

Portuguese Recipes



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Recipes gathered from the Internet

Credit goes to the Recipe Authors and Photographers

Portuguese Galinha Estufada



Prep Time: 15 Minutes

Cook Time: 1 Hour

Yield: Serves 2

Portugal's cuisine, like the country itself, is distinctly Latin, but turns its face toward the Atlantic Ocean rather than the Mediterranean. Travelers come home singing the praises of the region's seafood, its characteristic soups, and, overall, the simple, delicious honesty of its fare. We've chosen this hearty chicken and rice dish, Galinha Estufada, to showcase a traditional Portuguese specialty that will serve well with either your red or your white wine. True comfort food with Latin warmth, color and flavor, its name translates as "stewed chicken." It's a cousin of Spanish arroz con pollo with an exotic whiff of pilaf.

Ingredients

- 1 medium sweet yellow or white onion
- 2 cloves garlic
- 2 Tbsp olive oil
- 14.5-ounce can whole peeled tomatoes
- 1 bay leaf
- 1/2 Tbsp paprika
- 1/2 cup dry white wine
- 1 cut-up frying hen or 6-8 chicken thighs or other parts
- 3 cups water
- 1 cup rice
- salt
- black pepper
- 1/2 cup fresh shelled or frozen peas
- 1 Tbsp chopped parsley

Preparation

1. Peel and chop the onions; peel and mince the garlic. Cook them in the olive oil in a heavy dutch oven until translucent.
2. Chop the tomatoes and put them and their juice into the dutch oven with the bay leaf and paprika. Cover tightly and simmer over low heat for 5 or 10 minutes.

3. Pour in the wine, add the chicken pieces and the water, bring back to a boil, cover, and simmer for 20 minutes.
4. Stir in the uncooked rice and add salt and pepper to taste. Cover, simmer for 20 minutes or until the rice is just cooked.
5. Stir in the peas and the chopped parsley, cover, and simmer for 5 minutes more.

The rice should absorb all the liquid, and the chicken should be falling off the bone. If you prefer crispy chicken, you can take the chicken pieces out before adding the rice or potatoes to the pot, then crisp the chicken in a 350° oven while the rice cooks on the stovetop, bringing the meat and the rest of the dish back together on a serving platter.

Caldo Verde (Portuguese Green Soup)

This soup is a Portuguese favorite of mine. It is a creamy soup with the wonderful use of kale, giving it the green soup look. Enjoy it with a thick slice from your favorite loaf of bread!

prep: 20 mins

cook: 30 mins

additional: 10 mins

total: 1 hr

Servings: 6



Ingredients

- 4 tablespoons olive oil, divided
- 1 onion, minced
- 1 clove garlic, minced
- 6 medium (2-1/4" to 3" dia, raw)s potatoes, peeled and thinly sliced
- 2 quarts cold water
- 6 ounces linguica sausage, thinly sliced
- 2 ½ teaspoons salt
- ground black pepper to taste
- 1 pound kale, rinsed and julienned

Directions

- Step 1

In a large saucepan over medium heat, cook onion and garlic in 3 tablespoons olive oil for 3 minutes. Stir in potatoes and cook, stirring constantly, 3 minutes more. Pour in water, bring to a boil, and let boil gently for 20 minutes, until potatoes are mushy.

- Step 2

Meanwhile, in a large skillet over medium-low heat, cook sausage until it has released most of its fat, 10 minutes. Drain.

- Step 3

Mash potatoes or puree the potato mixture with a blender or food processor. Stir the sausage, salt and pepper into the soup and return to medium heat. Cover and simmer 5 minutes.

- Step 4

Just before serving, stir kale into soup and simmer, 5 minutes, until kale is tender and jade green. Stir in the remaining tablespoon of olive oil and serve at once.

Nutrition Facts

Per Serving:

401.8 calories; 11.7 g protein; 45.2 g carbohydrates; 24.6 mg cholesterol; 1352 mg sodium.

Chicken Piri-Piri



- Serves 6
- Hands-on time 20 min, oven time 1 hour, plus marinating

Diana Henry reminisces about the dishes that take her back to her childhood; this spicy chicken recipe brings memories of her time in Portugal.

