

TURISMO DE  
PORTUGAL



algarve

algarve  
regional  
cooking





**08** soups

**18** fish dishes

**44** meat dishes

**56** desserts

“Oh my ardent Algarve,  
impressionistic and soft

My lovely lazy-bones  
asleep in the sun

My mad dreamer  
breathing reveries...”

This is the beginning of a beautiful poem about the Algarve by João Lúcio. Like him, other poets have sung the charms of this “tawny land”, this fascinating region overlooking the ocean. Full of myths and legends, in the days of Arab dominion it saw the splendid lyricism of its poet-princes, who laid the foundations of an indisputably Algarve-Arab cultural reality. Many peoples occupied the far south of the Peninsula, leaving their mark on the Portuguese people. But the civilisations that had the greatest impact were no doubt those of the Romans and Arabs. Indeed it was during the period of Islamic occupation that the Algarve as such was historically recognised. AL GARB, which means “the West” in Arabic, was at that time a strong,

unified kingdom. The Muslim presence lasting about six centuries was to leave an undeniable mark on the region. The Arabs, who arrived in the Peninsula in the early part of the 8th century, only left it completely in the 13th century, when the forces of King Afonso III brought the reconquest to its conclusion. Since this belated political integration into Portugal, the Algarve has trodden a long path. From the glorious period of the discoveries, when Prince Henry the Navigator made it famous, to modern times, when a new prince – Tourism – is leading the way, the Algarve region has always charmed visitors. A land of contrasts, it has inspired Portuguese writers such as Jaime Cortesão, José Leite de Vasconcelos, Oliveira Martins and Raul Brandão, who refer in wonder to its fields “which are gardens”

and are fascinated by the “isolated, tragic beauty” of places like Cape St. Vincent, where “the Algarve ceases to be cheerful and becomes bare and rocky”. Today the Algarve is ready to be discovered by those new adventurers, the tourists. And together with its natural beauty and incomparable climate, it has a whole gastronomic tradition waiting to be discovered. The art of cooking is very old. Some would say that it began way back in prehistoric times when humans first put meat close to a fire and realised that it had become tastier and easier to chew. Cooking, or combining foodstuffs with each other, an art quite clearly connected with human survival, has thus evolved and taken root in the traditions of different peoples. There is a long and

deep-rooted tradition of gastronomy in the Algarve. Although often forgotten, the cuisine of the Algarve, with all its typical features, is like another realm inside Portuguese gastronomy. And so we need to spread the word about the treasure that is the culinary art of the Algarve. Located in the far south and most westerly part of the Iberian Peninsula, the Algarve consists of three main geographical areas: the hills of the Serra, the coast and the Barrocal in between. And it is these different zones which, through their agricultural, livestock and fisheries production, directly influence the eating habits of their people, and this has led to the development of distinct types of cuisine in each. In the coastal area, people's diet is based on produce from the sea. People have been fishing

in the region as long as they have been settling here and this means that fish is a key component in their diet. With an emphasis on sardines and tuna fish (although the latter has to some extent disappeared from coastal waters in recent times), the seafood dishes of the Algarve are very varied. For example, bivalves, such as amêijoas and conquilhas clams, come into their own in a cataplana or make delicious rice dishes. In the Barrocal, an intermediate strip marking the transition between the southern coastline and the upland region to the north, people also cook with fish but enjoy a much more varied diet. Agriculture, which provides a reasonable range of vegetables, and livestock raising make this a special place in culinary terms. The Serra, whose hills form the boundary between

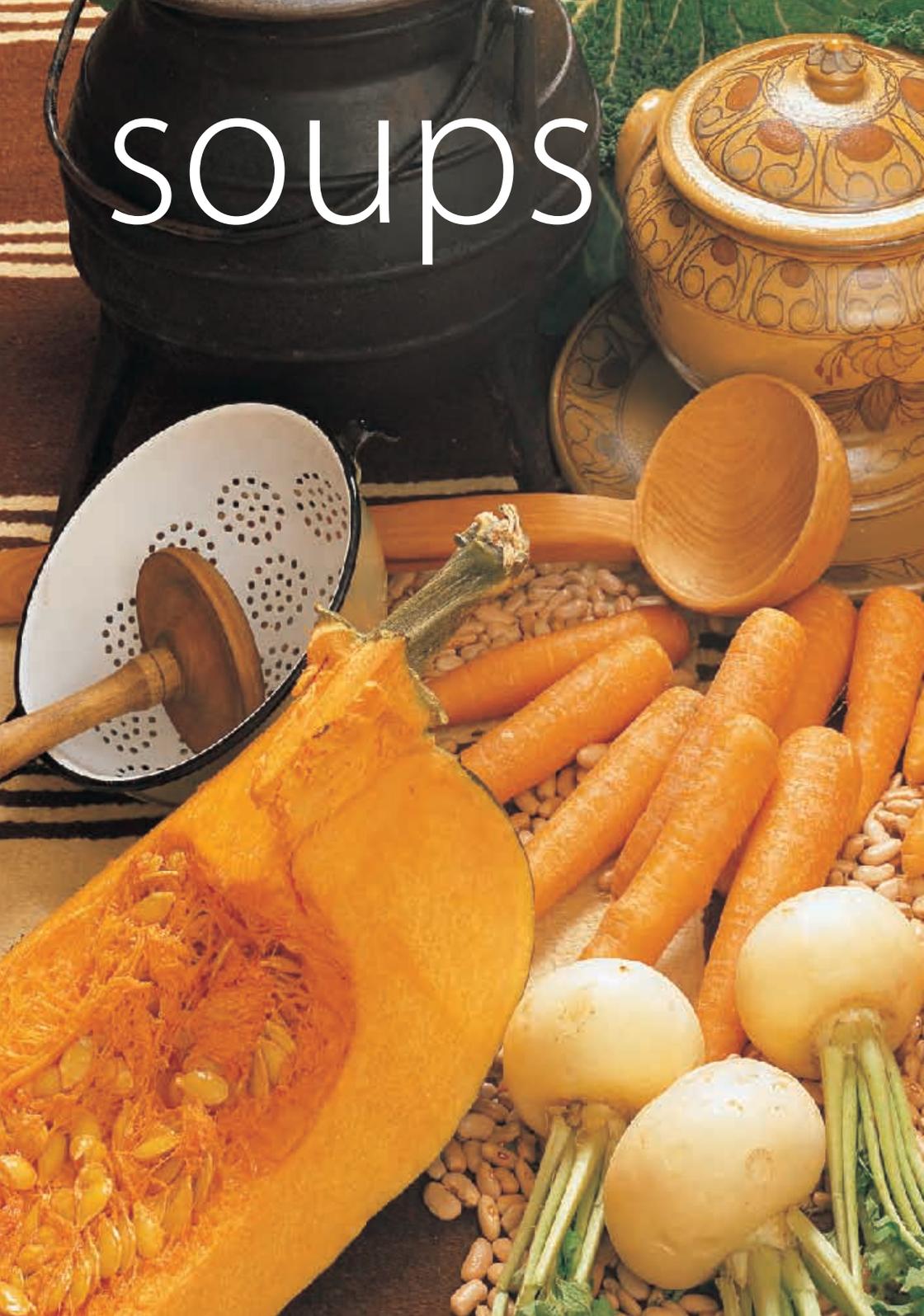
the Algarve and the Alentejo to the north, is more isolated and less accessible. As a result of its geographic limitations, the upland area has also adapted its gastronomy to local production. The main features are thus the use of pork (fresh or salted) or the meat from domestic poultry. In the hunting season the diet becomes slightly more varied and two of the highlights are the delicious hare soup and also a stew made with partridge. Reference was made above to the strong Arab influence on the cultural context of the Algarve. It is difficult to claim that there was an "Arab presence" in the field of gastronomy. This is an area that remains completely unresearched so far. What is certain is that the language of the province was strongly influenced by the Muslim occupation. The names

of many towns, utensils and dishes (for example, xerém or maize porridge) are clearly of Arab origin. The sweets of the Algarve also seem to be connected with the passing of the Arabs through the southern lands of Portugal. The delicious almond sweetmeats, which assume the most varied forms, are similar to a type of sweet found in North Africa. Speaking of almonds, it is hard to resist telling one of the most beautiful legends of the Algarve. The story goes that an Algarve prince, who had brought his bride from some far-away land in the north, was concerned about his princess's melancholic mood. Nothing would cheer her up until the prince, having discovered that her sadness was caused by her longing for the snows of her native land, had almond trees planted

all over the province. And one fine winter's morning (in January or February) the princess was dazzled upon witnessing a unique spectacle: the Algarve covered in a white mantle of snow-like blossom. It is in fact the legendary almond trees, together with fig, carob and olive trees, that make up the traditional treescape of the Algarve. And it is with none other than the flavoursome figs and almonds that the best sweets of the region are made. Wines and brandies are also part of the gastronomic tradition of the Algarve. A wine region enjoying a typically Mediterranean climate and using traditional types of grapes such as the negra-mole, trincadeira and crato-branco, it produces wines with an unparalleled fruity flavour, low acidity and high alcohol content.

Quite varied but also quite simple, the cuisine of the Algarve is in fact waiting to be discovered. The gastronomic heritage of the Algarve is one of the riches of the province that deserves to be publicised much more. By publishing this Cookery Book, the Algarve Tourism Board's aim is to contribute to publicising and promoting the traditional culinary art of the Algarve, mainly for tourists. The aim of this book is to make your mouth water and encourage you to discover the best food in the Algarve. And, when you return home and want to recall the best moments of your holidays in the Algarve, you may recapture their flavour by preparing one of the dishes that appear here. Bom Appetite and .... enjoy your meal!

# soups





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# "Sopa de peixe"

Fish soup



- 500 g conger eel or other fish
- 300 g eels
- 10 cl olive oil
- 2 cloves garlic
- 150 g fresh tomatoes
- 100 g onion
- 1 small bunch of parsley
- 4 slices of bread (home-made type)
- 1 bay leaf
- salt to taste
- pepper to taste

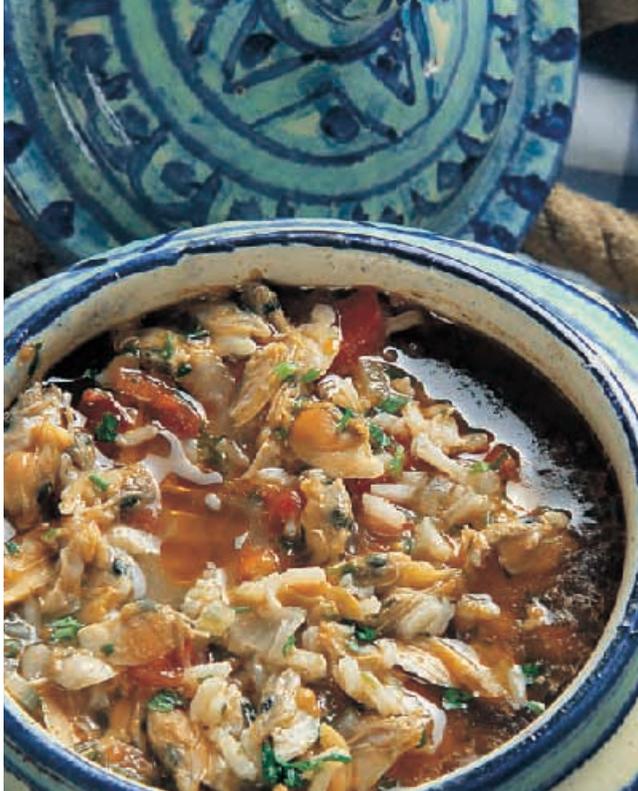


4

1. Prepare and clean the fish. Cut into pieces and soak in cold water to let the blood out.
2. Heat the olive oil in a pan.
3. Add the chopped garlic and onion, the bay leaf and the parsley.
4. Meanwhile, remove the stem ends from the tomatoes and scald the latter in boiling water. Remove the skin and seeds. Chop finely.
5. Add the tomato to the *refogado*\* in the pan. Let the mixture thicken a bit.
6. Add water and then the fish, and allow it to cook.
7. Remove the bay leaf and the bunch of parsley. Season with salt and pepper.
8. Sprinkle with chopped parsley. Dice the bread and fry in olive oil. Serve it with the soup.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.

Use very fresh fish.



