



relish **Portugal**

Jul/Aug/Sep 2021

*The English Language Food & Culture
Magazine For Portugal
Lovers Everywhere*

**CHEF JOSÉ AVILLES ON
CREATIVITY**

**JULIE DAWN FOX ON
COIMBRA**

**DYLAN HERHOLDT ON
SARDINES**

**CRAFT
BREWING IN
PORTUGAL**

**IN SEASON:
FIGS**

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FROM MY COZINHA



Did you hear that? It sounded like a beer bottle being cracked open, ready to quench my thirst on this sunny summer day. Spending over a decade in the Pacific Northwest, I'll admit, I became a beer (and coffee) snob. You could usually find me at a local brewpub sampling their stouts, porters, and hoppy IPAs. Craft brewing matured into a "thing" in the US, with breweries and taprooms becoming travel destinations, so I don't know why I was so (pleasantly)

surprised to see these artisans rising up in Portugal. And rising they are. The proprietors of Cerveteca Lisboa, Carolina and Rui Matais offer us a primer in our feature story, page 24.

In my humble opinion, the brewers are part of what I consider the "creative class," those that imagine something wonderful from assorted pieces. Two Michelin-starred chef José Avillez, one of the most creative minds in today's kitchens (Portuguese or the world), is sure to spark your creative thought process through his fascinating take on creativity in this month's opening volley on page 8, Food For Thought. Sure it applies to the kitchen but his words are provocative no matter what you do or how you spend your time.

We close this issue with a dream come true. Our page 41 Perspective piece is by a San Franciscan turned Setubalense and spoiler alert, it's looking like love. And really, what's not to love? The candy-sweet figs that are so abundant this time of year? The sardines that are plump and delicious? The esplanades serving a bowl of salty tremeços alongside your artisan brew, bubbly vinho verde, or refreshing Costa Alenteja Wild Mojito (get THAT recipe in our Cocktail Hour, page 4)?

I suppose the long summer days and warm summer nights encourage us to think a little differently, from what's for dinner to how we live our lives. Explore the new thinking of a young collective of up-and-coming chefs (and some of the nicest people you'll ever meet), the New Kids On The Block, this issue's interview on page 21. They are reinventing the restaurant scene and themselves in the process.

Inspiration abounds in this summer 2021 issue of Relish Portugal. If a friend forwarded this magazine to you, I invite you to join us. Subscribe (it's free) on our website and open your mind to a world of Portuguese possibilities.

See you at the seaside. I'll be the one perfecting my sardine-eating skills (thanks Dulce) and sipping a cold one. A nossa!

Evanne

relish **Portugal**

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

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**Yeah, this happened!!
We are honored and humbled.
Beijinhos...**



relish **Portugal**

Cocktail Hour

A classic spirit, gin is having a renaissance. Once used for medicinal purposes, a super star during America's prohibition years, and (almost) everyone's favorite summer sipper, today's gin makers are artisans. Gin is made by infusing a neutral spirit with botanical ingredients during the distillation process. The result can be juniper-heavy, smooth, savory, earthy, malty, floral, etc.

Contemporary gin producers craft their spirits as direct reflections of their geography, incorporating local roots and botanicals. That's exactly what we see at Black Pig Alentejo Distillery. This back-to-the-land artisan distiller produces medronho, rum, and two styles of gin—the most awarded European gins on the market.

The spirit base is produced from a carob and acorn ferment. The botanicals are hand-harvested from their Alentejo farm and traditionally distilled in their handcrafted alembic, a copper artisan still they call the "grandmother's pot".

More than a drink, the makers were looking for the perfume, the essence that made them close their eyes and recall coastal places where they grew up. Their Gin da Costa Alentejana bottles the scents and tastes of the Alentejo coast: Alentejo lemon, the wild aromatic fragrance of the dune juniper, and floral rosemary are the essence of this gin.



Black Pig Costa Alentejana ♥ Wild Mojito



Originating in inner-Alentejo, where the black pig is raised in freedom, Black Pig Alentejo Distillery was started in 2007 with the planting of medronheiros. It represents the Alentejo—its ecosystem of trees, cork, animals, plants, beaches, and fields—its way of life.

Their award-winning spirits can be found in stores and at their online shop. They invite you to experience their products and hospitality at the world's first gin theme park, The Gin Village. Learn more on their [website](#), [Facebook](#), and [Instagram](#).

Costa Alentejana Wild Mojito

- juice of 1 lime, freshly-squeezed
- 20 ml of simple syrup
- 50 ml of Black Pig Costa Alentejana Gin
- 10-15 fresh pennyroyal or mint leaves plus a sprig or two reserved for garnish
- Fever Tree Elderflower Tonic
- ice

Squeeze the lime into a tall, chilled glass. Add the simple syrup and Black Pig Costa Alentejana Gin and stir.

Add the pennyroyal or mint to the glass, bruising them as you go. Stir vigorously to slightly break up the leaves.

Add the Fever Tree Elderflower Tonic, stir, top with ice and garnish.

Quiosque Corner

Spacious, surrounded by art, a lovely garden, and traditional calçada, Plaza Caffé—a sweet little quiosque in Alvor—is an enchanting spot for a



refreshment before or after a stroll around town.

Centrally located atop a hill, this street cafe is loved by locals and visitors alike.

Choose a table inside their tent or outside, along the sidewalk, and

enjoy a snack and a glass of wine or sparkling water or a café and pastry while you sip, savor, and watch the world go by. Ahhhh...sim!

Bifanas: A Portuguese Pleasure

Interestingly enough, you'd be hard pressed to find "street food culture" in Portugal. Instead you are more likely to find locals standing at a counter, placemat and flatware in front of them, enjoying a light meal or snack. It's a thing. And if you see a line out an establishment's doorway with hungry eyes waiting to get a place at the counter...well, you know what to do.

This couldn't be a more likely scenario than in front of a window showcasing a large bubbling pan of mouthwateringly fragrant thin pork filets on their way to becoming the country's closest thing to a street food obsession, the bifana. It's a simple—and I do mean basic—sandwich consisting of a stack of tender, well-seasoned pork filets nestled in the middle of a crusty, light Portuguese roll. Nothing special (but utterly delish) yellow mustard and piri-piri oil are typically slathered on the pork and it's enjoyed standing elbow to elbow, with a cold beer at hand. Another thing that makes this everyone's obsession is the price, usually less than a couple euros for a hearty, filling bifana.

Each region of the country has their own version of bifanas so go hog wild. It's def not a case of "you've tried one, you've tried them all". You'll thank me later.

Cultivating an Herb Garden

Whether you're serving up a big bowl of feijoada, a refreshing Black Pig Gin cocktail, or some zesty salsas, nothing beats using fresh herbs from your kitchen garden.

Easy to grow and cost-effective, herbs can be grown in the ground or in pots kept just outside the kitchen door or on a sunny windowsill. If you opt for pots don't be afraid to cozy a few plants together. The key is to make sure they have similar light and watering needs.

For example, rosemary, thyme, sage, oregano, and garlic chives get along well, requiring drier conditions. In fact, they are considered drought-tolerant.

Basil, parsley, and cilantro like a little more moisture as does mint. But beware when dreaming about fragrant mint, it is invasive and will take over a pot of plants. You can choose a few different mints and plant them together but don't be surprised if one dominates.

Both bay laurel and lavender love a Mediterranean climate. Grow bay laurel as a sculptural tree. Ask your nursery consultant for the strong-scented, spiky Portuguese lavender and give it room to grow into a gorgeous shrub.

When choosing herbs consider growth height, whether or not they are a trailing variety, and the colors and verigations. Aside from lavender, pick off any flowers buds that appear to keep the plant producing leaves.

Some RP favs include lemon thyme, tricolor sage, purple basil, and pineapple mint. Now go forth and grow.

WHAT'S NEW?

CONTRIBUTOR CATCH-UPS

For the very first time on American television, a series focusing exclusively on Portuguese culture, food, and travel is making TV history.



Maria's Portuguese Table, an

8-part series hosted and produced by Maria Lawton, the [Azorean Green Bean](#), will be available to every PBS

station in the US, potentially reaching 220 million homes.

Each 30-minute episode follows Maria on a culinary journey that spans from the heart of the Azorean islands to vibrant Portuguese communities across the United States.

Check your local listings and set your DVD. You won't want to miss a minute of Maria's Portuguese Table, it's THAT good!

Talented watercolorist and co-creator of the beautifully illustrated [Cataplana Zine](#) ([available here](#)), Wendy Beugels continues to make the world a better place with her work.



Inspired by Portuguese landscapes and architecture, city and beach scenes, boats, animals, and that amazing Lisbon light, she passionately brings together whimsical lines, charming illustrations, and supremely happy colors in her original art.

Of course you can purchase original and commissioned pieces but you might also like her latest project, **Happy Cards**. These prints of her originals have hand-drawn highlights and are signed. Use them as a card or a framed mini-print.

Martha Tomé knows her Mexican food. And she should. A native of Guadalajara, she was awarded the Mexicanas Distinguidas by the Institute of Mexicans Abroad (IME) in recognition of her outstanding



participation in making Mexican gastronomy known in Portugal.