Nutrition: per serving

Calories 199kcal

Fat 11.2g (2.3g saturated)

Protein 22g

Carbohydrates 2g (1.8g sugars)

Fibre 1.4g

Salt 0.7g

Ingredients

- 1 small red pepper
- 50ml olive oil
- 4 red chillies
- 4 garlic cloves, crushed
- 2 tsp dried oregano or chopped fresh oregano leaves
- 1/2 tsp chilli flakes
- 2 tbsp red wine vinegar
- Juice 2 lemons
- 1/2 tsp caster sugar
- 1/2 tsp sea salt flakes
- 6 free-range, skin-on, bone-in chicken legs (drumsticks and thighs attached)

Method

1. Heat the oven 190°C/170°C fan/ gas 5. Halve and deseed the pepper, brush with a little of the oil, put in a tin and roast until soft (about 25 minutes). Peel the skin if it comes off easily; leave on if it doesn't. Chop roughly, then crush in a pestle and mortar (see tip). Remove the pepper.
2. Deseed the chillies, chop finely and put in the mortar with the garlic, oregano and chilli flakes. Pound to a paste, then add the vinegar, lemon juice, sugar, salt, remaining oil and crushed pepper.
3. Put the chicken into a broad shallow dish and pour on most of the marinade. Turn to coat, cover with cling film and put in the fridge for 4 hours (or overnight ideally), turning a couple of times. Bring to room temperature before cooking.
4. Heat the grill to high and arrange the chicken on the grill pan, skin-side up. Put the grill pan 10cm from the heat and grill for 12 minutes per side, reducing the heat to medium halfway through. Baste a few times with the juices or a little reserved marinade.
5. Move the chicken another 10cm from the heat and grill for 5 minutes on each side. It should be cooked through (make sure there are no traces of pink), sizzling and golden.
6. Serve immediately with a lettuce, cucumber and tomato salad and fried potatoes or coarse rustic bread.

delicious. tips

1. No pestle and mortar? You can blend the marinade.
2. Make this up to 48 hours ahead. Keep in a sealed container in the fridge.

Bacalhau a Bras



Bacalhau a bras is a tasty Portuguese traditional dish that is easy to make. It is packed with flavor and the ultimate comfort food.

Ingredients

- 400 g salted cod fish
- 500g shoestring potato sticks
- Or russet potatoes, 4, peeled and cut julienne
- 1 large onion, cut in thin circles
- 3 tomatoes, cut in thin slices
- 1 garlic clove
- 4 large eggs
- 50 grams of cheese (cow milk, optional)
- 1 cup of Portuguese olive oil
- 10 -15 pitted black olives
- Salt, pepper, parsley to taste

Instructions

1. Prepare bacalhau or cod fish and cut it up into pieces
2. In a deep pan heat about 4 tablespoons of olive oil and cook onions, tomatoes and garlic until golden.
3. Add pieces of salt cod, and over medium heat cook everything for about 20 minutes
4. Add the shoestring potatoes and stir while adding the lightly beaten eggs with salt and pepper.
5. Stir for about 3 minutes, turning off the heat before the eggs solidify and become an omelette
6. Add a few olives and grated cheese (optional) and drizzle a little bit of olive oil
7. Transfer to a plate and serve hot with black olives and parsley

Nutrition Information:

Yield: 6

Serving Size: 1

Amount Per Serving: Calories: 1200 Total Fat: 74g Saturated Fat: 16g Trans Fat: 0g Unsaturated Fat: 55g Cholesterol: 250mg Sodium: 5515mg Carbohydrates: 73g Fiber: 6g Sugar: 3g Protein: 65g

Bacalhau com Natas (Cod in Cream Sauce)



This recipe complete with pictures is courtesy of Sami a Portuguese lady living in Australia! She had to drive 30kms to buy the bacalhau to make this recipe. Sami has a great blog called [sami's colourfulworld](#) please "click" across and say hi!

Bacalhau com Natas Ingredients

500gr potatoes
500gr cooked and flaked bacalhau (Please see *note below)
3 onions sliced
a few cloves of garlic
25ml olive oil
100ml grated cheese or bread crumbs
250ml fresh cream

White Sauce

25gr butter,
25ml flour,
250ml milk,
5ml mustard,
salt and pepper,
nutmeg

*Presoak bacalhau

1. Cut up the bacalhau codfish, rinse it under water to take out the excess salt.
2. Soak the fish in very cold or icy water, skin side up.
3. Change waters three times a day.
4. The next day it can be soaked in milk if desired or again in cold water. The milk makes the fish softer.

