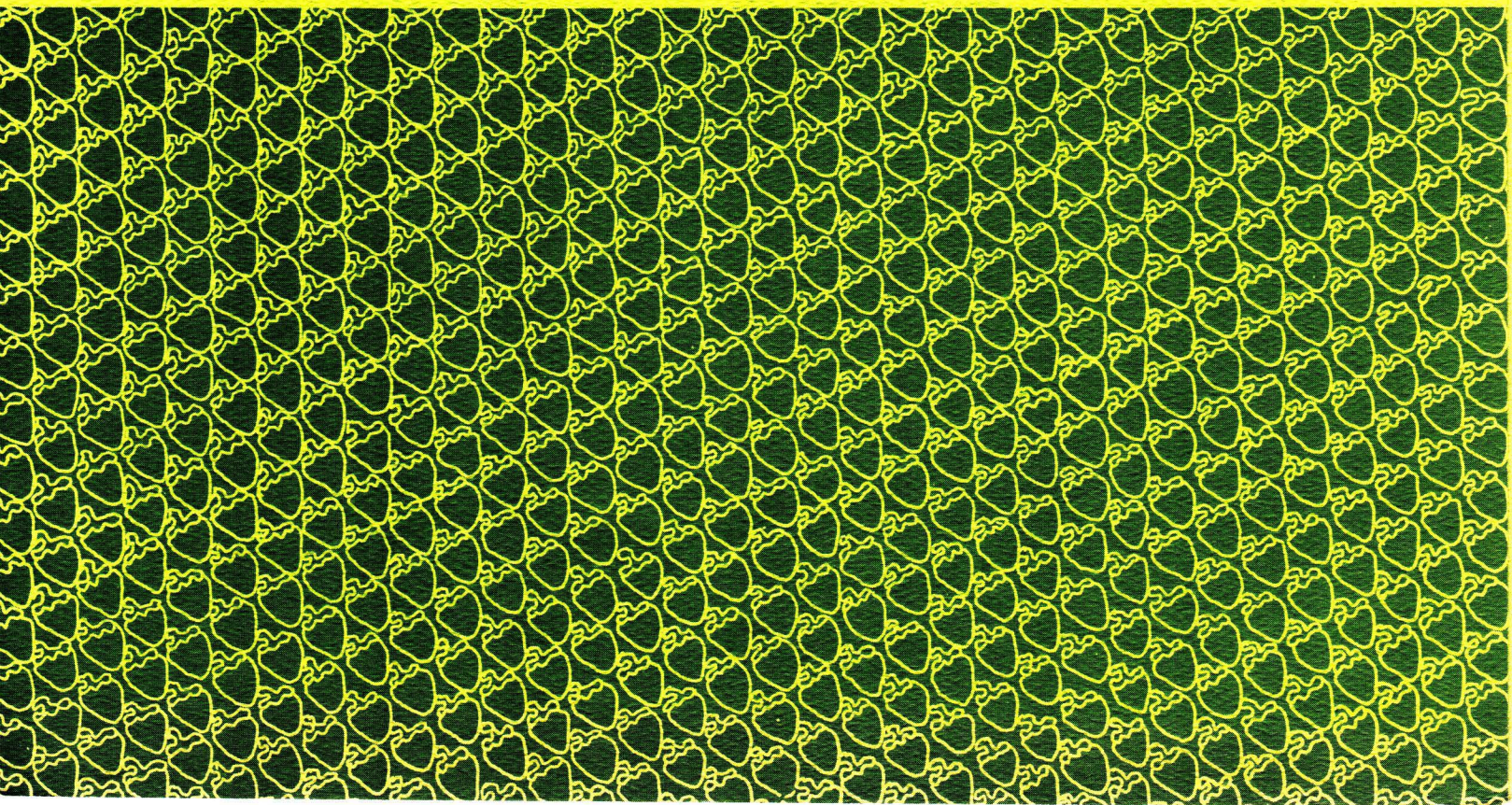
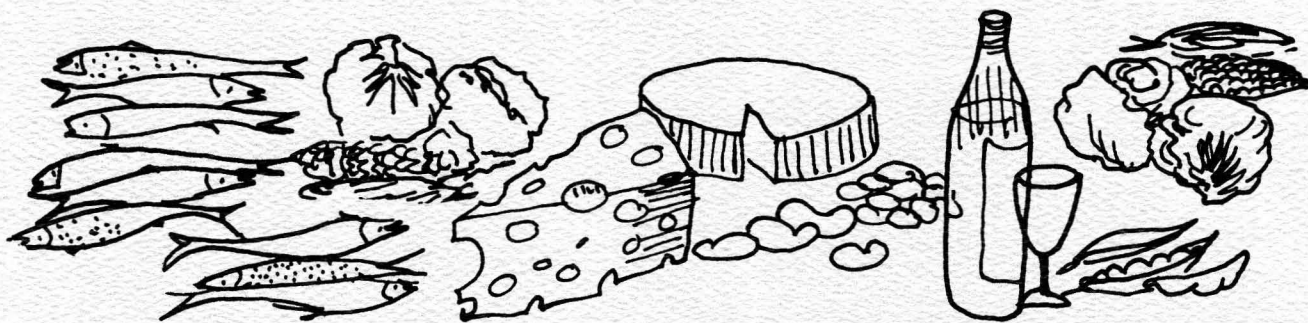