## "Sopa de conquilhas"

### Conquilhas clam soup



- 1 kg clams (conquilhas)
- 100 g onion
- 4 cl olive oil
- 150 g fresh tomatoes
- 1 bay leaf
- 100 g rice
- 1 small bunch of coriander
- salt to taste
- pepper to taste

4



1. Wash the clams in cold water. After washing, place the clams in a bowl and cover them with sea water. Should sea water be unavailable, use fresh water containing salt.
2. Heat the olive oil in a pan. Peel the onion and chop coarsely. Add to the olive oil in the pan and fry without browning.
3. Meanwhile, remove the stem ends from the tomatoes and scald the latter in boiling water to remove the skin and then the seeds. After cleaning, chop the tomatoes and add them to the *refogado*\* together with the bay leaf. Fry.
4. Wash the clams in cold water again and place them in another pan. Cover them with water and bring to the boil. Let them open (cook).
5. Drain and reserve the liquid in which the clams were cooked, straining it through a fine sieve. Remove the edible part of the clams. Add the liquid in which the clams were cooked to the *refogado*.
6. Pick the rice over, wash and drain. Add to the ingredients in the pan and cook.
7. Wash and chop the coriander. Add to the soup with the edible part of the clams. Season with salt and pepper and serve hot.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



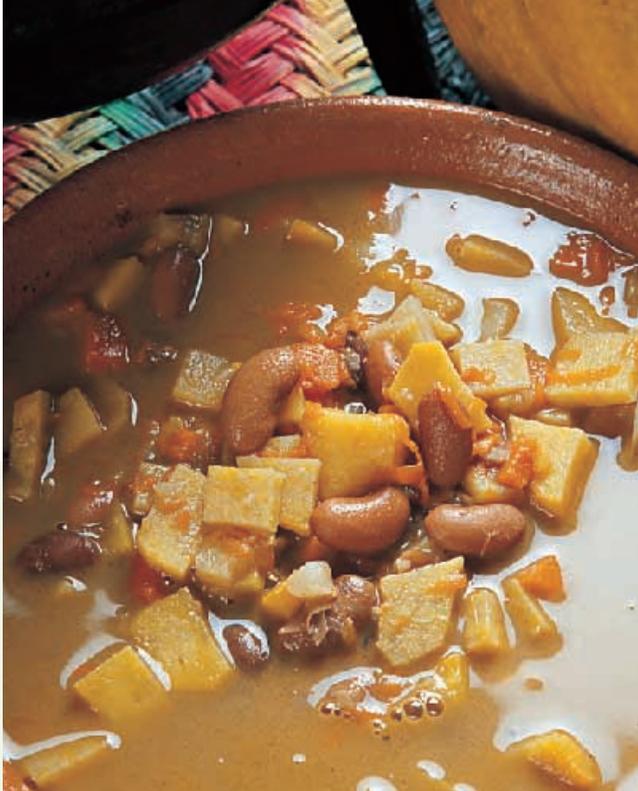
Use large clams.

## "Sopa de feijão manteiga à portimonense"

Brown bean soup,  
Portimão Style



- 400 g feijão manteiga (a variety of brown bean)
- 1 dl olive oil
- 50 g onion
- 200 g potatoes
- 200 g sweet potatoes
- 100 g pumpkin
- 1 small bunch of parsley
- salt to taste



4

1. Pick the beans over and soak them in cold water for 12 hours before cooking.
2. Cook the beans in a pan with cold water.
3. Peel and wash the onion and add to the beans. Add the olive oil and parsley and season with salt.
4. Peel, wash and dice the potatoes and pumpkin.
5. Add everything to the pan when the beans are almost cooked.
6. Continue to boil until cooked. Adjust the seasoning.



The soup should be slightly thick.



## "Sopa de lingueirão"

### Razor clam soup



- 1 kg razor clams
- 4 cl olive oil
- 150 g fresh tomatoes
- 100 g onion
- 120 g small pasta or rice
- 2 eggs
- ½ lemon
- ¼ small bunch of parsley
- ¼ small bunch of coriander
- 1 bay leaf
- salt to taste
- pepper to taste

4

1. Wash the razor clams in cold water to remove any impurities.
2. Boil the clams in a pan.
3. Drain and reserve the cooking liquid, using a fine sieve. Remove the edible part of the clams. Wash them again in cold water. Cut into small pieces.
4. Heat the olive oil in a pan. Add the finely chopped onion and the bay leaf.
5. Meanwhile, remove the stem ends from the tomatoes and scald them in boiling water to make them easier to peel and de-seed.
6. Add them to the *refogado*\* but do not let them brown. Stir with a wooden spoon. Add the liquid in which the clams were boiled. Season with salt and pepper. Boil.
7. Add the clams and the small pasta or rice.
8. When the pasta is cooked, add the beaten eggs. Stir with a whisk.
9. Add a few drops of lemon juice and chopped parsley and coriander.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



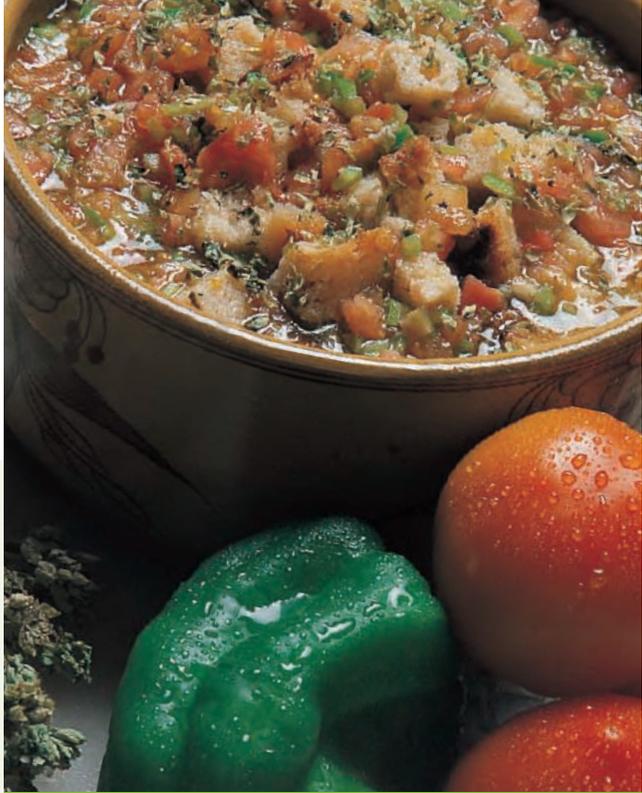
After boiling the razor clams and removing the shells, pay attention to the fact that the innards are sometimes full of sand which makes it necessary to wash the edible part carefully.

## “Arjamolho”

Summer special



- 300 g ripe tomatoes
- 3 cloves garlic
- 1 green pepper
- 1 dl olive oil
- 2 cl vinegar
- 200 g hard bread (home-made type)
- Oregano to taste
- Salt to taste

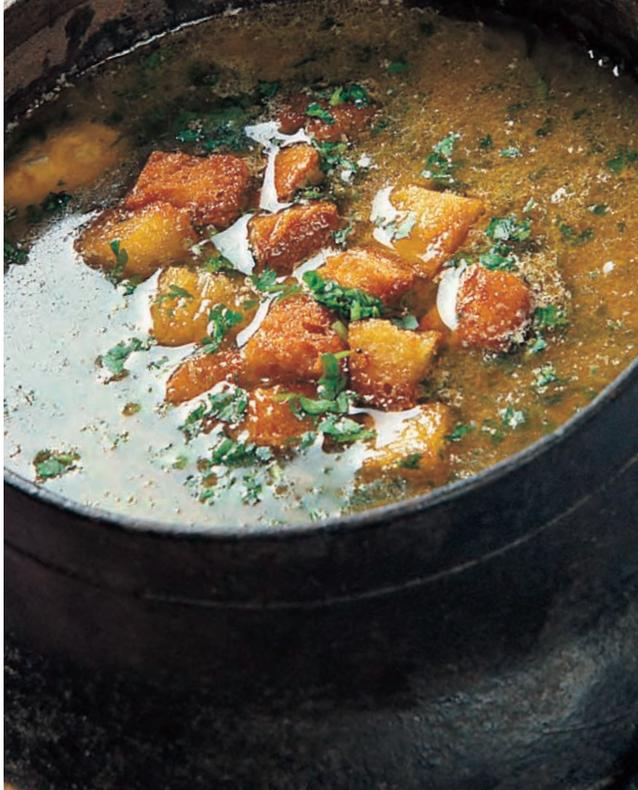


4

1. Peel the cloves of garlic and crush them in salt. Remove the stem ends from the tomatoes, scald the latter in boiling water, peel and de-seed. Chop finely. Clean the green pepper and chop into small pieces.
2. Put the olive oil, cold water and vinegar in a bowl. Add the garlic, the salt and the tomato. Cut the bread into thin slices and add.
3. Mix and serve very cold.



Use wine vinegar.



## "Creme de camarão de Quarteira"

### Quarteira prawn bisque



- 400 g Quarteira prawns
- 100 g onion
- 250 g fresh tomatoes
- 100 g butter
- 1 small bunch of parsley
- 50 g flour
- 3 cl brandy
- 1 dl cream
- 1 bay leaf
- salt to taste
- pepper or chilli to taste

4



1. Wash the prawns.
2. Put the prawns in a pan, cover with water and cook.
3. Once cooked, remove the prawns and pour the liquid through a fine strainer.
4. Peel the onion and chop finely. Remove the stem ends from the tomatoes, scald the latter and then peel, de-seed and chop them.
5. Wash the pan and put it back on the stove. Fry the butter, onion, bay leaf and bunch of parsley.
6. Meanwhile, peel the prawns, placing the edible part on one side and the heads on the other.
7. Add the flour to the *refogado*\*, stir, and cook for a few minutes without burning.
8. Add the prawn heads, crush them in the brandy, and set alight to flame. Add the tomato and the liquid obtained from cooking the prawns. Cook.
9. Once everything is cooked, strain, using a fine sieve.
10. Add the cream (which should be of an even consistency) and part of the butter. Stir to obtain a very smooth cream.
11. Cut the edible part of the prawns in half and garnish the bisque with them. Sprinkle with chopped parsley.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



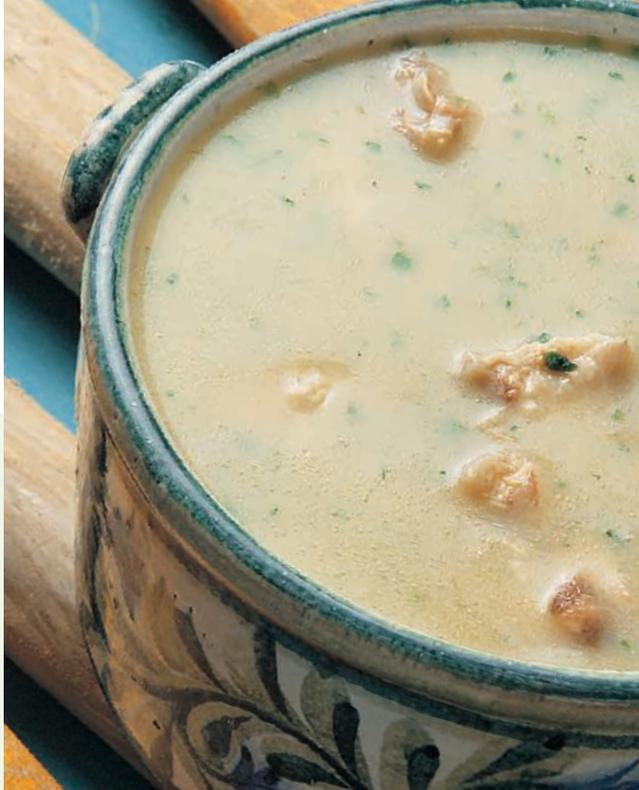
The bisque can also be garnished with croutons.

## "Sopa de cação"

### Shark soup



- 600 g cação (a variety of shark)
- 2 cloves garlic
- 1 bay leaf
- 1 dl olive oil
- 60 g flour
- 1 small bunch coriander
- 200 g bread (home-made type)
- vinegar to taste
- salt to taste



4

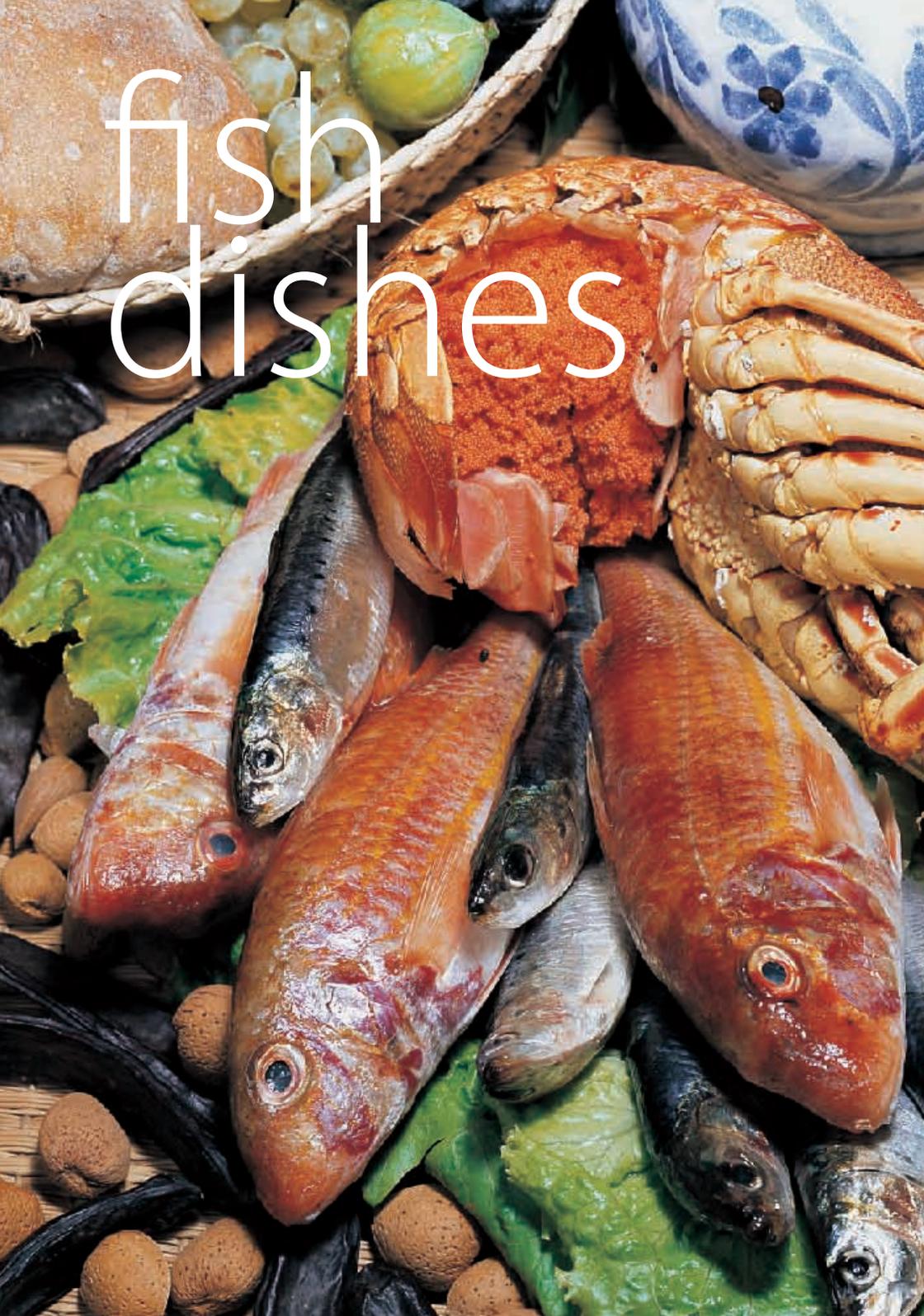
1. Clean the fish, washing it carefully in cold water. Cut into small slices.
2. Wash and crush the coriander together with the peeled garlic.
3. Heat the olive oil in a pan and add the crushed coriander and garlic, the bay leaf and the vinegar. Fry gently but without burning the garlic.
4. Add the flour mixed with water and boil until the flour is cooked, forming a thick, tasty liquid.
5. Add the fish and continue to boil until cooked. Season with salt.
6. Meanwhile, cut the bread into small, thin slices and lay on the plates.
7. Pour the contents of the pan over the bread on the plates, and sprinkle with chopped coriander.



