

WORLD CULINARY ARTS:

Portugal



**THE WORLD'S PREMIER
CULINARY COLLEGE**

Recipes from
Savoring the Best of World Flavors:
Portugal

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PORTUGUESE SPARKLING SANGRIA

Yield: 1 Gallon

Ingredients	Amount
Light white wine	2 qt.
Port wine	½ qt.
Pineapple juice	1 cup
Apples, diced	1 cup
Cinnamon sticks	3 ea.
Lemon lime soda	1 qt.

Method

1. Combine all the ingredients together in a medium-large sized pitcher.
2. Stir slightly to insure all the liquids are combined.
3. Chill the sangria in the fridge at least 30 minutes prior to serving, or up to 24 hours in advance.

FAROFA DE TEMPREGO VERDE

Yield: 8 Portions

Ingredients	Amounts
Olive oil, preferably Portuguese	¼ cup
Manioc flour, coarse	1/3 cup
Temprego verde, finely chopped (see note)	1 Tbsp.
Salt	as needed
Ground black pepper	as needed

Method

1. Heat the olive oil and add the manioc flour.
2. Gently toast the manioc flour until golden
3. Remove from the heat and fold in fresh herbs. Season with salt and pepper.

Note: Temprego verde is equal parts cilantro, flat leaf parsley, and green onions, preferably spring green onions.

Source: Almir Da Fonseca.
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GOAN -PORTUGUESE LOBSTER CURRY

Ingredients	Amounts
Tamarind paste	1 Tbsp.
Water, hot	½ cup
Onion, large, sliced	1 ea.
Tomato, large, sliced	1 ea.
Coconut, fresh, grated	1 cup
Ginger, minced	1 Tbsp.
Garlic, minced	2 Tbsp.
Red chillies, dried	7-8 ea.
Coriander powder	2 Tbsp.
Cumin powder	2 Tbsp.
Turmeric powder	½ tsp.
Red chilli powder	½ tsp.
Green chillies, slit	2 ea.
Olive oil	2 Tbsp.
Water, hot	½ cup
Coconut milk	1½ cups
Salt	to taste
Maine lobsters cooked, de-shelled, cut into medallions	2½ lb.
Fingerling potatoes, cooked, skin on, cut in half lengthwise	12 ea.
Cilantro leaves, picked, washed	¼ cup
Lime, zest of, microplane	

Method

1. Soak the tamarind in ½ cup of hot water for 10 minutes. Now mash the tamarind with your fingers to mix it well into the water. Strain through a chinois.
2. Put the onion, tomato, coconut, ginger, garlic, dry red chillies, all the spices, and the tamarind purée into a robot coupe and process well to make a smooth paste (masala).
3. Heat a medium-size saucepan over medium-high heat. Add the green chillies and the masala paste to the oil and cook for 5 minutes. Now add the other ½ cup of water and the coconut milk and bring to a simmer. Let cook for 10 minutes. Adjust seasoning to taste.
4. Gently heat the lobster medallions in some of the sauce, then distribute among plates.
5. Sauté the cooked potatoes in olive oil until golden brown and divide among plates.
6. Froth and spoon the sauce over the lobster and potatoes, garnish with cilantro, and lime zest and serve.

Source: George Mendes.
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PORTUGUESE FISH SOUP

Ingredients	Amounts
Portuguese Corn Bread (recipe follows)	2½ oz.
Extra virgin olive oil	¼ cup
Chorizo, chopped	3 oz.
Onions, thinly sliced	4 oz.
Thyme, fresh	1 sprig
Bay leaf	1 ea.
Oregano, dried	½ tsp.
Garlic, minced	2 tsp.
Coriander seeds	½ tsp.
Peppercorns	¼ tsp.
Crushed tomatoes	2 cups
Chicken or Fish stock	2 cups
Yukon Gold potatoes, cubed	1 cup
Kale, chopped	½ cup
Little necks	6 ea.
Fish, in pieces	1/3 lb.
Anchovy fillets, smashed	2 ea.

