



The Lisbon Cooking Academy Cook Book

The perfect ebook for people who are curious
about portuguese food

Summary

Preface	05
Who we are	06
Flavors of Portugal	09
Recipes	13
• Soup	
• Portuguese Chicken Soup	15
• Portuguese Cabbage Soup	16
• Portuguese Fish Soup	17
• Meats	
• Beef Croquettes	20
• Pork Steak Sandwich	22
• Chicken Brás Style	23
• Chicken with Lemon	25
• Chicken in a Clay Pot	26
• Duck Rice	28
• Meat Savoury Cake	30
• Pan-fried Chicken	31
• Pork Loin	32
• Alentejo-style Pork and Clams	34
• Poultry Sausage Ball	35
• Quick-fried Beef with Pickles	36
• Scrambled Eggs with Bread Sausage	37

Summary

- Fish
 - Fish Cataplana 39
 - Clams Bulhão Pato Style 42
 - Codfish Brás Style 44
 - Codfish Cakes 46
 - Codfish Fritters 48
 - Codfish Gomes de Sá Style 49
 - Codfish Salad 51
 - Codfish with Cream 52
 - Codfish with Portuguese Corn Bread Crumble 54
 - Fish Rice 56
 - Fish Stew 58
 - Roasted Octopus 60
 - Octopus Salad 62
 - Garlic Shrimp 64
 - Sardine on toast 65
- Desert
 - Almond Cake 67
 - Angel's Double Chins 69
 - Heavenly Cream 71
 - Elvas Egg Pudding 73
 - Portuguese Cheese Cakes 75
 - Portuguese Egg Tart 77
 - Portuguese Floating Islands 79
 - Puff Pastry for Pastel de Nata 80
 - Orange Rolled Cake 82
 - Rice Pudding 83
 - Sintra's Pillows 84

Summary

- Vegetarian & Vegan
 - Algarve-style Salad (vegan) 86
 - Carob Brownie (vegan) 87
 - Green Bean Fritters (vegetarian) 88
 - Green Eggs (vegetarian) 90
 - Green Pea Salad (vegetarian) 91
 - Egg Tart (vegan) 92
 - Puff Pastry (vegan) 94
 - Tomato Rice (vegan) 96
 - Tomato Stew (vegetarian) 97

Conversion Chart 99

Places to Visit

- Lisbon 101
- Sintra 102

Customer Reviews 103

Our Partners 104

Contacts 105

Preface



*"There is no sincerer love than
the love of food."*

George Bernard Shaw

We love food, and believe that we can use it to create and experience unforgettable moments. That's why in 2017 we opened the Lisbon Cooking Academy, a school where everybody can learn and share their food experiences, always in a casual and relaxed atmosphere. Since we believe that food is culture, we love to have guests from all over the world to share with them the best of Portugal's rich and diverse gastronomy.

Who we are

Here at Lisbon Cooking Academy we like to do things well and Portuguese. For us, this means learning the rules and going a little further, with dedication, perseverance, and a pinch of obsession - the kind that makes us jump out of bed to improve that vegan cream cake recipe, to create inspiring events and workshops for enthusiasts from all over the world, to bring even more different people to our table.

That same energy has led us to create this ebook, with which we would like to share what we do best here - at this school, in Lisbon and throughout this beautiful country. We invite you to read our cooking ebook.





Chef Ana Vicoso

I'm incredibly passionate about cooking and training! Even though it took me almost reaching 30 to find the courage within myself to pursuit cooking, I regret not one minute of it! I have already participated in many incredible projects, and I continue to learn every day! Now I dedicate myself fully to my dream come true, the Lisbon Cooking Academy







-  Degree in Leisure Management and Touristic Entertainment – Estoril Higher Institute for Tourism and Hotel Studies
-  Trainer Professional Ability Certification
-  Head Chef at Yes! Lisbon Hostel
-  Culinary Arts Technological Specialization Course – Lisbon Tourism and Hotel Studies School, in partnership with Ecole Hôtelière de Lausanne
-  Internship at Fortaleza do Guincho
-  Head Chef at Café Nicolau
-  Cooking trainer at Portuguese institute for employment and professional studies
-  Head Chef at A Padaria Portuguesa
-  Chef Instructor at Lisbon Tourism and Hotel Studies School
-  Founder of Lisbon Cooking Academy



Chef Rita Barbosa

Sugar and chocolate are my best friends! After taking a degree in theater in which, during my free time, I went to the movies or was at home making cakes and sweets, I decided to take a cooking course. This course opened the door to the restaurant world where I had the opportunity to experience several areas. I like to exchange cultures, recipes and secrets and in this need to reconnect the kitchen to people, I decided to pursue this challenge at the Lisbon Cooking Academy.



-  Degree in Performative Arts and Technologies – Lusófona University of Humanities and Technologies.
-  Certificate of professional training Cookery and Pastry Course in Work Context 7th Edition – Association of Portuguese Professional Cooks (ACPP)
-  Internship at Pousada da Cidadela de Cascais, Pestana Group
-  Confectioner at Museu da Cerveja
-  Trainer Pedagogical Skills Certificate
-  Chef at Lisbon Cooking Academy



Flavors of Portugal

Welcome to Portugal! As you may already know, traditional Portuguese cuisine is based on Mediterranean cuisine. Yes, we are not exactly in the Mediterranean Sea, but many centuries ago, Lusitania (the territory that would become Portugal) was invaded by the Romans and they heavily influenced our lifestyle. The ingredients of Mediterranean cuisine are somewhat different from those of Northern European cuisine, as we cook with olive oil instead of butter, and drink wine instead of beer. The variety of ingredients available has changed over the centuries - one such change was the introduction of many foods by the Arabs in Portugal, Spain and Sicily during the Middle Ages, and the arrival of new foods from the Americas, Africa and Asia during the Conquering times.

Here are some of the ingredients that mark our gastronomy.



OLIVE OIL

The olive is said to have appeared in the Persian region and soon spread to the nearest areas, reaching Italy and then Portugal. The ten countries with the largest harvests are all close to the Mediterranean, where Portugal is the tenth largest, and together they produce 95% of the world's olives.

The Mediterranean region is responsible for the world's largest consumption of olive oil! In 2014, Greece was the most consuming country. They used 17 kg, per head; Italy, 12 kg, Spain, 13 kg, the United States by comparison used only 1 kg per head. Funny, isn't it?

SALT AND BLACK PEPPER

As a country by the sea, salt is very present in our history. Did you know that there was a time when wages were given in salt? That's why our word for salary is Saldrio. Even in English the words are similar! Salt has for centuries been used as a food preservative, and it was from there that our famous cod was born! Pepper began making the rounds during the Conquering times, when our sailors arrived from voyages to India with crates full of new spices. We do not use pepper as an ingredient to mince food, but rather as an aromatic.



ONION

The onion is a mandatory ingredient of a Portuguese family pantry. Mostly it is used at the beginning of a recipe, the Refogado, always with cold olive oil and garlic. Let it cook until the onion is transparent, ensuring you have already perspired the onions' juices into the olive oil. They say this way the food also digests more easily! This is the same base as other Mediterranean foods, but they let the olive oil warm first before adding the onion and garlic. It may seem like a small change, but it makes quite the difference at the end! So do not forget, for Portuguese food, add everything when the olive oil is cold!



GARLIC

Another key product! GARLIC! Did you know that garlic in ancient Egyptian times was even to pyramid builders for strength? Garlic has always been linked to the concept of strength and that is why it was so widely used in medieval medicine. For the kitchen, it only began to be used in the seventeenth century due to its active flavor. In Portuguese cuisine the use of garlic is essential in the "Açordas", "Alhada de Cação", many marinades and to our famous refofado. Another ingredient that goes well with garlic is our wonderful cod. There is also the rhyme: "Cod wants garlic".

We like to say there are no bad cooks during the tomato season! Tomato is an essential in Portugal, especially in the south. As the weather gets warmer, tomatoes get sweeter and juicier. Southern gastronomy is very heavily tomato-based due to the immense plantations of this fruit. During the Middle Ages, tomato did not exist in Portugal, but when the Spanish arrived in Central America, in what is now Mexico, they found this wonderful treat and brought it to Europe, and soon we ourselves began cultivating it.

TOMATO



BELL PEPPER

Like the tomato, bell peppers were brought into our culture by trade with the Spanish, this time arriving from South America. We use bellpeppers in different forms, cooked or raw, but also in paprika and bellpepper paste to add that extra kick to any dish!

Bay leaf is a staple in most of our dishes. When we sauté onion and garlic with olive oil, a bay leaf is always there. We may buy it at any supermarket, but our favorite is the one we get from the local market - a variety dried naturally so it retains all its original flavor. Some people think the taste is so mild that it doesn't matter if you add it to your recipe, but trust our word, it makes all the difference!

BAY LEAF



CORIANDER / CILANTRO

One of the fresh herbs we use the most in Portuguese gastronomy! We love the freshness it adds to our plate, but some people describe the flavor as soapy - which happens due to a difference in our genetics! We also know that some countries refer to this herb as cilantro and others as coriander, so we leave you here the botanical name which is *Coriandrum Sativum*.

Aside with coriander, this is the most commonly used fresh herb in our gastronomy. Milder than coriander, it's used for some freshness but also as a colorful add-on. It's used in all kinds of dishes, from seafood to meats, but also in salads and fritters.