ABOUT PORTUGUESE FOODS

HELEN C. GASCON
Extension Home Economist

KATHRYN J. ORR
Foods and Nutrition Specialist





PORTUGAL, a republic in Western Europe, is bounded on the north and east by Spain and on the south and west by the Atlantic Ocean. Continental Portugal occupies slightly more than 15 percent of the Iberian Peninsula. Its climate is extremely varied, influenced by the coastal uplands. Three great climatic regions may be distinguished. In the northwest, abundant rains, a cool winter, and a short summer prevail. In the drier northeast, a long, cold and snowy winter and a hot summer occur. In the south, a Mediterranean climate prevails, with less and less rain, a mild winter, and a long hot summer.

Portugal has about 340 miles of coastline facing the Atlantic Ocean. The fishing is good and catches are heavy in sardines and codfish. The coast areas have a variety of wonderful fish dishes; shellfish are prepared in hundreds of different ways. But seafood is not all one finds in these areas as there are many excellent meat dishes. Desserts are rich and pastries have many calories. The local fruits and cheeses are very good, too.

In the country districts of Portugal the composition of meals varies considerably with location and season. In northern Portugal and along the coast, fresh, dried, and salted fish—sardines and cod—form a large part of the popular diet. Cabbage, beans, and potatoes are important in the north, pulses—a porridge made

of meal from leguminous crops—in the south. Bread is made of corn in the northwest, of rye in the mountains, and of wheat in the south. Pork is the principal meat in the rural diet. In all parts of the country wine is drunk, generally in abundance. Between meals coffee and wine are the favorite beverages.

The food in Portugal is prepared somewhat like that in Spain, France, and Italy. All use large quantities of olive oil and garlic. The staple food of the laboring classes and small farmers is fish, especially the dried codfish called *bacalhao*. Rice, beans, corn bread, corn meal, olive oil, fruits, and vegetables make up the balance of the diet. Beans are a very important part of the diet. They are often cooked without soaking but for a longer cooking time; without stirring, so as to keep the bean whole. Spices are used freely with plenty of pepper. The Portuguese meat is soaked in vinegar, garlic, salt, and pepper from several hours to 2 or 3 days, then used in soups or fried, roasted, or broiled.

Portugal is mainly an agricultural country; about three-quarters of its population of nearly eight and a quarter million people are engaged in agriculture of one sort or another. Wine is the principal export product. The wines are as varied as the different districts that produce them. Each wine has its own special qualities.

Portugal is the third largest olive-producing country in the world. Olive oil is the chief and

preferred form of edible fat. It is also important for use with the sardine harvest. Portuguese olive oil is often too rank for foreign tastes because of the manner in which it is processed. The picked olives, which very quickly become rancid, are allowed to stand from two to ten days before they are ground and pressed. The oil is then drawn from the press into hot water, which brings out the rancid flavor and odor. The olives for oil for export are not allowed to stand. They are ground and drawn in cold water within two hours of harvest.