What the soaking process does is remove the salt and hydrate the fish, thus making it grow to its original size. Once this process is done, you can either cook it or you can freeze it to be cooked another time. Of course, skin and bones must be removed to make this dish.

Alternatively, you can buy Riberalves. This is bacalhau where the salt has already been removed. It is readily available in the freezer section of most supermarkets in Portugal. If bacalhau (salted cod) is not available you can use whatever white fish is available and just omit the soaking process. I think that even using just normal fish fillets this dish would be good. Boil the codfish and when cool, flake into large pieces.

5. Peel and slice the potatoes into cubes and boil them. (some people fry the potatoes, I prefer to boil them). Make the white sauce by melting the butter, adding the flour and stirring well and then whisking the milk until it's all creamy.

6. Add half the grated cheese, mustard, nutmeg, salt and pepper to taste.

7. Fry the sliced onions and garlic in olive oil until soft and golden.

8. Remove from the heat, and add the codfish, potatoes and the white sauce to the onions and mix well.

9. Pour the mixture into a ovenproof dish and pour the fresh cream over it.

10. Bake in the oven for 20-25mins

11. Sprinkle remaining cheese over the mixture, or if you prefer you can use bread crumbs instead.

12. Bake at 200°C for about 20 minutes until bubbly and brown. Serve with a green salad.

Enjoy it!!

Couve Roxa Com Cominos – Red Cabbage with Cumin



From plot to plate – I grew the red cabbage used in this recipe in my vegetable plot!

Couve roxa com cominos - Red cabbage with cumin

Ingredients

Small Red Cabbage (sliced finely)
1 Onion (chopped)
1 Packet of smoked lardons (bacon pieces)
Knob of lard or splash of olive oil
1 teaspoon of cumin seeds or cumin powder
1 bay leaf
Salt to taste

1. Put lard or oil in frying pan and heat.
2. Add lardons and onion.
3. Cook until golden brown.
4. Add sliced red cabbage, cumin, bay leaf and salt to taste. Stir.
5. Cover pan with lid and cook gently for about 30 minutes or until tender. Stir occasionally.

Delicious served hot with chicken or pork

Carne de Porco à Alentejana (Pork with Clams)



I've never bought clams before and the only ones I could find, in our little town, were frozen. I also had the choice of two types – brown or white. Decisions, decisions! Deliberating over which to buy I finally grabbed the brown ones and then plucked up courage to ask the advice of a couple of Portuguese women. Luckily, one of them spoke English, but as she could not cook she was asking her friend who could. It was quite amusing to ask her a six word question “can I cook these from frozen” which then translated into six sentences, shoulder shrugging and a lengthy discussion in Portuguese. The answer finally came back as yes.

Carne de Porco à Alentejana (Pork with Clams)

Originating from the Alentejo this is perhaps one of the most famous Portuguese dishes.

[Update from Fernanda Carne de Porco à Alentejana is not a dish from the Alentejo but from the Algarve. The Algarve cooks gave this name to the dish to indicate that the meat was pork from the Alentejo (with a more flavorful meat, because the pigs ate acorns of the cork oak) and not with pork from the Algarve (who were fed on fish scraps)]

Serves 2

Ingredients

500gr boneless pork loin cut into chunks approx 2.5cm

500gr clams

1 crushed garlic clove

1 tablespoon red pepper paste/massa caseira pulpa de pimiento (this is readily available in the supermarkets)

200ml white wine

200gr tin of chopped tomatoes

1 small bay leaf

coriander

salt and pepper

20gr fatty bacon (lardons)

1 chopped onion

Method

1. Put pork in dish (non metallic)
2. To prepare the marinade – mix the red pepper paste, garlic, salt and pepper, bay leaf, coriander and wine and pour over pork.
3. Refrigerate for 24hrs to marinate turning the meat several times.
4. Remove the pork and reserve the marinade.
5. In a heavy pan (with lid) add fatty bacon and fry pork until slightly browned. Remove pork from pan and set aside.
6. Add onion to pan cooking in same fat until soft. Add pork to pan along with reserved marinade bring to boil, cover with lid and simmer gently for about one hour until meat is soft.
7. Add clams and cook until the clams open (about 10 minutes). Discard any clams that do not open.
8. Serve with boiled potatoes to mop up the sauce.

