

# PORTO

*A Gastronomic Tour*



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# Porto Style

Porto is located between Douro and Minho, the cradle of the Portuguese nationality. Among the city's many cultural traditions we emphasise its much-celebrated gastronomy and the appeal it has for visitors.

When talking about Porto we must mention some traditional dishes, such as the Porto Style Tripe, which gave the city's inhabitants their nickname – *tripeiros* – i.e. those who eat tripe.

This dish, famous not so much for its preparation (veal's tripe with sausages and butter beans) as for the altruistic attitude of the Porto people who, in a moment of need, donated all the available meat to the ships leaving to conquer new cities in Northern Africa and kept only the animals' tripe for their subsistence, is today's major symbol of the city's gastronomy.

More than just a recipe, this dish represents some strong characteristics of the Northern people: altruism, self-sacrifice, availability and hospitality.

Porto's cod and meat dishes and some luscious and rich secular cakes are singled out as examples.

Porto Style eating means to eat abundantly, with great quality and refinement, always in tables well decorated with our jewellers' silverware and embroidered linen tablecloths.

The following are just a few examples of how Porto has combined – through the meeting of cultures – medieval, Oriental, African and Brazilian recipes.

The conjugation of different gastronomies, new spices and products, mixed with already existing flavours has created a rich cuisine, of which we are particularly proud.

Porto chefs are motivated by the need to create dishes that preserve the city's gastronomic flavours and traditions while continuing to discover new tastes.

# Caldo Verde

Caldo Verde is always present in the Porto and Minho menus. This soup, made with potatoes, julienned cabbage and a sprinkle of olive oil, is mentioned in several of Camilo Castelo Branco's books as a morning food.

Due to its simplicity and lightness it is usually served at the beginning of a meal or as a late supper.



## Ingredients

1.2l/2pt water  
700g/1lb8oz potatoes  
100g/3 1/2oz onions  
100ml/3 1/4 floz olive oil  
400g/14oz chopped cabbage  
1 chouriço or salpicão  
A pinch of salt

## Method

1. Boil the potatoes and the chopped onions, the *chouriço* and half the olive oil.
2. Remove the used sausage and mash the whole.
3. Add the chopped cabbages and boil for 10 minutes.
4. Add slices of *chouriço* or *salpicão* and the remainder of the olive oil and serve with *broa de milho* (corn bread).

# Broa de Milho (Corn bread)

This Northern bread is made with white or yellow corn and a variable amount of rye. It usually goes with fried or broiled sardines, cod dishes or *caldo verde*.

The corn – which was brought from the American continent – quickly became part of our eating habits since it was easy to cultivate and tastier than rye, from which bread used to be made.

## Ingredients

3kg/6lb10oz corn flour  
250g/9oz rye flour  
30g/1 1/4oz white salt  
100g/3 1/2oz leaven  
(remainder of dough with one week)  
Water

## Method

1. Mix both flours and sift.
2. Put the salt in the water and add 500g/1lb1 3/4oz flour into the leaven. Let the dough rise for three hours.
3. Scald the remaining flour with boiling water and mix it with the leaven.
4. Shape the dough into a ball and make a cross-like incision in the centre. Cover with a cloth and let it leaven until it doubles its size.
5. Mould the dough with the help of a wooden bowl and bake.



# "Gomes de Sá" Cod

Gomes de Sá was a 19th-century merchant from Porto. He was the creator of this cod recipe that – as legend has it – used the same ingredients (except for the milk) as the *bolinhos de bacalhau* with which he used to delight his friends every week. Indeed, the ingredients are the same, but the recipe is the result of a careful and refined preparation. The following recipe was part of a manuscript by Gomes de Sá, who gave it to his friend João with the delightful note: "João, if you change it, you will spoil it."



## Recipe

"Put the codfish in a bowl. Steep it with boiling water, cover it with a thick cloth or a piece of blanket and let it rest for 20 minutes. Afterwards, bone the 2kg/4lb6 1/2oz codfish and fillet it. Put the fillets in a soup plate, cover with hot milk and let stand for an hour and a half to two hours.

Then, in an oven-safe dish brown 300ml/ 1/2pt extra-virgin olive oil (this is essential), 4 garlic cloves and 8 onions. Boil 2kg/4lb6 1/2oz potatoes, unpeeled. Peel them and cut them into 1cm/ 1/2in slices.

Put the potatoes and the codfish you removed from the milk in the oven-safe dish and roast for 10 to 15 minutes.

Serve with good, big black olives, minced parsley and a sliced boiled egg. It should be served while still extremely hot."



# St. John's Lamb

Maybe because St. John is always represented with a lamb by his feet – a biblical reference to the Lamb of God – or maybe because this meat is more abundant in this season, in either way there is no St. John's without a roasted lamb or kid, always served with new potatoes, oven rice with sausages and offal and sautéed Chinese broccoli.

Traditionally, this is also an Easter recipe – undoubtedly, for biblical and Jewish reasons. However, tender kind is used instead of lamb.



