



PREPARING A PORTUGUESE MEAL

AT

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Appetizer, main course and desert

APPETIZER

Tuna with olive oil and
mayonnaise

- This is a delicious appetizer that you can taste with some toasts – to prepare it you need:
- 2 cans of tuna
- 12 olives
- Half a bottle of mayonnese (you can use yoghurt instead)
- Some black pepper



PREPARING THE TUNA



Adding some
spoons of
mayonnesse





ALMOST READY – IT'S OLIVES TIME



Time to correct
salt and spices
and to taste.
Try it with some
toasts...

Delicious!!!

Main course

Codfish à Brás

To prepare it you must have:

Salt cod - 400 g

Potatoes - 500 g

Onion - 1, large

Garlic head- 1

Eggs - 6

Pepper- To taste

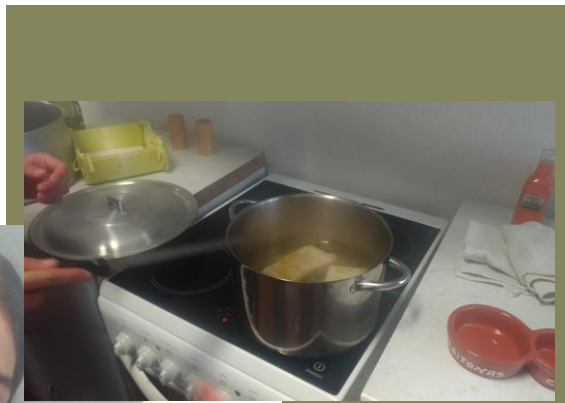
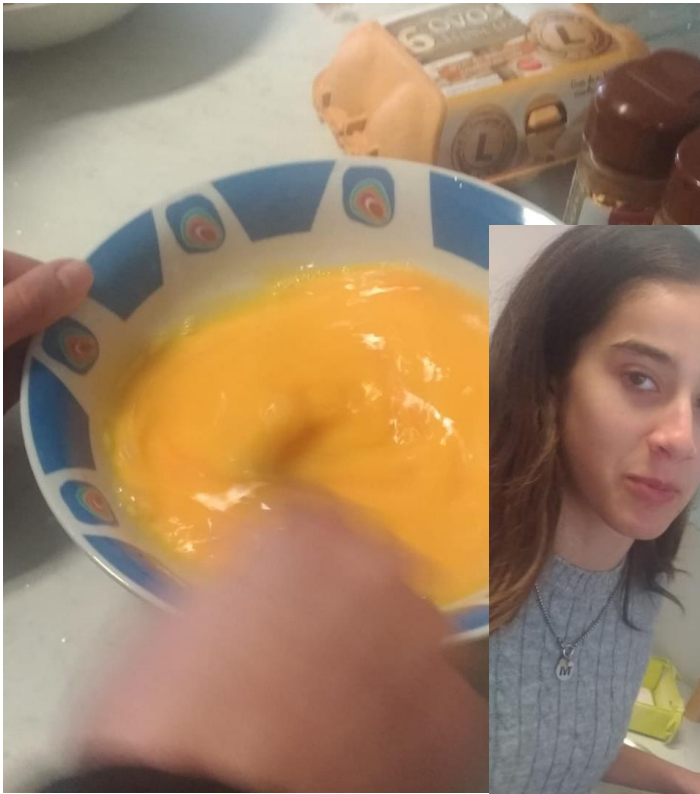
Parsley- To taste

Olive oil- To taste

Salt- To taste

Black olives - To taste

The “making of”



The recipe step by step

- **Step 1**
- To prepare the Portuguese **Bacalhau à Brás** recipe, start having soaked the salt cod, then remove the skin and bones, and break it apart with your hands.
- **Step 2**
- Meanwhile, cut the potatoes into matchsticks and the onion into fine rings.
- **Step 3**
- Fry the potatoes in a pan and set them to one side, drying them on kitchen paper.
- **Step 4**
- At the same time, in a deep pan, sweat the onions and garlic until golden, then add the pieces of salt cod, and cook for a few minutes, until it soaks up the oil.
- **Step 5**
- At this stage, add the potatoes and stir whilst adding the lightly beaten eggs with salt and pepper. Stir for a few minutes, turning off the heat before the eggs solidify and become an omelette!
- **Step 6**
- The **Bacalhau à Brás** has to be served hot, with parsley and black olives.



DESERT TIME

ALETRIA

LOOKING FOR A DELICIOUS RECIPE FROM THE NORTH OF PORTUGAL

Ingredients

- 500 g Capellini pasta (Angel hair)
- 50 g Butter
- 330 g Sugar
- 4 Egg Yolks
- 1 Lemon Peel
- 1 Cinnamon Stick
- Ground Cinnamon
- 1800 ml Milk

The “making of”



The recipe step by step

Step 1

- IN A BIG PAN
- Bring 4/5 milk to a boil with the Sugar, Cinnamon stick, Lemon peel and the butter.

Step 2

- REMOVE THE LEMON AND CINNAMON
- Remove the Lemon peel and the Cinnamon Stick and then add the pasta. Cook it for about 3 minutes.

Step 3

- WHISK THE EGGS
- Whisk the eggs with the remaining milk in another bowl and add to the mixture while stirring really well.

Step 4

- KEEP STIRRING
- Stir until the mixture gets thicker. Then turn off the heat and transfer it to a dish. It should be a long dish, oval or squared shaped. You can also put it in individual dishes.

Step 5

- MAKE A PATTERN WITH THE CINNAMON
- Let it cool for about 5 minutes and make a pattern on top of the Aletria. The traditional way is to make lines across, like the picture. But you can be creative.

Step 6

- SERVE HOT OR COLD
- To serve, cut squares by following the cinnamon. Never serve it with a spoon! You can eat it hot or cold and you can sprinkle it with some extra cinnamon for that extra flavour.

Time to taste





You may also see a movie