Method

1. Make the corn bread ahead of time.
2. Put olive oil and chorizo into a pot over medium heat and add onions and cook until both change color. Add herbs and garlic.
3. Crush the coriander and peppercorns and add them to the pot.
4. Add the tomatoes and the stock to the pot and stir.
5. Add the cubed potatoes and kale; cook on a very low heat.
6. When ready to serve, add the little necks and steam them until they are open. Add the fish.
7. Then add the corn bread (soaked in a little water and broken into a porridge) to thicken the soup.
8. Serve hot into bowls, the soup can be served with a spoonful of good olive oil. Shrimp can be added too.

Recipe credit: Mark Furstenberg.
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PORTUGUESE CORN BREAD

Ingredients	Amounts
<i>Sponge</i>	
Unbleached, white flour	1 lb.
Polenta	3 cups
Water	20 oz.
Yeast, instant dry	1 pinch
 <i>Dough</i>	
Unbleached white flour	3 lb.
Polenta	3 cups
Water	20 oz.
Sponge	above
Yeast, instant	½ oz.
Salt	2½ oz.

Method

1. *For the Sponge:* Make the sponge 6 to 12 hours before making the dough. Allow it to sit at room temperature.
2. Put the flour, polenta, and water into the mixer. Combine briefly and allow it to rest in the mixing bowl for 30 minutes or more.
3. Add the sponge and yeast into a turn mixer on a low speed to combine. Add the salt and continue to mix on a low speed for up to 8 minutes, until the dough is well formed.
4. Remove the dough from the mixer and put into a lightly oiled container or bowl. Ferment it for one hour and then fold it. Return it to the container and ferment it for a second hour.
5. Divide the dough into desired loaf sizes and round the balls gently. Allow them to rest for another 30 minutes.
6. Round the loaves well and put it into baskets or bowls and allow the dough to proof until it is light again; this may be one hour.
7. Bake the loaves at 400°F until it is dark and hollow sounding when tapped on their bottoms. Cool on a wire rack.

Recipe credit: Mark Furstenberg.
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TCHACHINI DE BACALHAU

Yield: 5 Portions

Ingredients	Amounts
Codfish, salted, dried	500 g
Shallots, chopped	200 g
Garlic cloves, chopped	5 ea.
Olive oil	250 ml
Turmeric	2 tsp.
Coconut milk	250 ml
Coconut, shredded	100 g
Chili oil	½ tsp.
Jasmine rice, cooked	as needed
Broccoli, carrots, and kale, cooked	as needed

Method

1. Soak the codfish overnight.
2. Boil the codfish until cooked, removing the fish bones and skin. Flake completely, beating it with a wooden spoon.
3. Dry it in the oven and set aside.
4. Sauté the chopped shallots and garlic in olive oil, as well as the turmeric.
5. Add the codfish flakes gradually without letting it burn, then the coconut milk, shredded coconut, and chili oil.
6. Fry and stir it constantly, on low heat, until the shreds are loose and golden.
7. Can be served with soft buttered rice and vegetables.

Source: Florita Alves.

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PORTUGUESE EGG CANDIES

REBUCADOS DE OVOS

Yield: 45 Balls, 20 grams each

Ingredients	Amounts
Sugar	350 g
Egg yolks	30 ea.
Butter	50 g
Powdered sugar	as needed
Castor sugar	as needed

Method

1. Mix sugar with the egg yolks and butter in a pan and bring to medium heat, stirring continuously with a spatula, until the mixture releases from the bottom.
2. Transfer the dough into a greased tray and allow to cool.
3. Divide into portions of 20 grams each and mold into balls.
4. Cover the balls in powdered sugar and leave on a baking tray lined with parchment paper and sprinkle with confectionery sugar. Bake in the oven at 200°C until a light crust forms.
5. Let the candy cool and wrap individually with cellophane paper.