Pork and Lamb "Cozido" with Chickpeas, Carrots, Butternut Squash and Potatoes

Cozido is similar to a stew but instead of a thick sauce the meat and vegetables are cooked in a flavourful broth. I love this heady broth. Each area of Portugal has their own version of Cozido and this one comes from the Alentejo region and features the addition of chickpeas. Cozido is a healthy one dish meal that will satisfy your hunger and soothe your soul. The Cozido is even better the next day so make lots and enjoy!

SERVES 6–8



Ingredients:

- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- 8 oz cured Portuguese chouriço, sliced 1 inch pieces
- 1 1/2 lbs boneless lamb shoulder, cut into 1 inch pieces
- 1 1/2 lbs boneless pork shoulder, cut into 1 inch pieces
- 2 medium onions, roughly chopped
- 3 cloves garlic, minced
- 2 tablespoons paprika
- 1/2 teaspoon cayenne pepper
- 2 heaping tablespoons tomato paste
- 6 cups chicken stock
- 2 bay leaves
- 2 lbs Yukon gold potatoes, peeled and cut into 1 inch pieces
- 4 medium carrots, cut into 1/2 inch pieces
- 1 lb butternut squash, peeled, seeded, and cut into 1 inch pieces
- 2 15-oz cans chickpeas, rinsed and drained
- 1/2 cup chopped fresh mint
- 1/2 cup chopped fresh parsley
- Salt and pepper to taste

Directions:

1. In a large dutch oven over medium high heat, add the butter and oil and heat for 1 minute. Add the chourico and cook for 5 minutes or until browned. Remove the chourico from the pan and set aside.
2. Season the lamb and pork with salt and pepper. Add the lamb and pork and brown the meat on all sides for about 5 minutes. You may have to work in batches depending on the size of your dutch oven. Remove the meat from the pan and set aside along with the chourico.

3. Reduce the heat to medium and add the onions to the pan. Cook for 10 minutes or until the onions are soften and slightly caramelized. Stir the onions often. Add the garlic and cook for another minute. Stir in the paprika, cayenne and tomato paste. Cook for another 2 minutes.

4. Return all the meat to the pan and add stock and bay leaves. Increase the heat and bring to a boil then reduce the heat to medium low and cook partially covered until the meat is tender. This should take about 45 minutes to 1 hour.

5. Add potatoes, carrots, squash, and chickpeas. Season with salt and pepper and continue to cook until vegetables are tender, about 30 minutes more. Discard bay leaves and stir in half the mint and parsley. Adjust the seasoning with salt and pepper if necessary. Ladle the Cozido into bowls and garnish with remaining mint and parsley. Serve warm

Steak With Coffee Sauce

I first tried this dish on my last trip to Portugal. Now, the combination of meat and coffee might seem a little strange at first but I fell in love with it. The bitterness of the coffee goes well with the sweetness of beef, especially sirloin. You can always adjust the strength of the coffee to suit your taste. Weaker coffee, milder taste. If you like a strong coffee flavour, use a shot of espresso instead. You can also adjust the amount of cream you use to get just the right flavour combination for yourself. Enjoy!

Serves 2



Ingredients:

2 6 oz sirloin steaks, room temperature
2 cloves garlic, peeled, smashed
salt and pepper
3 tablespoons butter
1 tablespoon oil
1 bay leaf
Good splash of Port or red wine
1/4 cup heavy cream
1/3 cup strong coffee

Directions:

1. Rub both sides of the steaks with the garlic then season with salt and pepper. Reserve the garlic.
2. Heat 2 tablespoons of butter and the oil in a frying pan over medium heat. The frying pan should be just big enough to hold both steaks.
3. Add the steaks and cook on both sides until you achieve your desired doneness. For medium, I do 2-3 minutes per side. Remove the steaks from the pan and cover with foil to keep warm.
4. Add last tablespoon of butter, smashed garlic and the bay leaf to the pan. Cook for 1 minute taking care to not let the garlic burn.
5. Increase the heat to medium high and add a good splash of port or red wine to the pan. Stir and scrape up any brown bits from the bottom of the pan.

