**Some typical Portuguese Recipes**

**Caldo verde (cabbage & potato soup)**



**Yield: 4 Servings**   
  
**Ingredients:**

* 1 l Water
* 4 medium Potatoes Salt
* 1/2 small Cabbage
* 2 tablespoons Olive oil

**Instructions:**  
  
Black pepper Remove coarse veins and leaves from the cabbage and discard them. Shred the cabbage finely. Bring the water to the boil in a large saucepan. Add the potatoes and salt to taste. Cover the pan reduce the heat and cook the potatoes until they are tender. Remove the potatoes and mash them. Return the mashed potatoes to the pan and stir to mix. Add the shredded cabbage olive oil and pepper to taste. Bring the mixture to the boil and cook uncovered for 5 minutes. Adjust the seasoning and serve.



**SNAILS, PORTUGUESE STYLE**

Serving Size : 4 Preparation Time :0:00

Categories : Appetizers

Amount Measure Ingredient -- Preparation Method

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2 lb Small snails

1 tablespo. Olive oil

1 sm Bunch dry oregano

1 Laurel leaf

1 Garlic clove, minced

1 sm Onion, peeled, quartered

Sal & pepper

Piri-piri peppers

Try to obtain snails about 1/2″ diameter. Starve them for 3 or 4 days to get rid of any toxic herbs they may have ingested. Wash snails in running water till all the slime is gone.

Place them in a large pan and cover with water (2″ or 3″ above snails). Add all the other ingredients. Cover the pan tightly. Heat the water over a very slow fire so that snails have time to extend heads outside shells.

Let boil slowly for the first hour. Skim and simmer for another hour, Skim again and serve warm in saucers, with a little of the cooking liquid. Use toothpicks or pins to extract snails from shell. Dip small pieces of bread in the cooking liquid.

# Octopus Stew (Polvo Guisado)



"Purple stew" is what someone called this when they inquired about an octopus recipe popular with the Portuguese. The color purple comes in to play when cooks use red wine in the dish instead of white. It is a matter of preference.

## Day 1

* 2 1/2 pounds octopus fresh or thawed eyes and mouth (hard center beak) removed
* 1 cup white or red wine
* 1 tbsp coaarse salt or to taste
* 1/2 tsp ground white or black pepper  or to taste
* 4 to 5 tbsp crushed red pepper paste (pimenta moida)
* 2 bay leaves

Cut octopus into large pieces, about 2-inches long, and place in a bowl. Season with the salt and pepper. Add the remaining ingredients. Boil it in water for 25 minutes after it starts boiling. Let it oversleep in the pan for the night.

## Day 2

* 1/2 cup or olive oil as needed
* 2 medium onions, coarsely chopped
* 2 heads garlic, thinly sliced or coarsely chopped
* big handful of flat leaf parsley, chopped
* white rice for 4
* cornstarch slurry(1 tbsp cornstarch with 2 tbsp water)

1. Reserving the marinade, transfer octopus to another separate bowl
2. Pour just enough olive oil to cover the bottom of a large skillet. Fry the onions until golden. There should be a brown caramelized coating on the bottom of the skillet (called a fond by professionals). Add the garlic and parsley.
3. When the garlic is aromatic, toss in the octopus. When it starts to take on some color, recover. Reduce the heat to medium-low and let it sweat for 30 minutes. It will release a lot of water.
4. Add the rice and continue to cook on medium-low for another 15 min. Test the fattest piece. If it is still chewy or tough, let it cook some more (around but not usually over 30 min.)
5. Anytime the liquid looks like it is evaporating, add the reserved marinade in small amounts. Thicken the liquid with a cornstarch slurry. If you overcook it, it will shrink to almost nothing but if you don't cook it enough it will be tough. Enjoy!!

Total cooking time: about 1 1/2 hours. Serves 2-4



**Portuguese Cream Tarts (Pastéis de Nata)**

**Ingredients** –  
• 75 grams Caster Sugar  
• 4 Egg Yolks  
• 500 grams Puff Pastry  
• 140ml Single cream

**Preparation/Method** –  
**1.** Get a nice size bowl and let the fun begin, in the bowl put the egg yolks in and whisk together with the caster sugar until you have a thickish consistency.  
**2.** Now add the cream little at a time whilst beating very well.  
**3.** Get yourself a saucepan and pour the mixture you have done in and bring to a simmer, make sure you keep stirring the mixture until the mixture thickens. Once this is done put the mixture to one side and allow to cool down.  
**4.** Preheat your oven to 240 degrees Celsius/gas mark 9.  
**5.** Now get the pastry and roll out quite thinly and cut out approx 16 circles/rounds.  
**6.** Now get a deep mini muffin tin and grease quite well and place the pastry rounds into this pushing the pastry in quite firmly. (Grease with butter is the best).  
**7.** Now the mixture you made earlier put evenly into the puff cases in the tin (roughly about tablespoon per case).  
**8.** Place in the pre heated over for 10 to 15 minutes or until the pastry is a nice golden color and well risen, the custard will have browned nicely on the top once cooked.  
**9.** Leave to cool down then you are ready to serve.

This mix makes 12 to 16 custard tarts  
Cooking Time takes 25 minutes.