Source: *Macanese Cuisine – Origins and Evolution* by Antonio M. Jorge da Silva as presented by Florita Alves.
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BACALHAU DE VOVO WITH TEA EGG, PRESERVED LEMON, MINT CHILLI, AND OLIVE (SALT COD SPREAD)

Yield: 4 Cups, 4 to 6 Appetizers

Ingredients	Amounts
Salt cod	10 oz.
Milk, whole	4 cups
Extra-virgin olive oil	1 ½ cups + 2 Tbsp.
Onion, small, rinsed and diced	½ ea.
Olives, Arbequina, pitted	10 ea.
Lemon, juice and zest of	1 ea.
Parsley, minced, loosely packed	¾ cup
Sherry vinegar	2 tsp.
Black pepper, ground	½ tsp.
Salt	1 ½ tsp.

For Garnish

Red Fresno Chili, sliced into thin rounds	½ ea.
Olives, Portuguese, green, small handful	1 ea.
Mint Leaves, torn into small pieces if large	10 ea.
Tea Eggs, cut into quarters, or sliced (recipe follows)	1 ea.
Preserved lemon, rinsed, fine julienne	1 ea.
Crostini, toasted	8 ea.

Method

1. Place the cod in nonreactive container and cover with cold water by 2 inches. Cover and refrigerate for 12 hours.
2. Discard the water, cover the cod with fresh cold water, and refrigerate another 12 hours. Repeat this process over the course of 3 days until the cod has had a total of 6 soaks.
3. Drain the cod and set aside. Pour the milk into a small pot with a tight-fitting lid and bring to a simmer, uncovered, over medium-high heat, being careful not to let the milk scorch (if it does, get rid of the milk and start over- you don't want the entire batch to taste burnt).
4. Cut the heat, place the cod in the milk and cover the pot immediately. Set aside for 10 minutes. Drain the cod and let cool slightly, then shred the cod into rough 1-inch chunks, making sure to remove any bones, then set aside.
5. Put the cod in a standing mixer fitted with the paddle attachment and mix on low speed for about 1 minute.
6. With the machine still running on low, slowly drizzle 1 ½ cups of the olive oil to form an emulsion with the fish. The slower the drizzle the better!

7. When the emulsion is formed, stop the mixer and add the onion. Mix on low until incorporated, about 1 minute, then stop the machine and add the Arbequina olives, lemon juice and zest, parsley, sherry vinegar, pepper and salt.
8. Mix on low until fully combined, another minute or so, then taste and adjust seasoning as desired.
9. Spoon into serving bowl, drizzle with remaining 2 tablespoons of olive oil, and garnish with chilli, olives, mint, and tea eggs. Serve immediately with Papa Sec, or crackers, and store any leftovers tightly covered in the refrigerator for up to 1 week.

Source: Abraham Conlon '01.
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TEA EGG

Yield: 6 Eggs

Ingredients	Amounts
Water	2 cups
Pu-erh tea leaves (about ½ cup)	½ oz.
Sichuan peppercorn, whole	½ tsp.
Cinnamon sticks	2 ea.
Ginger, peeled & julienned, 2" piece	1 ea.
Star anise, whole	3 ea.
Soy sauce	1 cup
Eggs	6 ea.

Method

1. To make the marinade, bring the water to a boil in a small pot over high heat.
2. Add the tea, Sichuan pepper, cinnamon sticks, ginger and star anise. Reduce the heat to low and maintain a simmer for 10 minutes.
3. Remove from heat, stir in the soy sauce, and strain the mixture into a 1-quart heatproof container. Discard the solids. Let cool to room temperature.
4. Rinse the same pot and fill with 2 quarts water. Bring to a boil over high heat.
5. Carefully add the eggs using spider and cook for 12 minutes. Meanwhile, prepare an ice bath for the eggs. When the eggs are done, transfer them to the ice bath to cool.
6. When the eggs are completely cooled, peel them and put in the marinade. Refrigerate for 1 hour. Remove the eggs from the marinade and store tightly sealed in the refrigerator for up to 3 days.