The Portuguese as a race delight in work. At harvest time, each festival is a gay social occasion. They will travel as many as 60 miles, taking their guitars, singing and dancing on the way to work in the vineyards and olive groves. Famous native folk-songs are known as the *fados*. They usually tell a melancholy folk story in song, accompanied by a guitar or other stringed instrument. The fado is the most popular of night club-type singing and entertainment.

SOUPA DE FEIJAOS (Bean Soup)

8 servings

- | | |
|--|--|
| 2 cups kidney beans,
canned or dried | 1 medium onion, chopped |
| 1 soup bone, with
approximately 1 pound
meat on it | 2 quarts water |
| 3 teaspoons salt | $\frac{3}{4}$ cup diced potatoes |
| Few grains pepper | $\frac{3}{4}$ cup diced carrots |
| Oil for frying | $1\frac{1}{2}$ cups shredded
cabbage |
| 1 clove garlic | 2 cups watercress cut in
1-inch lengths |

If dried beans are used, wash and soak overnight in 2 cups water. Cook until tender. Cut meat off bone and sprinkle with salt and pepper. Fry meat in Dutch oven in a little oil with onion and garlic until brown. Add water and bring to boil. Add beans and all the vegetables except 1 cup watercress. Simmer until meat is very tender and comes apart with a fork. Add remainder of watercress just before serving.

PORTUGUESE FOODS MENU

SOUPA DE FEIJAOS
(Bean Soup)

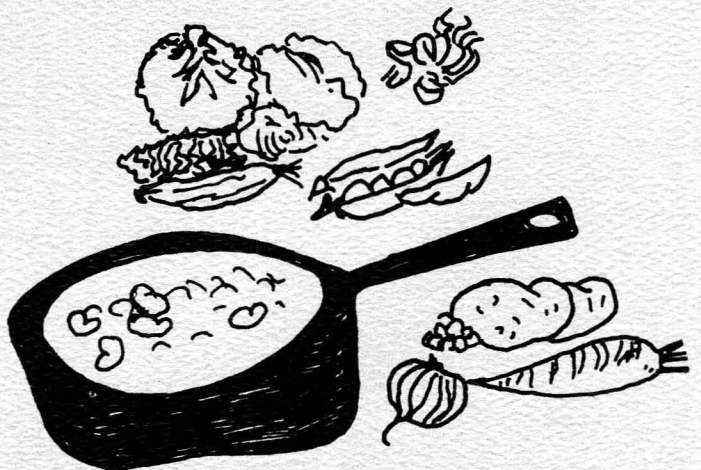
GUIZADO DE BACALHAO
(Codfish Stew)

SALADA MISTURADA
(Tossed Green Salad)

SABULA DE VINHA
(Pickled Onions)

PUDIM DE NOSES
(Walnut Pudding)

CAFE
(Coffee)





GUIZADO DE BACALHAO (Codfish Stew)

6 servings

- | | |
|------------------------------------|-------------------------|
| 1 pound salted codfish | 2 cups canned tomatoes |
| 1 clove garlic | 2 teaspoons chopped |
| 2 tablespoons olive oil | parsley |
| 2 medium onions, sliced | $\frac{1}{2}$ cup water |
| $1\frac{1}{2}$ cups diced potatoes | 1 package frozen peas |

Wash and soak codfish in water overnight. Drain; separate into small pieces, removing bones and skin. Brown garlic in olive oil and remove from pan. Add codfish and cook for a few minutes. Add remaining ingredients; cover and simmer for 30 minutes.

SALADA MISTURADA (Tossed Green Salad)

6 servings

- | | |
|---|-------------------------|
| $\frac{1}{2}$ head crisp lettuce | 6 leaves romaine |
| $\frac{1}{2}$ head escarole | 2 scarlet sweet peppers |
| $\frac{1}{2}$ head chicory | or pimiento |
| 12 crisp narrow-leaved
endive (optional) | |

Discard all tough stems and damaged leaves of greens. Break remaining leaves into bite-size pieces. Remove seeds and pithy parts from sweet red peppers. Cut into julienne strips. Toss all thoroughly with dressing. Serve immediately.

