

Jantar Portugues

Weekend Gourmet

Domingo, 5 de dezembro de 2004
as 14 horas

Aperitivo

Porto Branco

Petiscos

Azeitonas

Pasta de alho e torradas

Verduras com Molho de maionese e alho

Sopa

Sopa de Pedra

Pratos Principais

Peixe e frutos do mar

Bacalhau à Gomes de Sá

Amêijoas na Cataplana

Aves

Frango Piri Piri

Saladas de

Pimentos verdes assados

Alface, tomate e cebola

Pão

Broa de milho

Sobremesa

Bolo de Amêndoa com compota de frutas ao molho de Porto

Queijo de cabra e figos recheiados com amêndoas e chocolate

Bebidas sugestoes

Vinho Verde

Vinho Tinto: Douro, Dão, Bairrada

Residencia dos Dvorak localizada na Rua Quinta numero 1916. Telefone 623-1043

12-8-04

Olive Appetizer - Azeitonas

Serves 6

It is a rare restaurant in Portugal that does not immediately present diners with a small dish of marinated olives. Grocery stores commonly devote much shelf space to a large variety of them. Olives come in a wide range of sizes and colors, from deepest black to pale tans, rich golds, purples, and greens. Try this duo of appetizers as a perfect start to a Portuguese meal. They keep for several weeks under refrigeration.

30 to 40 black olives, preferably Calimata
1 red chili pepper
3 garlic cloves
¼ cup olive oil

Drain olives. Cut chili pepper into small pieces and discard seeds. Mince garlic cloves. Combine all four ingredients. Cover and chill for several days.

Garlic Pâté - Pasta de Alho

Makes 1¾ cups

“The Pousada de Sao Filipe, a delightful government inn located in a sixteenth-century cliff’s-edge castle overlooking the port of Setúbal and the Atlantic Ocean, used to have a wonderful country cook who was well into her seventies. It was she who whipped up this ingenious pâté, which was brought to your table in a little terra-cotta crock the instant you sat down. Its foundation was a translucent local cheese unavailable here, so I’ve taken the liberty of substituting ripe Brie.”

2 large buds (entire heads) of garlic - 4 to 5 oz in all
1 lb cold ripe Brie, trimmed of white rind, cut into 1-inch cubes
½ tsp cayenne pepper
3 Tbl olive oil
1 Tbl hot water

Preheat the oven to slow 300°F. Bundle the whole, unpeeled buds of garlic in a double thickness of aluminum foil, then twist each loose end into a gooseneck, sealing in the garlic. Place in the oven and roast for 1 hour; remove from the oven and cool to room temperature.

Place the Brie in the top of a double boiler, set over hot water, and let soften 8 to 10 minutes. Do not allow the water to boil or the cheese may string and separate.

Meanwhile, peel the garlic, clove by clove, and drop into an electric blender cup or a food processor fitted with the metal chopping blade; add the pepper, olive oil, and water and blend 30 seconds nonstop to puree. Scrape down the sides of the blender cup or work bowl and blend 30 seconds longer. Now add the softened cheese and incorporate, using 8 to 10 quick on-offs of the motor. Transfer to a small bowl and, if the mixture seems slightly lumpy, whisk hard by hand (further machine-beating at this point may make the pate rubbery). Store airtight in the refrigerator and serve with Pão Torrado. *Note: Let the pâté come to room temperature before serving.*

Portuguese Toast - Pão Torrado

Makes about 4 dozen pieces

This is really a sort of melba toast and you should use a small *baguette* of French bread.

½ lb French baguette
1/3 cup olive oil

Preheat the oven to slow 300°F. Slice the bread about ¼ -inch thick. Arrange the pieces of bread on a baking sheet, then brush well with olive oil. Bake uncovered for 25 minutes until golden brown. Remove from the oven, cool to room temperature, then store airtight. Serve with Pasta de Alho.

Garlic Mayonnaise - Molho de maionese e alho

Makes 1½ cups

An all-purpose mayonnaise for cold fish, this recipe is simple to make in a blender.

1 egg
1 tsp ground mustard
¾ tsp salt
¼ tsp piri-piri or dash of cayenne pepper
¼ cup olive oil
3 cloves garlic sliced thin
3 Tbl lemon juice

Put these ingredients into a blender. Cover and blend thoroughly. Remove the cap on the pouring opening in the lid of the blender and while it is running, very slowly pour in:

1 cup olive oil

Refrigerate. Keeps one week.