PARSLEY





CHORIZO

The Spanish have Presunto and the Portuguese have Chorizo. This type of "sausage" is typical in all corners of Portugal, with the pig being the most bred animal in the country and there being a need to preserve the leanest parts of the animal - put them in salt, and they absorb too much of it. There are several ways to make Chorizo, but the most traditional is to stuff the pork's intestines (washed of course!) with a mixture made of meat, garlic, wine, bellpepper paste, blood and many spices!

FRESH FISH



As you may know, Portugal only has two borders, Spain and the Atlantic Ocean. In an attempt to get more food, people turned their eyes to the sea. Our coast is very rich in its biodiversity, and little by little our gastronomy was became notable for our fresh fish. The best way, in our opinion, is to grill the fish and to accompany it with vegetables and potatoes cooked with a little olive oil. Yummy!



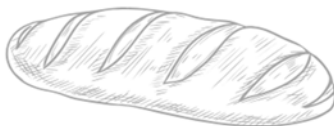
PORK

Traditional Portuguese cuisine, when it comes to meat, goes a lot for pork. This animal was the diet of peasants because it is fast growing, easy to preserve with salt and has great profitability of the carcass. As we lived in times of need, the pig was enjoyed from nose to tail! The only things we don't eat are hair and nails!

DRY CODFISH



Cod is our national dish, though it is not native to our coast. During the Conquering times, our sailors near Canada started catching fresh cod to eat, and later realized that if they dried it with salt, they would help preserve it longer, so they always had good food for the trip. When they returned to Portugal, they sold the cod that they still had on board, and people realized that cod preserved in this way was able to maintain its quality and travel to the interior of the country, thus offering more variety of food to more people. We say we have 1001 ways to cook cod, because each town and village has created their own special recipes. Now it's part of our cuisine, our lives and our identity.



BREAD

Bread! What would a Portuguese table be without bread? NOTHING! Bread became a very popular product on our tables as it was an inexpensive ingredient to make or buy and satiated many large families! Too much bread and too little meat, that was the motto. Portugal was a country rich in cereals and that's why we have such a variety of breads. Lisbon became a big city also with the contribution of the cereals that the country produced. The vast majority of our wheat plantations are located in Ribatejo, a place where the Tagus River passes and brought cereals to Lisbon, where the river flowed. Cereals were usually traded in Praça do Comércio.

WINE

There's so much to say about wine, so we'll keep to the essentials! We are a wine country (rather than beer), and we have a strong wine culture. There are 14 wine regions and 250 different types of grapes throughout the country. We mainly produce red and white wine, but also green wine and sparkling. We also produce of Port, a sweet liquor wine, regarded abroad as a delicacy, used here in cooking, baking, and on very special occasions.





EGG

Upon entering a portuguese pastry shop you will realize that all our sweets are very yellow. This is because everything is yolk based. During the Middle Ages, our nuns used many egg whites in their daily lives and had many egg yolks to spare. Because of this, they began to create yolk-based candies, thus creating what we call Conventual Pastry, the portuguese traditional pastries.

SUGAR

When the Portuguese claimed Brazil, they found in sugar canes something wonderful to bring back to the mainland. At the time, the King had to give 1/5 of everything that came from overseas to the church. That is, tons of sugar fell into the hand of nuns. That's why our pastry is so sweet! The nuns, having a sweet tooth, add a lot of sugar to their new recipes!



LEMON

Lemon is a very present flavor in our pastries. In Portugal there is a great climate for citrus trees and lemon grows particularly well in our soil. With this in mind, the nuns began introducing lemon rind into the recipes through an infusion, balancing the strong sweetness of the sugar with the acidity of the lemon. It helps balance every flavor and helps create the identity of our sweets.

CINNAMON

Cinnamon! What a wonderful spice! Another great addition to our gastronomy that came to Portugal through the Conquering times. There is no cinnamon in Portugal - only became known when the Spice Route was established after Portuguese explorers found the sea route to India. Like sugar, the King gave the church plenty of spices and the nuns fell in love with cinnamon, adding this spice to all their recipes. Like lemon, it is added through an infusion to release all its flavors.



Recipes

Soups

Meats

Fish

Desserts

Vegetarian & Vegan

Canja

(Portuguese Chicken Soup)

Ingredients

½ chicken	2 carrots
2 tbsp olive oil	Mint to taste
1 onion	250 gr rice
1 clove of garlic	Black pepper to taste
3 l water	

Instructions

- 1 Cut the skinless chicken into 8 pieces.
- 2 Peel and chop roughly the onion and garlic. Peel the carrots and slice.
- 3 In a pot, add the olive oil, onion and garlic. Turn the heat to medium and cook until the onions are softened and golden. Add the carrot and let it cook for 5 minutes.
- 4 Add the chicken, letting it gain some color on all sides.
- 5 Add enough water so it just covers the chicken, then add the mint. Bring it to a boil and let it cook for about 30 minutes.
- 6 Remove the chicken and shred it, while adding the rice to the boiling stock and letting it cook for about 15 minutes. Add the shredded chicken and let it cook for another 2 minutes.
- 7 Serve, decorating with mint leaves to taste.



Caldo Verde (Portuguese Cabbage Soup)

Ingredients

5 potatoes	20 ml olive oil
300 gr of Couve Galega (cabbage)	1 portuguese Chorizo
1 onion	Salt to taste
2 garlic cloves	2 L water

Instructions

- 1** Chiffonade the cabbage (cut into thin stripes).
In a soup pot, add the olive oil and the minced onion. Stir and cook for a few minutes. Add the garlic and stir again. Add the
- 2** water, potatoes, and after 15 minutes add the chorizo, letting it cook for 15 minutes more. Remove the chorizo and season with salt.
- 3** Process everything with a hand mixer, until you get a nice texture.
- 4** Add the cabbage and turn off the heat.
- 5** Serve with slices of chorizo on top, and a drizzle of olive oil.

Sopa de Peixe (Portuguese Fish Soup)

Ingredients

800 gr fish	½ red bell pepper
Olive oil to taste	400 gr tomato
2 onions	200 gr thifferini Pasta
4 garlic cloves	Salt to taste
2 bay leaf	Coriander to taste
1 carrot	1 Leek
½ cup of white wine	Dried oregano to taste

Instructions

- 1 Season the fish with salt.
- 2 In a pan with 2l of boiling water add 1 onion, 1 clove garlic, the leek, 1 bay leaf. Boil for 10 minutes, add the fish, then cook for 10 more minutes. Once the fish is done, move to a plate and leave to cool. Reserve the broth.
- 3 In a separate saucepan, add olive oil, chopped onion, bay leaf, garlic and pepper. Simmer until the onion is translucent. Add the peeled tomatoes and sauté.
- 4 Add the white wine and let the alcohol evaporate.
- 5 Add the fish broth to the sauté. Bring to a boil and cook for 5 minutes, then remove the bay leaf. Grind everything with the hand blender.

6

Add the pasta and cook for 10 minutes. While the pasta boils, debone and shred the fish.

7

After the pasta is cooked, add the fish and bring to a boil.

8

Serve with some chopped coriander and with crumbled oregano.



Meats

Croquetes de Carne (Beef Croquettes)

Ingredients *(for the filling)*

350 gr beef mince	80 gr flour
60 + 20 gr butter	Juice of 1 lemon
1 clove of garlic	salt to taste
60 gr portuguese Chorizo	Black pepper to taste
1 bay leaf	Nutmeg to taste
200 ml milk	Parsley to taste
1 onion	

Ingredients *(for the filling)*

2 Eggs	Oil to fry
Breadcrumbs	

Instructions

- 1** In a frying pan, add the 20 gr of butter, garlic, bay leaf and chorizo. Stir and let it cook for 2 minutes in medium heat.
- 2** Add the minced meat and season everything with salt and black pepper. Let it cook and with a fork, mash the meat loose. Once it is cooked, add the chopped parsley and stir everything. Remove the bay leaf and turn off the heat.
- 3** In a sauce pan put the remaining butter and the onion. Bring to medium heat without browning. Add the flour and stir very well. Slowly and while stirring, add the milk. Season with a pinch of salt, black pepper, nutmeg and lemon juice.

4

Add the meat to the cream and mix well for 3 minutes. Turn off the heat and let it cool down.

5

With the dough, mold the croquette (into balls or cylinders) and cover them in flour.

6

Dunk the croquettes in a beaten egg and then into breadcrumbs.

7

Fry the croquettes on both sides in hot oil.

8

After fried, place them on a plate with absorbant paper.

Bifana

(Pork Steak Sandwich)

Ingredients

10 fine slices of pork	1 cup Port wine
1 onion	1 cup red wine
2 cloves of garlic	1 cup Portuguese Brandy
3 tbsp of tomato paste	1 pinch of pepper
1 bay leaf	1 L beer
3 tbsp olive oil	Juice of half a Lemon
10 portuguese bun bread	Salt to taste
Mustard to serve	Black pepper to taste

Instructions

- 1 Season the pork with salt and pepper.
- 2 Chop the onion and garlic.
- 3 In a large pan put together the onion, the garlic, the bay leaf and the olive oil. Turn on the heat on medium heat and let it cook until the onions are soften and a bit golden.
- 4 Add the tomato paste to the mixture and let it cook for 5 minutes.
- 5 Add all the beverages and bring it to a boil and then add the lemon juice.
- 6 Add the pork beef to the liquids and let it cook for about 15 minutes with the liquids boiling all the time.
- 7 Put each meat portion inside a bread and serve with mustard.