Fortunately for Mexican-food-loving home cooks in Portugal, Martha helps make those mouthwatering dreams come true.

Shop her well-stocked store online or in person. There you'll find authentic Mexican brands, handmade tortillas, salsas, heat and eat dishes, seasonal fruits and veg (think tomatillos), and handy tools. She also offers catering services and cooking classes.

The Roman Ruins of Tróia and CAN THE CAN restaurant are producing, for the first time in more than fifteen centuries, a fish sauce known as garum, in this instance *sardine* garum, in one of the fish salting tanks of the archaeological complex.



This umami-rich liquid was the most valuable condiment of the Roman Empire. It's made with fresh sardines from Setúbal and salt produced in the Sado River valley.

CAN THE CAN and the Garum Lusitano team began production in May. The fermentation has gone well, the sauce is thickening, and the smell is great. They expect to begin doing taste tests by the end of September. [Learn more on their website.](#)

DON'T MISS A SINGLE
ISSUE OF

relish **Portugal**

<https://RelishPortugal.com>



FOOD FOR THOUGHT

Creative Cuisine

Creativity requires permeability and an intense desire for knowledge of both the outside world and our inner selves. If this knowledge of the outside world comes from enduring attention and a genuine, insatiable interest in the world, knowledge of our inner selves is based on a constant process of self-observation and questioning, of meditation and thought, about understanding and interpreting the outside world, of attributing meaning and identifying feelings, instincts, and emotions.

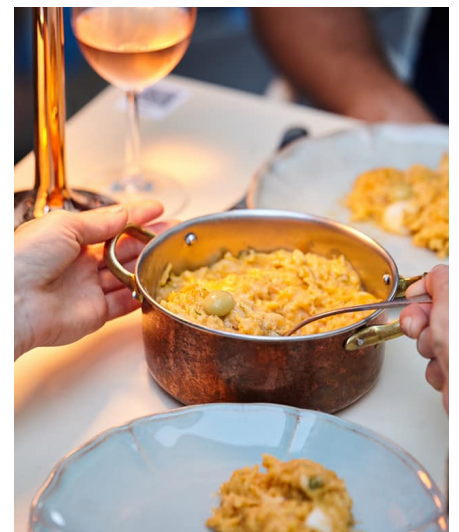
Knowledge and curiosity stimulate creativity and refine intuition. The absence of prejudice and the ability to believe while questioning is essential in developing creative thought. To create is an act of freedom, with countless possibilities of manifestation.

Cooking expresses different moments of knowledge, learning, and reasoning, nourishing those that sit at our table. It communicates the evolution of technique and also its creator's maturity, personality, and soul. It's a search for the perfect balance between creativity: the new, the unique, and the unknown. Ingredients, methods, recipes, preparations, and concepts are at creativity's service. They transform it into a world of infinite possibilities. As classic ingredients arrive at our door, raw material in its most natural state, we may realize that there is magic in the least amount of intervention. It is the most obvious, ultimate detail of a creative surge.

A dish can reveal an ingredient, its flavor and texture. Through technique, technology, and/or an unprecedented combination of flavors, it might reveal to us a new dimension

By Chef José Avillez II

**FOUNDER, GRUPO JOSÉ AVILÉZ,
MICHELIN TWO STARRED CHEF, PORTUGUESE
CULINARY ICON**





we thought we knew, making us see further and stirring up perceptions, intimacy, feelings, and emotions. It can take us to other places, landscapes, times, and histories; emotional memories captured in a bite. It can make us laugh or cry.

When we contemplate, we're experiencing a dual perception phenomenon. While we feel and become aware of a particular state of mind, we come across an exterior landscape that unites with our inner scape. For me, this convergence is the most accurate result of interpreting the reality I sense and witness. Exploring a bustling present and passionately imagining

the future, we are history, memory, insight, vision, emotion, action, and inventiveness.

In these moments I experience the most pleasure and emotion in my life. It's a meaningful commitment, having the chance to give...and in the kitchen, we give, remembering the importance of leaving more than we take. Every day I'm thankful to the people who work with me, helping me fulfill my dream. I made it here because I have a dedicated, passionate, and enthusiastic team that stands beside me, driven to keep learning more and doing better. Together we create momentum, mobilizing my country by promoting Portuguese gastronomy and caring for our customers.

Life is constantly evolving. The chicken or the egg, traditional or vanguard, who came first, what stirs us, deepens our feelings, makes us travel. Yesterday, today, or tomorrow, we strive to craft a dateless, timeless cuisine. It is a startling journey, a whirlwind of emotions and creativity.



GRUPO

JOSÉ AVILLENZ

Grupo José Avillez operates several restaurants, each with a unique concept: Belcanto, distinguished with two Michelin stars and selected as one of the 100 best restaurants in the world in the prestigious "The World's 50 Best Restaurants List", Bairro do Avillez, with different gastronomic concepts (Taberna, Páteo, Mercearia, and Manteigaria Silva), Mini Bar Lisboa, Cantinho do Avillez in Lisbon (in Chiado and Parque das Nações), Cascais, and Oporto, Pizzaria Lisboa, the three restaurants located in El Corte Inglés' Gourmet Experience – Tasca Chic, Jacaré and Barra Cascabel, and Tasca in Dubai.

Chef Avillez, a Cascais native, worked in several restaurants in Portugal and abroad, including El Bulli by Ferran Adrià, which transformed his vision of cuisine. He defines himself as a chef who's passionate about cuisine and about his country and who embraces innovation and creativity without ever forgetting tradition, quality, authenticity and the worth of work.

Learn more about the restaurants, purchase gift vouchers, and explore Chef's books, television programs, and radio shows on [their website](#) or stay up to date on their [Facebook](#) or [Instagram](#) pages.

BEER ~~WINE~~ VINES

The Other Summer Sparkler

REAL PORTUGUESE WINE brings you wines that are alive with flavor, a window into true terroir, and the bottled essence of a winemaker's philosophy

At Real Portuguese Wine, we are the picture of equal opportunity when it comes to beverages. Obviously we are passionate about wine, but we like almost all fermented and distilled drinks.

The popularity of craft beer in the last 20 years or so has started to give wine a real run for the money, especially when it comes to food pairings and tasting menus.

But if you really dig into it, craft beer also has a history of hundreds (and even thousands) of years to back it up. Beers made by Trappist monks represent centuries of tradition, and to this day use the processes created centuries ago. These low-intervention, spontaneous fermentation methods are where beer and more natural expressions of wine cross paths.

Historically marketed to separate demographics, wine and beer drinkers were placed in separate boxes, with wine seen as more sophisticated and beer its less serious option. However, beer can be just as simple or complex as wine, and now it is very common for people to be fans of both. And just to make choosing even harder, dry ciders are becoming more popular and more Portuguese ciders are coming onto the market (look for Daughters of Madness from the Lisbon area and Nua from Minho).

Craft beer, cider, and low intervention wines seek to impart a sense of place by not obscuring their origins through mechanical, chemical or industrial manipulation. Traditional cider was pressed onsite and the juice was left to ferment with natural yeasts from the surroundings. Wild fermentation is the same method used by the Trappist monks, and before we had yeast strains that could be created in a lab, this is how all wine was made. With these methods, terroir becomes a part of the conversation, and a part of what you, the end consumer, get to taste. When producers use wild yeasts and depend on the conditions of the local environment to make the beer, wine or cider, it becomes more about the total process - field to glass - than just about the final product.

Many popular "natural" or low intervention wines have a flavor

profile and mouth feel similar to cider, including juicy "glu-glu" fruit forward pet nats (roughly translates to "naturally sparkling"), low alcohol still wines, and unfiltered skin contact orange wines. The fresh acidity and vibrant fruit flavors of natural wines also have parallels with saison (also called a farmhouse ale), a style of beer that is extremely dry, highly carbonated, fruity and bottle conditioned.

As producers and drinkers experience more crossover, production methods in the field and in the tank do as well. Grapes might be fermented whole cluster, including stems and all, as well as a mix of varieties in order to produce a wine that mirrors the whole vineyard, without any





adulteration. Some brewers are experimenting with co-fermenting grape must (the leftovers after crush and fermentation) with a beer base, and there are many beers aged in used wine barrels. Wild ales might also be cofermented with grapes or other fruit, and cider lees (residual yeast from cider making) can be used as a part of the brewing process. Check out Dois Corvos brewery based in Lisbon to experience their incredible array of experimental (and more standard) beers, including barrel aged, wild ferments, and beer aged in wine or Portuguese brandy casks.



What this means is that there is an incredible world out there beyond wine to explore. There is a fermented beverage for every taste and a range of alcohol potency to go with it. There is an undeniable link between all these drinks and that is – hands off! In this approach you let the environment do the work, and simply try to steer the end product towards something that is stable, and ultimately delicious.

So this summer, don't limit yourself: if you like the idea of low-intervention products and naturally made beverages, try wines, ciders and beers that show you a clear sense of who they are and where they come from. And here's one last fermented drink to think about–kombucha... more or less non-alcoholic, but so, so refreshing and probiotically good for you at the same time.