If you wish, you may serve the bread separately instead of placing it on the plates.



# fish dishes

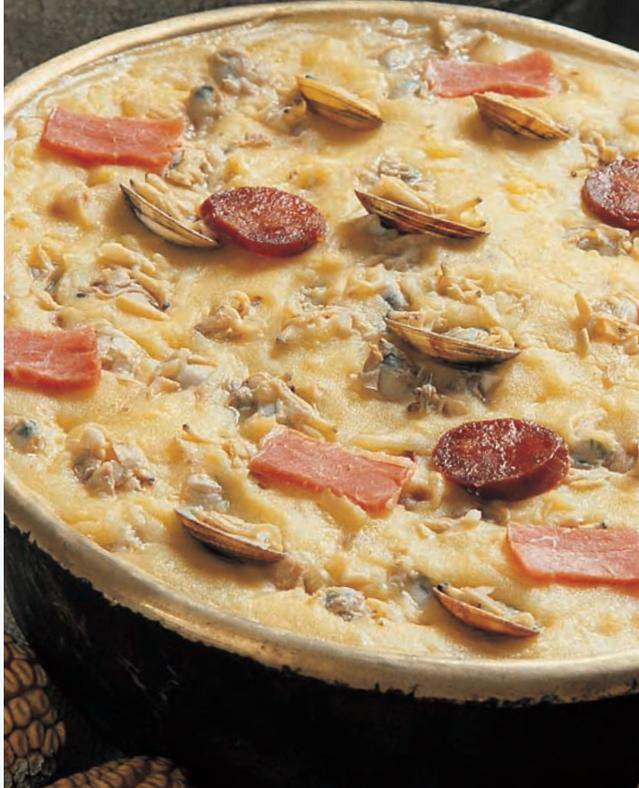




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- 40 Oven-baked hake
- 41 Algarve salad
- 42 Algarve fish stew

## "Xarém (ou Xerém)"

Clams, pork and  
maize porridge



- 1 kg clams (amêijoas)
- 100 g smoked bacon
- 100 g chouriço (a pork sausage)
- 100 g presunto (a cured ham)
- 200 g maize flour
- 1 dl white wine
- salt to taste
- pepper to taste



4

1. Wash the clams (which should preferably be of average size and caught in sand rather than mud) in a bowl of cold water in order to rid them of any impurities they may contain. Then cover the clams with sea water for about 4 to 5 hours. Should sea water be unavailable, use fresh water containing salt.
2. Cut the bacon and presunto into thin strips. Slice the chouriço.
3. Fry the bacon, presunto and chouriço in a frying pan on a low heat.
4. Remove the clams from the water. Cook in a pan, covered with water for about 8 to 10 minutes.
5. Drain, and reserve the liquid, straining it through a fine sieve. Remove the edible part of the clams. Place in another pan, add the liquid in which they were cooked plus the wine and cook the mixture, letting it boil a little.
6. Sieve the maize flour.
7. Remove the pan from the heat and add the flour so that it does not become lumpy.
8. Return the pan to the heat and cook the mixture, stirring from time to time. Add the meat and serve hot.



The meat should preferably be of the home-made type. It should be soaked in cold water for 3 to 4 hours before using.



## "Arroz de safo"

### Conger eel rice



- 1 kg conger eel
- 400 g rice
- 1 dl olive oil
- 150 g onion
- 2 cloves garlic
- 1 bay leaf
- 150 g fresh tomatoes
- 1 dl dry white wine
- 1 small bunch of parsley
- salt to taste
- pepper to taste

4

1. Prepare the conger eel and cut it into small slices. Place it in cold water to let the blood out.
2. Peel the garlic and onion and chop finely. Remove the stem ends from the tomatoes. Remove the skin and seeds and chop.
3. Heat the olive oil in a pan. Add the garlic, onion and bay leaf. Fry gently.
4. Add the tomato and stir with a wooden spoon. Then add the white wine. Add the fish and the water and cook. Season with salt and pepper.
5. Using a slotted spoon, remove the fish once cooked.
6. Add the rice to the liquid in which the fish was cooked, and boil for about 15 minutes.
7. Place the rice on a suitable dish with the fish in the middle. Sprinkle with chopped parsley.



Use large fish.

# "Arroz de lingueirão"

## Razor clam rice



- 1.2 kg razor clams
- 400 g rice
- 1 dl olive oil
- 100 g onion
- 2 cloves garlic
- 1 bay leaf
- 3 cloves
- 200 g fresh tomatoes
- 1 small green pepper
- 200 g black olives
- 1dl dry white wine
- salt to taste
- pepper to taste



4

1. Wash the razor clams carefully in cold water.
2. Chop the garlic and onion finely. Remove the stem ends from the tomatoes and scald the latter in hot water. Remove the skin and seeds and chop the tomatoes finely. Then remove the seeds from the green pepper, wash it and chop finely.
3. Place the clams in the pan and cover with water. Bring to the boil and cook.
4. Once cooked, remove the edible part of the clams and wash in water to rid them of impurities.
5. Strain the liquid in which the clams were cooked into a bowl, using a fine sieve.
6. Wash the pan in which the clams were cooked and return to the heat. Heat the olive oil. Then add the garlic, the onion, the bay leaf and the cloves.
7. Allow the mixture to brown slightly, stirring it with a wooden spoon. Add the green pepper and tomato. Pour in the white wine and simmer. Add the liquid in which the clams were cooked.
8. Boil. Add the rice, season with salt and pepper and bake in the oven for about 15 minutes.
9. Once cooked, serve on a suitable dish and decorate with olives.



The rice should be half the volume of the cooking liquid. If you prefer drier rice, use the cooking liquid and rice in the proportion of 3 to 2, respectively.



## "Carapaus alimados"

### Marinated horse mackerel



- 800 g small or medium horse mackerel
- 2 dl olive oil
- 1 dl vinegar
- 100 g onion
- 2 cloves garlic
- 1 small bunch of parsley
- salt to taste

4

1. Prepare the raw horse mackerel, removing the saw-like fin, the bone on the underside, the innards and the head. Wash the fish carefully in cold water. Then cover with coarse salt, placing the fish in alternative layers with the salt.
2. Leave for about 24 hours. Then remove the salt and wash the fish in cold water.
3. Put the fish in a pan of water and bring to the boil. Once cooked, place them in cold water. Remove the skin, the scales and some of the bones on the belly; the flesh of the fish should be firm and have a good appearance.
4. Place the horse mackerel on a serving dish, and pour over the olive oil, the chopped garlic, the onion (peeled and sliced into rings) and the vinegar. Sprinkle with chopped parsley.



The horse mackerel should be medium-sized and very fresh. When seasoning the dish, you can also add slices of ripe tomato.

## "Lulas com ferrado"

Squid in ink



- 1.2 kg medium-sized squid
- 800 g potatoes
- 1 dl olive oil
- 3 cloves garlic
- 1 bay leaf
- 1 dl dry white wine
- 1 small bunch of parsley
- ½ lemon
- 3 peppercorns
- salt to taste
- pepper to taste



4

1. Prepare the squid, removing the innards and the skin. Wash it carefully in cold water, without opening it, to get rid of impurities. Then season with salt and pepper.
2. Heat the olive oil in a pan, add the garlic, crushed in its skin, the bay leaf and the peppercorns. Let the garlic brown but not burn.
3. Add the squid, frying it on both sides on a low heat.
4. Add the white wine and, if necessary, a little water to complete the cooking. When the squid is cooked, sprinkle with chopped parsley.
5. Place on a serving dish, accompanied by boiled potatoes and lemon segments.



The squid should be medium-sized as they are tenderer, which facilitates cooking. They may also be served with fried potatoes.



## "Lulas cheias à Monchique"

Stuffed squid,  
Monchique style



- 1.2 kg squid
- 160 g rice
- 100 g cured ham (presunto)
- 300 g new potatoes
- 500 g ripe tomatoes
- 1 dl dry white wine
- 1.5 dl olive oil
- 1 small bunch parsley
- 1 bay leaf
- 250 g onions
- salt to taste
- pepper to taste

4

1. Wash the squid carefully. Prepare by removing the tentacles and the innards and taking care not to burst them.
2. Peel the onion and chop finely. Dice the ham finely, and do the same with the tentacles of the squid. Remove the stem ends from the tomatoes and scald the latter in boiling water. Remove the skin and seeds and then chop the tomatoes.
3. Heat the olive oil in a pan, add the onion and fry gently. Add the cured ham. Then add the chopped squid tentacles, the chopped parsley and the tomatoes. Let the mixture thicken.
4. Add the washed and drained rice, mix thoroughly and allow to cook for about 3 minutes. Season with salt and pepper.
5. Fill the squid with the stuffing thus obtained, taking care to close the outside (mouth) with a cocktail stick so as not to lose the stuffing when cooking.
6. In another pan, make more stuffing with chopped onion in olive oil, the bay leaf and chopped parsley. Add the white wine and water. Add the stuffed squid and allow everything to cook. Adjust the seasoning.
7. Remove the squid when ready. Serve with boiled new potatoes.



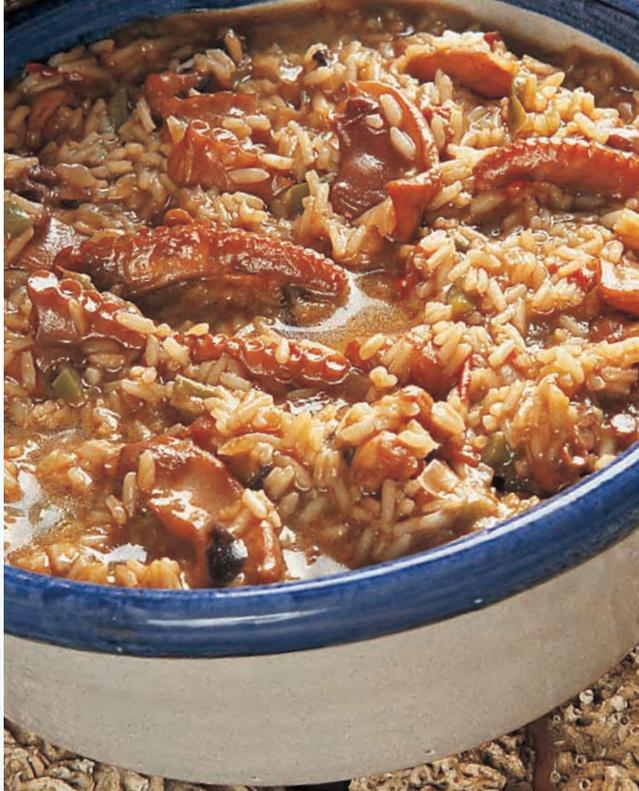
The squid should be medium-sized. The new potatoes should be small, boiled in water and salt, and only after this should they be peeled.

## "Arroz de polvo"

Octopus rice



- 1.6 kg octopus
- 2 dl red wine
- 150 g onion
- 1.5 dl olive oil
- 2 cloves garlic
- 350 g fresh tomatoes
- 1 small bunch parsley
- 320 g rice
- 1 green pepper
- chilli to taste
- salt to taste



4

1. Remove the skin from the octopus and wash carefully. After washing, cut into small pieces.
2. Peel the onions and garlic and chop finely. Remove the stem ends from the tomatoes and scald the latter in boiling water. Remove the skin and seeds from the tomatoes. Chop finely. De-seed the green pepper and dice it finely.
3. Heat the olive oil in a pan and add the garlic and onion. Fry gently.
4. Add the green pepper and then the tomato. Add the octopus and leave it to fry gently for a few minutes.
5. Add the wine and a little water. Cook. Season with salt and chilli.
6. When the octopus is cooked, add the rice and cook for a further 15 minutes. Sprinkle with chopped parsley.