TO PREPARE DRESSING:

- | | |
|------------------------------|--------------------------|
| $\frac{3}{4}$ cup olive oil | 1 teaspoon dried mar- |
| 3 tablespoons wine or | joram, oregano, or basil |
| cider vinegar | Garlic salt to taste |
| $\frac{1}{2}$ teaspoon cumin | Black pepper to taste |

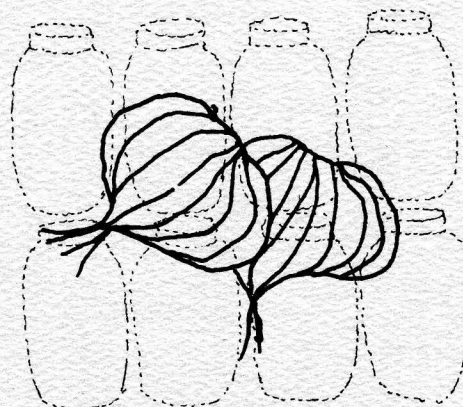
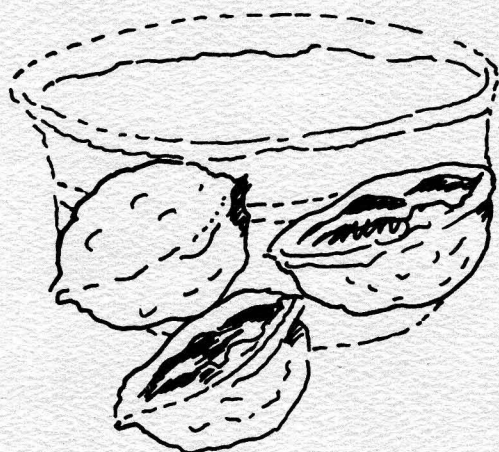
Mix well, pour enough over greens to moisten well with no excess in bowl. May be garnished on top with chopped crisp lean bacon or julienne cooked ham, chicken or white mild cheese.

SABULA DE VINHA (Pickled Onions)

2 quarts

3 pounds onions	1 tablespoon Hawaiian
2 green peppers	salt, or ice cream salt
1½ cups cider vinegar	3 Hawaiian red peppers
1½ cups water	

Cut onions and green peppers into wedges. Combine vinegar, water, salt, and Hawaiian peppers and add to onions and pepper. Cover; let stand 24 hours and then refrigerate.



PUDIM DE NOSES (Walnut Pudding)

6 servings

½ pound walnuts in	1 cup sugar
shell or ¼ pound	½ to 1 teaspoon
shelled	cinnamon
5 eggs	Butter to grease molds

Grind or pound nut meats with cinnamon to form a paste. Beat eggs and sugar; add nuts and cinnamon and mix thoroughly. Pour mixture into a well-greased large mold or six individual molds and set in pan of hot water. Steam for 30 minutes or until done. Water should be kept at simmer during entire cooking time. May also place in pan of water in oven at 450°F. for 30 minutes. Cool and unmold for serving.

REFERENCES

1. *Encyclopedia Americana*. Vol. 22, p. 409. 1953.
2. *Encyclopedia Britannica*. Vol. 18, p. 275. 1938.
3. *The Selective Traveller in Portugal*. Ann Bridge and Susan Lowndes. McGraw-Hill Book Company, Inc., 1961.
4. *The Complete Round-The World Cookbook*. Myra Waldo. Doubleday and Company, Inc., 1962.
5. *The Esquire Culinary Companion*. Charles H. Baker, Jr., Crown Publishers, Inc., 1960.
6. The Hawaiian Electric Company, Home Service Department Recipe Cards.

Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, and Director and Interim Dean Noel P. Kefford, College of Tropical Agriculture and Human Resources, University of Hawaii at Manoa, Honolulu, Hawaii 96822. An Equal Opportunity Employer providing programs and services to the Citizens of Hawaii without regard to race, color, national origin or sex.

HEC 345—Reprinted 0781/3M