Easy Summer Pasta

- fresh grape or cherry tomatoes
- chopped basil and any other fresh herbs
- feta or semi-cured goat cheese, crumbled
- salt/pepper
- fresh garlic, chopped or crushed
- olive oil
- splash of balsamic vinegar
- fresh or dried pasta (your favorite shape)

Relish Portugal RPW Wine SALE!

Use code **RELISH10** at checkout for **10% off** your total order. One coupon per customer, valid until July 31.

In the Algarve? Local pickup is available at Rolha Wine Bar in Porches during regular open hours.

Slice the tomatoes in half and toss everything except the pasta in a large bowl. Let marinate, on the counter, for an hour or so.

Prepare the pasta, add to the bowl, toss, and taste. Add any last-minute seasonings and enjoy.



Real Portuguese Wine is about the wine and about the people who make it. Brian and Jennifer Patterson take great pleasure in having personal relationships with all of the producers they sell and chose each wine through rigorous and repeated tasting. Their online store caters to the natural, organic, biodynamic, low-intervention, small-producer-wine-lover like you!



Online always. Local pickup in Algarve now available at Rolha Wine Bar in Porches, during regular hours only, Thursday-Sunday 18-23h.

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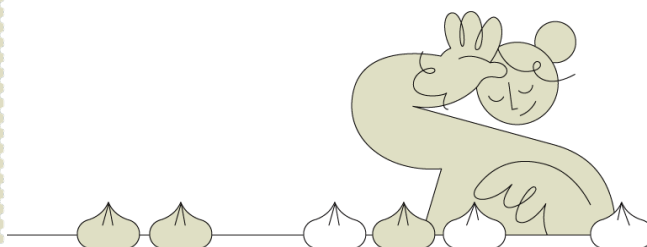
Imagine a Chinese mama, Madam Bō, who is always happy to welcome you into her home. She's passionate about handmade dumplings, learned traditional techniques at the apron strings of her grandmother, and now her mission is "everyone eats." While they might not look like Chinese mamas, four traveling souls converged in Lisbon and became fast friends. While they loved the city vibe and diversity, they found Lisbon lacking a proper street food dumpling joint, ones like they'd seen abroad.

Lisbon was missing out on some of the most delicious food out there. In their eyes, Asian street food is a perfect combination of what good food should be: the clean, contrasting, and intense flavors, fresh ingredients cooked quickly, perfect to share, and accessible to everyone. Turns out the obvious answer was to start one.

In December 2020, Catarina Coutinho, Maria Villas Boas, Charles Desclos, and Pedro Vasconcelos opened Madam Bō Handmade Dumplings in Lisbon's Príncipe Real neighborhood. They later asked Chef Leonor Godinho to join the project, developing the recipes and helping to stay true to the concept.

At Madam Bō's there's an understanding and respect for the basics of the intricate techniques. But at the same time, they strive to adapt the taste and texture to what modern-day Lisboans love. Chef Leonor works tirelessly, creating authentic recipes based on traditional methods with a fresh and modern approach.

The menu is short, mostly dumplings, delicious. Each color is a flavor. Pink for pork and sichuan, green for tofu and vegetables (vegan), yellow for chicken and shiitake, white for shrimp and coriander, and black for beef and hoisin. The menu also offers fresh sides to complement the handmade dumplings: hot and sour (vegan) and miso soups and three salads, edamame, crunchy coleslaw, and spicy sour cucumber. And it wouldn't be complete without dessert, matcha mousse topped with black sesame crumble.



TO EAT: dumplings, soups, sides, desserts
Website: [Madam Bō Handmade Dumplings](#)
Facebook: [@madambo.dumplings](#)
Instagram: [@madam_bo_dumplings](#)

WHAT ELSE: In&Out Guest Chef Specials, Catering



In addition to the tasty always-on dumpling fare, Madam Bō partners with a new chef or brand each month in their In&Out Dim Sum project to keep innovation and excitement alive. In June they featured Chef Pedro Bandeira Abril and his flavorful Jjajang Bao.



Madam Bō would love to welcome you to her chic Príncipe Real location to eat in or takeaway. If that's not convenient, the Madam delivers in the Lisbon metro area. So when you are there, pass by or order online and enjoy a simple, tasty homemade meal that lets you travel via your tastebuds. After all, mama knows best.



Jjajang Bao | In&Out | Chef Pedro Bandeira Abril

1. Prepare the garnish

Boil water with vinegar, sugar and salt. Pour over the cucumber and allow to pickle.

- 40 gr cucumber, thinly sliced
- 200 gr water
- 100 gr rice vinegar
- 25 gr white sugar
- 2 gr fine salt
- 5 gr black sesame seeds

2. Roast Pork Belly

- 100 gr pork belly
- 40 gr soy sauce
- 40 gr mirin
- 10 gr garlic
- 10 gr ginger

Season the pork belly 24 hours in advance.

Roast the belly at 140°C for 30 minutes with soy sauce, mirin, garlic and ginger. Cover the belly with parchment paper and aluminum foil. After 30 min, remove all bones and cartilage and let it cool.

3. Make the dough

- 20 gr milk
- 6 gr dry baker's yeast
- 200 gr type 55 flour
- 20 gr white sugar
- 6 gr cooking oil
- 10 gr rice vinegar
- 2 gr royal yeast
- 1 gr fine salt

Heat the milk until warm and add the baker's yeast. Combine the flour, sugar, oil, vinegar, royal yeast, fine salt, and the milk yeast mixture to a stand mixer or food processor and process. Add 50 ml of water until the dough is smooth and even.

Place dough in a bowl, cover with a clean towel, and let rise until it doubles in size.

4. Make the filling

- 30 gr chunjang
- 3 gr cooking oil
- 4 gr oyster sauce
- 4 gr white sugar

Cut the vegetables into small cubes. Create a paste and sauté for 3 minutes.

- 40 gr cabbage heart
- 40 gr zucchini
- 40 gr onion
- 4 gr cornstarch
- 100 gr pork belly
- 40 gr soy sauce
- 40 gr mirin
- 10 gr garlic
- 10 gr ginger
- 100 ml chicken stock

In a frying pan, put a dash of oil and sauté the vegetables. Add the paste and chicken stock. Cut the pork belly into cubes and add to the preparation. Finally, add a little water to the cornstarch and add to the preparation, letting it thicken.

Weigh out pieces 50 gr pieces of of dough and stretch. Place the equivalent of 1 tablespoon of filling inside the bao. Close the bao and form a ball with your hands. Steam the bao for 5/6 min. Garnish with pickled cucumber and sprinkle with sesame seeds.

5. Make the bao



Angelo Oliveira, Sailors of Lisbon II People of Lisbon II Episode 016

**People
Of
Lisbon**

People of Lisbon is a video and photographic project created by Irish filmmaker Stephen O'Regan and Latvian photographer Rita Ansone, now Lisboetas, in July 2020. The weekly video series showcases the lives of people from various countries, with different occupations, who are now living in Lisbon.

With over 40 short and entertaining episodes, these profiles capture the essence of their diverse subjects and the passions that drive them. From poets to plane spotters, makers of secret dinners, and our very own Rui and Joel from Practice Portuguese, peek inside Lisbon lives well lived.

Facebook: [@peopleoflisbon](https://www.facebook.com/peopleoflisbon) Instagram: [@peoplelisbon](https://www.instagram.com/peoplelisbon)
YouTube: [youtube.com/peopleoflisbon](https://www.youtube.com/peopleoflisbon)

LET'S

TALK

Pedir Uma Cerveja (Ordering A Beer) In Portugal

PRACTICE PORTUGUESE LEARNING STUDIO — *Strictly European Portuguese Since 2012*

Wine is clearly the most popular beverage in Portugal, but let's not forget about *cerveja* (beer). Ordering a draft beer in Portugal will typically cost you about 1€–3€ (or even less if you go with a bottle).

In mainland Portugal, the most common types are light, lager-style beers from two companies: **Super Bock** (made in the north) and **Sagres** (made in the south). You will see these the majority of the time, but craft beer is starting to become more prevalent, with brands such as **Sovina**, **Letra**, and **MUSA** making an appearance. On the island of Madeira, the primary option is **Coral**, and in the Azores, you'll drink **Especial**.



You can also sometimes find different varieties, such as *cerveja preta* (dark beer). Recently there has been an effort to promote beer as more upscale. The idea is to market it as an alternative to wine, so you'll notice brands releasing "premium" beers that pair with certain dishes, such as Sagres Bohemia and Super Bock 1927. For those who don't drink or who will be driving, you also have the option of *cerveja sem álcool* (non-alcoholic beer).

Most bars and restaurants serve Super Bock or Sagres lagers (one or the other) so you typically don't need to specify the type (*uma cerveja* will do fine) unless you see multiple options. However, if you're ordering a *à pressão* (draft) beer, you will need to specify the size:



- uma lambreta* (a 15cl draft beer)
- um fino* (a 30cl draft beer in the North of Portugal)
- uma imperial* (a 30cl draft beer in the South of Portugal)
- uma caneca* (a 50cl draft beer—literally a mug)

A *caneca* is the closest thing to a "pint" of beer. It's slightly larger than an American pint and slightly smaller than a UK pint.