When it is ready, the rice should be slightly liquid (known as arroz malandro). After being prepared, the octopus should be beaten with a wooden spoon to make it softer and so that it will take less time to cook.



## "Conquilhas à algarvia"

Conquilhas clams,  
Algarve style



- 1.2 kg clams (conquilhas)
- 1 dl olive oil
- 3 cloves garlic
- 1 small bunch of parsley
- 1 dl dry white wine
- ¼ lemon
- salt to taste
- pepper to taste

4

1. Wash the clams in cold water. After washing, place them in a bowl and cover them with sea water. Should sea water be unavailable, use fresh water containing salt.
2. In a separate pan, heat the olive oil and add the peeled cloves of garlic. Remove the clams from the salt water and wash them again.
3. Add the clams to the olive oil and allow them to open.
4. Add the white wine and cover the pan until the clams are completely open.
5. Season with salt and pepper and serve the clams sprinkled with chopped parsley. Garnish with lemon segments.



Use large, fresh clams.

# "Choquinhos com tinta à Joaquim Gomes"

Cuttlefish in ink



- 1.2 kg cuttlefish
- 2 dl olive oil
- 2 bay leaves
- 4 cloves garlic
- 800 g potatoes
- ½ lemon
- salt to taste
- pepper to taste



4

1. Wash the cuttlefish in cold water, being careful not to burst them. Drain. Season with salt and pepper.
2. Heat the olive oil in a pan.
3. Peel and chop the cloves of garlic, and add them to the olive oil in the pan. Add the bay leaves. Allow the garlic to brown but without burning.
4. Add the whole cuttlefish, cover the pan and fry on a low heat. Stir occasionally to prevent burning. Fry the cuttlefish on both sides.
5. Serve garnished with chips and lemon slices or segments.



Use medium-sized cuttlefish



## "Ostras à algarvia"

Oysters,  
Algarve style



- 24 oysters
- 70 g butter
- 1 small bunch of parsley
- 1 dl dry white wine
- 50 g breadcrumbs
- salt to taste
- pepper to taste

4



1. Using a brush, wash the oysters in several bowls of water to remove the sand.
2. Then place a tray in the oven. Lay the oysters on the tray and allow them to open.
3. After opening, remove the edible part.
4. Strain the water released by the oysters during cooking through a fine sieve. Put a pyrex dish or other heat-resistant tray on the stove, and put the edible part of the oysters in it.
5. Add the water in which the oysters were cooked and the white wine. Allow it to reduce.
6. Season with salt and pepper.
7. Sprinkle with breadcrumbs and chopped parsley. Place in the oven and bake au gratin.



Use medium-sized, purified oysters.

## "Amêijoas à portimonense"

Clams,  
Portimão style



- 1.2 kg clams (amêijoas)
- 1 dl olive oil
- 2 green peppers
- 2 cloves garlic
- 1 small bunch of parsley
- 1 dl dry white wine
- salt to taste
- pepper to taste



4

1. Wash the clams in cold water. Place in a bowl and cover with salt water until they open, to remove any sand on the inside. Then wash the clams again.
2. Put the clams and some of the white wine in a pan and bring to the boil. Cover the pan and let the clams cook for a few minutes.
3. Put the olive oil in another pan, add the chopped garlic and the green peppers cut into strips. Fry but without browning. Add the remaining white wine and allow to thicken.
4. Pour this *refogado*\* over the clams in the other pan and cook until they are completely open. Season with salt and pepper.
5. Just before serving, sprinkle with chopped parsley.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



The clams may be garnished with lemon segments.



## "Feijoada de búzios"

Bean stew with whelks



- 600 g of the edible part of whelks
- 500 g red kidney beans
- 500 g fresh tomatoes
- 1 green pepper
- 1 small bunch of parsley
- 1 bay leaf
- 2 cloves garlic
- 100 g onion
- 1 dl olive oil
- salt to taste
- pepper to taste
- chilli to taste

4 

1. Place the beans in a pan and soak them in cold water for 12 hours before using.
  2. Then wash them and cook in cold water in a pan.
  3. Break the raw whelks and remove the edible part.
  4. Then cook in salted water for about 45 to 60 minutes.
  5. Once cooked, place them in a dish and allow to cool. Cut into pieces.
  6. In another pan, fry the finely chopped garlic and onion in olive oil.
- Add the bay leaf and the parsley and allow the mixture to brown slightly.
7. Then add the green pepper, after de-seeding, washing it and dicing it finely.
  8. Remove the stem ends from the tomatoes and scald the latter in boiling water to make it easier to remove the skin and the seeds. Chop the tomatoes and add to the *refogado*\*. Let the mixture thicken.
  9. Add the pieces of whelk and season with salt,

pepper and chilli. Add the beans and part of the liquid in which they were cooked and let the mixture boil until it has thickened.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



The use of medium-sized whelks is advisable. It is also possible to cook the whelks before breaking them open.

# "Amêijoas na cataplana"

## Clams cataplana



- 5 cl olive oil
- 300 g fresh tomatoes
- 1.5 kg clams (amêijoas)
- 2 cloves garlic
- 150 g onion
- 60 g cured ham (presunto)
- 100 g sausage (chouriço)
- 1 bay leaf
- 1 dl white wine
- 1 small bunch of parsley
- salt to taste
- pepper to taste

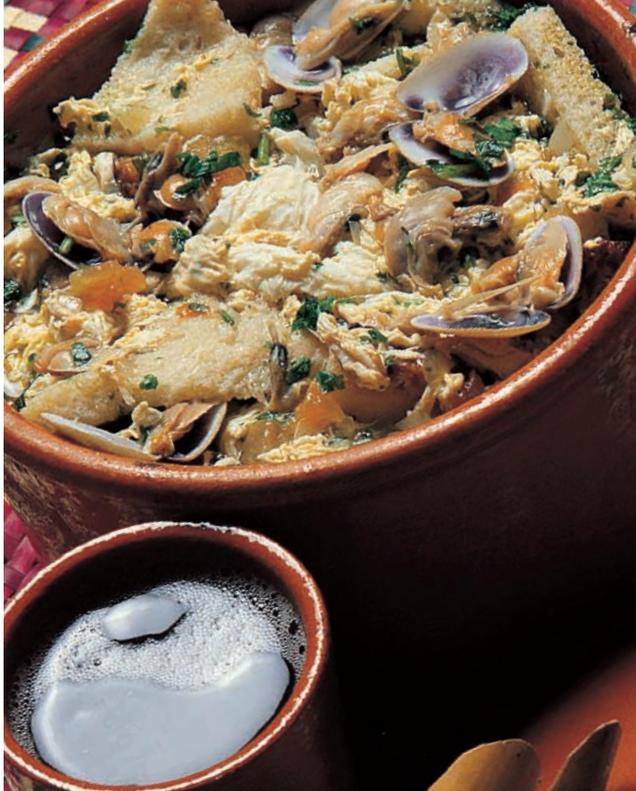


4

1. Wash the clams carefully in cold water. Cover them with salt water or, if not available, with water and salt for a few hours before cooking.
2. Peel the onion and chop coarsely. Peel the garlic and chop finely.
3. Heat the olive oil in a pan. Add the garlic, onion, bay leaf and the bunch of parsley. Fry gently.
4. Add the white wine and allow the mixture to reduce.
5. Meanwhile, cut the ham into small pieces and
6. Simmer for 5 to 10 minutes.
7. Take out the parsley and bay leaf. Remove the clams from the salt water and wash again in cold water.
8. Place the cataplana on the stove and in it put a layer of the mixture from the pan. Place the clams on top of this layer and then cover with the remainder of the mixture from the pan.
9. Cover the cataplana and cook on a low heat.
10. After 5 minutes, turn the cataplana over and leave it on the heat for another 10 to 12 minutes, to allow the clams to open.



Use large clams. The cataplana should only be opened in the presence of the diners.



## "Migas com conquilhas à algarvia"

Bread soup with "conquilhas" clams



- 1 kg clams (conquilhas)
- 1 dl olive oil
- 100 g onion
- 2 cloves garlic
- 400 g fresh, ripe tomatoes
- 3 eggs
- 200 g bread (home-made type)
- 1 small bunch coriander
- salt to taste
- pepper to taste

4



1. Wash the clams carefully in cold water. Place them in a bowl and cover with sea water for about 4 to 5 hours. Should sea water not be available, use fresh water with salt added.
2. Wash the clams again in salt water and put them in a pan. Cover with water and bring to the boil. Allow the clams to open (boil).
3. Drain and reserve the liquid in which the clams were boiled, straining it through a fine sieve. Remove the edible part of the clams.
4. Heat the olive oil in a pan and add the chopped garlic and onion. Fry gently.
5. Meanwhile, remove the stem ends from the tomatoes and scald them in boiling water so you can peel and de-seed them. After cleaning, chop the tomatoes finely.
6. When the *refogado*\* is lightly browned, add the tomato and allow to thicken, stirring with a wooden spoon. Add the cooking liquid and the edible part of the clams. Season with salt and pepper. Boil.
7. Separately, beat the eggs with a whisk in a bowl and add them to the cooking liquid, together with the chopped coriander, and let the mixture cook.
8. Slice the bread and put a slice on each plate. Pour the mixture from the pan over the bread.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



If possible, use large, very fresh clams.

## "Açorda à algarvia"

Thick bread soup with shellfish



- 400 g of the edible part of shellfish (mussels, cockles and different types of clam)
- 50 g onion
- 1 dl olive oil
- 2 cloves garlic
- 240 g bread (home-made type)
- 1 small bunch coriander
- 4 eggs
- salt to taste



4

1. Wash the shellfish carefully in cold water. Then put each type of shellfish in a separate bowl, and cover with sea water.
2. Cook the shellfish in a pan with water, adding the chopped onion and a few sprigs of coriander.
3. Drain and reserve the liquid in which the shellfish was cooked, straining it through a fine sieve.
4. Remove the edible part of the shellfish and wash carefully.
5. In a separate pan, fry the garlic and onion (both finely chopped) in olive oil. When lightly browned, add the liquid in which the shellfish was cooked and allow everything to boil.
6. Slice the bread and add to the liquid, stirring with a wooden spoon until a thick mass is obtained.
7. Add the edible part of the shellfish and the chopped coriander. Break the eggs and add them so that they cook together with the mixture.



If you use different types of clams, cockles and mussels, be sure to cook them separately, taking into account the fact that some take longer to cook than others.



## "Atum estufado à algarvia"

### Tuna fish stew



- 800 g cleaned, fresh tuna fish
- 100 g onion
- 400 g fresh tomatoes
- 1 dl olive oil
- 2 cloves
- 1 small bunch of coriander
- 1 dl white wine
- 600 g potatoes
- salt to taste
- pepper to taste

4



1. Prepare the tuna fish, clean away the blood and wash it in cold water.
2. Peel the onion and slice in rings. Remove the stem ends from the tomatoes, scald the latter, peel and de-seed. Chop the tomatoes.
3. Heat the olive oil in a pan and add the onion, tomatoes, cloves and bunch of coriander. Season with salt and pepper. Fry gently for a few minutes.
4. Cut the fish into slices and add to the *refogado*\*. Add the white wine. Cover the pan and cook in the oven.
5. Meanwhile, in another pan, boil the potatoes in their jackets after washing carefully.
6. Once cooked, peel and brown them in a frying pan with olive oil.
7. Remove the pan from the oven and adjust the seasoning.
8. Serve garnished with the potatoes and sprinkled with chopped coriander.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



Use small potatoes, preferably.

## "Papas de milho com sardinhas"

Maize porridge with sardines



- 300 g maize flour
- 500 g fresh sardines
- 50 g onion
- 100 g fresh tomatoes
- 1 dl olive oil
- ¼ small bunch of parsley
- vinegar to taste
- salt to taste



4

1. Remove the scales and innards from the sardines using a small knife. Wash in cold water and allow to dry.
2. Bring about 4 litres of salted water to the boil in a pan. Add the sardines and leave to cook.
3. Once cooked (which should take about 10 minutes), place them on a plate or flat dish.
4. In another pan, gently fry the chopped onion, the peeled, de-seeded and finally chopped tomatoes and part of the parsley in olive oil. Stir and fry but avoid browning.
5. Add about 3 litres of the water in which the sardines were boiled, after straining through a fine sieve. Bring to the boil. Season with salt and pepper.
6. Remove the pan from the heat and mix the maize flour into the liquid using a whisk or wooden spoon.
7. Return the pan to the heat and cook for about half an hour, stirring from time to time to prevent it sticking. Add a few drops of vinegar.
8. Serve the papas de milho hot, accompanied by the sardines which should be seasoned with olive oil and chopped parsley.



The sardines should be medium-sized, the tomatoes preferably very ripe. Remove the stem ends from the tomatoes and scald in boiling water to make them easier to peel. Then cut the tomato in half and remove the seeds.