Frango à Brás (Chicken Brás Style)

Ingredients

400 gr chicken breast	1 egg yolk
1 lemon	½ cup white wine
1 tbsp butter	4 tbsp olive oil
1 onion	Powdered cumin to taste
2 cloves of garlic	Salt to taste
1 bay leaf	Black pepper to taste
300 gr potatoes, cut into very fine strips	Parsley to garnish
5 eggs	Black olives to garnish

Instructions

- 1** Preheat the oven to 190°C.
- 2** In an oven tray, lay the chicken, seasoned with, the lemon juice and peel, salt, black pepper and cumin, 1 crushed garlic clove, 2 tbsp of olive oil and the butter. Wrap everything tightly in foil and cook it in the oven for about 25 minutes.
- 3** In a pan, put together the sliced onion, chopped garlic clove, bay leaf and olive oil. Turn the heat on, and cook it until the onion is softened but not browned.
- 4** Once the chicken is cooked, add to the onion. Season with salt and black pepper to taste, stir well, then add the wine.
- 5** Add half of the potato strips and fold, then turn off the heat.

- 6** Whisk the eggs and egg yolk and add to the chicken and potato mixture.
- 7** Bring it to low heat and stir constantly so the eggs cook while maintaining a creamy consistency.
- 8** Add the other half of the potato strips and fold well.
- 9** Decorate with parsley and olives.

Frango com Limão (Chicken with Lemon)

Ingredients

2 chicken thighs and
drumsticks
50 ml olive oil
1 tbsp of butter
Thyme to taste
2 garlic cloves
1 cup of white wine

2 basil leaves
¼ lemon
Salt to taste
Black pepper to taste
Salt to taste
1 bay leaf

Instructions

- 1** In a pan, add olive oil and butter over high heat. Add the chicken and cook all sides until golden brown.
- 2** Stir in the heat and add the crushed garlic, lemon, thyme, basil, salt, pepper and bay leaf. Cover with a lid and cook over low heat for approximately 1 hour and 15 minutes.
- 3** After the time is up, pour the wine, and let the alcohol evaporate.
- 4** Serve with lemon rice.



Frango na Picara (Chicken in a Clay Pot)

Ingredients

1 whole chicken cut into small pieces	1 carrot
2 tbsp bell pepper paste	1 tbsp tomato paste
3 cloves of garlic	½ portuguese Chorizo
2 bay leaf	½ bottle of white wine
1 onion	1 cup red wine
2 tbsp olive oil	Parsley to serve
2 tomatoes	Salt to taste
	Black pepper to taste

Instructions

- 1** Preheat the oven to 190°C.
- 2** In a bowl, season the chicken with the bell pepper paste, black pepper, one clove of garlic and the bay leaf. Fold everything and let it marinate for about 30 minutes.
- 3** In a large pot put the olive oil, chopped onion, and remaining garlic, chopped. Turn on the heat and let it cook until the onion is golden and soft.
- 4** Add the carrot and chorizo, both sliced.

5

Let it cook for about 10 minutes, then add the tomato paste and tomato, cut into cubes and the tomato paste. Let it cook for 5 more minutes, then add the chicken.

6

Fold everything and let it cook in high heat for 5 minutes.

7

Add the white and red wine and bring to a boil.

8

Carefully transfer the chicken to an oven-proof pot, cover, and put it in the oven for about 40 minutes.



Arroz de Pato (Duck Rice)

Ingredients

1 duck (gutted)	1 chunk of bacon
800 gr of long grain rice	cloves to taste
2 l water	Mustard seeds to taste
800 gr duck broth	4 oranges
4 onions	olive oil to taste
5 cloves of garlic	Thyme to taste
3 bay leaves	Cilantro to taste
4 carrots	2 cups white wine
1 leek	Salt to taste
2 portuguese chorizo	

Instructions

- 1** Preheat the oven to 190°C.
In a large pan, add the water seasoned with salt, pepper, cloves, mustard seeds, zest of 1 orange, thyme and cilantro.
- 2** Add 2 unpeeled onions, 3 garlic cloves, 2 bay leaves, 2 carrots, the leaf of the leek (cut into chunks), chorizo and bacon.
Let it cook for 40 to 50 minutes. As it boils, remove the dark foam brewing on top of the broth.

- 3 Once cooked, remove everything to a tray and strain the broth into a separate container.
- 4 While the duck cools, shred it, and cut a few slices of the chorizo and bacon, setting them aside for plating later.
- 5 Mince the remaining onions and garlic, dice the carrots, and slice the leek stalk. In a pan with olive oil, add these, as well as the bay leaf, chorizo and bacon, letting it cook for 5 minutes in medium heat. Add half the shredded duck and cook for 3 more minutes.
- 6 Add the white wine and let the alcohol evaporate,
- 7 Add the rice and stir everything together.
- 8 Add the duck broth, stir everything once, and check the seasoning, adding more salt if needed. When the rice is almost fully cooked, transfer everything to a oven tray (a clay tray is preferable), smooth it all evenly and decorate with the slices of chorizo and bacon on top.
- 9 Bake in the oven for 15 to 20 minutes.



Rita's Seal of Approval

Since I was a child I remember LOVING duck rice. If I see this dish on any restaurant menu, that's exactly what I will order. For years, I have dreamed of learning how to cook it because at home, despite my penchant for the kitchen, duck rice was never the way I liked it. I'm incredibly picky about this dish. The duck must have a deep flavor, the rice needs to be dark and loose, crispy on top with well-toasted chorizo and bacon decorating. When I learned this recipe I so happy that it was exactly what I hoped it would be. I wish that, when you're tasting this dish by yourself, it gives you the same unbridled joy it gives me Enjoy your food!

Bola de Carne

(Meat Savory Cake)

Ingredients

360 gr flour	75 gr chouriço (smoked sausage)
8 eggs	
90 gr margarine	150 gr portuguese Chorizo
180 ml milk	75 gr ham
2 gr baking powder	150 gr sliced cheese

Instructions

- 1** Preheat the oven to 180°C.
- 2** Cut the meats and the cheese into small slices.
- 3** Separate the egg whites from the egg yolks.
- 4** In a bowl add the yolks, flour, salt, baking powder, milk and margarine and mix everything together.
- 5** Whisk the egg whites until it forms soft peaks and fold them into the previous mixture, being careful not to lose all the airy consistency in the whites..
- 6** Layer the dough, the meats and cheese in an buttered oven tray (dough, meat and cheese, dough to finish).
- 7** Bake it in the oven for about 25 to 30 minutes.

Frango à Passarinho (Pan-fried Chicken)

Ingredients

4 chicken thighs	1 tsp smoked paprika
2 garlic cloves	1 tsp bell pepper paste
200 ml olive oil	200 ml white wine
Juice of 1 lemon	Salt to taste
1 chili pepper	Black pepper to taste
1 bay leaf	Fresh parsley

Instructions

1

Trim the chicken thighs. Mince the garlic cloves. Deseed the chili pepper and cut into little cubes.

2

In a bowl mix the chicken, garlic, chili pepper, 1 tsp of olive oil, the bay leaf, paprika, bell pepper paste, 100 ml of the white wine and the lemon juice. Season everything with salt and black pepper. Mix all the ingredients and let it marinate in the fridge for about an hour.

3

Heat a frying pan with the remaining olive oil. Turn the heat to high and fry the chicken thighs on both sides, until you get a golden brown.

4

Add the liquid from the marinade, reduce the heat, and simmer for about 10 minutes. Meanwhile, chop the parsley leaves.

5

Plate the chicken thighs with the sauce and sprinkle with the parsley leaves, before serving.

Lombo de Porco

(Pork Loin)

Ingredients

800 gr pork loin	2 bay leaf
3 tbsp bell pepper paste	2 tbsp olive oil
2 cloves of garlic	Black pepper to taste
3 cups white wine	Salt to taste

Instructions

- 1** Preheat the oven to 190°C.
- 2** In an oven tray, rub the pork loin with bell pepper paste and season with black pepper and salt.
- 3** Add the chopped garlic, bay leaf, a drizzle of olive oil and the white wine to the tray.
- 4** Cover everything with foil, put it in the oven and cook for about 20 minutes.
- 5** After the 20 minutes, remove the foil and glaze the meat with the juices left on the tray.
- 6** Put it back in the oven without the foil and cook for 30 minutes more, repeating the glazing process every 10 minutes.
- 7** Serve with baked potatoes.



Carne de Porco à Alentejana (Alentejo-style Pork and Clams)

Ingredients

1 kg pork	1 cup white wine
4 tbsp bell pepper paste	500 gr clams (preferably fresh)
4 cloves of garlic	Oil to fry
1 bay leaf	Fresh parsley
1 tbsp olive oil	Salt to taste
black pepper to taste	

Instructions

- 1** In a bowl, season the meat with the bell pepper paste, garlic and the bay leaf. Let it marinate in the fridge for 30 minutes.
- 2** Meanwhile, peel and cut the potatoes into small cubes and rinse. Fry them and set aside for later.
- 3** In a pan heat the olive oil. Sauté the meat, then add the marinade liquid and the white wine. Cover and cook for about 15 minutes.
- 4** Add the clams and fold. Cover the pan and let it cook until all the clams are opened.
- 5** In a serving dish put together the fried potatoes, meat and clams, and top with chopped parsley.

NOTE: You may rework this dish into a starter by taking the clams and potatoes out, and serving the pork with a typical Algarvian salad.

