



taste Portugal

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PORTUGAL: THE BEST FISH OF THE WORLD

UNIQUE SPAWNING AND GROWTH CONDITIONS
LINE-FISHED AND ARTISANAL CAPTURE
HI-TECH STORAGE AND DISTRIBUTION
PRIZED BY TOP EUROPEAN AND AMERICAN
RESTAURANTS

Ever since Antiquity, food connoisseurs throughout the world have coveted the fish caught along the Portuguese coast. The Romans used local fish to prepare their rich fish sauce (garum), and it's still possible to visit Roman fish stores in Setúbal. On both sides of the Atlantic, 3-star chefs working for Europe's and America's finest restaurants compete for Portugal's finest fish to prepare their complex and ingenious recipes.



Local fish species, offering firm, sliced white meat, exude a renowned, deep marine scent, with a slightly iodised seaweed taste, that confers a special and unique flavour. Wild fish species enable magnificent dishes to be prepared - carefully grilled, stewed in the oven or baked, poached in a court bouillon - thus delivering exquisite gastronomic moments for connoisseurs.

Fish is caught in Portugal by line fishing or small artisanal trawlers. The coast has sandy sea bottoms, ideal for nurturing turbot and sole (e.g. Figueira and Cascais), and abyssal trenches whose currents transport essential plankton.



Scientists believe that the Portuguese coastline offers a unique cradle at the world level, enabling highly-appreciated fish species to reproduce and grow - such as rock-bass (in Sagres), monkfish (in Peniche), red mullet (in Armação de Pêra), and sea-bass.

Portugal boasts the world's finest fish. Discover for yourself, sitting at a seaside esplanade, before an unforgettable sunset and allow the sea breeze, imbued with natural iodine, to mingle with the distinctive aroma of freshly-cooked fresh fish. Taste Portugal.



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OUR DELIGHTFUL, FRESH AND FLAVOURED DELICATE SHELLFISH

Espinho's or Quarteira's prawns, with their unmistakable flavour, lobsters from Peniche, used in the exquisite Portuguese recipe, "Lagosta suada" ("sweated lobster"), delicious stuffed spider crabs, crayfish from Cascais, gooseneck barbacles ("percebes") from the Berlengas archipelago or Sagres and clams ("amêijoas cristãs") from Ria Formosa. An endless array of incredible flavours and aromas from the sea, imbued with seaweed, iodine and sea-swept rocks, Portuguese shellfish has always been treasured by visitors.

We pay a special tribute to these incomparable delicacies, which delight us with their rich flavours. Taste Portugal.



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OUR TALENTED CHEFS

© Revista Wine - Essência do Vinho



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The art of cooking goes back many millennia in Portugal, reflected in the wide diversity of regions, agricultural products and local cuisine. Rich traditional cuisine is artfully prepared by Chefs, who have inherited unique techniques and recipes from their forebears, complemented by young and talented Chefs who practice an innovative, high quality cuisine and have elevated Portuguese cuisine to the forefront of gastronomic innovation.

Local chefs have innovatively and creatively fused traditional Portuguese recipes, underpinned by respect for the country's unique heritage of diversified and high-quality products.

Visitors can thus sample the best of two gastronomic worlds in Portugal: regional cuisine that offers the opportunity to rediscover classic tastes, updated by agile hands and modern techniques; and modern, creative and innovative cuisine that devises new mouth-watering dishes involving exceptional products, new flavours and combinations that transmit unforgettable gastronomic emotions.

JUST ADD SOME DROPS OF PURE AND FRAGRANT PORTUGUESE OLIVE OIL

Our pure olive oil, in the words of the great 19th century novelist Eça de Queiroz “is worthy of Plato’s lips”.

Given its highly favourable Mediterranean climatic conditions and perfect soil for planting olive groves, Portugal’s olive oil has conquered worldwide fame and prestigious awards.

With its distinctive personality, based on traditional olives, Portugal’s fragrant, opalescent olive oil is extremely healthy and a pillar of modern cuisine.

Five different demarcated regions produce a notable variety of pure olive oils that are sweet, deliciously fruity (ranging from hints of almonds to green apple), spicy or even slightly bitter.



A few drops or a golden dash of olive oil, poured over fish, vegetables, cheese or soup, reveals hidden flavours and brings added aroma to dishes, thus elevating them to gastronomic delights.

Produced using freshly-picked olives and cold press mechanical extraction, Portugal’s extra-virgin olive oils are more than pure olive oil, they constitute a product of unique quality and a source of tremendous pride for the Portuguese.

Sample the various alternatives and you’ll find that your choice is tastefully rewarded.
Taste Portugal.