## "Bife de atum"

### Tuna fish steak



- 800 g cleaned fresh tuna fish
- 200 g onions
- 60 g butter
- 2 dl cooking oil
- 2 cloves garlic
- 1 small bunch parsley
- 1 kg potatoes
- 1 bay leaf
- white pepper to taste
- salt to taste
- white wine to taste

4



1. Scale the tuna fish using a fish scaler. Remove the innards and bones. Cut the fish into steaks. Place them on a tray. Season with salt, white pepper, peeled and chopped garlic and a little white wine.
2. Peel the onion and cut into rings.
3. Melt the butter in an earthenware frying-pan. Add the chopped garlic, onion and bay leaf.
4. Add the steaks, taking care to turn them over to cook on both sides and to stir the onion.
5. Serve in the same frying pan, accompanied by potatoes fried in oil in a separate pan, and sprinkle with chopped parsley.



If an earthenware frying pan is not available, use a copper one or another vessel.

## "Bacalhau à algarvia"

Fried salt-cod fish with onion



- 600 g bacalhau (dried, salted cod)
- 800 g potatoes
- 2 dl olive oil
- 150 g onion
- 3 cloves garlic
- 50 g flour
- 1 small bunch of parsley
- salt to taste



4

1. Cut the salt cod into 5 cm squares. Soak in cold water for 24 hours before cooking.
2. Remove the scales and bones and drain.
3. Heat the olive oil in a pan.
4. Cover the cod with flour and allow it to brown on both sides, then place it on a serving dish.
5. Chop the garlic and cut the onion into rings.
6. Fry the garlic and onion in the same olive oil as

the cod, and pour over the fish. Sprinkle with parsley.

7. In a separate pan, boil the potatoes in their jackets in water with a little salt.
8. Drain and leave to cool. Peel the potatoes, cut them into thick slices and heat them in olive oil in a frying-pan.
9. Place them around the cod and serve.



If possible, use cod that is about 3 cm thick.



## "Filetes de pescada à Monchique"

Hake fillets,  
Monchique style



- 800 g hake
- 1 kg potatoes
- 100 g onion
- 30 g sweet red pepper
- 100 g butter
- 1 egg
- 1 lemon
- 50 g flour
- 1 dl milk
- 1 small bunch of parsley
- salt to taste

4



1. Prepare the hake, wash it and remove the skin and bones. Cut it into fillets. Season with salt and lemon juice. Dip the fillets in the milk and flour.
2. Place them in a frying pan with butter and brown the fillets on both sides. Then put the pan in the oven to complete the cooking.
3. Meanwhile, peel the onion and chop finely.
4. In another pan, fry the onion in the rest of the butter.
5. In another pan, boil the egg in water and salt. Once boiled, allow it to cool, and peel.
6. Chop the red sweet pepper, the parsley and the egg. Add to the *refogado*\*.
7. Pour the sauce over the fish and serve.
8. Garnish with boiled potatoes and sprinkle with chopped parsley.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



Use a large hake.

# "Pescada assada à algarvia"

Oven-baked hake



- 800 g hake
- 150 g onion
- 2 cloves garlic
- 2 dl olive oil
- 1 small bunch of parsley
- 15 g paprika
- 600 g cauliflower
- 1 dl dry white wine
- salt to taste
- pepper to taste

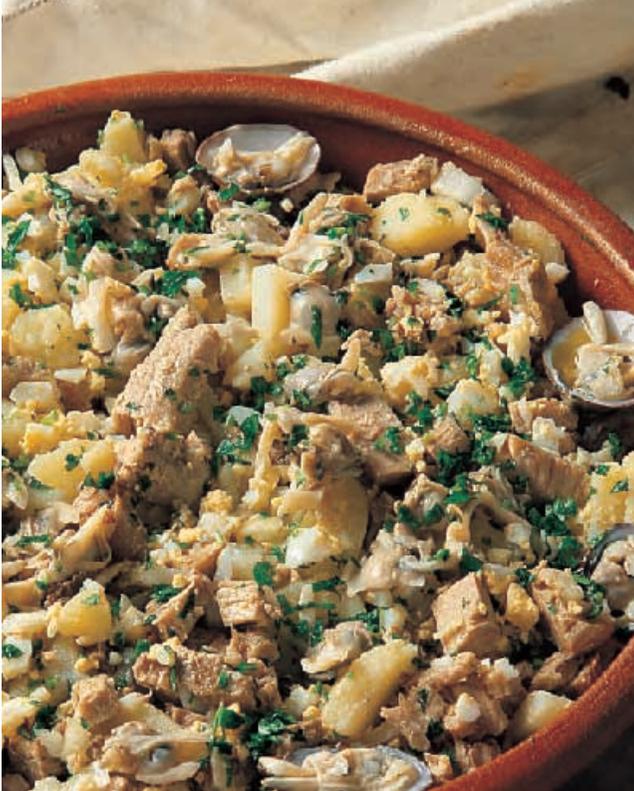


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1. Prepare the hake and wash it in cold water. Remove skin and bones. Season with salt.
2. Peel the onion and cut into rings. Peel and finely chop the garlic.
3. Pour the olive oil onto an oven tray and then place the hake on it. Put the garlic, onion, paprika and pepper on top of the fish. Pour the remaining olive oil and the white wine over the hake. Place the tray in the oven to bake.
4. Clean the cauliflower and place it in cold water. Then boil it in a pan with water and salt.
5. When the hake is ready, sprinkle it with chopped parsley. Garnish with the cauliflower.



Preferably use a whole hake for this recipe.



## "Salada algarvia"

Algarve salad



- 1 kg clams (amêijoas)
- 400 g cleaned fresh tuna fish
- 2 eggs
- 600 g potatoes
- 1 dl olive oil
- 1 small bunch parsley
- vinegar to taste
- pepper to taste

4

1. Wash the clams in cold water. Place them in a bowl and cover them for a few hours with sea water or, if not available, with water and salt.
2. In a pan, heat the clams in water to open them.
3. Remove the edible part from the shells and wash them again to remove any impurities they may contain.
4. Prepare and clean the tuna fish, washing it in cold water. Cut into small fillets, season with salt and pepper and grill.
5. Meanwhile, boil the eggs and the potatoes in their jackets in cold water in separate pans.
6. Peel the potatoes and cut into cubes. Shred the tuna fish and chop the eggs. Mix everything together. Season with olive oil, vinegar, salt and pepper. Sprinkle with chopped parsley and the remainder of the egg.



The clams should be large and, if possible, caught in the sand and not in the mud.

## "Caldeirada à algarvia"

Algarve fish stew



- 1.4 kg fish (Madeira rock-fish, conger eel, dog fish, skate, monk-fish, gurnard, etc.)
- 600 g ripe tomatoes
- 2 dl olive oil
- 300 g onion
- 3 cloves garlic
- 1 green pepper
- 1 dl dry white wine
- 1 small bunch of parsley
- 1 bay leaf
- 400 g potatoes
- 400 g clams (amêijoas)
- salt to taste
- pepper to taste



4

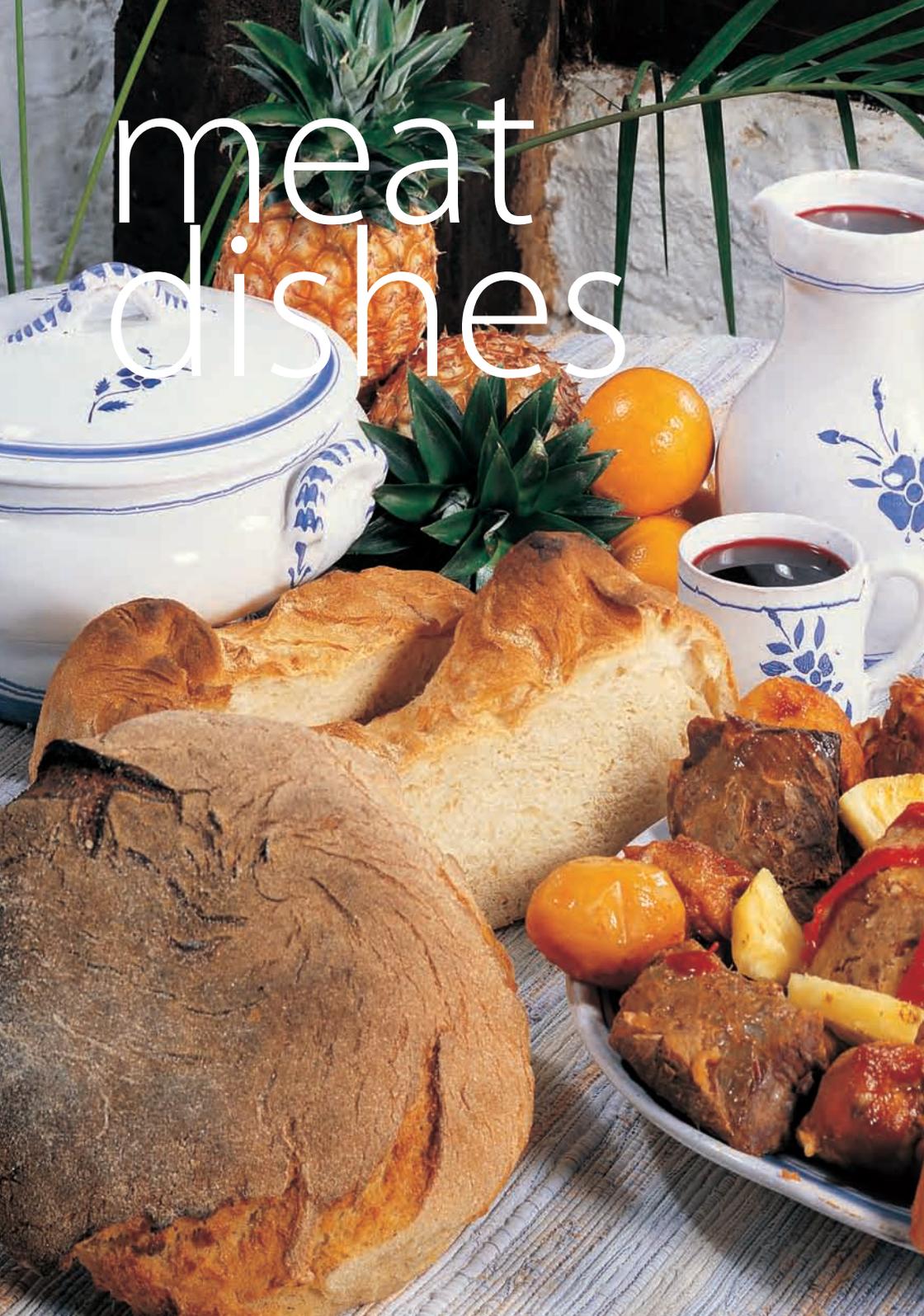
1. Prepare the fish and wash in water. Remove the skin and innards. Cut into pieces and season with salt.
2. Wash the clams carefully, place them in a bowl and cover them with sea water or, if not available, water with salt. Allow the clams to open and remove any sand from inside. Wash in cold water.
3. Cut the onion, tomatoes and green pepper into rings. Peel, wash and slice the potatoes.
4. Place the fish, onion, tomatoes, green pepper, potatoes, garlic, bay leaf and parsley in a pan in alternate layers. Finally add the clams. Pour the white wine and a little water over the ingredients. Add the olive oil and pepper.
5. Adjust the salt, cover the pan and cook on a low heat.



The fish should be very fresh and the flesh should be very firm.



# meat dishes





- 46 Broad bean stew
- 47 Pot-roast leg of lamb, Tavira style
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- 54 Cabbage and meat stew
- 55 Marinated carrots with garlic and parsley

## "Favas à algarvia"

Broad bean stew



- 800 g shelled broad beans
- 150 g black sausage (morcela)
- 150 g red sausage (chouriço vermelho)
- 2 cloves garlic
- ¼ dl olive oil
- 150 g bacon
- 1 small bunch of coriander, garlic and onion leaves

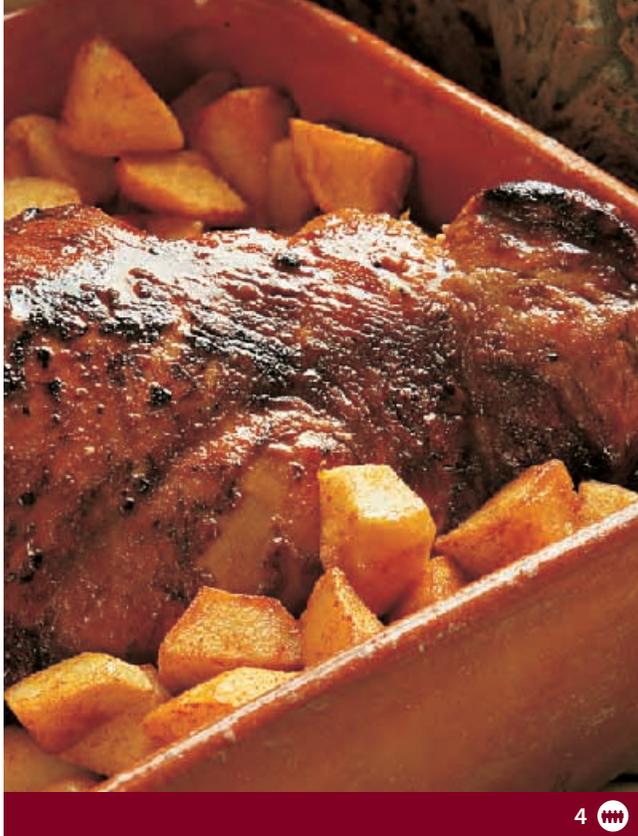


4

1. Shell the broad beans. Wash them in cold water and drain in a sieve.
2. In a pan, bring some water to the boil, add the broad beans and cook for about 8 minutes.
3. Drain, and remove the beans from the pan. Peel the garlic and chop finely.
4. Slice the sausages and cut the bacon into small strips.
5. Return the pan to the heat, after washing and drying it. Heat the olive oil, add the garlic and allow it to brown, without burning. Then add the broad beans and a little water. Cover the pan and cook the ingredients.
6. Separately, fry the meat in a frying pan. Add the meat to the cooking beans and stir well. Allow the mixture to thicken.
7. Sprinkle with the coriander and the chopped garlic and onion leaves.