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GOAN SHRIMP FRITTERS WITH TOMATO CHUTNEY

RISSOIS DE CAMARAO

Yield: Approximately 24 Fritters

Ingredients	Amounts
<i>Prawn Filling</i>	
Canola oil	2 Tbsp.
Garlic cloves, finely chopped	5-6 ea.
Onion, finely chopped	½ cup
Prawns, medium, clean, finely chopped	15 ea.
Butter	2 Tbsp.
Flour	2 tsp.
Milk	½ cup
Black peppercorns, crushed	¼ tsp.
Cheddar cheese, white, sliced	1 ea.
<i>Outer Coating</i>	
Milk	1 ½ cups
Salt	½ tsp.
Sugar	½ tsp.
Butter	2 Tbsp.
Flour	1 cup, minus 2 tsp.
Egg, mixed with 2 Tbsp. water	1 ea.
Breadcrumbs	as needed
Canola oil, for deep frying	as needed
Tomato Chutney (recipe follows)	as needed

Method

1. *For the Prawn Filling:* In a pan, add 2 tablespoons oil and once hot add the garlic. Fry until it's browned.
2. Add the chopped onions and sauté until translucent. Add the finely chopped prawns, mix and cook for another minute. Prawn mixture aside.
3. In the same pan add 2 tablespoons butter and 2 teaspoons flour, mix well, and fry for a minute.
4. Add ½-cup milk to the mixture and cook for 2 minutes until the sauce thickens on slow flame, stirring. Add crushed black pepper and sliced cheese.
5. Mix the cooked prawns to the above bechamel sauce. The filling is ready, set aside.
6. *For the Outer Coating:* Boil 1 ½ cup milk with salt, sugar, 2 tablespoons butter and the flour. Cook for 3 minutes until it forms a ball.
7. Once cool enough to handle, form into three big balls.
8. Roll each ball and cut into circles using a cutter, add the prawn filling into each disc.

9. Press and seal each disc into semi-circle or crescent moon shape.
10. Egg wash each one and then crumb coat with breadcrumbs.
11. Deep fry in hot oil on a slow flame until golden brown.
12. Serve it with Tomato Chutney.

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TOMATO CHUTNEY

Yield: 250 Grams

Ingredients	Amounts
Canola oil	5 Tbsp.
Brown mustard seeds	1 Tbsp.
Cumin seeds	1 Tbsp.
Kashmiri chilis	3 ea.
Curry leaves, handful	1 ea.
Fenugreek seeds	1 tsp.
Garlic cloves, halved	12-15 ea.
Ginger, 1" piece, finely chopped	1 ea.
Serrano, split	2 ea.
Onions, large, finely chopped	3 ea.
Tomatoes, finely chopped	5 ea.
Tamarind pulp water	60 ml
Salt	as needed
Coriander, chopped super fine, handful (optional)	1 ea.

Method

1. Heat oil in a pan, add mustard seeds, and let it splutter.
2. Add cumin seeds, kashmiri chilis, curry leaves, and fenugreek seeds.
3. Add garlic, ginger, and chilis, brown well.
4. Add onions and brown well.
5. Add tomatoes and tamarind pulp and cook, add water as required. Cook tomatoes until soft and completely dissolved.
6. Adjust salt and then add chopped coriander leaves and let the mixture cool.

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TORRESMO DE MOLHO DE FÍGADO

Yield: 12 Portions

Ingredients	Amounts
Pork back ribs, strips	2 ea.
Pork heart	2 ea.
Pork kidneys	4 ea.
Pork tongue	2 ea.
Pork liver	1 ea.
<i>Marinade</i>	
White wine, dry	1 L
Lime, juice of	12 ea.
Orange juice of	12 ea.
Salted hot peppers (pimenta da terra)	3 ea.
Salted chili paste (calda de pimento da terra)	350 g
Garlic cloves	20 ea.
Paprika	100 g
White pepper, ground	50 g
Salt	to taste
Lard	1 kg
Bay leaves	2 ea.
Onion	1 ea.
Water	as needed
<i>To Serve</i>	
Rustic bread	as needed
Parsley cress, or micro parsley	as needed

