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Educação

DIRECÇÃO REGIONAL DE EDUCAÇÃO DO ALGARVE  
AGRUPAMENTO DE ESCOLAS DO CONCELHO DE ALCOUTIM

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*Comenius Project*  
“Let`s Share Our Culture”

# Recipes Typical Algarve



Work done by 7ºA



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# “Xaréme”

## **Ingredients:**

- 1kg fresh white clams
- 100g smoked bacon, sliced into strips
- 100g hot sausage, sliced
- 100g ham, sliced into strips
- 200g yellow maize meal
- 100ml white wine
- Salt and black pepper, to taste

## **Preparation:**

Wash the clams thoroughly then leave in a large pan of salted water for at least 2 hours to clean. Mix the maize meal with 250ml water and set aside.

Add a little butter to a pan and use to cook the bacon, sausage and ham for a few minutes. Add half the wine and continue cooking until the wine has evaporated then take off the heat and set aside.

In the meantime, drain the clams and add to a second pan along with the remaining wine and a little water. Cover and steam the clams for about 8 to 10 minutes, or until opened. Remove the clams and extract the meat from the shells (discard any unopened clams). Strain the cooking liquid and retain.

Add the clam meat and cooking liquid to a pan and bring to a simmer. Stir-in the soaked maize meal (with the soaking water) and bring to a simmer. Continue cooking, stirring constantly with a wooden spoon, until



the maize meal has swelled and is cooked through (the consistency should be that of a thick porridge). Season liberally with black pepper.

Transfer to a serving dish, scatter the fried sausage and bacon mix over the top and serve.





# Gazpacho

## **Ingredients:**

- 7 tomatoes
- 1 small cucumber
- 1 green bell pepper
- 2 garlic cloves
- Fresh flat-leaf parsley
- Fresh oregano
- 4 slices dry bread
- 3 tablespoons red wine vinegar
- 3 tablespoons quality olive oil
- 3 cups ice water
- Salt and white pepper to taste

## **Preparation:**

First peel, seed, and finely chop the tomatoes and cucumber. Seed, core and chop the bell pepper. Mince the garlic, oregano and parsley.

Then combine all vegetables and herbs in a non-reactive bowl and add wine and oil. Chill for an hour or until cold.

In a separate bowl, add one half cup of ice water to the cubed bread. Mash with a fork, or blend in a food processor to the consistency of a paste.

Add the bread mixture to the chilled vegetables and blend well.

Add the remaining two and one half cups of ice water and stir briskly to incorporate. Add salt and pepper to taste. Pour into bowls and garnish each bowl with a small sprig of parsley.



This dish is best served very cold, with fresh, crusty bread and a wedge of lemon. To mix it up, blend green bell peppers with ripe red peppers for a sweeter more vividly colored dish. Do not use dried herbs. The virtue of this recipe is its fresh-off-the-vine flavor, so use fresh herbs for the best results. If you want a spicy kick, add a teaspoon of minced, fresh cilantro.





# “Migas”

## Ingredients:

Crusty bread (preferably)

Olive oil

Water

Salt

Two garlic cloves

## Preparation:

Place the olive oil in a large saucepan, then put up two cloves of garlic to fry. Then add water, salt and let it boil. Then place the bread, stirring until the bread will be mashed. Keep mixing until the bread winning color.

The amounts depend on the number of people, of course

It is served, with grilled meat.





# Eggs with Tomatoes

## Ingredients:

Eggs

Tomatoes

Olive oil

Onion

A garlic clove

## Preparation:

Chop an onion and a clove of garlic and fry with oil. Let the onions fry (without burning), add the ripe tomato sliced, peeled and without seedless. Season with salt and put on the fire until the tomatoes are mashed.

Finally, add the eggs and stir quickly so that they cook. Put in a bowl and serve.

The amounts depend on the number of people, of course







# Rice pudding

## Ingredients:

1 cup short grain white rice	2 cups hot milk (preferably cupful)
5 cups water	
1 slice lemon peel	2 cups sugar
1 tablespoon butter	5 egg yolks
A pinch of salt	Cinnamon to garnish

## Preparation:

In a medium saucepan, bring water to a boil with the lemon peel, butter and pinch of salt.

Add the rice and let it simmer for about 20 minutes. Stir occasionally. When most of the water has evaporated, add the very hot milk. Simmer for 5 more minutes and add the sugar.

In a separate bowl, beat together the egg yolks and add a few spoonfuls of the rice mixture to temperate the egg yolks. Then add the now warm egg mixture to the saucepan and stir quickly until even.

Serve in a large dish or small shallow ramekins, and sprinkle with ground cinnamon to garnish.





# "Pastéis de Nata"

## **Ingredients:**

*Prepared puff pastry – defrosted but kept cold*

1  $\frac{3}{4}$  cup whole milk

$\frac{1}{4}$  cup cream

4 egg yolks

3 Tbsp white sugar

Pinch salt

2 Tbsp Plain flour

$\frac{1}{2}$  cinnamon stick

2 strips lemon peel

$\frac{1}{2}$  tsp vanilla extract

## **Preparation:**

*Prepared Pastry Cream*

1. In a sauce pan add milk, cream, egg yolks, sugar, salt, flour mix well with a whisk to ensure all the ingredients are well combined, do not turn heat on yet.

2. Once all ingredients are combined and there are no lumps of sugar or flour add cinnamon stick, lemon peel and vanilla.

3. Turn heat on to low stirring continuously and gently with whisk.

It's very important to heat the milk slowly, if the milk is heated too quickly, egg yolks could coagulate like scrambled eggs and ruin the consistency of the custard.



4. Continue stirring until it cream becomes quite thick and resembles a rich pudding. Watch for thickening around the edges of the pan, you want a really smooth cream so make certain to get in the sides and bottom edges of the pan.

5. Let cool completely. When cooled, remove cinnamon stick and lemon peel.

6. To avoid milk skin from forming on custard you can place parchment paper on top of warm custard and it will lift out easily when you go to use it to fill puff pasty shells.

### *Preparing Pastry Shells*

1. Preheat oven to 300 F (148C)].

2. Roll out cold puff pastry dough with pin on floured surface, until 1/4 cm thick.

3. Once rolled out thin, dusk off excess flour and begin rolling puff pastry like a long cigar. Roll pastry snugly but not tight, just enough to avoid a lot of space or air pockets in roll.

4. Place pastry roll length wise and cut in 4cm lengths

5. Then take each cut piece in hand and push down center of roll to meet center of opposite side, gently press pastry with fingers to spread out dough to create what will feel like half of a hallow pastry ball. Work in circular pattern and pastry will start to thin and form a cup shape. If dough gets sticky use a little flour to help it along. Finished shells should be about 1/4cm, thin but not enough to see your hand through. If you like puff pastry you can make the shells a little thicker, but a couple of tries of the finished version will let you know your preference.



6. Place pastry in muffin tray, and spread out to sides but don't stretch dough upward, just gently press against side of muffin tin to ensure it won't shrink too much when baking.

7. When all pastry shells are ready fill with pastry cream, do not fill to top. Fill to  $\frac{3}{4}$  or a bit more but leaving 1- 1.5cm at top of pastry.

8. Place custards in oven and bake for 15min, but keep eye on custards as some ovens can burn top quite quickly, while others don't cook the pastry quickly enough. If pastry around sides looks deep golden colour pastries are done.