If fresh broad beans are not available, use frozen ones. Use sausages of the home-made type. If you use sausages of the commercial type, you should carefully remove the skin.



## "Perna de borrego no tacho à tavirense"

Pot-roast leg of lamb, Tavira style



- 1.2 kg leg lamb
- 1 dl olive oil
- 4 cloves garlic
- 1 small bunch parsley
- 50 g butter
- 100 g lard
- 1 dl vinegar
- 2.5 dl dry white wine
- 6 peppercorns
- 4 cloves
- 800 g potatoes
- 2 bay leaves
- paprika to taste
- salt to taste

4



1. Clean the leg of lamb of all fat, skin and ink.
2. Peel the garlic and crush it with coarse salt and a little olive oil. Add the paprika and white wine and mix.
3. Spread the mixture over the leg of lamb.
4. Put the parsley, bay leaf, peppercorns, cloves, vinegar, the rest of the white wine, butter, lard and a little water in an earthenware pot. Stir these ingredients carefully.
5. Then place the leg of lamb in the pot and leave it to steep in the mixture for 3 to 4 hours. Cover the pot and put in the oven to roast.
6. Wash, peel and quarter the potatoes.
7. When the lamb is almost ready, add the potatoes.
8. Keep the pot covered until the potatoes are cooked.
9. Adjust the seasoning and sprinkle with chopped parsley.



Use a small or medium-size leg of lamb. The best months to buy are: February, March, April and May.

## "Ervilhas à portimonense"

Peas, Portimão style



- 3 kg spring peas in the pod
- 1 small bunch of parsley
- 150 g onion
- 1 dl olive oil
- 100 g lard
- 100 g sausage (chouriço)
- 4 eggs
- salt to taste
- pepper to taste



4

1. Shell and wash the peas. Peel the onion and chop finely. Slice the sausage after removing the skin.
2. Heat the olive oil and lard in a pan. Add the onion, sausage, and the bunch of parsley. Allow the onion to brown lightly.
3. Add the peas and fry them for a few minutes. Cover with water. Season with salt and pepper and cook, taking care to cover the pan.
4. Take out the bunch of parsley.
5. Finally, break the eggs and place them, one at a time, on top of the peas; they should poach with the peas.



If spring peas are not available, use frozen or tinned peas.



## "Galinha cerejada à Loulé"

Cherry-coloured chicken, Loulé style



- 1.6 kg chicken
- 100 g cured belly of pork (toucinho), bacon is a close substitute
- 80 g sausage (linguiça or chouriço)
- 150 g onion
- 1 dl olive oil
- 50 g lard
- 30 g butter
- 2 cloves garlic
- 1 small bunch of parsley
- 260 g rice
- 2 dl white wine
- salt to taste

4

1. Wash the chicken carefully in cold water.
2. Put it in a pan with the sausage and cured belly of pork, a small onion and the bunch of parsley. Cover with water and season with salt. Boil.
3. As soon as the meat is cooked, take it out and put it on a serving dish. Drain and reserve the liquid in which the chicken was cooked.
4. Peel and finely chop the onion and the garlic.
5. Separately, in another pot, make a *refogado*\* with the garlic, onion, olive oil, butter, lard and the coarsely chopped parsley.
6. Add the chicken to this *refogado*, browning it on both sides.
7. Pour the white wine over the chicken and cover the pot, letting it cook for 15 minutes on a low heat.
8. In the pan in which the chicken was cooked, pour the liquid that was reserved. Return it to the heat and bring it to the boil.
9. Then add the rice; the volume of the liquid should be twice that of the rice. Put in the oven and cook for 15 minutes.
10. Slice the sausage and cut the belly of the pork into thin strips.
11. Finally, serve the chicken, garnished with the rice and decorated with the sausage and cured belly of pork.

\* *Refogado*: This forms the basis of many Portuguese dishes and consists of onion, garlic and tomato fried gently in olive oil.



Use free-range chicken.

## "Fígado de vitela à algarvia"

Veal liver with potatoes



- 600 g cleaned veal liver
- 100 g margarine
- 100 g onion
- 1 lemon
- 800 g potatoes
- 2 cloves garlic
- salt to taste
- pepper to taste



4

1. Clean away the skin and nerves that may be contained in the liver. Cut into small slices. Season with salt, pepper, lemon juice and finely chopped garlic. Marinate for 2 or 3 hours.
2. Heat the margarine in a frying-pan, without burning.
3. Fry the liver on both sides. Then place it on a serving dish.
4. Cut the onion up into thin rings and place in the fat in which the liver

was fried. Stir and fry, without allowing them to become too brown.

5. In a pan, boil the potatoes in their jackets.
6. When cooked, peel and then dice or slice them. Serve the liver on the dish, accompanied by the potatoes, with the onion and a few drops of lemon juice sprinkled over the meat.

 Before preparing it, the liver should be soaked in cold water for about 1 hour to soften the skin.



## "Ovos com tomate à algarvia"

Eggs and tomatoes



- 800 g fresh, ripe tomatoes
- 1 dl olive oil
- 25 g fresh breadcrumbs
- 8 whole eggs
- 100 g onion
- 1 small bunch of parsley
- salt to taste

4 

1. Peel and finely chop the onion. Scald the tomatoes in boiling water. Peel, de-seed and chop them.
2. Heat the olive oil in a pan, and add the onion and parsley, and fry gently.
3. Then add the tomatoes, and simmer for a few minutes.
4. Add a little water and season with salt. Add the breadcrumbs and stir.
5. Break the eggs one at a time, add them and let them cook. Finally, sprinkle with chopped parsley.



If you do not have fresh tomatoes, use tinned ones.

# "Cozido de grão"

## Chick-pea stew



- 480 g chick-peas
- 125 g bacon
- 300 g beef
- 150 g sausages (chouriço or linguiça)
- 200 g french beans
- 200 g pumpkin
- 250 g potatoes
- 160 g rice
- 1 small bunch of mint
- 100 g coarse salt
- salt to taste



4

1. Pick the chick-peas over and soak in cold water for 12 hours before cooking. After soaking, rub the chick-peas carefully with kitchen salt and wash them several times to remove the skins.
2. Put the chick-peas in a pan and cover with water to cook. Wash the meat and add it to the chick-peas.
3. Peel the pumpkin and the potatoes. Wash and cut into pieces. Add to the ingredients in the pan and leave to cook.
4. When the meat is cooked, take it out and let it cool down. Cut into pieces.
5. Wash the French beans, remove the stems and tips, break into pieces and add to the boiled ingredients in the pan.
6. Continue to simmer until the French beans are cooked. Season with salt.
7. Wash the mint and add it to provide flavouring.
8. Take a little of the cooking liquid, put it in another pan, and cook the rice for 15 minutes.
9. Serve the stew on a dish surrounded by the meat.



The meat used should be of the home-made type. The chick-peas should be fresh.



## "Perdizes com amêijoas na cataplana"

Partridges with clams in a cataplana



- 2 tender partridges
- 3 cloves garlic
- 150 g butter
- 2 dl dry port
- 3 dl dry white wine
- 500 g clams (amêijoas)
- 1 bay leaf
- 1 small bunch of parsley
- salt to taste
- chilli to taste

4

1. Pluck the partridges. Carefully remove the innards and the blood, washing in cold water.
2. Peel and crush the garlic.
3. Heat the butter in the cataplana and add the butter, crushed garlic and bay leaf.
4. Wash the clams in cold water. Place them in a pan and cover them with sea water or salted water.
5. Cut the partridges in half and brown them on both sides in the cataplana. Season with salt and chilli. Add the wine and port, and a little water.
6. Close the cataplana tightly and cook the contents.
7. Remove the clams from the salt water and wash them again.
8. When the partridges are ready, open the cataplana and add the clams. Close it again and leave to boil for about 5 minutes.
9. Serve the dish in the cataplana.



The clams should not be overcooked, otherwise their appearance will be affected and they will become tough.

# "Cozido de repolho à algarvia"

Cabbage and meat stew



- 600 g cabbage
- 320 g red beans or feijão manteiga (a variety of brown bean)
- 150 g blood sausage (morcela)
- 150 g red sausage (chouriço)
- 150 g cured pork belly (toucinho), bacon is a close substitute
- 400 g pork spare ribs
- 150 g sweet potatoes
- 150 g potatoes
- 300 g bread
- ¼ small bunch of mint
- salt to taste



4

1. Put the beans in a pan and soak them in cold water for 12 hours before using them.
2. Then wash them and cook them in a pan, in cold water together with the sausages, belly of pork and pork spare ribs (in whole pieces).
3. Once the meat is cooked, adjust the seasoning.
4. Place the meat on a serving dish and leave the beans to cook for longer.
5. Wash the cabbage in cold water and chop coarsely. Peel the potatoes, wash them in cold water and cut them into large chunks.
6. Add the cabbage and the potatoes to the beans.
7. When everything is well cooked, drain the liquid into a pan.
8. Slice the bread thinly – preferably of the home-made type - and put on the plates. Place a sprig of mint on the bread on each plate.
9. Return the pan with the liquid to the heat and bring to the boil. Pour the liquid over the bread.
10. Cut up the meat into small pieces and serve it with the boiled ingredients.



If available, use young beans. The use of meat and sausages of the home-made type is advisable.



## "Conserva de cenouras à algarvia" Marinated carrots with garlic and parsley



- 300 g tender purple carrots
- 3 cloves garlic
- 1 small bunch parsley
- 1 spoon sweet paprika
- 1 spoon aniseed
- 1 dl vinegar
- salt to taste
- pepper to taste

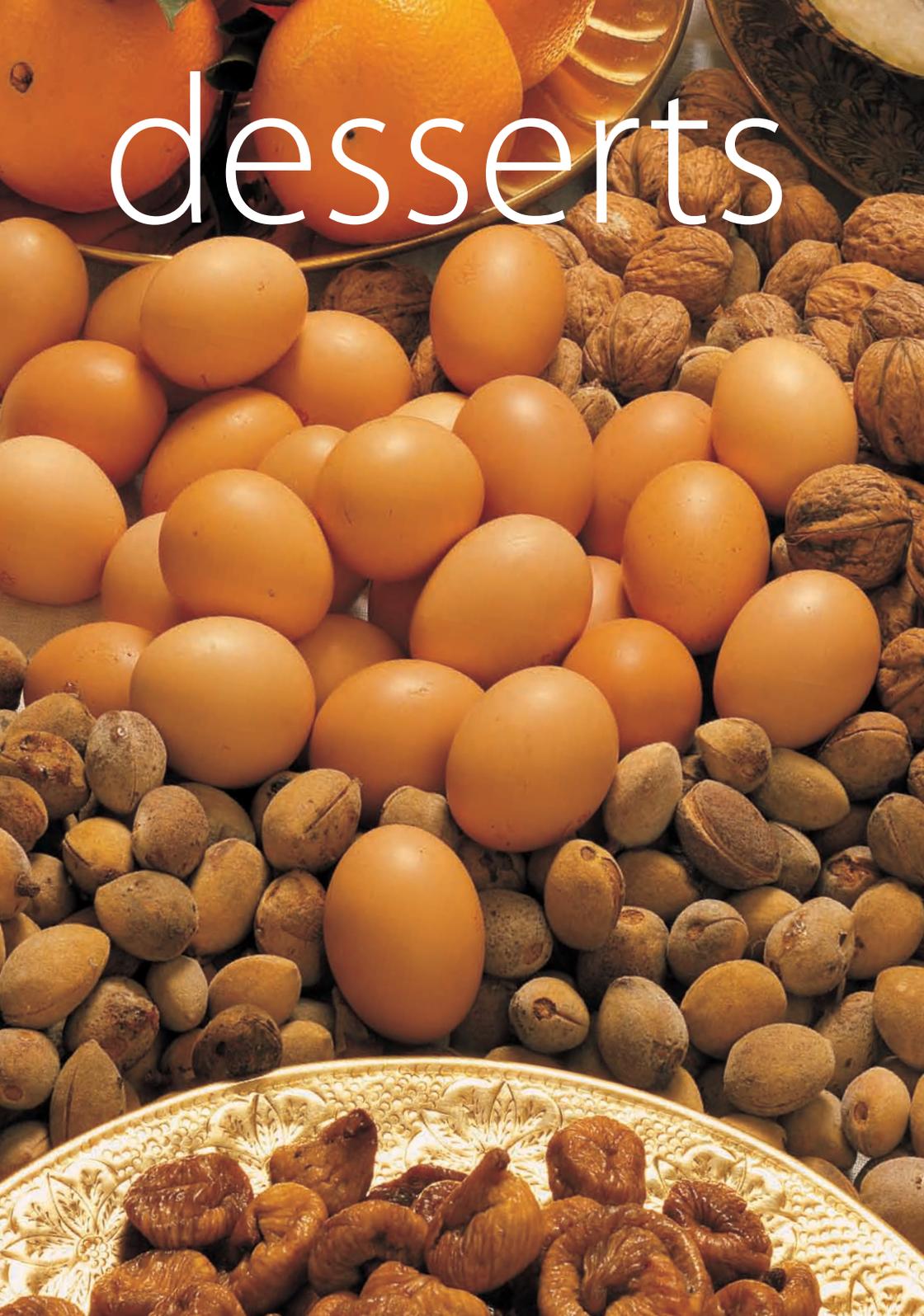
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1. Wash the carrots and peel them. Cook them whole, seasoned with salt. Then let them cool down. Cut into fairly thick slices. Peel the garlic and chop.
2. Put the carrots in a suitable container. Season with the garlic, paprika, vinegar, aniseed, salt and pepper.
3. Marinate for several days before serving.