Method

1. Clean and cut the meats; 2 bone ribs, heart and kidneys in half, and tongue whole. Reserve pork liver.
2. *For the Marinade:* Mix all the ingredients for the marinade.
3. Combine the meats with the marinade and leave for 24 hours in a cold place.
4. Drain the meats from the marinade.
5. Boil the marinade liquid then add the meats and the lard.
6. Leave to cook until tender.
7. Drain meats from cooking liquid over a colander.
8. Also, cook the liver in water with onion and bay leaf, let cool.
9. Cut the liver into cubes and add to the rest of the meats.
10. Keep the lard separate.
11. Keep the leftover trimmings for making a paté ("pé de torresmo")
12. *For Serving:* Serve the finished paté with rustic bread and parsley cress to garnish.

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AZOREAN STUFFED MACKEREL WITH FRIED FISH SAUCE

CHICHARROS RECHEADOS E MOLHO DE VILÃO

Yield: 4 Portions

Ingredients	Amounts
Atlantic horse mackerel, or Jack Mackerel, 200 g each	8 ea.
Salt	to taste
Portuguese Stuffing (recipe follows)	500 g
Flour	200 g
Egg	4 ea.
Yellow corn flour	200 g
Lard	200 g
Fried Fish Sauce (recipe follows)	as needed

Method

1. Wash, clean, filet the mackerel, and pinbone, leaving the tail intact.
2. Season with salt.
3. Add 50 grams of the Portuguese stuffing in one side, covering gently with the other (lightly pressing).
4. Dip in flour, egg, then corn flour.
5. Fry until golden brown on both sides in lard, draining on paper before serving.
6. Serve with Fried Fish Sauce.

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PORTUGUESE STUFFING

RECHEIO

Yield: 4 Portions (60-80 grams per fish)

Ingredients	Amounts
Old sourdough bread	1.5 kg
Cold water	as needed
Lard	200 g
Onion, minced	200 g
Garlic, minced	40 g
Bay leaf	1 ea.
Heart, liver, and gizzard of chicken, mixed in equal proportions	500 g
Salted red pepper paste "pimenta da terra"	100 g
Paprika	30 g
White pepper, ground	10 g
Dry white wine	500 ml
Salt	to taste
Parsley	100 g

Method

1. Remove the crust from the bread and cut into large chunks, soaking the bread in cold water in order to take out the excess of gluten.
2. In a frying pan, add the lard and fry the onions, garlic, and bay leaf to start.
3. Once translucent, add the chicken offals, red pepper paste, paprika, and white pepper.
4. Refresh with white wine and leave to cook.
5. Add the crumbled dry bread that has been drained and allowed to dry.
6. Mix all the ingredients and top with water if needed.
7. It should have a consistency of a creamy risotto.
8. Adjust the seasonings and add the chopped parsley at the end.

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FRIED TARO ROOT

INHAMES FRITOS

Yield: 12 Portions

Ingredients	Amounts
Taro Root, or yam	3 kg
Water	as needed
Salt	300 g
White wine vinegar	50 ml
Lard	500 g

Method

1. Wash the taro and cook in slow boiling water with the salt and vinegar.
2. Use a knife to see if it's cooked tender.
3. Drain from the water and allow to cool.
4. Peel and cut in cubes or slices, then fry in the pork lard until golden.

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FRIED FISH SAUCE

MOLHO DE VILÃO

Yield: 12 Portions (1 Pint)

Ingredients	Amounts
Olive oil	200 ml
Garlic cloves, minced	12 ea.
Paprika	20 g
Red pepper paste	100 g
Tomato paste	50 g
Bay leaf	1 ea.
White wine vinegar	300 ml
Salt	to taste

Method

1. In a frying pan, add the olive oil and gently fry the minced garlic.
2. Before the garlic gets any color, add the paprika, red pepper paste, tomato paste, and bay leaf.
3. Season with the vinegar and let the sauce reduce to one third.
4. Blend all the ingredients together to finish the sauce.