When it comes to bottled beer we have:

uma garrafa (a bottle) or *minis* (25cl bottles of beer)

Why would you order such a small bottle of beer? It's the perfect size for warm weather, staying cold to the last drop.



In addition, there are a few drinks made by combining beer with other beverages:

um panache (beer with lemon-lime soda)
um tango (beer with red currant juice)
um diesel (beer with Coca-Cola)

Once you've ordered your beer, the most important thing to learn is how to say "cheers!" There are a few options:

Saúde! (Cheers!—literally Health!)

À nossa! (To us!—literally To ours!)

Tchim tchim! (Cheers!—mimicking the sound of glasses clinking together)

Whether you choose one of the big brewers or any of the ever-growing and excellent *cervejas artisanal* (craft beers), visit a snack bar, a specialty beer bar, or a brewery, explore Portugal's beer scene and try out your new-found *cerveja* terminology. Tchim tchim!



"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](https://www.practiceportuguese.com), review their free material, and check out their affordable and effective membership program.



People of Lisbon's Smothered Sweet Potatoes

- sweet potatoes, 1 per diner
- olive oil
- salt/pepper
- oregano
- onion, chopped
- soy sauce
- brown sugar or honey
- butter
- courgette (zucchini), thinly sliced
- bacon, 1 strip per diner
- cheese, shredded
- spring onions, sliced

Peel the sweet potatoes and slice them lengthwise. Place the sweet potatoes on a baking tray, sprinkle with olive oil, salt/pepper, and oregano and bake in a 180°C oven for 20 to 30 minutes.

While the potatoes are in the oven sauté the onions in olive oil until soft, add a douse of soy sauce, and 2 tablespoons of brown sugar or 1 tablespoon of honey. Cook another few minutes until caramelized.

When the potatoes are almost cooked, take them out and spread butter on each slice, return to the oven to let butter sink in. Next, layer the courgette then bacon. Return to the oven and cook for about 15 minutes, until the bacon is crisp.

Top the potatoes with the onion mixture and the cheese. Return to the oven until the cheese is melted. Remove, sprinkle with spring onions, and serve with a fresh green salad.

Mediterranean Moments

Figs: Much More Than Newtons



Julie O'Hara, in her 2018 NPR piece, [Perfection Is A Fresh Fig](#), dramatically describes this luscious fruit this way: "A tender, ripe fig is heavy

with its own syrupy liqueur, which tends to drizzle out of its base if you wait too long to eat it. The taste is all honey-like sweetness with a subtle hint of berry and fresher shades of the flavor you might recognize from a certain cookie. A simple, untouched fig is, for me, an extraordinary food." We couldn't agree more.

Portugal, the Algarve region in particular, is blessed with dozens of varieties of this summer fruit. You'll know fig season is in full swing when nearly every market stall is selling figs. Early season figs can reach 6€/kg but in the most abundant time of the season you'll find fine specimens for a mere 3.5€/kg...that's 2.2 pounds!

After you've eaten your fair share of fresh figs, try them on the grill.

Grilled Figs

Cut ripe and ready figs in half lengthwise and place them on the grill. Top with a dollop of goat cheese and cook until they begin to get soft and oozy. Remove from the grill and drizzle with a fine balsamic vinegar and honey.

Julie Dawn Fox's Roasted Vegetable Moussaka

Served hot, warm or cold, it's always delicious.

- 1 large aubergine, cut into thick half or quarter circles
- 2 red onions, cut into small wedges
- 2 medium courgettes, cut into thick slices
- 2 red peppers, seeded and cut into large chunks
- 4-6 cloves of garlic, peeled and halved lengthwise
- 4 tbsp olive oil
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp dried basil
- salt/pepper to taste
- 400 gr can of chopped tomatoes in juice
- 2 eggs, beaten
- 400 ml Greek yogurt
- 100 gr feta cheese, crumbled

Place the vegetables in a roasting pan, drizzle with oil, season with the herbs, salt and pepper. Roast in a 220°C oven for 30-35 minutes, stirring halfway through.

While the vegetables are cooking, mix the beaten eggs and yogurt together. Once cooked, remove the vegetables and turn the oven down to 180°C. Pour the can of chopped tomatoes over the roasted veg and mix. Transfer the mixture into an ovenproof dish.

Flatten the veg and pour yogurt and eggs over the top, covering the vegetables evenly. Sprinkle the feta cheese and place the dish in the oven for 45-60 more minutes, until golden brown.





MY TOWN: JULIE DAWN FOX

Insta: [@juliedawnfox](#)
Pinterest: [@juliedawnfox](#)
Twitter: [@juliedawnfox](#)
FB: [@juliedawnfox](#)

After exploring more than 30 countries, popular blogger and Portugal guru Julie Dawn Fox began looking for somewhere to put down roots, not too far from friends and family in the UK, where she's originally from. A teacher of English as a Foreign Language, Julie began considering Portugal. It was affordable with easy access to the UK, and someplace she'd not been before. She applied for teaching jobs in Porto and Coimbra and in 2007 accepted an offer to teach in Coimbra. From her strolls in the beautiful Botanical Gardens to meeting a man, you could say love was in the air. After marrying Mike, the two eventually moved to a small village about 45 minutes outside the Central Portugal city, where they live today.

Her dream of writing for a living began to come true when she started her blog, [Julie Dawn Fox in Portugal](#), in 2010. At first unfocused, she quickly realized the value in honing in on a topic, sharing her many experiences living and traveling in Portugal. Blogging about Portugal developed into a business that enabled her to quit teaching in 2015 and spend her time helping people plan their own trips to Portugal, something that gives her immense pleasure.

Never thinking it would appeal to her, despite Julie's love of nature, she spent a day walking the Portuguese Camino de Santiago. She was enchanted, tired but captivated. A couple of years later, she and a friend walked the route from just outside Porto to Santiago de Compostela in Spain. It was challenging but one of the achievements she's most proud of. Building on that transformative experience, Julie shares insider tips and expert information, helping others prepare for their own epic Camino adventure. Get [Julie's advice on your Camino itinerary here](#).



She's also developed a new blog project aimed at helping women in their 40s and beyond, those feeling overwhelmed and unfulfilled, rediscover their zest for life by connecting more deeply with nature, themselves, and others. [Feel More Connected](#) offers abundant resources and is looking forward to running a collaborative retreat in Portugal next year.

Julie tells us that while she's fortunate to live in the countryside, walking and spending time in nature every day, she truly enjoys Coimbra, the city she lived in for a year when she arrived in Portugal. Always a teacher at heart, Julie agreed to share some of her favorite Coimbra sights, sounds, and sundowners.



Take In Some Culture: Look for tunas (groups of students from Coimbra University dressed in their black and white capes and uniforms) performing serenades. Pop into Edificio Chiado to look at art. Learn about Coimbra's unique fado style at Fado ao Centro.



Beautiful Views: Penedo da Saudade overlooks the city and is filled with stone plaques with poems written by former students and notable people with a passion for Coimbra. Paço das Escolas offers fabulous views of the river. Museu Machado de Castro has a café (Loggia) overlooking the old cathedral and the medieval warren of streets. Perfect for sundowners.



Shopping: Dom Pedro V market for fresh produce accompanied by colors, smells, and bustling activity. A de Amor has some beautiful handmade Portuguese products including jewelry and trinket boxes painted in the Coimbra ceramic style. Malabar stocks high quality-Portuguese cork products in one of their stores and lots of ceramics in the Coimbra style in another.

PORTUGUESE MAKERS

Depósito da Marinha Grande Traditional Art Glass

Much like America's Crystal City, Corning, New York, there's a city in Portugal with a long history of glassmaking, Marinha Grande. Located just west of Leiria, this artisan town was the sight of the Royal Glass Factory of Marinha Grande, established by Marquês de Pombal in 1769. Several glass factories from the area have kept the centuries-old craft alive, producing high-quality and prestigious glass pieces.

Depósito da Marinha Grande is one such organization that continues to thrill Portuguese and the world with their innovative work. From hand-blown objects to semi-machined pieces for home and industry, this modern-day maker is known for their iconic Bicos (from *biquinhos* meaning spikes) glass and goblet collection, produced in a rainbow of vibrant colors and shapes. It's not unusual for restaurants and grand estates across Europe to order full place settings—water, red and white wine, port wine, flutes, tumblers, liquor, and stemmed dessert glasses and goblets, pitchers, bottles, cruets, and more.

Fortunately for us, the artistry that is Depósito da Marinha Grande is available to the public at their retail locations: two in the São Bento neighborhood of Lisbon, in Porto, Braga, and an outlet in Carregado. It's especially delightful to visit, perusing the packed shelves of glass from floor to ceiling, finding just the right color, style, or out-of-production piece. And, if that special something can't be found, it can be custom-made, transforming your idea into reality.

Whether you are furnishing a home or looking for a remarkable souvenir, you owe it to yourself to explore the Portuguese tradition of art blown glass that is Depósito da Marinha Grande.