Portuguese Stone Soup - Sopa de Pedra

Makes 8 to 10 servings

This lusty, catchall country soup comes from the broad plains of the Ribatejo Province, which begins across the Tagus River and north of Lisbon. It's a land of spirited horses trained in dressage, of bulls and bullfighters. (The sport here is mostly fun and games because the animals, instead of being killed, are returned to pastures to graze.) As is the case with most of Portugal's good soups, *Sopa de Pedra* is popular all over the country. This particular recipe comes from the Pousada do Castelo de Palmela, one of the newest and most luxurious of the country's splendid government-run inns. Built inside the walls of an ancient mountaintop Moorish castle, the *Pousada* is less than an hour's drive via *auto-estrada* from downtown Lisbon and is a very idyllic place to stay in Portugal.

1 cup dried red kidney beans, washed and sorted
3 cup cold water

3 med yellow onions, peeled and coarsely chopped
 4 med leeks, trimmed, washed, and sliced thin
 3 Tbl peanut or vegetable oil
 4 med Maine or Eastern potatoes, peeled and cut in small dice
 4 med carrots, peeled and cut in small dice
 6 med white turnips, peeled and cut in small dice
 ½ lb Savoy or green cabbage, cored and sliced thin
 2½ quart chicken broth (preferably homemade)
 1 large bay leaf (do not crumble)
 ½ lb lean smoked ham, in one piece
 ¼ lb pepperoni or chorizo, in one piece
 ½ lb green beans, washed, tipped, and cut on the bias into ½ inch pieces
 1 can (1 lb) water-pack tomatoes (do not drain)
 ½ cup elbow macaroni, cooked by package directions just until al dente, then drained
 3 Tbl minced Italian parsley
 2 tsp salt
 ¼ tsp freshly ground black pepper

Soak the dried beans in the water overnight in a large heavy saucepan. Next day, bring the beans and their soaking water to a boil, cover, and cook 30 to 40 minutes, just until the beans are firm-tender. Drain the beans and reserve. In a large heavy kettle, stir-fry the onions and leeks in the oil 10 to 12 minutes over moderate heat just until golden and lightly touched with brown. Turn the heat to its lowest point and add the potatoes, carrots, turnips, and cabbage one by one as you prepare them, stirring well after each addition to the pot. Add the chicken broth, bay leaf, ham, and pepperoni, bring to a simmer, cover, and cook 20 minutes. Add the green beans, re-cover, and cook 30 to 40 minutes longer, until the vegetables are tender and their flavors well blended.

Remove the ham and pepperoni from the kettle; cut the ham into small cubes and slice the pepperoni thin; return both to the kettle. Add the tomatoes and their juice, breaking up any large clumps; also add the reserved red kidney beans. Cover and simmer 10 to 15 minutes-just long enough to mellow the flavors and bring all to serving temperature. Finally, add the macaroni, parsley, salt and pepper to taste, cover, and warm 5 to 10 minutes. Ladle ½ cup into each bowl and serve with wedges of Broa.
Note: This soup, will be better if made the day before.