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PORTUGUESE BREAD, GARLIC AND YAM SOUP WITH POACHED EGGS *AÇORDA DE INHAME*

Yield: 4 Portions

Ingredients	Amounts
Taro root or yam, cooked	1.5 kg
Sourdough bread, old	1 ea.
Garlic cloves, minced	30 g
Onion, minced	350 g
Lard	150 g
Salted chili paste (calda de pimenta da terra)	100 g
Paprika	35 g
Dry white wine	500 ml
Water	1.5 L
Eggs	4 ea.
Spearmint sprigs	4 ea.

Method

1. Peel and dice the cooked yam and place into serving bowls.
2. Remove the crust from the bread and dice into similar size cubes. Add to the yam in the serving bowl.
3. Fry the minced garlic and onions in the lard.
4. Once the garlic and onion are softened, add the salted chili paste and the paprika, and fry.
5. Deglaze with the white wine, reduce by 1/3, add the water, and bring to a boil.
6. Adjust the seasoning with salt.
7. Poach the eggs in this "broth," then pour broth and poached egg over bread and yam in each of the serving bowls. Garnish with sprig of spearmint.

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PORTUGUESE RUMP ROAST

ALCATRA À MODA DA TERCEIRA

Yield: 6 Portions

Ingredients	Amounts
Lard	150 g
Shank, bone-in, brisket, and flank	3 kg total
Bacon, smoked, cut in 2 cm batons	250 g
Onions, diced	800 g
Garlic head, chopped	1 ea.
Bay leaf	2 ea.
Salt	
Allspice, ground	5 g
Black peppercorns	10 g
Clove	5 g
Cinnamon	1 Tbsp.
Isabella Proibida wine, 750 ml Azores Wine Company	4 ea.
Butter	250 g
<i>Cooked Taro</i>	
Taro	1 kg
Water, salted	as needed
White wine vinegar	1 Tbsp.
<i>Serving</i>	
Eggs	6 ea.
Spearmint sprig	as needed
Bread	1 oz.
Cooked Taro (see above)	1 oz.

Method

1. Spread lard all over a clay or cast iron pot.
2. In a separate bowl, mix all the ingredients, except for the butter.
3. Add all the mix to the pot, top with the butter, and cover with paper and tin foil.
4. Leave to cook at 160°C in a wood oven for 8 hours.
5. Leave to rest after cooking for 2 hours and warm before serving.
6. Adjust the seasoning with salt.
7. *For the Cooked Taro:* Cook the taro in salted water with vinegar until tender, approximately 1 ½ hours.
8. Poach the eggs in the broth.
9. *To Serve:* Add bread and cooked taro to serving bowl.

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AZOREAN SWEET BREAD

MASSA SOVADA

Yield: 12 Portions

Ingredients	Amounts
<i>Starter</i>	
Sweet potato	80 g
Egg	1 ea.
Caster sugar	30 g
Yeast, fresh	20 g
Flour	125 g
<i>Final Dough</i>	
Flour	2 kg
Eggs	10 ea.
Caster sugar	250 g
Butter, melted	400 g
Lemon zest	1 ea.
Fennel seeds	20 g
Aguardente or Grappa	25 ml
Milk	500 ml, plus extra for brushing

Method

1. *For the Starter:* Boil the sweet potato and once cooked, mash it and mix with all the ingredients, making a paste. Cover it and leave it to proof overnight.
2. *For the Final Dough:* Sift the flour and mix the eggs, sugar, melted butter, starter, lemon, fennel seeds, aguardente, and milk.
3. Knead the dough very well and leave aside to proof.
4. Once doubled in size, knead the dough again and leave to prove one more time.
5. Divide in 4 portions and leave to prove one last time.
6. Brush with milk and cook for 1 hour at 170°C.