Mazagran a.k.a. Iced Coffee Lemonade

With the dog days of summer approaching, who isn't interested in a cool, refreshing beverage? Coffee lovers that the Portuguese are, it's not surprising that they've adopted this Algerian sipper. It seems that there are as many variations as there are cafés in Lisbon. Try our base recipe then customize it as you wish.

- 2 ice cubes
- ½ c cold water, still or sparkling
- 1 tsp simple syrup or sweetener of choice
- 1 espresso cheio (full espresso) or tall shot of strong cold brew
- juice of ½ a lemon, freshly-squeezed
- lemon slices and fresh mint sprigs to garnish

In a tall tumbler stir the ice cubes, water, and sweetener together. Layer the coffee and then the lemon juice. Garnish and serve.



Explore Portugal's vast glass past at the Museu do Vidro da Marinha Grande (Marinha Grande Glass Museum), situated in the 18th century palace of glass entrepreneur Guilherme Stephens. Closed Mondays.



Miguel Antunes, Poet II People of Lisbon II Episode 008

These Kids Can Cook: *Everyday Food for Everyday People*

Fast friends from kitchens past, chefs Pedro Monteiro and Tiago de Lima Cruz are busy. And tired. And happy. “We are really good, everything is happening. We’re doing what we love and respecting ourselves, our families, and our colleagues,” they agree. While both these talented chefs are referring to their industry peers in general, there’s no overlooking the buzzing New Kids On The Block (NKOTB) Collective—started in March 2020, of which they are a part of. Made up of eight founding members, including the project instigator Chef Pedro Bandeira Abril, and incorporating the many other “Kids” that work with them on behalf of the movement, Tiago stresses that this is not a business. Instead, it’s a collection of individuals from different backgrounds, cultures, and kitchens, coming together with different perspectives and a singular goal: to reinvent the restaurant industry.

“...out of necessity, we reinvented ourselves, and started making waves.” — Chef Pedro Monteiro



Each of the collective members has independent businesses or other work concerns outside of the group but unite as a team for events and happenings. They

pull from one another’s strengths and specialties. And what food do they cook? Only the food they love to eat and serve. That’s what you’ll find every Saturday from 10h-14h at Lisbon’s Mercado da Ribeira, next to Time Out Market. Typically you’ll find four NKOTB members serving up the freshest of the season in playful ways.

Think pork belly lollipops with crackling skin and a sweet, spicy, salty sauce or an addictive pastry made of pulled pork, mayonnaise, and crispy onions. “We don’t like calling it street food. It’s our take on world cuisine,” asserts Tiago. That being said, Pedro adds, “it’s food that you can eat standing, walking or, our favorite, dancing.”

The collective is exploring expanding throughout Portugal and even bringing awareness and flavors of Portuguese gastronomy abroad. They’re open to all comers.



Pulling Out Of The Pandemic

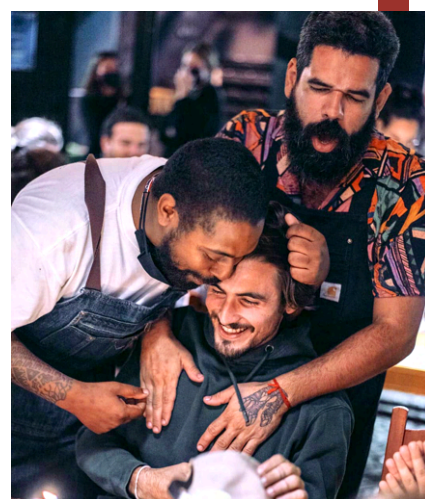
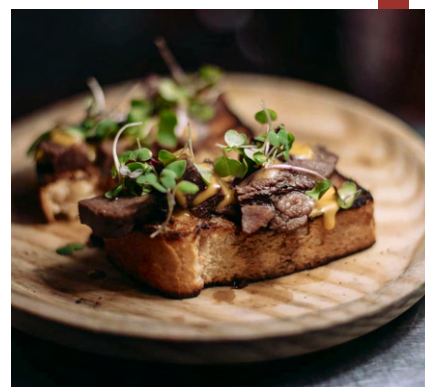
No one disputes the fact that the pandemic has been well, shall we say, a challenge. Restaurants closed, staff were laid off, money got tight. But the NKOTB are nothing if not resilient. “This allowed us to rethink the food we were cooking and serving. We, out of necessity, reinvented ourselves, and started making waves,” reports Pedro.

Pedro and Tiago are speaking with us from the MUSA Brewing Lab in Marvila, where Pedro runs the food concern. Says Pedro, “We prepare dishes to serve with fun. I began rethinking the food after takeaway became mandatory.” One of Pedro’s MUSA successes, once the lockdown was lifted, was his “Breakfast of Champions,” serving beer and food at 9am. “It became very famous, we worked with lots of different cooks, very, very nice.”

That’s in keeping with the NKOTB directive: working with other chefs, sharing ideas, building community, and taking care of themselves in the process. But there has been push back. “We are making too much noise and our projects are not universally accepted. We try to stress that we are all in the same boat, we try to keep humble, try to keep everything going. We’re intent on changing the previous system. 90-hour workweeks were exhausting and hard on our mental health,” says Tiago. “All people working in the industry need personal and happy time away from work. 90 hours a week is just too much. It’s not supposed to be like that. You can’t have a relationship or a family,” he continued.

As for their outlook, they estimate that 60 percent of Lisbon restaurants were tourist-facing, serving bad food. Tourist traps. They believe that these types of restaurants have suffered and expect only 10-20 percent to reopen. In their experience, the restaurants that will survive are those that service the Portuguese community, including expats. “We see this. They come to have a beer, eat something, and talk about it,” notes Pedro. Tiago adds, “The Portuguese will not abandon us. When the tourists return that’ll be a bonus. We look forward to that time, for them and us. But for now, we are concentrating on locals.”

Their message is being heard: there is strength in diversity. The day after we spoke, Chef Abril, Chef Monteiro, and Chef Cruz were slated to do a short film project, in



conjunction with the city, about diversity in Lisbon. “We are all different but share the same ideas about Lisbon, it’s rising like a Phoenix,” observes Tiago. And for those of us that love good food and value the human spirit, dusting off those ashes is only the beginning.



Follow the **New Kids On The Block Collective** on Instagram for events and happenings: [@nkotb.pt](https://www.instagram.com/nkotb.pt)

Connect with the NKOTB founders/Kids/chefs on their Instagrams to stay abreast of what’s happening in their kitchens:

Pedro Bandeira Abril [@kidabril](https://www.instagram.com/kidabril)
 Pedro Monteiro [@falsolisboeta](https://www.instagram.com/falsolisboeta)
 Tiago de Lima Cruz [@tiagodelimacruz](https://www.instagram.com/tiagodelimacruz)
 Leonor Godinho [@leonorgodinho](https://www.instagram.com/leonorgodinho)

Bernardo Agrela [@bernardoagrela](https://www.instagram.com/bernardoagrela)
 José Paulo Rocha [@zepaulorocha212](https://www.instagram.com/zepaulorocha212)
 Octávio Delmonte [@delocto](https://www.instagram.com/delocto)
 Ana Leão [@leoaleona](https://www.instagram.com/leoaleona)

Portugal's

WORLD CLASS

Suds Scene



*Carolina and Rui Matais || **CERVETECA LISBOA** ||
100% Cerveja Artesanal | 100% Craft Beer*

*2014. Apart from a small local beer festival and less than a handful of breweries making experimental batches, not much was happening in the **Portuguese craft beer** industry, if there was one at all.*

However, craft beer was blooming all across Europe (and for many years in the US). After having lived abroad and traveled our share, and despite all the frowns we got from family and friends back then, we knew that the country was ready to follow the craft path, and we were too.

We opened Cervetecca Lisboa on June 1st in a more or less forgotten corner of the city, although just a few blocks away from the trendiest neighborhoods. Back then, we were the first and only bar/shop in Portugal serving and selling exclusively craft beer. So much so, in fact, that we had to create an import company to be able to fill our made-to-order keg coolers and keep our taps running without giving in to non-craft.

The Portuguese market was indeed small, but our gut proved to be right. Sure, we were a novelty but there was a genuine demand, the interest was immediate, and our first clients soon became regulars. Some came eagerly looking for craft beers that were not possible to get anywhere else in the country until then; others wanted to see what was going on in the beer industry in Portugal. Still others just wanted to know what the fuss was all about, see what craft beer was, and find out if they liked it or not.



Our goal was never to be the first nor to have the greatest number of taps or bottles. We wanted to focus on beer quality and offer the best service and experience, contributing to the democratization of craft beer (“there’s a beer for everyone, you just need to try more”), instead of perpetuating the idea that it was a trend or a hipsters’ thing.

Seven years have passed and we are still focused on good quality craft beers, but we are no longer alone in the market. That initially small local beer festival, ArtbeerFest (an international craft beer festival), is now one of Europe’s best festivals, a “mecca” for all craft beer drinkers, and has put Caminha, in Portugal’s northwest, on the map.



Letra and Sovina are no longer experimental beers, they are well-established brands with steady production, an interesting portfolio and, last but not least, great bars that you can visit in Porto, Vila Verde, or more recently, Ponte de Lima.



