

# WORLD CULINARY ARTS: *Portugal*



Unilever Food Solutions  
Recipes from

## Savoring the Best of World Flavors: Portugal

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# BACALHAU ZÉ DO PIPO

## PORTUGUESE ROASTED COD WITH MASHED POTATOES AND HELLMAN'S MAYONNAISE

*Yield: 8-10 servings*

Ingredients	Amounts
Salted cod	3 lb. 1.5 kg
Milk	1 qt. 1 l
Olive oil, Extra virgin, Portuguese, divided	6 Tbsp. 3 dl
Bay leaf	2 ea.
White onion, sliced	5 cups 500 g
Garlic, chopped	3 Tbsp. 20 g
Potatoes, mashed, prepared	1 qt. 280 g
Hellmann's Real Mayonnaise	1 cup 250 g
Black olives, pitted	½ cup 50 g
Parsley, fresh, chopped	up 25 g

### Method

1. Soak the salted cod in water for 24 hours. Drain, dry, and cut into pieces.
2. Combine the cod with milk, 3 tablespoons extra virgin olive oil, and bay leaves. Bake for 30 minutes at 350° F.
3. Sauté the onion and garlic in remaining 3 tablespoons olive oil until soft.
4. Remove the cod from the oven and use the liquid to prepare the mashed potatoes.
5. In a baking pan, layer the onion, cod, and mashed potatoes.
6. Spread the top with mayonnaise. Bake at 375°F for 20 to 30 minutes until the top is golden brown.
7. Garnish with black olives and sprinkle with chopped parsley.

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# ARROZ DE MARISCO

## PORTUGUESE SEAFOOD AND RICE STEW WITH KNORR SEAFOOD BASE

*Yield: 10 Portions*

Ingredients	Amounts
Olive oil, extra virgin, Portuguese	½ cup 150 ml
Garlic, chopped	5 Tbsp. 30 g
Onions, chopped	2 cups 300 g
Green bell pepper, julienned	1 cup 150 g
Red bell pepper, julienned	1 cup 150 g
Tomatoes, diced	2 cups 350 g
Rice, uncooked	3 cups 600 g
Shrimp, 10/20, peeled and deveined	1.5 lb. 600gr
Mussels, shelled	1 lb. 300 g
Clams, fresh	1 lb. 300 g
Lobster, cut in pieces	2 lb. 1 kg
Salt	to taste
Ground black pepper	to taste
Knorr seafood base, prepared	2 qt. 2 l
Hot sauce	to taste
Cilantro, chopped	2 cups 30 g

### Method

1. Sauté the olive oil, garlic, onion, green and red pepper. Once soft, add the tomato.
2. Bring to low heat and cook until the tomatoes are softened. Add the rice, shrimp, mussels, clams, and lobster. Season with salt and pepper, stir, and cook about a minute. Add the prepared Knorr Seafood Base and bring to a boil over high heat. Reduce to low heat and simmer about 10 to 12 minutes.
3. Add hot sauce to season.
4. Turn off the heat, sprinkle with chopped cilantro and serve immediately.

**Note:** You can add other types of seafood.

# PORTUGUESE BEAN, SAUSAGE AND KALE SOUP WITH BASIL WALNUT PESTO FEATURING KNORR ULTIMATE LOW SODIUM ROASTED CHICKEN BASE

*Yield: 5 Gallons*

<b>Ingredients</b>	<b>Amounts</b>
Canola oil	2 cups
Onions, chopped fine	2 lb.
Garlic, minced	1 ½ oz.
Tomatoes, diced in juice, chopped fine	1 gal.
Kale, coarsely chopped	5 lb.
Garbanzo beans, drained	1 gal.
Linquica sausage, sliced	1 ½ qt.
Knorr® Chicken Stock	3 gal.
Ground black pepper	3 Tbsp.
Salt	1 oz.
Basil pesto, for garnish (recipe follows)	as needed

## **Method**

1. Heat oil in kettle, add the onions. Cook for 2 to 3 minutes.
2. Add the garlic and tomatoes and continue to cook for 2 minutes.
3. Add the kale and cook 1 minute or until it wilts.
4. Add the remaining ingredients, mix gently, bring to a boil, reduce heat and cook for 30 minutes.
5. Hold warm for service and serve with pesto.

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