Bolinhas de Alheira (Poultry Sausage Balls)

Ingredients

2 Alheira (poultry sausage)	Juice of 1 lemon
½ onion	flour
1 egg	Bread crumbs
Fresh parsley	Oil to fry

Instructions

- 1** With a knife, make a cut along the sausage to remove the filling.
- 2** Break the egg and separate the yolk from the white. Put the yolk in a bowl and the white in a deep plate.
- 3** To the yolk add the onion, parsley, a little lemon juice and the sausage contents. Mix to obtain a good consistency. Roll the paste into small balls and lay them on a plate.
- 4** Whisk the the whites, slightly. Dip the balls in flour, removing the excess, then pass them through the whites and finally, the breadcrumbs.
- 5** Fry the balls in hot oil until you get a golden appearance. Once thoroughly fried, place them on a plate with absorbant paper.

Pica-Pau

(Quick-fried Beef with Pickles)

Ingredients

600 gr veal steak	Black olives
6 garlic cloves	Pickles to taste
300 ml white beer	Piri-Piri sauce to taste
50 gr margarine	Black Pepper
3 tbsp oil	Salt to taste
2 bay leaves	Parsley to taste
4 tbsp mustard	

Instructions

- 1** Cut the veal steak into strips.
Season the meat with salt, black pepper and the piri-piri sauce.
- 2** Add the bay leaves and the beer, and let it marinate for 30 minutes.
- 3** In a frying pan add the oil, margarine and garlic. Stir everything and let it cook.
- 4** Add the clams, cover the pan and let it cook until all the clams are have been opened. Add the meat, reserving the marinade.
- 5** Add the mustard and fold everything well, then add the marinade sauce and simmer for 10 minutes until the sauce is clear.
- 6** Finally, turn off the heat, and add the pickles and the olives. Stir and serve immediately with chopped parsley on top.

Ovos Mexidos com Farinheira (Scrambled Eggs with Bread Sausage)

Ingredients

8 Eggs

1 Tomato

1 Bread sausage

Black pepper to taste

Salt to taste

Instructions

1

Remove the skin from the bread sausage and place the contents on a hot frying pan. Cook, stirring constantly letting the sausage release a lot of its fatness.

2

Dice a tomato into small cubes and add to the frying pan.

3

Beat eggs and season with a little salt and pepper.

4

Add the eggs to the frying pan and let it warm slightly until they start cooking, then fold everything until the eggs are cooked to the desired point.

5

Serve while hot.

A photograph of five fish, likely sea bream, arranged in a row on a dark metal grill. The fish are positioned vertically, with their heads at the top and tails at the bottom. They appear to be in the process of being cooked, with some browning and charring visible on their skin. The background is dark and out of focus, suggesting an outdoor or semi-outdoor cooking environment. The word "Fish" is written in a large, white, cursive font across the center of the image, overlapping the fish.

Fish

Cataplana (Fish Cataplana)

Ingredients

600 gr fresh fish, skinned and deboned	10 tbsp tomato paste
300 gr shrimp	200 ml white wine
2 onions	4 to 5 potatoes
4 cloves of garlic	Salt to taste
½ green bell pepper	Black pepper to taste
½ red bell pepper	12 bay leaves
2 to 3 tomatoes	Piri-piri sauce to taste
100 gr bacon	Fresh parsley

Instructions

- 1** Cut the fish in good chunks.
- 2** Wash the potatoes, peel and cut into thin slices.
- 3** Remove the cores from the peppers, deseed, and cut into strips.
Deseed and dice the tomatoes.
- 4** Cut the onions in slices

On the bottom of the cataplana pot, add olive oil and top with the following layers:

5

Bay leaf, onion, minced garlic, tomato, tomato paste, pepper, bacon, and potatoe. Season with salt, black pepper, olive oil, and a few drops of piri-piri sauce. Repeat all the layers. After seasoning again, place a layer of onion and tomatoe, then the fish and shrimp on the very top. Season with salt, black pepper and olive oil.

6

Set the heat to medium/high heat and cook until you hear crackling sounds. Add the white wine and cover the cataplana pot, letting it cook for about 10 minutes. After that, lower the heat for low/medium and let it cook like that for 20 minutes.

7

Serve the cataplana and sprinkle with the fresh parsley, previously chopped, right before serving.





Ameijoas à Bulhão Pato (Clams Bulhão Pato Style)

Ingredients

1 kg clams	1 lemon
3 tbsp olive oil	2 tbsp white wine
2 onions	1 pinch of salt
3 garlic cloves	1 pinch of pepper
1 cup coriander leaves	

Instructions

- 1** Leave the clams for 3 hours in pan with water and salt, to release any possible sand.
- 2** Heat up the olive oil in a large pot, add the garlic and stir for a minute.
Add the white wine, some of the lemon juice and, when starts to boil, add the clams. Season with salt and pepper and stir..
- 3** Close with a lid and cook in a medium heat, until the clams open their shells (more or less 3 minutes).

4

When the sauce begins to thicken and all the shells have opened, sprinkle with lemon juice and add the coriander leaves.

5

Transfer to a plate and decorate with lemon wedges.

Bacalhau à Brás (Codfish Brás Style)

Ingredients

2 codfish fillets	1 egg yolk
1 onion	½ cup white wine
1 garlic cloves (minced)	Salt to taste
1 bay leaf	Black pepper to taste
14 tbsp olive oil	Parsley to garnish
300 gr potato strips	Black olives to garnish
4 eggs	

Instructions

1

To boil the codfish, put it in a pot with enough water to cover it, bring to a boil, then lower to a simmer for about 15 minutes. Once cooked, discard the water. Using gloves, shred the codfish into smaller pieces by discarding the bones and the skin.

2

In a pan, add the olive oil, sliced onion, minced garlic and bay leaf. Cook until the onion is soft and translucent.

3

Add the codfish to the onions and let it fry.

4

Add the white wine. When the alcohol evaporates, add half the potatoes and fold it all together. Turn off the heat.

5

Meanwhile, beat the egg slightly, and season with salt and pepper.

6

Add the egg to the pot and bring to low heat, stirring constantly in order to cook the eggs while keeping a creamy consistency.

7

Add the other half of the potatoes and mix well to have an even consistency.

8

Serve with parsley and olives on top.



Pasteis de Bacalhau (Codfish Cakes)

Ingredients

600 gr salted codfish	Parsley to taste
800 gr potatoes	Black pepper to taste
3 eggs	Salt to taste
1 onion	Nutmeg to taste
2 cloves of garlic (chopped)	Vegetable oil to fry
100 ml olive oil	

Instructions

1

To boil the codfish, put it in a pot with enough water to cover it, bring it to a boil, then lower to a simmer for about 15 minutes. Once cooked, reserve the water to boil the potatoes, and keep the codfish. Using gloves, shred it into smaller pieces, discarding the bones and skin.

2

Peel and dice the potatoes into small cubes and boil them in the codfish water until soft. After, purée them with a fork.

3

In a pan add the olive oil, garlic and onion. Turn on the heat and cook until golden and soft.

4

Add the codfish and cook for 5 minutes, then add the pureed potatoes and fold everything together. Season the mixture with the spices and parsley.

5

With two spoons, take portions of the paste and form quenelles. Deep fry them in hot vegetable oil until golden.

Pataniscas de Bacalhau *(Codfish Fritters)*

Ingredients

3 codfish fillets	1 bay leaf
2l codfish stock or milk	1 clove of garlic
150 gr flour	200 ml oil
5 eggs	Sea salt to taste
½ cup parsley leaves	Pepper to taste
1 onion	

Instructions

- 1** Put the codfish in a pot with enough water to cover it, adding the bay leaf and the clove of garlic. Bring to a boil, then lower the heat and let it simmer for about 15 minutes. Once cooked, reserve the water for later. Using gloves, shred the codfish into smaller pieces by discarding the bones and skin.
- 2** Chop the onion and parley. In a bowl, combine the shredded codfish, eggs, flour, parley, onion and stir. Gradually add the codfish stock or milk until the mixture is slightly liquid and season with salt and pepper.
- 3** In a large frying pan, heat the oil and fry the mixture, forming little pancakes. While they fry, press with a fork to prevent air bubbles from forming, maintaining a crispy consistency.
- 4** Put the fritters on absorbant paper to dry.

Bacalhau à Gomes de Sá (Codfish Gomes de Sá Style)

Ingredients

600 gr salted codfish	Parsley to taste
800 gr potatoes	Black pepper to taste
3 eggs	Salt to taste
1 onion	Nutmeg to taste
2 cloves of garlic	Vegetable oil to fry
100 ml olive oil	

Instructions

- 1** Preheat the oven to 180°C

To boil the codfish, put it in a pot with enough water to cover it, the bay leaf and the clove of garlic, bring it to a boil and low the heat and let it simmer for about 15 minutes. When it is
- 2** cooked, put the water aside for later. Using gloves, shred the codfish into smaller pieces by discarding the bones and the skin.

Peel and slice the potatoes, boil them in with water and garlic. Use the water from the potatoes to boil the eggs. Wash the
- 3** shell very well and place the eggs along with the potatoes. Count 10 minutes and remove them from the water leaving the potatoes to finish.
- 4** In a large pot, put the olive oil, the onions, the garlic, bay leaves and the peppers. Let it braise slowly, without burning.

5

Add the codfish and stir everything and let cook for a few more minutes.

6

In an oven tray put together the codfish, the potatoes and the black olives.

7

Bake it for about 10min

8

In the end add the sliced hard-boiled eggs, the parsley, season with salt and pepper and serve.