Smaller brewers have a voice in the market too. Not because the market is uninteresting but because there IS a market. Exceptional beer is being made. See Lupum from Avintes or D’os Diabos from Porto; or go south and quench your thirst with Ophiussa from Setúbal, Barona from Castelo de Vide, or Marafada from the Algarve. There are hundreds of craft beers to explore all across the country, even in small, unassuming towns.

Lisbon has even got its own “beer district” now, with MUSA, Dois Corvos, Bolina, and Lince all brewing in the neighborhood of Marvila and opening doors to some of the coolest taprooms in town.

Cervetecca shares its clients, but also—and most important—drinks, laughs, and enjoys genuine friendships with other craft beer bar owners and staff across the country such as Flor de Lúpulo, The Beer Station, Quimeira, Outro Lado or Duque (all in Lisbon); Catraio (Porto); HopSin Taproom (Colares), Cantinho Café (Castelo Rodrigo), and many others.



The pandemic has hit us all hard, but craft beer has never stopped reinventing itself. While still keeping our original corner at Praça das Flores 63, with 14 taps, a mix of locals and foreigners as clients, and more than friendly service and atmosphere, we are about to replicate the recipe and open a new location in Avenida de Paris 15, far from the touristy hub, but right in the middle of one of Lisbon’s residential areas.

New beers are being released as you read this and new projects are stepping out of the shadow. Craft beer is alive and kicking in Portugal, and we’re proud to have already and forever left our small print on Portugal’s craft beer scene.

...“there’s a beer for everyone, you just need to try more.”

Craft beers are made of values, ideas, concepts. They have an associated name and face. They are made by real people, who love their beers and who imprint on them the stamp of their country, their city, their neighborhood, their home, their life. People who are happy when they share—literally—the passion that drives them, every day. It was based on this concept that Cervetecca Lisboa was born. A place to share and enjoy much more than what fits in a simple bottle of beer.

CERVETECCA

See what all the fuss is about at either (or both!) of their Lisbon locations. Learn more at CerveteccaLisboa.com or on [Facebook](#) or [Instagram](#).



Cervetecca Lisboa’s Perfect Portuguese Cheese Board

- 3 complimentary Portuguese cheeses (Açorean from S.Jorge Island, goat from Beira Baixa, and choose a third, based on your cheesemonger’s recommendations)
- home-seasoned olives, tremoços, fruit, jam, and bread

Arrange on a beautiful Tiny Room Woodworks board and serve with a Portuguese craft beer of your choice.



A FEW TO TRY

With over 100 craft brewers in Portugal, many brewing a wide variety of styles, you could taste a new beer every day of the year. Here we offer up a tiny fragment of the fabulous brewers you can visit, sample, and fall in love with in Portugal. You can visit their Facebook pages by clicking on the brewers name.

To help you quench your artisan brew thirst, we're pleased to present two in-depth resources:



Cerveja Artesanal

Portuguesa offers up a list (from 2019) of craft breweries in Portugal as well as an updated, newsy homepage. The site is in Portuguese, so open it in your Chrome browser for translation if necessary.

The Brewers Guide In Portugal 2020-21, a 68-page regional listing of (most) craft brewers, is available in a downloadable PDF. But again, it's in Portuguese so if you do not read the language have your translator handy.

In the North

Letra: Letra is produced using artisanal brewing methods and 100% natural ingredients—water, malts and hops—giving it a unique and special character. *Vila Verde//Founded in 2013//Taproom//Food*



Lupum: Lupum—or “wolf” in Latin—is the first and only farmhouse brewery in Portugal brewing a variety of strong,

flavorful, and unique brews. *Avintes (Douro hills)//Founded in 2015//Taproom by appointment*



Sovina: Sovina pioneered the concept of craft beer in Portugal. The project started with a brewery shop for home brewers and eventually began producing and bottling all-natural beers, playing a large part in Portugal's premium beer sector.

Porto//Founded in 2009//Available at stores and pubs

Central Portugal

Praxis: Praxis craft beer is produced according to a 100% natural process where the selection of the raw material is the main secret, starting with Coimbra's amazing water. *Coimbra//Founded in 2008//Taproom//Food*

12 Marias: Small batch artisanal production in their craft beer factory. *Fermelã//Founded in 2016//Taproom//Food*



Lisbon and the Tejo Valley

Dois Corvos: Distinct craft beers and distinct styles ranging from IPAs to Session, complex stouts, barrel-aged beers, and experimental ales. *Lisbon//Founded in 2015//Taproom*

MUSA: MUSA is a beer for people that think, “I really feel like a beer,” made by people that think, “I really feel like making a beer.” Makes you laugh before the first sip and want to dance after the second. *Lisbon//Founded 2016//Taproom//Food*

HopSin: Inspired by the passion for beer and Sintra's charms, HopSin’s mission is to innovate and promote the fascinating world of beer, bringing it to everyone. *Sintra//Founded in 2017//Taproom//Food*



Ophiussa: A small team of creative minds in love with great beer, Ophiussa focuses on a wide range of beer styles from the European classics, hoppy beers, fruited kettle sours, and mixed fermentations. They work hard with the ambition of one day being able to brew world-class beers. *Setúbal//Founded in 2020//Taproom*

Mean Sardine: Innovative with new aromas and flavors.

No secrets. No bullsh*t. Just pure brewing. *Ericeira//Founded in 2013//Available at stores and pubs*



The Alentejo

Barona: Award-winning beers that “break old habits and look at the brewing world that expands beyond the industrial world”. Founded by three friends, Barona strives to be the best craft beer in the Alentejo. *Sto. António das Areias//Founded in 2015//Taproom//Food*

The Algarve



Marafada: A small brewery located on a farm, Marafada was started by two friends that tasted some IPAs and thought, “what if we did this?” *Algoz//Founded in 2015//Available at stores and pubs*

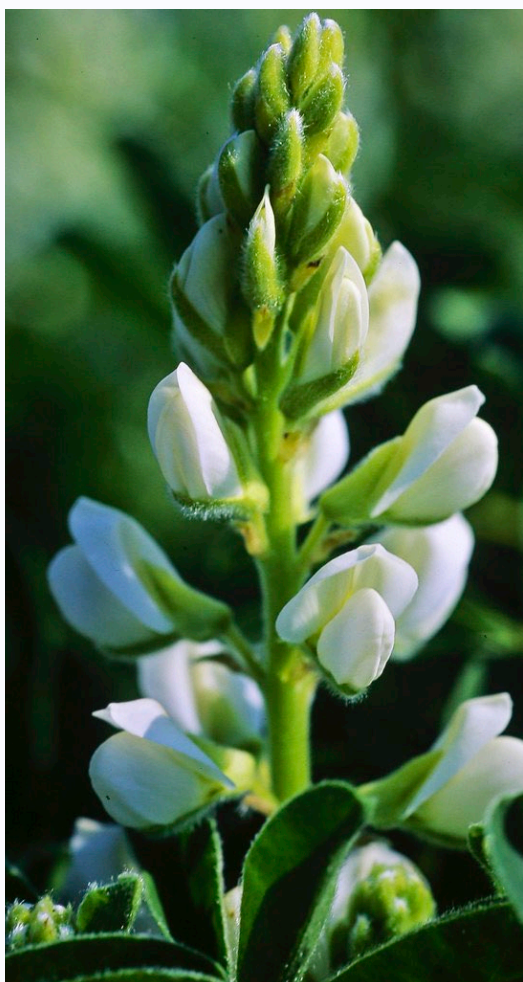
Mania: A very microbrewery located in the western Algarve. Their beers are hand crafted in small batches with all the passion of true maniacs. They know you can’t please everyone but they try with classic styles to innovative creations. *Lagos//*

Founded in 2018//Available in stores and pubs



TREMOÇOS

LUPIN BEANS



>> PRODUCT SPOTLIGHT <<

TREMOÇOS (*Lupinus albus*/white lupin)

Tremoços are a common snack in Mediterranean regions, dating back 3,000+ years.

It is no coincidence that we only find lupines cooked and soaked in salt water brine (like olives and pickles). Without this treatment, they would be extremely toxic due to alkaloid substances harmful to health, especially to the nervous system.

In Portugal, tremoços is eaten as an aperitif and pairs well with beer (and football).

Ready-to-eat tremoços can be purchased in a shelf-stable jar, from a deli counter, or anywhere brined olives are found.

If sodium is a concern for you, before consuming the tremoços, wash them and allow them to soak to remove the excess salt.

Tremoços are a nutritional powerhouse:

- more protein than chickpeas
- fewer carbs than pistachios
- fewer calories than almonds
- more fiber than chickpeas, oats, and quinoa
- very little starch or sugar
- full range of essential amino acids

They can be eaten by making a small tear in the skin with your teeth and popping the seed directly into your mouth, but can also be eaten with the skin on. The skin can also be removed by rubbing the bean between forefinger and thumb.

The seeds are used for different foods from lupin flakes, vegan sausages, lupin tofu, and lupin flour to enhance the flavor and lend a rich, creamy color to the resulting foods.