## Ingredients

1 lamb  
400g/14oz onions  
500ml/17 1/2floz white wine  
1tbsp paprika  
1tsp white pepper  
4 cloves of garlic, crushed  
White salt  
4 bay leaves  
100g/3 1/2oz salpicão  
100g/3 1/2oz bacon  
100g/3 1/2oz chouriço  
2kg/4lb6 1/2oz Chinese broccoli  
600g/1lb5oz rice  
3kg/6lb10oz small new potatoes  
2 medium carrots  
200g/7oz lard  
300ml/ 1/2pt olive oil



## Method

1. After cutting up the lamb, season it with salt, pepper, white wine, bay leaves and paprika and marinate overnight.
2. Remove from the marinade and bard it with the pork's lard in an oven-safe dish. Add 2 onions and the sliced carrots.
3. Roast for an hour at 200°C/392°F, occasionally turning it around so that it browns on all sides.
4. Coat it with the marinade, add the potatoes and roast for another 30 minutes.
5. In a pot with 3l/5pt 5 1/2floz water, boil the remainder of the onions, the *salpicão*, the *chouriço*, the bacon and the lamb's head and nape for an hour.
6. Remove the meats, slice the sausages and the bacon and throw away the head and nape.
7. Add the rice to the boiling broth and put it in a clay bowl. Decorate with sliced sausages and bacon and roast for 30 minutes.
8. Serve the lamb with Chinese broccoli - boiled and sautéed in olive oil and garlic -, the potatoes and the oven rice in a clay bowl.

# Porto Style Tripe

The dish after which the Porto people are named has a long story. Although there are several tripe recipes - such as the Caen's, *Lyonnaises*, or the *callos à Madrilena* - none of them has such an historical framing.

The most popular version of the legend/story - the one that has more supporters and historical evidence - has its origin in the great adventure of the Discoveries. Porto-born Prince Henry needed meat to supply the caravels leaving to conquer Ceuta and asked his people to help him victual the vessels.

The Porto people came forward and immediately filled the wooden barrels with salted meat, keeping only the tripe, which was then cooked in a thick stew with sausages and fat meat, and eaten with big slices of dark bread.

Later on, the same man who had been responsible for the provision of the caravels, discovered new worlds, thus introducing a new ingredient - the butter bean.

The dish became part of the history of a city, which is characterised not only by this juicy recipe - with the flavour of cumin and black pepper, seasoned with homemade sausages and fat chicken - but also by an altruistic gesture in a decisive moment of the Portuguese nation.



### Ingredients

400g/14oz butter bean  
500g/1lb1 3/4oz veal's tripe  
1 pig's trotter  
1/2 veal's trotter  
200g/7oz fat dry-cured ham  
200g/7oz salpicão  
1/2 fat chicken  
1 chouriço  
2 bay leaves  
3 cloves of garlic  
200g/7oz onions  
Salt and Pepper  
1 carrot  
100ml/3 3/4 floz olive oil  
1tbsp pork's lard  
1tsp paprika  
2 cloves  
2tsp cumin

### Method

1. After carefully washing the tripe, rub it with white salt and marinate for an hour in vinegar, water and the juice of one lemon.
2. Wash it repeatedly, put it in a pan with water and boil for an hour.
3. Drain the water, add the chicken and the veal's trotter to the tripe and boil again until the chicken is done.
4. Remove the chicken and continue boiling the tripe and the veal's trotter.
5. Boil the butter beans and the pig's trotter separately.
6. Brown the minced onions and the cloves of garlic in olive oil and pork's lard. Add the sliced carrot, *chouriço* and *salpicão* and the diced dry-cured ham. Stew for a while.
7. Add the cut, well-done tripe, the chopped pig's and veal's trotters, stew for a little longer and then add the tripe and the chicken's drippings.
8. Finally, add the beans and cook to allow flavours to develop.
9. Serve the tripe covered with shredded chicken and sprinkled with cumin.

Serve with white rice



# Francesinha

This is the evening dish in Porto, the city's late night or fast food choice. A Portuguese emigrant in France introduced the recipe in the 60s as an innovative *croque-monsieur*.

The quantity and diversity of the ingredients, seasoned with a hot seafood sauce, meet the needs of the Porto people, who like strong and heavy flavoured foods. It is, therefore, an inventive hot filling dish for youthful occasions.



## Ingredients

2 thin slices of rye bread  
4 thin slices of ham  
60g/2 1/2oz sirloin steak  
1 linguça  
1 sausage  
15g/ 1/2oz butter  
3 thin slices Dutch cheese

## For the sauce

200ml/7floz seafood sauce  
50ml/2floz beer  
1tbsp Worcestershire sauce  
1tsp mustard  
2tbsp brandy  
1tbsp butter

## Method

1. Toast the bread, brush with the melted butter, and fry the steak, the sausage and the *linguiça*.
2. Put the ham, the sausage cut in the middle, the steak and the *linguiça* between the two slices of bread.
3. Cover with the cheese and put in the oven until it melts.
4. Boil the ingredients for the sauce and then coat the Francesinha.