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DEVIL CURRY

KARI DEBAL

Yield: 6-8 Portions

Ingredients	Amounts
<i>Garnish</i>	
Yellow onion, peeled, cut into wedges	1 ea.
Ginger, peeled, cut into 5 cm strips	1 ea.
Red chilies, Fresno, sliced	2 ea.
Red or Yukon Potatoes, peeled, cut into wedges	4 ea.
Canola oil	as needed
 <i>Rempah</i>	
Kashmiri red chilies, dried cut into short, lengths, soaked in hot water to soften	20 g
Shallots, peeled	120 g
Galangal, peeled	25 g
Ginger, peeled	20 g
Lemongrass, bulbous end only	30 g
Nutmeg	1 ea.
Black mustard seeds	1 Tbsp.
Cloves	½ Tbsp.
Black peppercorns	1 Tbsp.
Candlenuts	6 ea.
Water	125 ml
 Canola oil	 125 ml
Pork shoulder, cut into small pieces	1 kg
Water	1.75 L
Sugar	2 Tbsp.
Salt	1 ½ Tbsp.
Rice vinegar, Chinese	5 Tbsp.
 Jasmine rice, white fragrant, cooked	 as needed

Method

1. *For the Garnish:* Fry garnish ingredients in oil over a medium heat until golden brown. Set aside.
2. *For the Rempah:* Drain chilies and blend with other rempah ingredients and a little water into a fine paste.
3. Heat 125 milliliters oil over medium heat, add blended rempah, and fry until fragrant.
4. Add meat and stir to coat evenly. Cover pot and cook for 15 minutes.

5. Add water, stir well, and cover the pot again. Cook on medium heat for 1 hour or until meat is tender.
6. Stir in sugar, salt, and vinegar. Add garnish and cook until gravy reduces and thickens.
7. Serve hot with rice.

Source: Melba Nunis.
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JOHN DORY “AÇORDA”

Ingredients	Amounts
<i>Dried Bread</i>	
Sourdough bread, 1 kg pieces	15 ea.
Onion	1 kg
Garlic	1 kg
Olive oil	200 ml
John Dory, whole, 1-2 kg	25 ea.
Cilantro	1 kg
Lemon	2 kg
Cornstarch	1 kg
Laurel leaf	1 ea.
John Dory roe, cured	10 ea.

Method

1. *For the Dried Bread:* remove the crust from the bread and allow the inside of the bread to dry for at least two days.
2. Peel onion and garlic. Put in the blender with olive oil and blend until smooth.
3. Toast the bones of the john dory.
4. Prepare the broth with the toasted fish bones, cilantro, lemon, and cornstarch.
5. Add a laurel leaf
6. When the broth is ready, add the dried bread, the warm broth and set aside with the previous preparation.
7. Plate up as demonstrated by chef.

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PORTUGUESE SALT COD AND SWISS CHARD SOUP

Yield 6-8 servings

Ingredients	Amounts
Olive oil	¼ cup
Potatoes, peeled and thinly sliced	1 lb.
Garlic cloves, sliced thin	3 ea.
Cilantro, leaves only	1 bu.
Swiss chard or spinach, stemmed, cut ½ " strip	1 lb.
Salt cod, soaked, for 2 days	1 lb.
White wine	½ cup
Water or fish broth	4 cups
Salt	to taste
Black pepper	to taste

Method

1. Rinse and drain the cod, cut into 1" pieces. Set aside.
2. In a medium sauce pot, cook the oil and potatoes over medium heat, shaking occasionally, until the potatoes are imbued with the oil, about 1 minute. Stir in the garlic, cilantro, spinach, cod, wine and 4 cups of water (or fish broth).
3. Bring to a boil lower the heat, cover and simmer, shaking the pan occasionally for 20 minutes or until the potatoes are thoroughly cooked.
4. Season with salt and pepper and extra virgin olive oil.