It's recommended that you source your tremoços from a vendor that is skilled in adequately removing the toxins.

Tremoços are most commonly found in Mediterranean countries and their former colonies, especially in Spain, Portugal, Greece, Brazil, Italy, and across the Middle East, where they are called termes.

Tremoços are fed to livestock to provide proper nutrition and provide weight gain.

Because the seeds and pods of *Lupinus* can be toxic to both humans and animals, do not just pick and eat them.

For human consumption, the best species to eat are sweeter species.

People who exhibit an allergy to peanuts are often allergic to other legumes, including *Lupinus*.

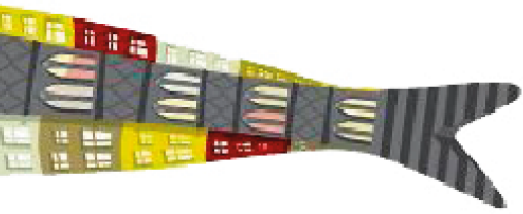
Lupinus is both an agriculture crop and a smaller scale garden plant/ornamental that comes in a variety of colors.

Ter muita lata!



A lot of cans!

To have a lot of nerve. As in, "You ate ALL the grilled figs?!? You got a lot of cans, buddy!"



Sardines Portugal and



A Centuries-Old Love Affair

Dylan Herholdt, Silver Coast Sales Director || **PORTUGAL REALTY**
Host || **PORTUGAL THE SIMPLE LIFE PODCAST**

For centuries, sardines have played an important part in Portuguese eating habits. Traditionally they were associated with the lower classes, who would rub this fatty fish on bread to increase the flavor and "fazer o peixe render" (popular Portuguese saying that literally means "to make the fish last longer"). Long gone are the days where the majority of the population could only afford to eat one sardine! Nowadays sardines continue to be one of the most affordable fishes in Portugal but they are considered a delicacy and appreciated by all.

Few traditional dishes say Portugal as much as juicy, slow-grilled sardines that have inspired generations...

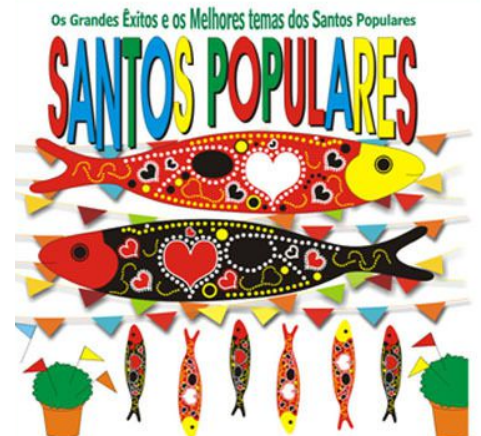
The traditional way to eat sardines is grilled, with plenty of salt and preferably between late spring and mid-autumn when they have more fat! However, the real secret is grilling them to perfection: sardines should only be salted just before going to the grill, still with scales and placed over very hot coals.

But sardines aren't just a form of culinary satisfaction for the Portuguese. From traditional ceramics to more contemporary urban pop culture, this wonderful fish has also creatively inspired various forms of artistic expression.

Here's a taste of sardine's influence on Portuguese culture and a few suggestions of how to experience this centuries-old love affair:

Popular Saints Festivities

Served with boiled potatoes and a salad or simply placed on a slice of bread, sardines are the queen of Portuguese tables in the summer. The Popular Saints Festivities, honoring St. Anthony (Santo António) primarily in Lisbon, St. John (São João do Porto) typically in Porto, and St. Peter (São Pedro) celebrated in both Sintra and Évora, wouldn't be the same without the scent of sardines in the air and a glass of delicious Portuguese wine or beer to toast to life's simple pleasures.



Ceramic Art

The 19th-century artist Raphael Bordallo Pinheiro is famous for creating ceramics that are to this day a symbol of Portuguese culture. The unmistakable Zé Povinho or the black swallows are two signature pieces, but not as famous as his original sardine. Bordallo's iconic sardine has inspired generations of artists who've created vibrant illustrations filled with Portugal's unique culture. You can find dozens of versions online and in ceramic shops all over the country, especially in the Silver Coast town of Caldas da Rainha, homeland to Bordallo Pinheiro.



Canned Sardines

Canned sardines are another creative example of how this fish is so widely loved by the Portuguese. It's such a simple and quick way of enjoying this delicacy preserved in genuine olive oil.

These beautiful cans have also become a collector's item as well as a great gift idea for anyone who wants to share this gourmet tradition. You can easily find beautifully decorated tins at gorgeous shops like Mundo Fantástico da Sardinha Portuguesa.



Sardines On The Tip Of The Tongue

This small fish is also deeply rooted in the Portuguese language. Mentions of sardines are present in fado songs by artists such as Amália Rodrigues. Several popular idioms used by the Portuguese also include sardines, such as these examples:

"*Cada um puxa a brasa à sua sardinha*" means "Each one should push the coals to their own sardine," a phrase used to justify someone who is looking out for their own interests.

"*A mulher e a sardinha querem-se pequenina*" means "A woman and a sardine are meant to be small," a traditional idiom that alludes to the fact that, historically, Portuguese women were known to be quite short and sardines are tastier when they're smaller.

Portugal is a beautiful country filled with delicious details worthy of exploration. Bem vindo!

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How To Eat Sardines Like The Portuguese

Dulce Fernandes, pure Portuguese and part-time New Yorker

There's an art to eating sardines. One might think it posh and polite to use a *garfo* (fork) and *faca* (knife). Maybe it's a little less messy and gets the job done but it's not like the Portuguese do. The thing is to eat them with your fingers! You'll waste less of the sardine's tender, flavorful meat this way.

So how, exactly, do we eat sardines in Portugal? Put a plump grilled sardine on top of a slice of soft Portuguese bread. Begin removing the skin and picking the meat off the bones, working through both sides of the sardine and leaving only the middle spine and the head. At this point, the bread will be full of the sardine's juices and delicious.

We serve sardines with a fresh salad of tomatoes, grilled peppers, cucumber, and sliced onions, seasoned with dried oregano, salt, and lots of olive oil. While the bread, full of sardine drippings, is great on its own or dipped into the salad dressing, I love grabbing a piece of onion or grilled pepper with a piece of the sardine bread and letting the whole thing work its magic in my mouth—an authentic summer delight.



There's always a side of plain boiled potatoes, just drizzle olive oil over them. It's another great opportunity to use the bread with the olive oil on your plate. And of course, this calls for an icy sangria, red or white, full of the season's fruit, lots of mint, and a cinnamon stick.

So I encourage you, when in ~~Reme~~ Portugal, to do as the locals do: enjoy grilled sardines with relish and a chef's best tool, your hands.

Dylan Herholdt's Amêijoas à Bulhão Pato

- 1 kg of fresh clams
- 4 cloves of garlic, chopped
- 0,5 dl olive oil
- white wine
- sea salt
- coriander, chopped
- lemon wedges

Soak the clams in a bowl with water and salt until they release all of their sand, approximately 20 minutes. Remove from the water and set aside.

Heat olive oil in a large sauté pan and cook the garlic until soft but not browned, stirring occasionally. Add the clams, season with salt and drizzle with white wine. Cover and cook over moderate heat until the clams open, shaking the pan occasionally. Discard any clams that did not open. Garnish with coriander and serve with lemon wedges.

Chef Avillez’ Páteo Avillez Prawns with Garlic and Chilies

- 9 41/50 prawns, peeled and cleaned, tail intact
- 1 clove garlic, peeled and germ removed
- olive oil as needed
- flor de sal, to taste
- chilies, thinly minced, to taste
- 80 ml white wine
- coriander, thinly minced, to taste
- 10 gr butter

Heat the olive oil and garlic in a medium sized saucepan over medium heat. Add the prawns and stir-fry. Season with flor de sal and remove the prawns to a plate.

To prepare the sauce, using the saucepan and olive oil used to sauté the prawns, stir-fry the chilies. Baste with white wine, add a little water, the minced coriander, and the butter. Stir until the butter melts and sauce is well combined.

Plate the prawns at the center of a half deep plate and pour the sauce over them. Serve immediately.





Practice Portuguese's Rabanadas

A crispier version of French toast usually eaten as a dessert or treat

- a loaf of crusty bread (preferably a day or two old)
- 500 ml milk
- 1 cinnamon stick
- 150 gr sugar
- ½ of a lemon peel
- 3 eggs, beaten
- a large spoonful of ground cinnamon
- neutral oil for frying
- honey

Cut the bread into thick slices. Heat the milk, lemon peel, cinnamon stick, and a spoonful of the sugar over low heat for about 8 minutes, stirring until the sugar is dissolved. Remove from heat.

Combine the ground cinnamon and the rest of the sugar in a large bowl. Add enough oil to a deep pan to fill it roughly 2 cm up the side. Turn to medium heat.

Dip the bread into the milk mixture and then into egg. (Let it soak briefly in each one and then hold it up to let the excess drip off before continuing.)

Add a few pieces of bread at a time to the hot oil. Fry for about 2 minutes or until golden brown. Flip and fry the other side.