Salt Cod Casserole - Bacalhau à Gomes de Sá

Serves 6

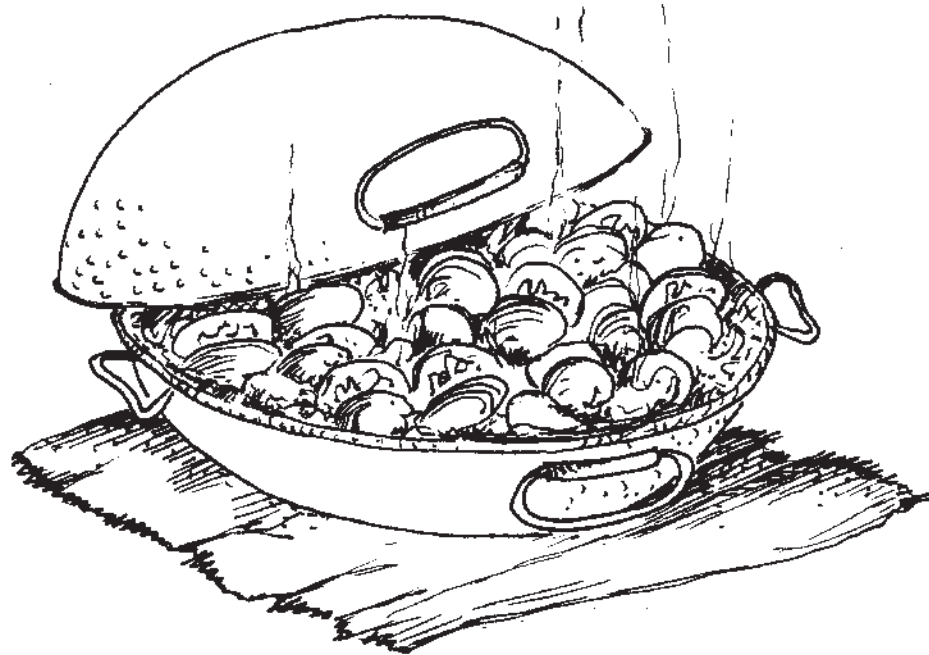
Bacalhau, dried salted cod, has been a mainstay of the Portuguese diet for over four hundred years. Even today, in the age of refrigeration, it is a preferred taste. It must be soaked for one or two days with several water changes before preparing it in one of several hundreds ways. It has a robust flavor and is always served with a red, rather than a white, wine. This recipe is the most popular way to prepare bacalhau in Portugal.

1½ lb bacalhau - salt cod

Soak fish in water for at least 24 to 48 hours, changing the water 3 or 4 times a day. Drain the bacalhau, rinse well, and place in a saucepan and cover with water. Bring to a boil. If the water is

salty, drain again, add more fresh water and bring to a boil. Lower the heat and simmer for 20 minutes. Drain. When cool, remove skin or bones, and separate the fish into coarse flakes. Continue with the recipe.

6 med	potatoes
4 med	onions
¾ cup	olive oil
1 small	clove garlic, minced
20	black Calimata olives, pitted and sliced
6	hard-boiled eggs, shelled and sliced
¼ cup	chopped parsley



Cook, peel and slice the potatoes. Peel and finely slice the onion. Into a heavy skillet, pour ½ cup of the olive oil and the onions. Cook for 5 minutes, add the garlic and cook for 2 more minutes.

Brush the bottom and sides of an ovenproof casserole with oil. Assemble by spreading half the cooked potatoes on the bottom, then spread half the bacalhau on top of them, and then spread half the onions on top of the bacalhau. Repeat with the second half of each ingredient for a total of six layers. Drizzle the remaining ¼ cup of olive oil over top and bake in a 350°F oven for 30 to 40 minutes or until lightly browned on top. Garnish with olives, sliced eggs and chopped parsley.

Serve with lots of freshly ground black pepper.

Pork & Clams in a Cataplana – Amêijoas na Cataplana

Serves 6 to 8

The unusual combination of pork and clams in this classic dish is unique to Portugal. It could be classed as either a soup or a stew, depending on how it is served. In a deep dish with lots of bread on

the side, as a soup, was our first experience with it, but on other occasions it was served as a main dish with potatoes or rice. Either way, it is delicious) It gets its name, "Cataplana" from the lidded pot in which it is traditionally cooked.

½ cup	olive oil
2 lb	lean pork, cut into one-inch cubes
1 lb	linguica or chourico sausage, crumbled or diced
¼ lb	prosciutto or cured ham, diced
3 med	onions, chopped
2	sweet red peppers, seeded, deribbed and cut lengthwise into ½ in strips
2 Tbl	garlic, minced
3	bay leaves, crumbled
2 tsp	sweet paprika
1 cup	parsley, chopped
2 tsp	piri-piri or 2 tsp red pepper flakes
¾ cup	dry white wine
1 can	(28 oz) whole tomatoes, broken up
3 doz	fresh clams
¼ cup	fresh cilantro, finely chopped
1	lemon, cut into 6 or 8 wedges

In a large skillet with a tight-fitting lid, heat the oil, brown the cubed pork, then the sausage, then the prosciutto. Add the onion, sweet red pepper strips and garlic, and brown two minutes more. Add the bay leaves, paprika, parsley, piri-piri, and white wine. Cook on high until the wine is reduced by half, then add the can of tomatoes with its liquid. Cover and cook on simmer for about 45 minutes until the pork cubes are tender. (Up to here, the dish can be made a day ahead of time).

Before serving, place the fresh clams, hinged side down on top of the meat mix, cover tightly, bring to high heat and cook without opening for ten minutes. Discard any clams that do not open. To serve, sprinkle the top with cilantro. Serve lemon wedges on the side.

