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PORTUGAL PROPERTY

## Food! Glorious Food...

Portugal - the Best Cuisine in the World?



Portuguese cuisine is characterised by its use of fresh seafood, particularly cod (bacalhau), and an abundance of flavourful olive oil, herbs, and spices. Traditional dishes like Bacalhau à Brás and Caldo Verde showcase these ingredients. Grilled meats and sausages, such as frango no churrasco and chouriço, are also popular, as are rice-based dishes like Arroz de Marisco. Pastéis de nata, custard tarts, are iconic Portuguese pastries. The country's rich culinary heritage is influenced by its coastal location, history of exploration, and regional variations, making it a diverse and delicious cuisine. Here are 10 must try dishes:

1. **Bacalhau à Brás:** A classic Portuguese dish, it combines shredded codfish with onions, straw fries, and scrambled eggs, seasoned with garlic and parsley for a flavourful and

comforting meal.

2. **Francesinha:** A hearty Porto sandwich stacked with cured meats (sausage, ham, and steak), smothered in melted cheese, and drenched in spicy tomato and beer sauce, often served with French fries.

3. **Arroz de Marisco:** A delightful seafood rice dish featuring a medley of shellfish and fish, cooked with rice, tomatoes, onions, garlic, and aromatic herbs, perfect for seafood enthusiasts.

4. **Cozido à Portuguesa:** This traditional Portuguese stew blends pork, beef, chicken, sausages, vegetables, and white beans into a hearty and filling dish, commonly enjoyed during festive occasions.

5. **Caldo Verde:** A satisfying Portuguese soup made with kale, potatoes, onions, garlic, and chouriço (sausage) slices, typically garnished with olive oil and served with crusty bread.

6. **Amêijoas à Bulhão Pato:** A delectable Portuguese appetizer, rated as the world's 4th best seafood dish, featuring small clams cooked in white wine, garlic, and fresh cilantro, offering a taste of the sea.

7. **Cataplana:** Named after its unique copper cookware, this traditional dish combines clams, prawns, and fish with onions, tomatoes, garlic, and various herbs and spices for a flavourful seafood medley.

8. **Pastéis de Nata:** Conclude your meal with these delightful custard tarts. A crispy pastry crust encases a creamy custard filling, often garnished with cinnamon and powdered sugar.

9. **Piri-Piri Chicken:** Enjoy the heat of this spicy grilled chicken, marinated in a fiery blend of piri-piri chili peppers, garlic, and other seasonings, renowned for its bold flavour.

10. **Vinho Verde:** While not a dish, don't miss trying Vinho Verde, a crisp, slightly effervescent Portuguese wine available in white or green varieties, known for its excellent pairing with seafood and other local cuisine.

These are just a few highlights of the diverse and delicious Portuguese cuisine. Exploring these dishes will give you a taste of the country's rich culinary heritage and its love for fresh ingredients and bold flavours. Yet another reason to move to Portugal, along with the sun, idyllic beaches and award-winning golf courses. Come and taste for yourself!

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## Property Of The Week

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## Testimonial Of The Week



We found our dealings with Jamie of OliveHomes.com to be really professional. He was responsive with our queries and went out of his way to help overcome any issues we encountered during the process. We would highly recommend OliveHomes.com if you are looking for an agent in the Algarve.

Niall and Mona

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