The dish may be served as an hors d'oeuvre or to accompany fish or meat.

# desserts





- 58 Sweet fritters,  
Northeastern Algarve style
- 59 Orange pudding
- 60 Almond cake with  
chocolate
- 61 Fig, almond, chocolate  
and chila cake
- 62 Almond, sugar and eggs  
iced petit fours
- 63 Almond, eggs and chila  
jam iced cake, Silves style
- 64 Egg yolk threads  
Egg Sweet
- 65 Fig and almond cake
- 66 Stuffed figs, Olhão style
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## "Filhós (Nordeste algarvio)"

Sweet fritters,  
Northeastern  
Algarve style



- 4 eggs
- as much flour as the eggs will take
- orange juice to taste
- olive oil
- 1 litre cooking oil for frying
- 1 kg light brown sugar
- ½ litre water



 12

1. Break the eggs into a bowl and add as much flour as the eggs will take. Combine the flour and eggs until a ball is formed.
2. Pour in a little olive oil and knead until the olive oil is absorbed.
3. Add a little orange juice (less than the olive oil) and knead again until the juice disappears.
4. Continue to knead, alternately with olive oil and juice, until the mixture is soft and thoroughly blended so that it can be stretched out very thinly without breaking. (Note: Begin kneading with olive oil and end with olive oil).
5. Heat the cooking oil well.
6. Make small balls of the mixture and roll them out very thinly on a board or stone greased with olive oil using a rolling-pin; the board should be greased every time the mixture is stretched out.
7. The rolled out dough is placed in the very hot cooking oil and the handle of a wooden spoon is used to apply pressure to the centre of each piece mixture so as to give it the shape of a flower.
8. Put the water and light brown sugar in a pan and boil until it is slightly thick. Dip the filhós into the syrup one by one (if necessary, add a little water).



## "Pudim de laranja" Orange pudding



- 6 whole eggs +  
6 egg yolks
- 500 g sugar
- juice of 2 oranges
- 1 teaspoon baking  
powder
- 30 g butter

8

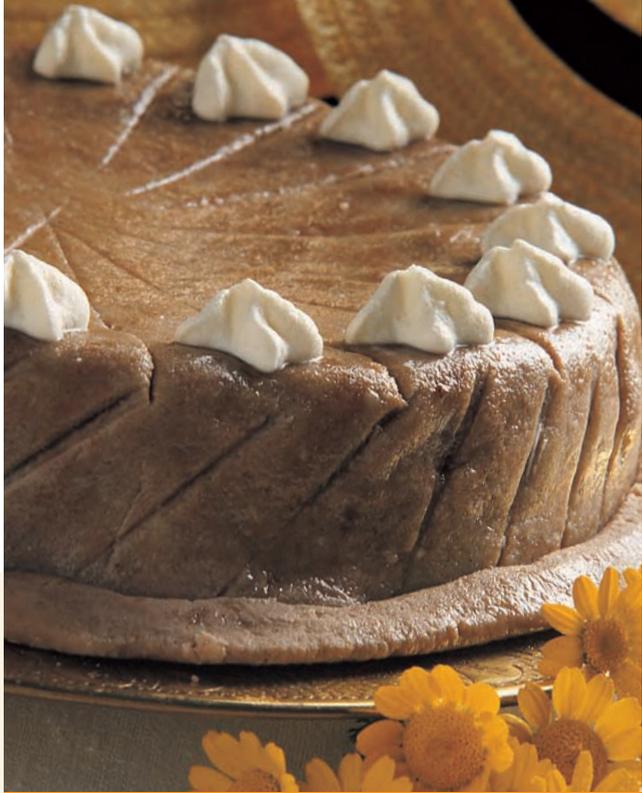
1. Mix all the ingredients together and beat everything thoroughly.
2. Grease a tin carefully, sprinkle it with flour, pour in the mixture, and bake in a bain-marie for about 25 minutes in a hot oven.

## "Bolo de amêndoa com chocolate"

Almond cake with chocolate



- 600 g sugar
- 100 g flour
- 50 g powdered chocolate
- ½ kg almonds
- 18 egg yolks / 10 egg whites



 15

1. Beat the egg yolks and the sugar until the mixture thickens.
2. Add the peeled, ground almonds and the chocolate, then fold in the stiffly beaten egg whites, and finally the flour.
3. Pour the mixture into a buttered tin that has been sprinkled with flour.
4. Bake in the oven.



## "Morgado de figo"

Fig, almond, chocolate and chila cake



- 250 g sugar
- 250 g dried figs
- 250 g peeled almonds
- 125 g chocolate
- grated lemon rind, to taste
- 250 g chila jam (a preserve made from chila, the Malabar gourd)
- 10 egg yolks

14

1. The case is made in the same way as for the almond Morgados (1), except that you add a little chocolate.
2. Boil the sugar for a few minutes until it forms a slightly thick, unbroken string when dripped from a spoon. Pour the syrup over the egg yolks.
3. Add the ground almonds and figs and the powdered chocolate and return to the heat to thicken.
4. When the mixture is quite thick, remove from the heat and allow to cool.
5. Then put it in the case in alternate layers with the chila jam and cover with the same mixture used to make the case. Place in the oven to dry.
6. Decorate to taste.

<sup>(1)</sup> *The case is made as follows:  
Ingredients: 1 kg almonds,  
800 g sugar, 100 g glucose  
Blend the ingredients  
and grind several times  
in a machine until a  
homogeneous dough is  
obtained. Roll out the dough  
thinly on a table or marble  
work-top, sprinkle with icing  
sugar and line the tin with it.*

## "Morgados"

Almond, sugar  
and eggs iced  
petit fours



- 250 g sugar
- 250 g almonds
- fios de ovos (egg yolk threads) to taste
- chila jam (a preserve made from chila, the malabar gourd)
- ovos moles (an egg yolk sweet) to taste
- 2 egg yolks
- royal icing



1. Heat the sugar with a little water.
2. When the water boils, add the raw almonds, peeled and ground. Boil for a little longer, then remove from the heat and add the two egg yolks. Stir well and knead a little.
3. Make small balls with a hole in the middle. Place the chila jam, ovos moles and fios de ovos in the hole which is then covered with some of the mixture.
4. Place them on a buttered and floured baking tray and bake them in a medium oven until they are slightly brown.
5. Remove from the oven, take them off the tray and allow to cool. Once cold, cover with icing and allow to dry.



## "Morgado de Silves"

Almond, eggs and chila jam iced cake, Silves style



- 200 g peeled almonds
- 200 g sugar
- 3 egg yolks
- 10 g ovos moles (an egg yolk sweet)
- 20 g fios de ovos (egg yolk threads)
- 100 g chila jam (a preserve made from chila, the malabar gourd)
- ½ kg royal icing (1)
- flour, butter or lard, sugar flowers and leaves

1. Heat the sugar and a little water in a pan. Boil the sugar for a few minutes until it forms a slightly thick, unbroken string when dripped from a spoon. Then add the peeled almonds (previously passed through a grinder three times).
2. Gradually stir in the egg yolks, and keep on the stove until the bottom of the pan can be seen when the mixture is pushed away with a spoon.
3. Allow to cool down completely.
4. Spread two-thirds of the dough on to a floured board, making it into the shape of a round pastry case.
5. Put half of the fios de ovos inside the case, then the chila jam and the ovos moles and finally, the other half of the fios de ovos; cover this with the remaining dough.
6. Sprinkle flour on the top and the walls of the case.
7. Cut out a strip of greaseproof paper the same height as the cake. Grease it with lard or butter, sprinkle with flour and adjust it around the cake.
8. Place the cake on a baking tray and bake in the oven until it is brown.
9. Remove the paper from around the morgado, scrape off all the flour, cover it with royal icing and decorate with sugar flowers and leaves.

(1) *Blend of icing sugar, egg whites and lemon juice (about 100 g of sugar to 1 egg white, approximately).*

## "Fios de ovos"

### Egg yolk threads



- 20 egg yolks
- 2 egg whites
- 500 g sugar
- 3 dl water



Separate the yolks from the whites and pass the yolks through a sieve together with the two egg whites, which should be cut with a knife. Meanwhile, a syrup of sugar and hot water is prepared; let it boil until it forms a thin stream when it is dripped from a spoon. While it is boiling, add the sieved egg yolks, pouring them through a special funnel with three spouts. Hold the handle of the funnel in your right hand and move it in a slow, circular pattern so that the egg threads do not break and so that they cook in the solution. The higher the egg threads are

poured from, the thinner they will be. As soon as the funnel is empty, take the pan off the stove, add a little water and take out the egg threads with a slotted spoon, placing them on a wet plate. Return the syrup to the heat and continue in the same way until the egg mixture is finished.

## "Ovos moles"

### Egg Sweet



- 500 g sugar
- 3 dl water
- 24 egg yolks

Heat the sugar and water in a pan. Allow to boil until pearl-like drops are formed when the solution is dripped from a spoon (32° on a syrup density meter). Take the mixture off the stove, let it cool and then add the broken egg yolks. Return the pan to the heat to cook, stirring continuously from side to side with a wooden spoon. Serve this egg sweet sprinkled with cinnamon.



## "Queijo de figo"

Fig and almond cake



- 250 g dry figs
- 250 g almonds
- 250 g sugar
- 25 g powdered chocolate
- 5 g cinnamon
- 1.5 g aniseed
- 1.5 dl water
- grated rind of ½ lemon
- granulated sugar to taste

8



1. Toast the figs and the almonds. Grind them separately.
2. Put the water, sugar, cinnamon, grated lemon rind, aniseed and chocolate in a pan.
3. Heat until the mixture separates when the bottom of the pan is scraped with a spoon.
4. Add the ground almonds, stirring constantly and allow to boil for five minutes.
5. Then add the ground figs, continuing to stir and allowing the mixture to boil for another five minutes.
6. Sprinkle granulated sugar over a tin, pour the mixture in and allow to cool.
7. Once cold, mould one or several fig cakes.

## "Figos cheios (Olhão)"

Stuffed figs,  
Olhão style

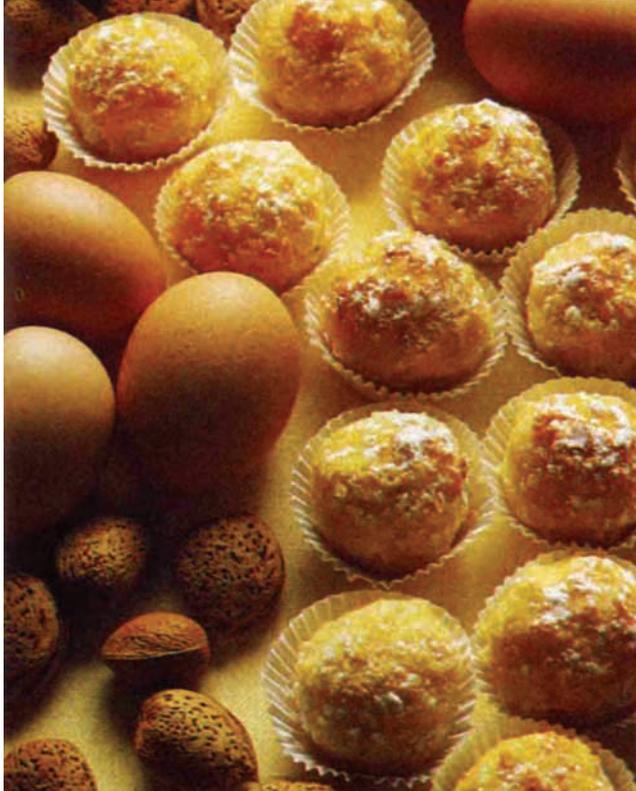


- 1 kg dried figs
- 250 g almonds
- 125 g sugar
- 25 g powdered chocolate
- 2.5 g aniseed
- grated lemon rind, to taste
- cinnamon to taste



Makes about 40 figs

1. Grind the almonds. Add the sugar, chocolate, cinnamon, aniseed and stir until well blended.
2. Pick up the figs and pull their stems so that they have an elongated shape.
3. Make a vertical cut in the figs with a sharp knife. Stuff the figs through this cut.
4. Close them up and hide the point where they were stuffed.
5. Brown them in the oven.
6. Then wrap them in decorative white paper. Tie them together like a string of garlic.