Roast Chicken w/ Piri-piri - Frango Piri Piri

Serves 6

This delicious roast chicken with the piquant skin is best served simply with roast potatoes and perhaps a tomato and mixed greens salad.

1	3 lb chicken, cut up, OR
6	chicken thighs
	Olive oil
	Coarse salt
	Piri-piri sauce (see below)

Preheat grill. Coat chicken pieces with olive oil and generously season with salt, then grill over medium-hot coals until well browned on both sides and thigh juices run clear when pricked, 20-30 minutes. Or, roast in a 350° F oven for 45 minutes until done. Liberally brush chicken pieces with Piri-piri sauce and serve.

Piri-piri Sauce

1/8-1/4 cup dried or fresh hot chili peppers (minced or crushed)
1 large clove garlic, peeled and crushed
3/4 cup olive oil
2 tsp whiskey, fresh lemon juice, or red wine vinegar

To make the piri-piri, put chiles, garlic, oil and whiskey, lemon juice, or vinegar into a small pot and heat over medium heat until oil just begins to boil, about 5 minutes. Remove from heat and set aside. Put in refrigerator until needed.

Roasted green peppers – Pimentos verdes assados

Serves 4 - 6

6 green bell peppers, peeled and seeded
1/3 cup olive oil
salt to taste

To peel and seed peppers: Place peppers in a roasting pan and heat under the broiler, turning frequently, until they begin to blister. Remove from the oven and cover with foil. Allow to cool.

With a sharp knife pull off the thin skin of the peppers. Cut open, remove the stem and seeds, and cut each pepper into 8 or 10 long strips. Sprinkle with the oil. And salt. Toss lightly to coat, then cover, and refrigerate for several hours.

Lettuce, Tomato, & Onion Salad - Salada de Alface, tomate, e cebola

Serves 4

In summertime, when tomatoes are at their peak, some frango restaurants just skip the lettuce. Portuguese onions are quite mild, so use the sweetest-tasting onion you can find.

1 head Romaine lettuce
2 tomatoes
1 sweet onion
1/4 cup extra-virgin olive oil
2 Tbl red wine vinegar

Put 1 head coarsely chopped trimmed romaine lettuce, 2 sliced halved cored tomatoes, and 1 small thinly sliced peeled sweet onion, such as maui or vidalia, in a large bowl and set aside. Whisk together 1/4 cup extra-virgin olive oil, 2 Tbl red wine vinegar, and salt to taste in a small bowl. Pour dressing over salad and toss well. *Adjust* seasonings. Transfer salad to a platter and sprinkle with about 1/4 tsp dried oregano. Serve with the chicken dish – *Frango Piri Piri*.

Portuguese Cornbread - Broa de milho

Makes one 9-inch round loaf

1½ cup yellow cornmeal, pulverized in a blender until fine
1½ tsp salt
1 cup boiling water
1 Tbl plus 1 tsp olive oil
1 package or cake of active dry or compressed yeast
1 tsp sugar
¼ cup lukewarm water (110° to 115°F)
1¾-2 cup all-purpose flour

In a large mixing bowl combine 1 cup of the cornmeal, the salt and boiling water and stir vigorously until smooth. Stir in 1 Tbl of the olive oil, then cool to lukewarm. In a small bowl, sprinkle the yeast and sugar over the lukewarm water. Let it stand for 2 or 3 minutes, then stir to dissolve the yeast completely. Set the bowl in a warm draft-free place, such as an un-lighted oven, for 8 to 10 minutes, or until the yeast doubles in volume.

Stir the yeast into the cornmeal mixture. Stirring constantly, gradually add the remaining ½ cup of cornmeal and 1 cup of the flour. Gather the dough into a ball, place it in a bowl and drape a towel over it. Set it aside in the draft-free place for about 30 minutes, or until it doubles in bulk.

With a pastry brush, coat the bottom and sides of a 9-inch pie pan with the remaining 1 tsp of olive oil. Turn the dough out on a lightly floured surface and punch it down. Then knead it by pressing it down with the heel of your hand, pushing it forward and folding it back on itself repeatedly for about 5 minutes, meanwhile adding up to 1 cup more flour to make a firm but not stiff dough. Pat and shape it into a round flat loaf and place it in the greased pan. Drape a towel over it and set it aside in a draft-free place for about 30 minutes, or until it doubles in bulk again.