Meia Desfeita (Codfish Salad)

Ingredients

1 Codfish fillet
550 gr chickpeas
(cooked)
1 onion
1 clove of garlic

3 Eggs
Olive oil to taste
Vinegar to taste
Parsley to garnish
Pepper

Instructions

1

To boil the codfish, put it in a pot with enough water to cover it, bring it to a boil and low the heat and let it simmer for about 15 minutes. Once cooked, reserve the water to cook the potatoes. Using gloves, shred the codfish into smaller pieces by discarding the bones and skin.

2

Meanwhile, boil the eggs for about 10 minutes. Then take the shell and reserve them.

3

In a large bowl, combine the onion, the garlic and the parsley. Season with pepper, olive oil and vinegar, and stir everything well.

4

Add the cod and mix it. Slice the egg on top to decorate. Serve fresh.

Bacalhau com Natas

(Codfish with cream)

Ingredients

4 Codfish fillets	250 ml milk
1 kg potatoes to fry	250 ml heavy cream
2 onions	Salt to taste
3 cloves of garlic	Nutmeg to taste
1 bay leaf	Pepper to taste
125 ml olive oil	Breadcrumbs to taste
40 gr butter	Oil to fry
40 gr flour	

Instructions

- 1** Preheat the oven to 220°C

Put the codfish in a pot with enough water to cover it, bring to a boil, then lower the heat and let simmer for about 5 minutes.
- 2** Once cooked, keep 200ml of the water, remove the codfish, and let it cool. Using gloves, shred the codfish into smaller pieces by discarding the bones and skin.
- 3** Dice the potatoes and fry in hot oil. Set them aside on a tray with absorbent paper.
- 4** To make the béchamel sauce: In a saucepan, melt the butter in low heat, then add the flour and stir very well. Gradually add the cod water, the warmed milk and the heavy cream. When it starts to boil, season with salt pepper and nutmeg.

5

In another pan, heat olive oil and cook the onions, chopped garlic and bay leaf until the onion is soft and slightly golden. Add the cod, stir and let it cook for 2 more minutes. Remove the bay leaf, add the fried potatoes and fold. Add $\frac{2}{3}$ of the b chamel sauce, stir well and turn off the heat.

6

In an oven tray, put a layer of olive oil on the bottom and spread the codfish. On top of it, spread the remaining sauce. Finally, sprinkle with the breadcrumbs.

7

Cook it in the oven in grill mode, between 10 to 15 minutes.

8

Serve with salad to undercut the heaviness.



Bacalhau com Broa

(Codfish with Portuguese
Corn Bread Crumble)

Ingredients

1 Codfish fillet - 200 gr	½ cup olive oil
Portuguese corn bread	4 small potatoes to boil
1 sliced onion	Parsley to garnish
2 clove of garlic	Sea salt to taste
1 bay leaf	

Instructions

- 1** Preheat the oven to 190°C.
- 2** In a pot put together the unpeeled potatoes, sea salt, and bay leaf. Bring it to a boil and cook for 15 minutes.
- 3** For the crumble, put the corn bread in a food processor along with parsley, 1 clove of garlic and half the olive oil. Blend to obtain a crumbly consistency.
- 4** In an oven tray, preferably clay, spread the sliced onion and codfish fillet, bottom side down. Lay the crumble on top of the codfish pressing well.

- 5 Punch the potatoes and put them on the codfish tray.
- 6 In a saucepan, add the rest of the olive oil and remaining garlic clove and heat up to infuse the garlic flavor into the olive oil.
- 7 Dress the codfish fillet and the potatoes with the infused olive oil.
- 8 Cook in the oven for about 30 - 40 minutes.



Rita's Seal of Approval

This dish is one of my favorite cod recipes. The silky, moist cod with the crunchy corn bread crumble makes me mad with gluttony. Whenever I prepare this dish I get overwhelmed because even though I went to a cooking school to learn the art of good food, the best tricks I learned at home with my mother and our maid, who is like a mother to me. They taught me that in order not to dry the ingredients in the oven, in this case cod, we should put a layer of onions on the base to protect the fish and to help keep it moist. This small step makes all the difference in the texture of the dish.

It's amazing how mom's food can always be better! Thank you Mom!

Arroz de Peixe (Fish Rice)

Ingredients

400 gr Fresh fish, (Grouper, Monkfish or similar)	2 cloves of garlic
250 gr portuguese Carolino rice	1 bay leaf
750 ml fish stock	olive oil
1 red bell pepper	100 ml white wine
2 tomatoes	Coriander to taste
4 tbsp tomato paste	Juice of ½ Lemon
1 onion	Salt to taste
	Pepper to taste
	Piri-Piri sauce to taste

Instructions

- 1** Cut the fish in equal portions, debone and marinade with lemon juice, salt and pepper.
- 2** Roast the bell pepper in the oven, peel it, remove the seeds and dice it small. Peel the tomato, remove the seeds and dice as well. Peel the onion and garlic, and mince them.
- 3** Heat a pan with a drizzle of olive oil and add the onion. Stir, add the bay leaf and sweat the onion. Add the garlic, tomatoes and bell pepper. Stir everything add the tomato paste and let it cook.
- 4** When the onion is soft, add the rice, stir and refresh with white wine. Add the fish stock, and bring to a boil. Season with salt, pepper, and the chili pepper sauce, reduce to minimum heat and close with the lit.

5

After 5 minutes, add the fish to the rice and stir. Cook for 8 more minutes.

6

When it is all done, add the chopped coriander leaves and serve.

Caldeirada de Peixe (Fish Stew)

Ingredients

600 gr white firm fish	1 tsp salt
480 gr potatoes	120 gr onion
150 gr red bell pepper	4 cloves of garlic
2 tomatoes	200 gr clams
4 tbsp olive oil	Coriander to taste
80 ml white wine	Piri-Piri sauce to taste
1 bay leaf	

Instructions

- 1** Cut the fish in good chunks.
- 2** Wash the potatoes, take the peel off and cut into thin slices.
- 3** Remove the core of and deseed both peppers, and cut into strips. Deseed and dice the tomatoes.
- 4** Slice the onion.

On the bottom of the pot, add olive oil and top it with the following layers: Clams, bay leaf, onion, minced garlic, tomatoes, the red bell pepper and potato. Season with salt, black pepper, olive oil, and a few drops of piri-piri sauce.
- 5**
- 6** Lay the fish on top and repeat the layers, seasoning once again.

7

Add the white wine and olive oil. Cover with the lid and cook for about 30 minutes on medium-low.

8

Serve with sprinkled fresh coriander, previously chopped, right before serving.

Polvo à Lagareiro (Octopus Lagareiro Style)

Ingredients

1 frozen medium octopus	Olive oil
12 potatoes	Fresh coriander (chopped)
2 bay leaves	Salt to taste
1 cloves of garlic (minced)	Pepper to taste

Instructions

- 1** In a large pan, add a drizzle of olive oil, one garlic clove crushed, and one bay leaf. Add the octopus (still frozen) and turn on the heat. Keep the pan covered with a lid and cook on low for around 40 minutes / 1 hour (until tender).
- 2** After cooking, cut the tentacles from the head.
- 3** Preheat the oven to 190°C.
- 4** Wash the unpeeled potatoes and keep them wet. Spread the them on a baking tray with a generous amount of salt, and cook in the oven for 30 minutes. After, leave them cool..
- 5** Gently punch the potatoes with your knuckles, or use a spoon to press the potatoes until they open.

6

In an oven tray, preferably clay, spread the potatoes. In the center place the octopus and season it with salt and pepper, a bay leaf, a generous amount of olive oil and the garlic clove, minced.

7

Roast for about 15 minutes.

8

Finally, sprinkle with chopped coriander and serve immediately.



Salada de Polvo (Octopus Salad)

Ingredients

1 frozen medium octopus	Olive Oil
2 bay leaves	Vinegar to taste
1 cloves of garlic	Salt to taste
1 red bell pepper	Black pepper to taste
1 green bell pepper	Coriander to taste
1 onion	

Instructions

1

In a large pan, add a drizzle of olive oil, one garlic clove (crushed) and one bay leaf. Add the octopus (still frozen) and turn on the heat. Keep the pan covered with a lid and cook on low heat for around 40 minutes / 1 hour (until tender).

2

Meanwhile, roast the bell pepper - you may roast them in the oven at 190°C for about 20min until they become black outside, or in a barbecue grill or other open flame.

3

After roasting them, place them in a plastic bag and close. Wait about 5 minutes, then peel and deseed them.

4

Cut the bell peppers in small pieces and add them to the octopus.

5

Add the onion and coriander.

6

Season the salad with salt, pepper, olive oil and vinegar. Wait 5 minute before serving, to let the seasoning settle.

NOTE: You may serve it with fried bread, it is delicious! Just add a drizzle of live oil to a pan and heat it. Add the bread and cook both sides until crunchy and golden.

Camarão à Guilho *(Garlic Shrimp)*

Ingredients

800 g of medium prawns

4 cloves of garlic

200 ml of olive oil

100 ml brandy

1 bay leaf

Salt and pepper to taste.

Instructions

1

Peel and remove the entrails off the shrimp, keeping the tail.
Peel and crush the garlic.

2

Heat a frying pan with olive oil, add the garlic and let it brown.

3

Add the shrimp and bay leaves and sauté for a few minutes until the shrimp turns orange.

4

Season with salt and pepper, drizzle with brandy, let it evaporate and serve immediately.