# Egg Pastries

Many Porto convents were responsible for the introduction of pastry recipes in the city's gastronomy. These exquisite delicacies – namely egg pastries – always end a good meal in Porto.

The Amarante Convent – which belongs to the Diocese of Porto – is known not only for its architecture, but also for its *papos de anjo*, *queijinhos de São Gonçalo*, *lérias* and *foguetes*, while the Clares' Convent in Vila do Conde had a recipe for *sopa doce*.

The Avé Maria Convent used to be located in the heart of the city, where the São Bento Railway Station stands today. Its *trouxas de ovos* are still quite famous. The Egg Yolks and Port Wine Pudding is another of the innumerable egg pastries that make our gastronomic tradition. Although extremely sweet, its flavour is softened by the glass of Port wine that should go with it.

## Wafer “Papos de Anjo”

Of all the Porto pastry recipes, this one seems to be the most unusual and traditional.

### Ingredients for the filling

500g/1lb1 <sup>3</sup>/<sub>4</sub>oz sugar  
20 egg yolks  
10ml/2tsp Tawny Port wine  
The zest of one lemon

### Method

1. Boil the sugar with one cup of water and the lemon zest for four minutes.
2. Beat the egg yolks separately, add the Port wine and the caramelised sugar and submit to heat until it thickens. Remove when the cream is thick.
3. With a pair of scissors cut the previously bought wafer into circumferences 15cm/6in in diameter. Brush the edges with egg whites and put a teaspoon of cold filling in the centre. Close the *Papos de Anjo*, brush with egg whites and coat with granulated sugar.
4. Let dry and serve, particularly with a glass of old Tawny Port Wine to enhance its flavour.



# Biscoito da Teixeira

This dark saffron-flavoured solid cake is easily found in fairs and religious festivities, particularly in Douro and Minho, where it is known as *intruso* or *metediço*. The elderly are especially fond of it, since it reminds them of the religious festivities of the past, which were the only cultural events to take place for many years.

Nowadays, the *Biscoito da Teixeira* can still be found in the festivities of Our Lady of Lapa, St. Lazarus and Senhora da Saúde.

## Ingredients

600g/1lb5oz flour  
500g/1lb1 3/4oz sugar  
2 eggs  
10g/ 1/2oz leaven  
The zest of one lemon  
10ml/2tsp olive oil  
300ml/ 1/2pt water  
Salt  
2g/ 1/4oz saffron

## Ingredients

1. Mix the flour, sugar, egg yolks, lemon zest and olive oil.
2. Dissolve the saffron in lukewarm water.
3. Pour into the previous ingredients and after it is properly kneaded, blend in the whipped egg whites.
4. Grease your hands with olive oil and turn the dough into rolls, then bake in high heat.



# Pão de Ló

This cake has its utmost expression in Porto. Casa Margaridense, at Travessa de Cedofeita, makes it to perfection. It is a soft and light cake eaten throughout the year but mostly at Easter.

It goes wonderfully with Port wine and is often served with the Serra cheese at Christmas time. All the excuses are good for tasting this cake, which is regarded as a food of the gods.



## Ingredients

20 egg yolks  
5 eggs  
500g/1lb1 3/4oz sugar  
250g/9oz flour  
The zest of one lemon  
A pinch of white salt

## Method

1. Mix the eggs, sugar, salt and lemon zest for 30 minutes with a whisk or 20 minutes with the mixer.
2. Blend with the sifted flour.
3. Coat a clay mould with thick paper greased with butter and bake in the oven at 180°C/356°F, covered with another clay mould.

# Port Wine

Port wine is a fortified wine, produced only in the Douro Demarcated Region, unique for its particular characteristics: several different types of wine with an incomparably rich and intense bouquet, a high persistence both on the nose and in the mouth, in a wide range of sweetness and colour variety.

Usually, Port Wine is the result of a mixture of wines from different years, with the purpose of obtaining a consistent quality through time. Some examples of this kind of wine are the Tawnies with an indication of age (10, 20, 30 and more than 40 years old). However, some Port Wines are obtained from one single harvest, such as the Vintage, the LBV and the Colheita, in which – contrary to what happens with the blended wines – the individual characteristics of each year are distinctively featured.

## **Thus, if you intend to buy a wine:**

- for immediate consumption, you should choose a Tawny with indication of age, a Colheita, a 10-year-old LBV or a Vintage with more than 15 years;
- for storage, you should opt for a young Vintage or LBV and wait until it reaches the above-mentioned age.

## **If you prefer:**

- young and vigorous wines, you should buy a young Vintage or LBV;
- old wines, choose a 15-year-old Vintage; in case you like complex and delicate wines or if you would rather taste intense and persistent wines, choose a Tawny with indication of age or a Colheita.

We challenge you to make your choice, hoping our suggestions will help you enjoy all the qualities of one of the best wines in the world.





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## *A Gastronomic Tour*

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