6. Add the cream, coffee and any meat juices from the reserved steaks to the pan. Adjust the salt and pepper to your liking. Let the mixture bubble up and thicken to sauce consistency. Strain the sauce through a fine sieve to catch the garlic & bay leaf.

7. Plate the steaks and spoon the sauce over them. Serve with roast or fried potatoes.

Piri Piri Shrimp with Brandy

Serves: 2-4



Ingredients:

500 grams of large shrimp, deveined but not peeled
1 tablespoon of olive oil
1 1/2 tablespoons of butter (divided)
1 bay leaf
2 garlic cloves
4 dried piri piri peppers, crushed (adjust to your own taste)
1/2 teaspoon smoked paprika
3 tablespoons brandy
juice of 1/2 lemon
parsley, chopped to garnish
lemon slices to garnish
Salt & pepper to taste

Directions:

1. Combine the olive oil, 1 tablespoon of butter and bay leaf in a saute pan over medium high heat.
2. When the butter is melted, add the shrimp and cook until no longer pink on both sides, about 2 minutes.
3. Reduce the heat slightly and add the garlic and dried piri piri peppers and paprika. Cook until the garlic is fragrant and soften.
4. Add the brandy and lemon juice. Season with a little salt and pepper to taste. Cook for one more minute then remove from the heat. Add the last of the butter and let it melt into the sauce before plating.
5. Plate the shrimp and pour the sauce over the shrimp. Garnish with parsley and lemon slice. Serve with crusty bread to sop up the delicious sauce.

Clams a Cataplana

A Cataplana is a Portuguese cooking vessel that is traditionally made of copper and is shaped like two domed clam shells hinged at one end. It is designed to seal tightly so that the food cooks evenly and quickly.



I received my Cataplana as gift from my father a few years back. He had brought it back from his most recent trip to Portugal. I literally squealed with delight when I saw it. I remembered all the delicious seafood dishes I had tried that were prepared in one and I couldn't wait to make some of my own.

This is my favourite dish to make in my Cataplana. The saltiness of the pancetta and chourico compliments the clams and tomatoes perfectly. A real winner! As the cataplana sits on the stove top, it shakes and moves around a little. I think it's quite entertaining to watch and I'm sure your guests will think so too. :) Enjoy!

Serves 4-6

Ingredients:

- 1 tablespoon olive oil
- 1/3 cup pancetta, cut into cubes
- 1/3 cup chourico, cut into cubes
- 1 large onion, chopped
- 1 green pepper, chopped
- 2 bay leaves
- 2 teaspoons paprika
- 2 dried piri piri peppers, crushed
- 2 garlic cloves, minced
- 1 28 oz can of diced tomatoes, keep 1/2 the juice
- 3/4 cup Portuguese Vinho Verde or a dry white wine
- 4 dozen clams, scrubbed and kept in cold water until needed
- 1/4 cup parsley, chopped & divided
- Salt & Pepper to taste
- Extra virgin olive oil to garnish

Directions:

1. Over medium high heat in a large skillet, heat the oil, then add the pancetta and chourico. Fry until

crispy. Remove the pancetta and chourico then transfer them to a paper towel lined plate to drain.

2. To the oil, add onions, green peppers, bay leaves, paprika and piri piri peppers and saute until the vegetables are tender but not too soft, about 5 minutes.

3. Add the garlic and saute for another minute.

4. Add the tomatoes with their juice and 1/2 the vinho verde. Reduce the heat to a low simmer and cook for about 45 minutes. Salt and pepper to taste but remember that the pancetta and chourico will also add to the saltiness of the dish so go easy on the salt.

5. To assemble the cataplana, spoon half of the tomato mixture into the bottom of the cataplana (if you don't have a cataplana just use a large dutch oven). Bring the tomato mixture to a simmer in the cataplana.

6. Add the clams evenly over the tomato mixture then top with the remaining sauce. Add the rest over the vinho verde and sprinkle 1/2 of the chopped parsley.

7. Close the cataplana tightly and let it cook until the the clams open up, about 10 minutes. Remember that cataplana will move around a little on the stove top so keep an eye on it. Shake the cataplana occasionally. Discard any of the clams that haven't opened and stir in the reserved pancetta and chourico cubes.

8. I like to serve the clams right from the cataplana in the middle of the table. Sprinkle the top of the dish with the remaining chopped parsley and drizzle a little olive oil over it. Serve with crusty bread to sop up all the juices.