Preheat the oven to 350°F. Bake the bread in the middle of the oven for 40 minutes, or until the top is golden. Transfer it to a rack to cool.

Fresh Fruit Compote - Bolo de Amêndoa com compota de frutas ao molho de Porto

Serves 4 to 6.

The fresh fruits of Portugal are a joy to behold. The village markets are overflowing with luscious oranges from Setubal, plums from Elvas, strawberries from the Algarve, apricots and peaches from Alcobaça, and large ripe melons and grapes of every description. Choose the ripest fruit of the moment for your compote and be sure to include some bits of dried figs, slivered almonds, crystallized ginger, and a splash of sweet Madeira or port for a typically Portuguese touch.

Pears, peaches, plums, apricots, strawberries, etc.
¼-½ cup Ruby port or sweet Madeira wine
¼ cup sugar (more or less to taste)

½ cup blanched, slivered almonds
 ½ cup dried figs, diced or slivered (stems removed)
 ¼ cup crystallized ginger, minced
 Mint leaves for garnish

Wash, pit, peel, and slice fruit as appropriate. Mix the wine and sugar together until the sugar dissolves, then pour over the cut fruit. Prepare the other ingredients. Add to the fruit in a large bowl. Mix gently, cover and refrigerate for 30 minutes, gently mix once again. Serve garnished with mint leaves.

Almond Cake with Berries - Queijo de cabra

Serves 6 to 8

This food processor cake is moist and tender. Before serving, the cake is brushed with whiskey laced syrup, then covered with a thin jam-flavored syrup. Can be served with sour cream or crème fraîche.

Almond paste is available in most supermarkets in 8 oz cans or tubes.

4 oz almond paste (1/3 cup tightly packed)
 ¾ cup sugar
 8 Tbl (1 stick) unsalted butter, ½ teaspoon reserved to butter the cake pan
 1 tsp pure vanilla extract
 3 large eggs
 ¼ cup milk
 dash of salt
 1 cup cake flour (5-6 oz)
 ½ tsp baking powder

Syrup

3 Tbl water
 3 Tbl whiskey, rum, or cognac
 ¼ cup sugar

Finishing Syrup

½ cup good apricot jam, diluted with 2/3 cup water
 8-10 fresh mint leaves

Heat the oven to 350 °F. Put the almond paste, sugar, butter, and vanilla in a food processor and process for about 10 seconds. Add the eggs, milk, and salt and process for 5 seconds. Add the flour and baking powder and process for 5 to 10 seconds, or until smooth. Butter an 8 or 9 inch round cake pan (2 inches deep) with the reserved ½ tsp butter, place a round of parchment paper on bottom of the pan. Butter parchment paper. Dust flour over inside of pan. Knock out excess flour. Pour the cake batter into the pan and bake for 45 minutes. Cool on a rack. Run a knife around edge of cake. Turn out and peel away paper. At serving time, place the cake on a serving platter.

For the syrup: Combine the ingredients in a small bowl until dissolved. Using a spoon or pastry brush, moisten the cake with the syrup. Spoon on the diluted apricot jam and garnish with the mint leaves. Serve with the Fruit Compote with Port

Scatter the berries on top of and around the cake. Spoon on the diluted apricot jam and garnish with the mint leaves. Serve with the crème fraîche or sour cream.

Figs Filled w/ Almonds & Chocolate - Figos recheiados com amêndoas e chocolate

Serves 4.

Beautiful almond trees bloom each spring in the south, and the almond figures heavily in the pastries and sweets of Portugal. One of the simplest confections is the following after dinner treat.

¾ cup	blanched almonds
½ cup	chocolate chips, chopped, or ½ cup grated semi-sweet chocolate
¼ cup	sugar
10 to 12	dried figs

Toast the almonds on a cookie sheet in a 350° F oven for 8 minutes. Grind them in a food processor. Mix the ground almonds, sugar, and chocolate together.

Cut off the hard stem of the figs and make a cut with a sharp knife to open them. Pack one teaspoon of the mix into each fig and close. Place in the still hot oven for 7 minutes. Serve with Port wine.



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References: *Portuguese Homestyle Cooking* by Ana Patuleia Ortins, *The Food of Portugal* by Jean Anderson, *Portuguese Cooking* by Carol Robertson, *The Cooking of Spain and Portugal*, Time Life Saveur, May/June 2002, #59