Tiborna de Sardinha *(Sardine on Toast)*

Ingredients

4 slices of corn bread	1 onion
1 can of sardines in oil	Olive oil to taste
1 red bell pepper	30 ml Port wine
2 cloves of garlic	Parsley leaves

Instructions

- 1** Open the sardine can and drain the oil.
- 2** Brush the cornbread slices with olive oil and a garlic clove. Bake in the oven for around 6 minutes, until crisp and light brown.
- 3** Place the bell pepper on a baking tray and drizzle with olive oil. Cover with parchment paper and roast in the oven for about 30 minutes.
- 4** Slice the onion.
- 5** In frying a pan, heat the olive oil and cook the onion on medium heat. Add the port wine and let it evaporate. Season with salt and pepper and cook until soft and caramelized.
- 6** After roasted, peel and deseed the pepper, cut into stripes, and chop the parsley leaves.
- 7** To serve, place the bread slices, add one layer of the caramelized onion and one layer of the roasted bell pepper. On top, place the sardine fillet out of the can. Add a drizzle of olive oil and sprinkle with the fresh parsley.



Desserts

Toucinho do Céu (Almond Cake)

Ingredients

150 ml water	2 egg whites
300 gr sugar	150 gr angel hair pumpkin jam
50 ml Port wine	30 gr grated almond
3 lemon peel strips	Powdered sugar
150 gr almond flour	Parchment paper
1 tbsp flour	Cake pan
12 yolks	

Instructions

- 1** Preheat the oven to 180°C
- 2** In a small saucepan, add the water, sugar, wine and lemon peel and simmer over low heat for about 4 to 5 minutes, then remove the lemon from the syrup.
- 3** Mix the grated almonds with the flours, then pour the mixture over the syrup. Stir to break any lumps and let it simmer for 5 minutes.
- 4** Meanwhile, separate the egg yolks and whites in separate bowls. Set aside the 2 egg whites and store the others in the freezer for any later use.
- 5** Mix the egg yolks with a wire rod. Remove the pan from the stove and temper the yolks in the syrup and almond mixture, mixing everything together, and bring it back to the heat. Let it simmer a few minutes, stirring constantly until the mixture thickens. Remove from the heat.

- 6** Add the angel hair pumpkin jam and mix with a spoon.
- 7** With a mixer, beat the egg whites into stiff peaks. Add to the previous mixture while it is warm, and stir.
- 8** Grease the parchment paper with butter and sprinkle with flour. Pour the mixture into the prepared tray and smoothen the surface.
- 9** Bake for about 15 minutes, letting it gain some color outside without overbaking the inside.
- 10** Remove from the oven and sprinkle generously with powdered sugar.

Papos de Anjo (Angel's Double Chins)

Ingredients

10 egg yolks	Peel of 1 lemon
2 eggs	1 cinnamon stick
1 tbsp (flat) cornstarch	Mint leaves do decorate
500 gr white sugar	Butter and Flour (to grease the tins)
500 ml water	24 aluminum tins
30 ml Port wine or Portuguese Brandy	

Instructions

- 1** Preheat the oven to 180°C.
- 2** In a bowl, add the egg yolks, the whole eggs and the cornstarch. Beat the mixture until the volume triples, becomes whiteish with a smooth texture.
- 3** Grease the tins and sprinkle with flour. Add the dough and cook it in the oven for 12 minutes. Remove from the oven and let them cool down in the tins.
- 4** Meanwhile, mix the sugar, water, port wine, cinnamon stick and lemon peel in a pan and bring to a boil. Stir and let it boil for 5 minutes, then turn the heat off.
- 5** Remove the cake from the tins, sting them twice on the top and twice on the bottom with a fork, and dip them into the sugar syrup.

6

Set aside on a plate and drizzle with the remaining syrup. Let it cool down.

7

Sprinkle with lemon zest and decorate with chopped mint leaves.



Natas do Céu (Heavenly Cream)

Ingredients

6 eggs	80 gr white sugar
200 gr Bolacha Maria biscuits	3 drops of vanilla extract
200 ml cream	Peel of 1 lemon
130 gr white sugar	1 cinnamon stick
120 ml water	

Instructions

- 1** Grind the biscuits and set them aside.
- 2** Break the eggs and separate the yolks from the whites. Set the whites aside and stir the yolks with a fork.

In a saucepan add the water, the 130gr of sugar, lemon peel and cinnamon stick. Don't mix and let it boil for 5 minutes.
- 3** Add the yolks and stir continuously and let it cook until it gets thick. Turn off the heat and leave to cool. After, remove the lemon peel and cinnamon stick.

With a strainer, pour the yolks into the syrup, stirring continuously.

4

Bring to heat again and cook on medium, without boiling and beating continuously, so as to prevent lumps from forming.

As the egg yolks thicken, turn off the heat and stir some more seconds so that the yolks do not cook. Leave to cool.

5

Meanwhile, whisk the cream until firm, slowly pouring the vanilla extract into it, until well mixed.

6

Set your mixer to max speed to beat the egg whites. Without stopping, add the 80g of sugar and beat until the meringue is consistent. Wrap the whipped cream and the meringue until even.

7

In cups, place in alternating layers the biscuit crumbs and white cream. With a spoon, smooth over between each layer. The last layer should be white cream.

8

On top of the cups, pour the sweet egg cream. Leave in the fridge to cool.



Ana's Seal of Approval

This is one of the recipes that takes me directly to my childhood! This recipe is originally from Aveiro, where my dad lives. Every time I went to visit with my dad, Heavenly Cream was my choice in every single restaurant we went (of which there were many, since my dad doesn't cook), so I fancy myself an expert! What I love about this recipe? The different textures, and the sweet eggs on top! Funny enough, although I grew up with this dessert, I've just now learned how to make it, here at Lisbon Cooking Academy with Chef Rita! We have found the original recipe to be a tad too sweet, so we perfected it!



Sericaia (Eiras Egg Pudding)

Cook Time: 40 min • 30 Servings

Ingredients *(for the dough)*

500 ml milk	60 gr all-purpose flour
Peel of 2 lemons	6 eggs
1 cinnamon stick	250 gr sugar
Pinch of salt	

Ingredients *(For the plum syrup)*

500 gr sugar	Dry plums
500 gr water	

Instructions *(for the dough)*

- 1 Preheat the oven to 190°C.
- 2 In a pot add the milk, lemon peel and cinnamon stick, and bring to a boil. Lower the heat and gradually add the flour (sifted), whisking constantly to avoid lumps, and cook until you obtain a thick consistency.
- 3 Separate the egg whites from the yolks, and reserve the whites. Add half the sugar (125gr) to the yolks and whisk.

4

Add part of the milk mixture to the eggs and whisk carefully, to avoid lumps. Add this mixture to what was left of the milk and bring back to low heat, cooking and stirring until it thickens. Remove from the heat and let it cool.

5

Beat the egg whites with the remaining sugar until stiff.

6

Carefully fold the egg whites into the previous mixture.

7

Transfer to a clay dish and top with powdered cinnamon.

8

Bake for 30 to 40 minutes.

Instructions

(For the plum syrup)

9

Soak the plums in hot water for 20 minutes.

10

In a small saucepan, mix the water and sugar. Bring to a boil and cook for 5 minutes and add the plums. Let it cook for minutes.

11

Transfer the plums to a container and add the sugar.

Queijadas

(Portuguese Cheese Cakes)

Ingredients

(for the dough)

1 egg	185 gr flour
A pinch of salt	40 gr butter
60 ml water	6 small aluminum tins

Ingredients

(for the filling)

1 pinch of salt	4 egg yolks
1 tbsp flour	40 gr melted butter
80 gr sugar	Zest of half a lemon
170 gr requeijão cheese	Powdered cinnamon

Instructions

- 1** Preheat the oven to 190°C.
- 2** For the dough, lay the flour on your counter, add the salt and the butter, cut into pieces. With your fingers, knead the dough until you have a crumbled, even texture.
- 3** Add the water and egg and knead again until you have a smooth dough. Form a ball and let in rest for 10 minutes.
- 4** While the dough is resting, start the filling. Sieve the cottage cheese to a container and add the sugar, salt, lemon zest, cinnamon, egg yolks and melted butter. Mix the ingredients well, until you have a smooth and even paste.

5

With a rolling pin, roll the dough until thin yet consistent, and line the inside of the baking tins with it. With a spoon, fill the tins with the filling to the top.

6

Bake the cheese cakes in the oven for about 30 minutes.

Pastel de Nata (Portuguese Egg Tart)

Ingredients

300 gr milk	Zest of one lemon
200 gr heavy cream	1 cinnamon stick
175 gr sugar	Puff pastry, in little rolls
25 gr plain flour	22 aluminum tins
5 egg yolks	

Instructions

- 1** In a small saucepan put together the milk, heavy cream, sugar, sifted flour, cinnamon stick and lemon zest. Turn on the heat to low/medium and whisk constantly for about 5 minutes. Aim for a slightly thick consistency. Remove from the heat and let it cool for a few minutes.
- 2** Separate the egg whites from the yolks. In a bowl, gradually whisk the previous mixture into the yolks, then set aside.
- 3** Using your thumb, line the puff pastry rolls into the tins. Add a portion of the batter to each tin.
- 4** Cook for about 12 minutes at max. possible temperature, fan off if there is one. Leave to cool for 10/15 minutes before serving.