## "Beijinhos de amêndoa"

Small almond cakes



- 250 g sugar
- 125 g almonds
- 6 egg yolks
- 1 egg white

Makes 20

1. Peel the almonds and crush them until they form a paste.
2. Cover the sugar with water, stir in order to dissolve it and boil for a few minutes until it forms a slightly thick, unbroken string when dripped from a spoon.
3. Add the almonds, stir on a moderate heat until the mixture is smooth and remove from the heat.
4. When it is lukewarm, fold in the egg yolks after beating together with the white. Return it to the heat, stirring constantly until the mixture becomes dry.
5. Remove from the heat again and, when lukewarm, mould into small balls with your fingers greased with melted butter. Place the balls on a buttered baking tray, and bake in a hot oven until they become slightly brown.
6. Once cool, place them in fluted paper cases.

## "Bolo delícia do Algarve"

Egg, almond  
and chila jam  
cake



- ½ kg sugar
- 30 egg yolks
- 300 g almonds
- 70 g margarine
- 5 g cinnamon
- 50 g pumpkin in syrup
- 200 g chila jam



 14

1. Boil the sugar for a few minutes until it forms a slightly thick, unbroken string between the fingers.
2. Fold the sugar into the egg yolks stirring very quickly.
3. Add the almonds, the margarine and the pumpkin cut into very small pieces. Return to the heat to thicken.
4. Grease a baking tin with butter and line it with greaseproof paper. Pour in the mixture with alternate layers of cinnamon and chila jam.
5. Return to the heat to dry a little.
6. Decorate to taste.



## "Bolo de mel à moda de Sagres"

Honey cake,  
Sagres style



- 250 g sugar
- 300 g wheat flour
- 8 eggs
- 2 dl olive oil
- ¼ l honey
- 10 g baking powder

12

1. Beat the egg yolks thoroughly with the sugar.
2. Put the olive oil and honey in another pan and bring to the boil.
3. Then let the mixture cool down and add the sugar and egg yolk mixture. Stir in the sifted flour and the baking powder and finally the stiffly beaten egg whites.
4. Pour on to a baking tray greased with butter and floured, and bake in the oven.
5. Once cold, cut the cake into squares. It can also be baked in a tin. Decorate to taste.

## "Figos de amêndoa e chocolate"

Small fig-shaped almond and chocolate cakes



- 250 g sugar
- 250 g peeled almonds
- 30 g cocoa
- 1 egg
- 1 soup spoon milk



 Makes 16

1. Boil the sugar for a few minutes until it forms a slightly thick, unbroken string when dripped from a spoon. Add the almonds, peeled and ground. Let the mixture continue to boil until it is so thick that a mark is left in it by a spoon.
2. Then remove it from the heat and add the cocoa, the egg and the milk.
3. Stir all the ingredients together and return to the heat to thicken further.
4. Place the mixture on a damp tray and mould it into the shape of figs.



## "Bolo mimoso"

Almond cake with chila jam and candied fruits



- 250 g sugar
- 3 eggs + 3 egg yolks
- 250 g peeled almonds
- 50 g butter
- 75 g fios de ovos (egg yolk threads)
- 40 g chila jam (a preserve made from chila, the malabar gourd)
- 30 g candied orange peel
- butter, flour and sugar to taste

8

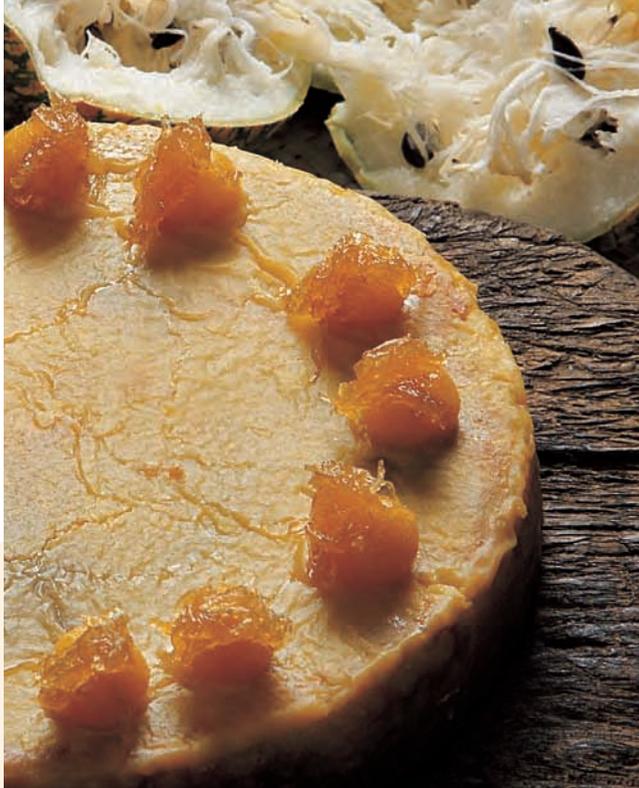
1. Mix the whole eggs and the egg yolks with the sugar and beat well.
2. Add the almonds (peeled and ground), butter, fios de ovos, the chila jam and the finely chopped orange peel.
3. Pour the mixture into a well buttered round tin that has been sprinkled with flour and bake in a moderate oven for 50 minutes.
4. Afterwards remove from the tin and sprinkle with sugar while it is still warm.

## "Bolo de chila"

Chila jam cake

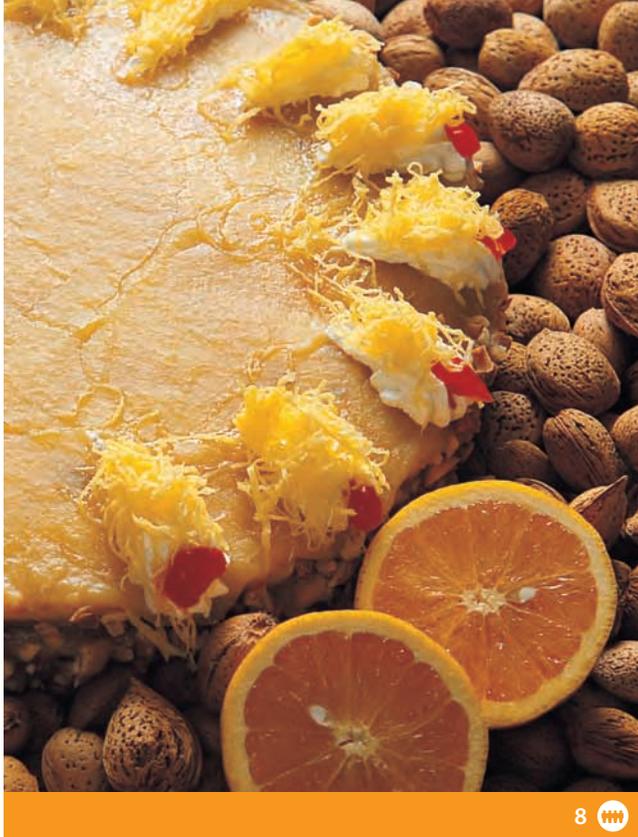


- 250 g sugar
- 250 g peeled almonds
- 20 g powdered chocolate
- 150 g chila jam  
(a preserve made from chila, the Malabar gourd)
- 6 eggs



8

1. Beat the eggs and the sugar until thick, then add the ground almonds (unpeeled), the chocolate and finally the chila jam.
2. Pour the mixture into a baking tin greased with butter lined with greaseproof paper also greased with butter, and bake in the oven.
3. Decorate to taste.



## "Bolo mimoso (Tavira)"

Almond, chila jam and candied fruits cake



- 250 g sugar
- 250 g almonds
- 6 egg yolks
- 4 egg whites
- 1 orange (grated rind and juice)
- 200 g chila jam (a preserve made from chila, the malabar gourd)
- candied fruits to taste
- 40 g melted butter

8

1. Mix together the sugar, the egg yolks, the orange juice and grated orange rind.
2. Beat thoroughly and add the stiffly beaten egg whites and the melted butter (not very hot). Add the raw almonds (peeled and ground), the chila jam and the candied fruits.
3. After beating well, pour the mixture into a baking tin greased with butter and lined with grease-proof paper.
4. Bake in a medium oven for about one hour. Use a cocktail stick to check if it is ready.
5. Remove the cake from the tin and the greaseproof paper while it is still warm.

## "Dom Rodrigues"

Sweet egg and sugar delicacy



- 250 g fios de ovos (egg yolk threads)
- 50 g peeled, grated almonds
- 250 g sugar
- ½ dl water
- 4 egg yolks
- cinnamon to taste



6

1. Put 200 g of sugar in a pan and cover with water. Bring to the boil and boil for two minutes until the sugar forms pearl-like drops when dripped from a spoon.
2. Remove from the heat and stir in the almonds. Leave the mixture until it is lukewarm, then add the egg yolks and return to the heat, stirring until it thickens. Sprinkle with a little cinnamon.
3. With the remaining sugar and water, make a syrup by boiling until the sugar forms a string when dripped from a spoon.
4. Pour the syrup into a frying pan and return to the heat. Once boiling, add the fios de ovos and, on top, the previously made mixture of sugar, almonds and egg yolks.
5. Using two spatulas, wrap the fios de ovos around the mixture until they are fully combined.
6. Allow the mixture to brown slightly and then remove from the frying pan.
7. Cut out six squares of tin foil.
8. Place equal amounts of the mixture on each square, join the four corners each square and twist them together.



## "Queijinhos de amêndoa"

Small almond cakes



- 250 g sugar
- 250 g almonds
- 2 egg whites
- ovos moles (an egg yolk sweet) to taste

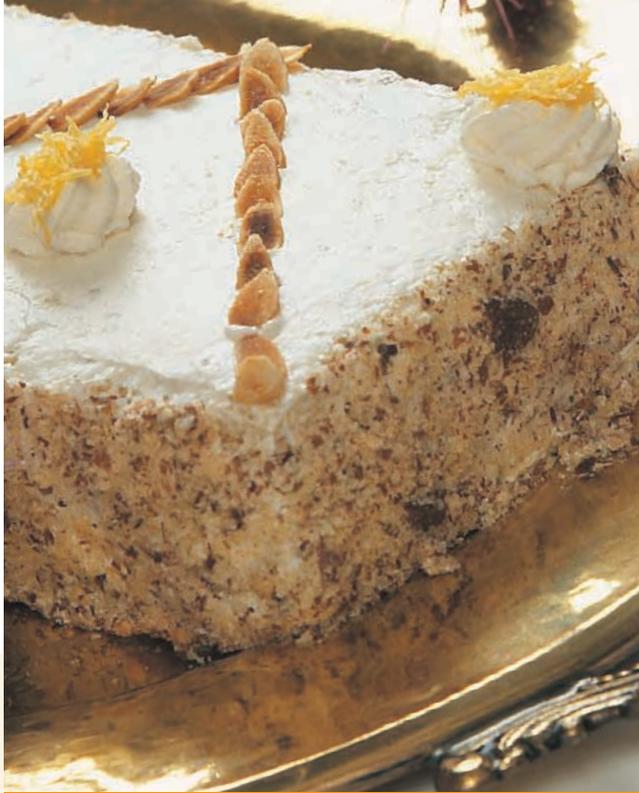
1. Add the sugar to the almonds and the egg whites. Knead with your hands until it is ready to be moulded.
2. Make balls with a hole in which the ovos moles are placed.
3. Use an upturned glass to spread the balls out and make them round.
4. Then tap them with a spatula to make them smooth and sprinkle with refined sugar.

## "Pão de Ló de amêndoa"

Almond  
sponge-cake



- ½ kg sugar
- ½ kg almonds
- 6 eggs



 12

1. Beat the egg yolks with the sugar until the mixture thickens.
2. Grind the almonds and then add to the mixture. Beat the mixture thoroughly, then gently fold in the stiffly beaten egg whites without beating further.
3. The cake tin should be greased and lined with greaseproof paper that has also been greased.
4. Bake in a moderate oven.



## "Bolo amendoado"

Almond, walnut and chila jam cake



- ½ kg sugar
- 8 egg yolks
- 160 g chila jam (a preserve made from chila, the Malabar gourd)
- 160 g almonds
- 100 g walnuts
- 30 g figs
- 60 g margarine
- 50 g breadcrumbs
- 50 g chopped tinned pumpkin

12

1. Boil the sugar for a few minutes until it forms a slightly thick, unbroken string when dripped from a spoon. As soon as this occurs, add the chila jam and the margarine. Stir well and remove from the heat.
2. Then add the almonds, already mixed with the breadcrumbs, together with the walnuts, figs and pumpkin and after that the egg yolks, lightly beaten.
3. Bake the cake in a tin lined with buttered, greaseproof paper. Bake slowly.

## "Florados de Lagoa"

Sweet almond delicacy with egg yolk threads, Lagoa style



- 250 g granulated sugar
- 250 g peeled almonds
- fios de ovos (egg yolk threads) to taste



Makes 12

1. Peel the almonds, wash, place in a bowl and cover with cold water.
2. Using a sharp knife cut them lengthwise into very thin strips, which are then placed in another bowl with water to prevent them from becoming dark in colour.
3. Boil the sugar with a little water for a few minutes until it forms a thick string when dripped from a spoon.
4. Add the almonds after straining them and stir until the mixture becomes dry.
5. Take out spoonfuls of the mixture, one by one, and mould them, with your wet hands on a damp board, into thick circles about 5 - 6 cm in diameter. Should the mixture in the pan become too dry, add a few drops of water and return the pan to the heat to melt the sugar.
6. Once moulded, leave the circles on the damp board until the following day, when they can be loosened with a knife.
7. Place a little of the fios de ovos in the centre of each "flower".









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