



Education and Culture
Lifelong learning programme
COMENIUS



Escola Secundária de Arouca

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The Portuguese cuisine



Comenius multilateral school partnership

SoLIFE Project



Portuguese cuisine is characterized by rich and full-flavored dishes and is closely related to Mediterranean cuisine. The influence of the former colonial possessions is also notable, especially in the wide variety of spices used.

“Caldo Verde” (Green Soup)



Main ingredients: kale, potatoes and smoked sausage.

“Canja de Galinha”

(Chicken Soup)



Main ingredients: chicken, chicken stock, rice or pasta grains.

“Sardinhas assadas” (grilled sardines)



Grilled on coal and served with boiled potatoes and a mixed salad (tomato and lettuce).

“Cozido à Portuguesa”

(Portuguese boiled meat and vegetables)



Boiled meat (pork, chicken, beef, smoked sausages) and vegetables (potato, carrot, turnip, kale, cabbage) served with rice.

“Feijoada” (Bean Stew)



Pork , tripes, bacon, smoked ham, smoked sausages and white beans. Served with rice and some parsley.

Leitão à Bairrada

(Roast suckling pig)



It is served with chips, a mixed salad (tomato and lettuce) and orange.

“Vitela arouquesa (Arouquesa roast veal)



Roast veal and potatoes served with rice and salad.

“Francesinha”



Sandwich bread, a steak, sausage and slices of cheese.
Served with chips.

“Bacalhau à lagareiro” (Grilled codfish)



Grilled codfish with roast jacket
potatoes.
Served with vegetables and olive oil.

“Bacalhau cozido”

(Boiled codfish)



Boiled codfish, eggs, Portuguese kale, potatoes.
Served with olive oil.



DESSERTS

“Leite creme”

(Creamy custard with burned sugar)



Main ingredients: egg yolks, sugar, flour, lemon
cinnamon.

“Pastel de Nata” (Cream custard tarts)



Ingredients: egg yolks, flour, sugar, cream, butter, salt, water.

“Sopa Seca” (dry sweet soup)



Ingredients: Sliced bread, meat stock, pork lard, sugar, cinnamon.

“Castanhas doces” (egg chestnuts)



Ingredients: Egg yolks, sugar, almonds, water.

“Pão-de-ló” (Sponge cake)



Ingredients: Eggs, sugar, flour, baking powder.