Farófias

(Portuguese Floating Islands)

Ingredients

4 eggs	Zest of one lemon
8 tbsp of caster sugar, divided	1 tbsp cornstarch
750 ml milk	1 cinnamon stick
	Powdered cinnamon

Instructions

- 1** In a pot, add the 700 ml of the milk, lemon zest and cinnamon stick. Bring to a boil, then lower to a simmer.
- 2** Separate the egg whites and yolks. Whip the whites, gradually adding the 4tsp of sugar. Whip till you obtain peaks (adding a pinch of salt will help).
- 3** With 2 table spoons, form quenelle shape off the whites. Drop onto the milk and cook for about 3 minutes on each side. Repeat for the rest of the whites, and reserve the islands.
- 4** Add the cornstarch to the remaining 50 ml of milk and whisk well, then add the egg yolks, again whisking well.
- 5** Strain the hot milk and add half to the yolks, whisking constantly, than add this mix to the rest of the milk and add the 4 tbsp of sugar left and put it back to the heat. Whisk constantly till you have a creamy custard.
- 6** Put the custard over the islands and powder them with cinnamon.

Massa Folhada para o Pastel de Nata (Puff Pastry for the Egg tart)

Ingredients

1 kg plain flour
600 ml water

800 gr butter
A pinch of salt

Instructions



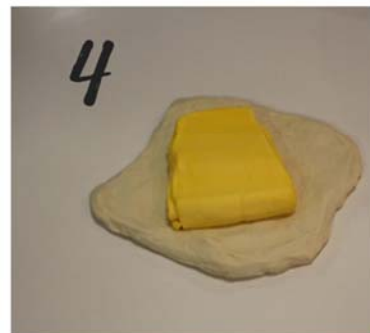
Mix the flour with the salt and water and knead until you form a smooth ball.



Take a cross cut to the dough and let it rest for about 10 minutes.



Work the butter until you have a cube that will fit inside of your dough



Spread the dough into a square and put the butter in the middle.



Cover the butter with the edges.



Stretch the dough with a rolling pin into a 3mm-thick rectangle.



Fold the dough (like a letter). Let it rest for 30 minutes in the fridge.



Turn the rectangle as if it was a book, the "spine" to your left, and repeat steps 6 and 7.



Stretch the dough again and cut the ends to create a perfect rectangle, then divide it into 3 smaller rectangles.



Create a roll with it. Let it rest in the fridge a few more minutes.



Torta de Laranja (Orange Rolled Cake)

Ingredients

400 gr sugar

Zest of 3 oranges

Juice of 1 orange

10 eggs

6 egg yolks

1 tsp of baking yeast

Instructions

1

Preheat the oven to 250°C

2

In a bowl, add all the ingredients and beat softly, to prevent foam from forming.

3

Butter a piece of parchment paper and put it in an oven tray. Put the previous mixture in and bake in the oven for about 20 minutes.

4

Dust a kitchen cloth with sugar.

5

Once the cake is done, turn the tray upside down into the cloth

6

While it is still hot, with the help of the cloth, roll the cake on itself, then leave to cool.

Arroz Doce (Rice Pudding)

Ingredients

125 gr carolino rice
125 gr white sugar
3 eggs yolks
Peel of 1 lemon
1 cinnamon stick

125 ml water
500 ml milk
Salt to taste
Powdered cinnamon

Instructions

- 1** Separate the egg whites from the yolks. Dissolve the yolks with 50 ml of milk.
- 2** In a pan, add the water, lemon peel and cinnamon stick. Once it starts to boil, add the rice and cook until the water dries. Stir constantly.
- 3** Add the rest of the milk to the rice and continue stirring until the rice is cooked and creamy.
- 4** Add sugar and the egg mixture, stirring until even.
- 5** Divide the rice into small bowls and add a little powdered cinnamon on top. Let it cool before serving.

Travesseiros de Sintra (Sintra's Pillows)

Ingredients

6 egg yolks
250 gr sugar
125 gr water

125 gr almond flour
Cinnamon to taste
Puff pastry

Instructions

- 1** Preheat the oven to 200°C with the fan turned on.
- 2** In a small saucepan, bring to a boil the water and sugar. Cook for 5 minutes, then remove from the heat and set aside to cool.
- 3** Sieve the egg yolks and slowly add the syrup, whisking constantly. Add the almond.
- 4** Bring it to low heat, again whisking constantly, for about 5 minutes.
- 5** Add the cinnamon and let it cool down.
- 6** Stretch the puff pastry and cut it into small rectangles. Add small portions of the previous mixture to the center of the rectangles. Close the flaps and press the edges.
- 7** Cook in the oven for about 20 minutes. With the pastries still warm, roll them in sugar.



Vegetarian & Vegan

Salada Algarvia (Algarve - style Salad) (vegan)

Ingredients

2 tomatoes
1 cucumber
Olive oil

Vinegar
Oregano
Salt flower

Instructions

- 1** Cut the tomatoes in cubes
- 2** Cut the cucumber in cubes
- 3** Mix the tomato with the cucumber in a bowl and season with the olive oil, vinegar, oregano and salt.

Brownie de Alfarroba (Carob Brownie) (vegan)

Ingredients

3 chia eggs	125 gr almond flour
(3 tbsp chia seeds + 12 tbsp water)	50 gr carob flour
150 gr sugar	75 gr margarine
125 gr angel hair pumpkin jam	5 gr cinnamon powder
20 gr all-purpose flour	100 ml vegetable milk of your choice

Instructions

- 1 Preheat the oven to 190°C
- 2 In a bowl, add all the flours, the sugar and cinnamon powder, mixing everything together.
- 3 Add the chia eggs, jam, the melted vegetable margarine and the vegetable milk and stir with a spoon, until you obtain an even mixture.
- 4 Cover an oven tray with parchment paper, and drop the mixture in the paper. You can even the mixture by gently bumping the tray on your countertop.
- 5 Cook for about 30 minutes and let it cool before serving.



Peixinhos da Horta (Green Bean Fritters) (vegan)

Ingredients

400 gr green beans
4 eggs
160 gr wheat flour
1 tbsp olive oil
300 ml Beer

1 tbsp yeast
1 clove of garlic
Salt to taste
Black pepper to taste

Instructions

- 1** With a knife, cut the tips off the green beans, then slice them in half vertically. If the stalk is too long, cut it in half.
- 2** In a bowl, combine the flour, baking powder and olive oil. Season with salt and pepper. Add the beer and lemon juice. Beat well without forming lumps and add the eggs one by one.
- 3** Let the mixture sit for 30 minutes.
- 4** Dip the green beans one by one in the batter and fry in hot oil, until they are golden.

5 Set the cooked beans on a plate with absorbant paper.

NOTE: You may serve the green beans fritters with a cilantro mayonnaise.

6 For the cilantro mayonnaise, chop the cilantro leaves roughly. Add to the mayonnaise and process with a blender.

Ovos Verdes (Green Eggs) (vegan)

Ingredients

12 eggs (10 + 2)
150 gr butter
40 gr parsley
Salt to taste

Black pepper to taste
Flour
Oil to fry
50 ml vinegar

Instructions

- 1** In a pan, boil 10 whole eggs in water seasoned with salt. Once the water begins to boil, cook for 8 minutes. Remove the eggs from the water, let them cool down, then remove the shell.
- 2** Cut the eggs vertically and remove the yolk to a bowl, carefully so as not to break the egg white.
- 3** Season the yolks with salt and pepper and add the butter, vinegar and chopped parsley. Mix everything very well with a fork to form a smooth paste.
- 4** Carefully stuff the whites with the yolk paste.
- 5** Break the remaining 2 eggs into a dish and stir with a fork. Dip the stuffed eggs in flour, removing the excess, then dip into the beaten eggs.
- 6** Fry the eggs on both sides in hot oil until golden. Move to a plate lined with absorbant paper, and serve with a salad.

Ervilhas Escalfadas *(Green Pea Salad)* *(vegan)*

Ingredients

1 kg frozen green peas

1 tbsp olive oil

1 tbsp butter

1 clove of garlic

Salt to taste

Black pepper to taste

Instructions

1

Boil the green peas in water and salt for 5 minutes. Once cooked, drain.

2

In a pan, add the olive oil, butter and chopped garlic. Cook for a few seconds, being careful so the garlic doesn't burn.

3

Add the green peas and fold them in.

4

Season with salt and pepper.

Pastel de Nata Vegan (Vegan Egg Tart)

Ingredients

100 gr brown sugar	Peel of 1 lemon
30 gr corn flour	½ tsp cinnamon powder
200 ml coconut milk	1 pinch salt
100 ml vegetal heavy cream	Vegan puff pastry
1 espresso spoon of turmeric	Aluminum tins

Instructions

- 1** Preheat the oven to 250°C

In a sauce pan, put together the brown sugar, corn flour, coconut milk, heavy cream, lemon peel, turmeric and ground cinnamon. Turn the heat to medium and whisk constantly until it boils. After boiling, cook for 1 minute. Remove from the heat and let it cool for a few minutes.
- 2**
- 3** Using your thumb, gently press the puff pastry rolls into the tins.
- 4** Add the pinch of salt to the batter.
- 5** Line each tin with the pastry and cook for about 12 minutes with the fan off.



Ana's Seal of Approval

Pastel de Nata AKA Portuguese Egg tart is one of the most difficult recipes to veganize and honestly, I thought it was impossible to do it with everyday ingredients! So how and why did I come to it? Once we received a request to do a Pastel de Nata Team Building for 17 people, but one of them was vegan! We didn't want to miss the opportunity, so we accepted the group and then I had a month to test the recipe. It took plenty of research and even more trial and error. Two days before the Team Building, I achieved the finest result, and we use that recipe to this day. The flavor is understandably not the same, since the original recipe is based on eggs and milk, but the texture and experience is truly similar, and we are so happy to provide this experience to our vegan customers!

