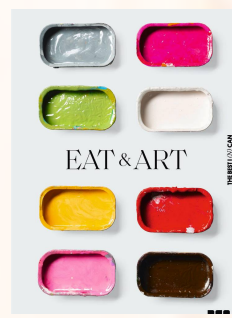
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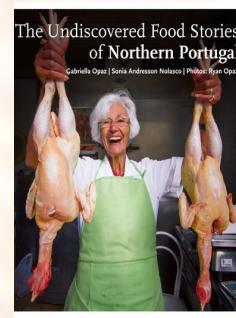


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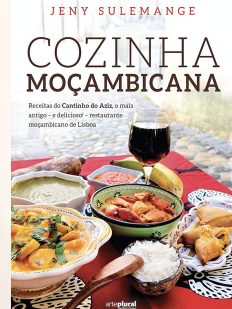
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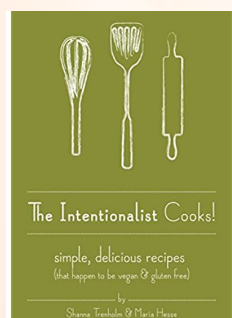
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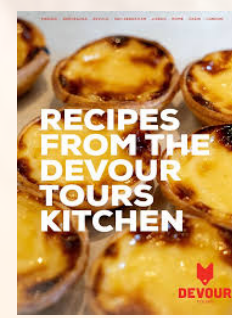
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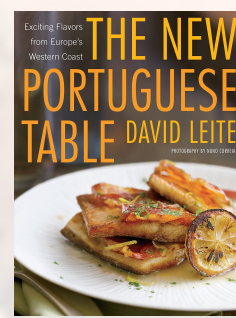
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WHAT'S PLAYING IN YOUR KITCHEN?

*Contributor-curated Spotify playlist for your Portuguese
cozinha endeavors.*

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Ventura Highway || *America*
Santa Maria de Feira || *Devendra Banhart*
O Sopro do Coração || *Clã*
Take Me To The River || *Talking Heads*
40 Graus à Sombra || *Seda*
Sei Lá || *Bárbara Tinoco*
All I Wanna Do || *Sheryl Crow*
Painter Song || *Norah Jones*
Copacabana || *Barry Manilow*
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A Day at the Beach ... Portuguese-Style

TASTE OF LISBOA || *Real People, Real Food: authentic food tours
cooking & dining || private experiences*

For most Portuguese, summer means one thing: beach time! As soon as the weather starts warming up, everyone yearns to sink his or her feet into the warm sand and get that perfect tan. However, a Portuguese day at the beach can be very particular in its rituals. So if you want to learn how to enjoy a day of sun and sea like a born and bred local, grab your beach towel and umbrella, slather on some sunscreen, and follow this yummy, fun-filled guide for a perfect trip to your chosen beach.

9:30am

You'll try to arrive at the beach as early as possible, but it'll take you twenty minutes to find your sunglasses, or you'll remember at the last minute that you have to pack your sandwiches and you still need to go to the bakery to buy bread, and you'll never arrive at the beach on time. Yet, before you even set up your umbrella, there's an

unavoidable Portuguese beach ritual. The espresso at the beach bar. Drop your bags, grab a seat, and enjoy a coffee with a view of the ocean, anticipating the thrill of the first cooling dip in the sea. A golden rule here: only espresso. No dash of milk and absolutely no decaf allowed.

11am

By now you've swam enough to work up an appetite and you're ready to enjoy another time-honored beach tradition: the *Bola de Berlim*. It might seem counterintuitive to eat a fried, egg cream filled pastry (generously sprinkled with



sugar) at the beach. But if you want to be like a born and bred local, this doughnut-style calorie bomb is essential. To find it, just look for the men and women walking along the beach carrying the *Bolas de Berlim* (often on their heads) and loudly praising their pastries: "warm and good!" Start waving. If you can't flag them down, the

only solution is to run after the sellers or you'll miss them.

1pm

If you're like a Portuguese, by 1 o'clock you are ready to eat. You can always grab a bite from the beach bar, but a true Portuguese beach experience involves a cooler full of light (you don't want a heavy meal to interfere with your time in the water) and yummy food. The go-to meal for the experienced beach goer is the humble "sandesh" (the Portuguese take on the sandwich), which will usually mean a bread roll filled with cheese and

quince paste, ham and cheese, or just butter for those picky eaters. Fruit, carefully picked for maximum hydration, also makes an appearance: watermelon, melon, grapes, strawberries, or peaches. Make sure you don't forget a sharp knife to cut through the melon you packed in your cooler. With your energy levels up, you can go back to your paddle tennis matches or simply lay down and keep working on that perfect tan.

3pm

The *Bola de Berlim* is not the only food coming your way through the beach sand. Tirelessly crossing the hot sand, the ice cream sellers yell “frutóchocolate!” (fruit or chocolate), reminding you of that quintessential summer treat: ice cream. Grab a cone, and, as a side treat, you can buy a long, curled wafer biscuit known as *língua da sogra* (mother-in-law's tongue). No one knows the origins of this tongue-in-cheek name but presumably it references the “sharp tongue” of a mother-in-law. This one, though, is also crunchy and sweet.

5pm

After a whole day at the beach your reenergized body and soul are ready for a change of scenery, but that doesn't mean that the day is done. New delights await you, and here is where you can take one of two roads:

Option 1: The Seafood Place

If you're feeling generous, treat yourself to some seafood, along with some extra chilled *Vinho Verde*. Bring on the clams

Bulhão Pato style (with garlic, wine, lemon and cilantro), the piles of prawns, the creamy *sapateira* (crab). If you dare, try a small plate of snails, seasoned with garlic and oregano, accompanied with toasted bread.

Option 2: The Barbecue In The Forest

Ah, the more economical and traditional option. First, you must find a pine tree forest near the beach. Then set up camp, fire up the grill, and enjoy a bifana (pork steak), entremeada (pork belly steak), or some traditional grilled sardines. Wash them down with a few beers and look for a shady spot where you can enjoy a well-deserved nap.

7pm to ?

At the end of a Portuguese-style day at the beach, you might be faced with another very Portuguese tradition: the end-of-day traffic jam. It seems everyone has decided to come to the beach today so either you stay put and head home after sunset or you embrace the experience. Bring some games, bring some songs and, most of all, bring some patience. After all, if this is the price to pay for a perfect beach day it's totally worth it!

Taste of Lisboa guides you to the authentic Lisbon — real food, real people — helping you discover the hidden flavors of the city and the heart of its people, off the beaten track. Lisboaeta Filipa and her team offer food and culture walks, cooking classes and dining experiences, private tours, and culinary retreats. Uncover the real Lisbon with Taste of Lisboa.





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