Remove the pieces, letting the excess oil drip off, and add them to the bowl with the cinnamon sugar mixture. Toss to coat on all sides. Serve drizzled with honey.

Recipe courtesy of Molly Rudesill

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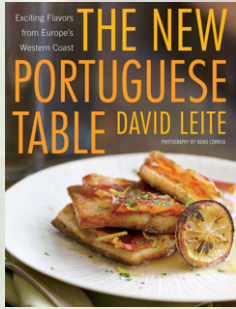
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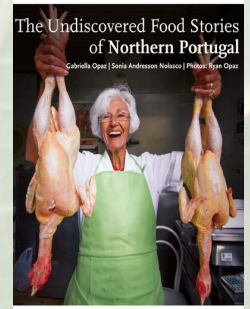
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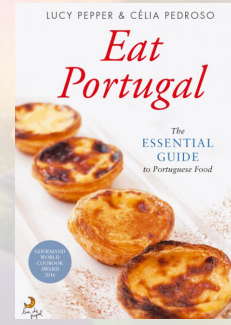
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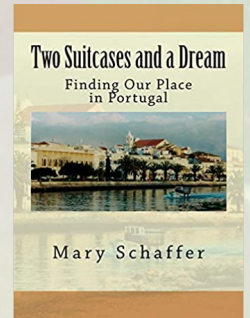
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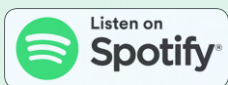
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PERSPECTIVE **The Honeymoon Effect: Portugal Is For Lovers**

LaDonna Witmer || *Writer/Editor/Word Nerd* || WORD SALAD ON SUBSTACK

Right now at the cafe just outside my window, a man is sipping his Sagres and serenading the neighborhood with a love song. The only word I can make out is “Magdalena,” but the tune is melancholy and romantic and I have decided he is singing about a love long lost.

This morning my daughter Filha and I walked around the corner to the Merceria Américo, our neighborhood grocery. It’s been in operation more than 50 years, offering “tudo o que os clientes merecem com simpatia e qualidade todos os dias, cerca de 15 horas” (*everything that customers deserve, with friendliness and quality every day, about 15 hours*).

We were in search of Filha’s new favorite, peach (*pêssego*) iced tea. And we needed some bread. When it was our turn, I pointed to the bins of bread behind the elderly proprietor (*Senhor Américo*) and said simply, “Pão, por favor?”

“Qual deles?” he responded, which I could only guess meant “Which one?” or “What kind?” I didn’t know the names of any specific types of bread so I panicked and pointed at a large loaf behind his balding head. Turns out it was a very good choice—one of the most delicious loaves of bread I’ve ever had in my life.

Every day, I go out walking—exploring, really. Sometimes solo, but usually with Filha, the hubs Marido, or Vila, our Boxer/Boston Terrier hybrid or some combination of the three. I can barely walk a block without stopping to take a photo of a red door framed by curving boughs of bougainvillea, of a

rusted door knocker in the shape of a hand, of tile and tile and tile and tile.

I can’t get enough of the azulejos, the painted ceramic tiles that line the interiors and exteriors of houses, churches, office buildings, street signage. In two weeks, I’ve harvested images of 74 different azulejos, according to the new album on my phone that’s entirely devoted to them.

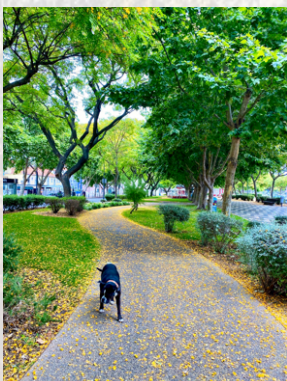


Sidebar on the etymology of the word *azulejo*: It has its origins in the Arabic word *الزليج (al-zillīj)* or *zellige*, which means “polished stone.”

According to Wikipedia, originally the azulejo was meant to imitate Byzantine and Roman mosaics. Many tiles still show the distinctly Arab influences of interlocking curvilinear, geometric, or floral motifs.

New Love

It’s a good thing I’m madly in love with Portugal because we couldn’t go back to our old life if we wanted to—this week, our sweet little seahorse beach



house in San Francisco went under contract for more money than we could ever afford to pay for it. But that's ok. We're settling in here; getting comfy. We've ordered armchairs. Our shipping container is (*supposedly*) 17 days from the docks—and with it comes all our art, our books, our rugs, our homey bits and bobs.

Speaking of shipping containers, we had to take some customs paperwork to our moving company in Sintra. So we made a day of it, wandering the town, taking a tuk-tuk drive-by of the five (!) castles/palaces/fairytale estates: Palácio da Pena (Pena Palace); Quinta da Regaleira (aka "The Palace of Monteiro the Millionaire"); Palácio de Monserrate (Monserrate Palace); Palácio Nacional de Sintra (The National Palace or Town Palace); and my favorite—at least from afar—Castelo dos Mouros (Castle of the Moors).



It was our first foray out of Setúbal as tourists (*we've been to Lisbon a couple of times, but only to buy furniture and a Piaggio scooter*). We didn't tour the interiors of Sintra's palaces because we have the luxury of getting to know one another slowly.

For today, it was enough just to meet Sintra for the first time, to enjoy a cheeseboard at a folding table in a hidden alley, to browse a store devoted to nothing but tinned fish, to buy blue and yellow house numbers at a tile shop for our friends R&A back in California, to discover a charming view from the tall windows of an artist's studio—and bring home one of his paintings of glowing orange poppies.



Steady As She Goes

Even when we're not visiting forested fairytale villages, when we're just puttering around our house/neighborhood, I'm shocked at how quickly the days disappear. Without work. Without school. Without furniture. It's not 100% real life yet, but it's getting there.

These hazy early days feel like a strange combination of vacation + everyday. We're wandering picturesque cobblestone streets in the morning and picking out new toilets at the hardware store in the afternoon.

Setúbal/Portugal/This New Life isn't perfect, of course it's not. But I haven't gotten mad at it yet for leaving dirty socks on the floor or failing to compliment me when I show up in fancy earrings.

I don't understand enough Portuguese (thus far) for the cafe chatter outside my window to be anything other than charming. And so far I've only had one minor hankering for food that I can't find here (*Jimmy Dean breakfast sausage, of all the weird cravings*).

Is there dog poop on the cobblestones? Occasionally. Is my Portuguese accent an abomination? Absolutely. Does the water in

the shower run bracingly cold, then fiercely hot, then switch back to arctic? It does indeed.

It's not perfect. But is it as good as we had hoped and dreamed? Yes. It is. It's even better.

Over time, who's to say how this love story will unfold? I hope Portugal comes to love me back. I hope I learn to speak her language.

I hope the pop and fizz of honeymoon feelings (*amoriscar*) deepens to something truly solid. Something like my love for San Francisco, but different.

An older, wiser love. A love with wrinkles and stretchmarks.

Outside my window now, the church bells at Igreja de Nossa Senhora da Anunciada are bonging out the late hour.

The cafe customers have downed their Sagres and helped Jemina carry the tables inside for the night.

The cats are coming out of their napping holes, tails all swish and satisfaction. It's time for dinner (*we eat late here*).

I don't know the lifespan of this particular honeymoon. One year? Two? It doesn't really matter. Happiness comes and goes, but happiness is not the end goal. Contentment is. Peace. That sense of rightness, of knowing your brain is in a good place. Bonus points if your body is, too. So long as this place is good for us (*and we are good for it*), we'll be here.

And I'll enjoy these heart eyes and belly butterflies for however long they last.

Midwest Rhubarb Crisp

- 3 c fresh rhubarb, diced
- 1 tbsp + ½ c all-purpose flour, divided
- 1 tbsp water
- 1 tsp ground cinnamon
- 1 c rolled oats
- 1 c packed brown sugar
- ½ c butter, chilled
- ½ c white sugar, optional

Preheat oven to 350°F/175° C. Grease an 8-inch square (or rectangle, whatever you've got) baking dish.

Combine rhubarb, 1 tablespoon of flour, water, cinnamon, and white sugar (if you're using).

In a separate bowl, mix your crumble: oats, brown sugar, and the ½ cup of flour. Add butter and smash, using a pastry cutter (or two forks), until crumbly.

Press half the oat crumble into the bottom of your greased baking dish. Spread the rhubarb mixture over the oats and top it with the other half of your crumble.

Pop the pan into a preheated oven for approximately 45 minutes, until brown and bubbly. Let it cool a smidge (so it doesn't burn the roof of your mouth) then serve with a scoop of vanilla ice cream.

This recipe works great with other fruit as well. Adjust the sweetness as needed/desired.



LaDonna is a writer who recently moved from San Francisco, California to Setúbal, Portugal with her husband and 10-year-old daughter. Though the move was planned for nearly a year, the family had never visited Portugal before their arrival in June. So far, they're head over heels. When not getting happily lost on cobblestone streets, LaDonna spends her time writing a book, blogging about this big new adventure, and sampling all kinds of new Portuguese dishes, including Setúbal's own specialty, choco frito (fried cuttlefish).

Follow LaDonna's adventures on her [Word Salad blog](#) and see life through her eyes on her [Instagram](#).



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