Massa Folhada para o Pastel de Nata (Puff Pastry for the Egg tart)

Ingredients

1 kg plain flour
600 ml water

800 gr vegetal margarine
A pinch of salt

Instructions



Mix the flour with the salt and the water and knead until forming a smooth ball.



Take a cross cut in the dough and let it rest for about 10 minutes.



Work the margarine until you have a cube that will fit inside of your dough



Spread the dough into a square and put the margarine in the middle.



Cover the margarine with the edges.



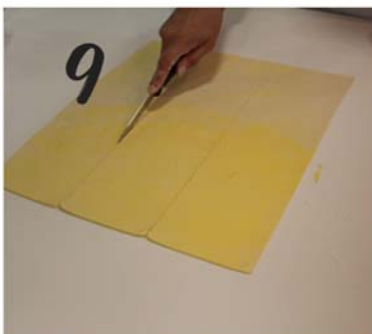
Stretch the dough with a rolling pin into a 3mm-thick rectangle.



Fold the pastry (like a letter). Let it rest for 30 minutes in the fridge.



Turn the rectangle as if it was a book, the spine to your left, and repeat steps 6 and 7.



Stretch the dough again and cut the ends to create a perfect rectangle. Divide into 3 smaller rectangles.



Create a roll with it. Let it rest in the fridge for a few more minutes.

Arroz de Tomate (Tomato Rice) (vegan)

Ingredients

1250 gr carolino rice	2 tbsp tomato paste
750 ml water	1 bay leaf
1 onion	Olive oil
2 cloves of garlic	Salt to taste
3 tomatoes	Black pepper to taste

Instructions

- 1** Peel and mince the onion and garlic.
- 2** Cut the tomatoes in half and give them a gentle squeeze to release the seeds. Cut them in small cubes.
- 3** In a pan, add a drizzle of olive oil and cook the onion with the garlic, in medium heat. Add the bay leaf and stir.
- 4** Once the onion has soften, add the tomato and tomato paste. Cook for about 3 minutes.
- 5** Add the rice and fry for 2 minutes. Add the water and bring to a boil. Stir, season, cover with a lit and reduce the heat to low. Cook for 12 to 15 minutes.
- 6** Stir and serve.



Tomatada (Tomato Stew) (vegetarian)

Ingredients

6 tomatoes	1 tbsp olive oil
2 onions	Salt to taste
2 cloves of garlic	Black pepper to taste
1 bay leaf	Piri Piri to taste
200 ml white wine	Smoked paprika to taste
4 eggs	

Instructions

- 1** Cut the tomatoes in half and give them a gentle squeeze to release the seeds. Cut them in small cubes.
- 2** Slice the onion and chop the garlic cloves.
- 3** In a pan add the olive oil, onion, garlic and bay leaf. Turn on the heat and cook until the onion is golden and soft.

4

Add the tomatoes and cook for 3 minutes. Add the white wine, lower the heat, letting the alcohol evaporate, then season with the salt, pepper, piri piri sauce and smoked paprika. Cook for about 30 minutes, until the tomatoes have turned into paste..

5

Crack the eggs into the stew and cover with the lid, leaving in the heat until the whites have cooked thoroughly.

6

Serve with bread fried in a little bit of olive oil.

Conversion Chart

OVEN TEMPERATURES

Fahrenheit	Celcius	Gas Mark
250°	120°	Gas mark ½
300°	150°	Gas mark 2
325°	160°	Gas mark 3
350°	180°	Gas mark 4
375°	190°	Gas mark 5
400°	200°	Gas mark 6
450°	230°	Gas mark 8

CUPS AND SPOONS

Cup	Metric
¼ Cup	60 ml
⅓ Cup	80 ml
½ Cup	120 ml
1 Cup	240 ml
Spoon	Metric
¼ Teaspoon	1,25 ml
½ Teaspoon	2,5 ml
1 Teaspoon	5 ml
2 Teaspoon	10 ml
1 Tablespoon	20 ml

MASS

Imperial	Metric
¼ Oz	7 gr
½ Oz	14 gr
1 Oz	28 gr
2 Oz	57 gr
3 Oz	85 gr
4 Oz (¼ Lb)	113 gr
5 Oz	142 gr
6 Oz	170 gr
7 Oz	198 gr
8 Oz (½ Lb)	227 gr
9 Oz	255 gr
10 Oz	283 gr
11 Oz	312 gr
12 Oz (¾ Lb)	340 gr
13 Oz	369 gr
14 Oz	397 gr
15 Oz	425 gr
16 Oz (1 Lb)	454 gr

LIQUIDS

Cup	Imperial	Metric
	1 fl Oz	30 ml
¼ Cup	2 fl Oz	60 ml
⅓ Cup	2 ¾ fl Oz	80 ml
	3 ½ fl Oz	100 ml
½ Cup	4 fl Oz	125 ml
	5 fl Oz	150 ml
¾ Cup	6 fl Oz	180 ml
	7 fl Oz	200 ml
1 Cup	8 ¾ fl Oz	250 ml
2 Cups	17 fl Oz	500 ml
4 Cups	35 fl Oz	1 L
1 Quart	32 fl Oz	0,95 L
1 Pint	16 fl Oz	0,47 L
1 Gallon	128 fl Oz	3,79 L



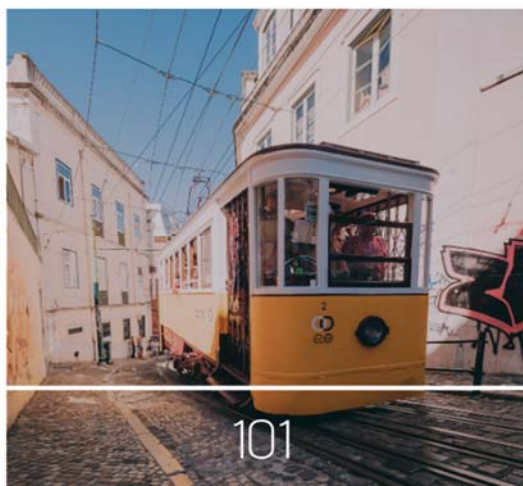
*Places to
Visit in
Portugal*



Lisbon is the capital of Portugal and home of Lisbon Cooking Academy. Both Ana and Rita were born and raised in this city full of light, colors and smells. The Tagus river follows its banks and sets the pace of the city. St. Jorge Castle watches over us, and Belém delight with its signature Pastéis de Nata. For those who like nightlife, there are rows of bars from Bairro Alto to Cais do Sodré. Lisbon has a bit of everything and we promise that every nook and cranny has a story to tell. Welcome to our home!

We invite you to visit some of our favorite places in this beautiful city!







- 🏰 St. Jorge Castle
- 🏰 Jerónimos Monastery
- 🏰 Belém Tower
- 🍴 Sal Grosso Tabern
- 🍴 Prado Restaurant
- 🍴 Belém Pastry Shop
- 📍 Mate Museum
- 📍 Gulbenkian Museum
- 📍 LX Factory
- 📍 Alfama Neighborhood
- 📍 Lisbon Cooking Academy
- 📍 Sr. Vinho (*fado restaurant*)





Sintra has bore witness to almost the entirety of our nation's history and is one of the great jewels of Portugal. From royal castles, mysterious gardens and mouth-watering sweets, Sintra has a lot to offer and delight.

Here are some attractions of this "small" village for you to put on your checklist.

-  Pena Palace  Castle of Moors  Sintra National Palace
-  Piriquta Pastry Shop  Casa do Preto  Romaria de Baco



Aqua's Seal of Approval

Quinta da Regaleira

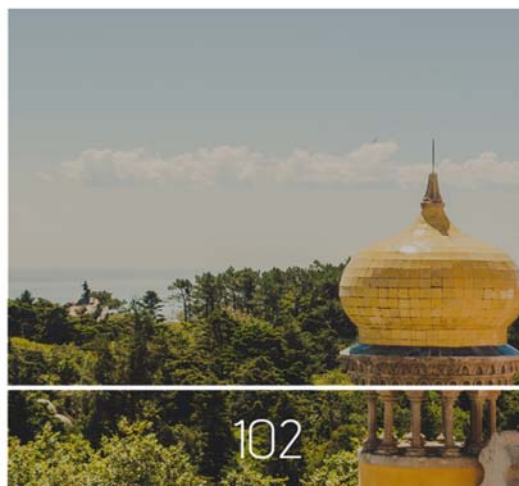
I love Quinta da Regaleira for the fairytale quality to its gardens. My favorite hidden spots there are the Initiaton Well and the small lake with stepping stones.



Rita's Seal of Approval

Monserate Palace

I went to the palace for the first time when I was 10 years old and its beauty overwhelmed me. At the time I dicided that I wanted to get married there. Will it happen? We'll see!



Customer Reviews



"This cooking class was one of the highlights of our trip to Portugal! Ana shared her knowledge about everything we saw in the Market, created a comfortable, hands-on experience where we learned so much more than the three dishes we prepared, and we couldn't have asked for a better experience. I highly recommend Ana's classes."

March - 24 - 2019

"We had the most delightful lesson with Rita, who taught us the basics of three delicious courses. Rita was a lively host and her engaging and entertaining personality made our time together all the more enjoyable. We learned a lot about Portugal, its culture, and cuisine. [...]"

May - 09 - 2019

"We booked the Pastel de Nata Class. My sister and I were the only ones. It was perfect! Ana and Rita told us, between cooking, a lot about the Pastel de Nata: How to make it, and some history and tips about it. It was very interactive! And the Pastel de Nata were very tasty!"

March - 06 - 2019

If you want to give us a review too, please click the icon below



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