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OUR FRESHEST
NATURAL
VEGETABLES





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Alongside its famous coastline and beaches, Portugal has lush, green fields, vegetable patches, gardens and orchards, blessed with plentiful sunshine, that deliver the finest fruits and vegetables.

Traditional farmers and the new generation cultivating biological products converge on local food markets, offering fresh and tasty fruit and vegetables, picked from generous and fertile lands.

Oranges, pears, figs, cherries, melon, apricots, peaches, plums, grown with painstaking care, preserve the original flavour of home-grown fruit - a mouth-watering proposition.

You can sample green salads that mix lettuce, rocket and endives, seasoned with sweet basil, thyme, savory, mint, coriander, or fresh sage, laced with golden olive oil and a few drops of deliciously tangy and aromatic lemon; or genuine sweet tomatoes, finest carrots, fennel, broccoli, courgettes and leeks. Portuguese cabbage is used to make the country's classic soup dish, "caldo verde", obligatorily accompanied by bread and a slice of chouriço. And make sure to sample the gastronomic wonder of our spring greens, ("grelos") that are unique to Portugal.

Portugal has soils which are ideal for cultivating wild mushrooms – e.g. boletus, cantarela, amanita, trumpet chanterelle or girolle. The mushroom is the perfect symbol of the Portuguese soil, nurtured in the humus of its forests of cork-oak and chestnut trees, a delicacy with subtle and telluric aromas, ideal for adding flavour to a simple omelette or a rich game dish, plucked lovingly from the earth and served as a rare treat. Don't miss them. Taste Portugal.

THE “CATAPLANA”: AN ICON OF PORTUGUESE CUISINE

The Cataplana is an icon of Portuguese cuisine. The rare beauty and magical form of the cookware itself, crafted in copper by skilful artisans or produced from the finest culinary stainless steel, enables food to be cooked slowly and gently, thereby concocting delicious, savoury and extremely healthy dishes.

The Cataplana can be used to steam, poach, roast or even cure foodstuffs. It is extremely versatile, and may be used to prepare fish, molluscs, bivalves or shellfish, as well as meat and vegetables and also to make delicious desserts.





Food may be served directly at the table from the Cataplana, thus bringing conviviality and joy to each meal.

A living symbol of authentic Mediterranean cuisine, as we open up the Catalaplana we smell the fragrant aromas of a modern, healthy and gastronomical cuisine. Taste Portugal... inside a Cataplana!

“D.O.P.” MEATS

LAMB, VEAL, PORK... AND GAME

The Portuguese landscape oscillates between mountains covered with wild flowers and heather, endless rolling plains and green valleys with joyful, bubbling streams that seem to play with time. Livestock graze in these unique, rich and diversified pastures, producing supremely tasty, nutritional and succulent meats, such as veal, lamb, kid and pork.

With Protected Denomination of Origin (D.O.P.), some of Portugal's most appetising meats, blessed with fine white fat, rank amongst the finest gastronomic treasures, including Bísaro pork or the famous black pork, Arouquesa, Maronesa, Mertolenga, Barrosã or Lafões veal, Barroso, Charnequeiro or Transmontane kid and Terrincho or Bragançano lamb.





Slowly oven-roasted, in accordance with local tradition, or briefly sautéed in a frying pan, these wonderful meats can be enjoyed in succulent rustic recipes or modern, refined dishes.

The tradition of Portuguese smoked meats dates back to time immemorial, including unique and historic smoked sausages such as “alheiras”, “farinheiras”, “maranhos”, “morcelas”, “buchos” and “butelos”, whose unusual flavours are well worth discovering. Taste Portugal.

MEMORABLE TOP WINES

Ever since its foundation, over 800 years ago, Portugal has produced high-quality wines that have always been widely appreciated abroad, due to their unique indigenous grape varieties, demarcated wine regions and complexity. Portuguese wines are crafted by experienced winemakers who magically seal secret messages from the soil into bottles.

Granite and slate soils in the North, argillo-calcareous soils in the South, combined with fantastic grape varieties such as Touriga Nacional, Roriz, Arinto or Antão Vaz, are used to produce superb, complex and varied wines, that provide the perfect complement to Portugal's diversified gastronomy.

From the sparkling freshness of vinhos verdes, to joyful Alentejo wines, dignified Douro and Dão wines, expressive Bairrada wines, intense wines from the Lisbon and Tagus Valley region or elegant wines from Setúbal. Embark on a voyage of discovery of unexpected and innovative wines that are simultaneously classic and modern and guarantee a successful meal. Taste Portugal.





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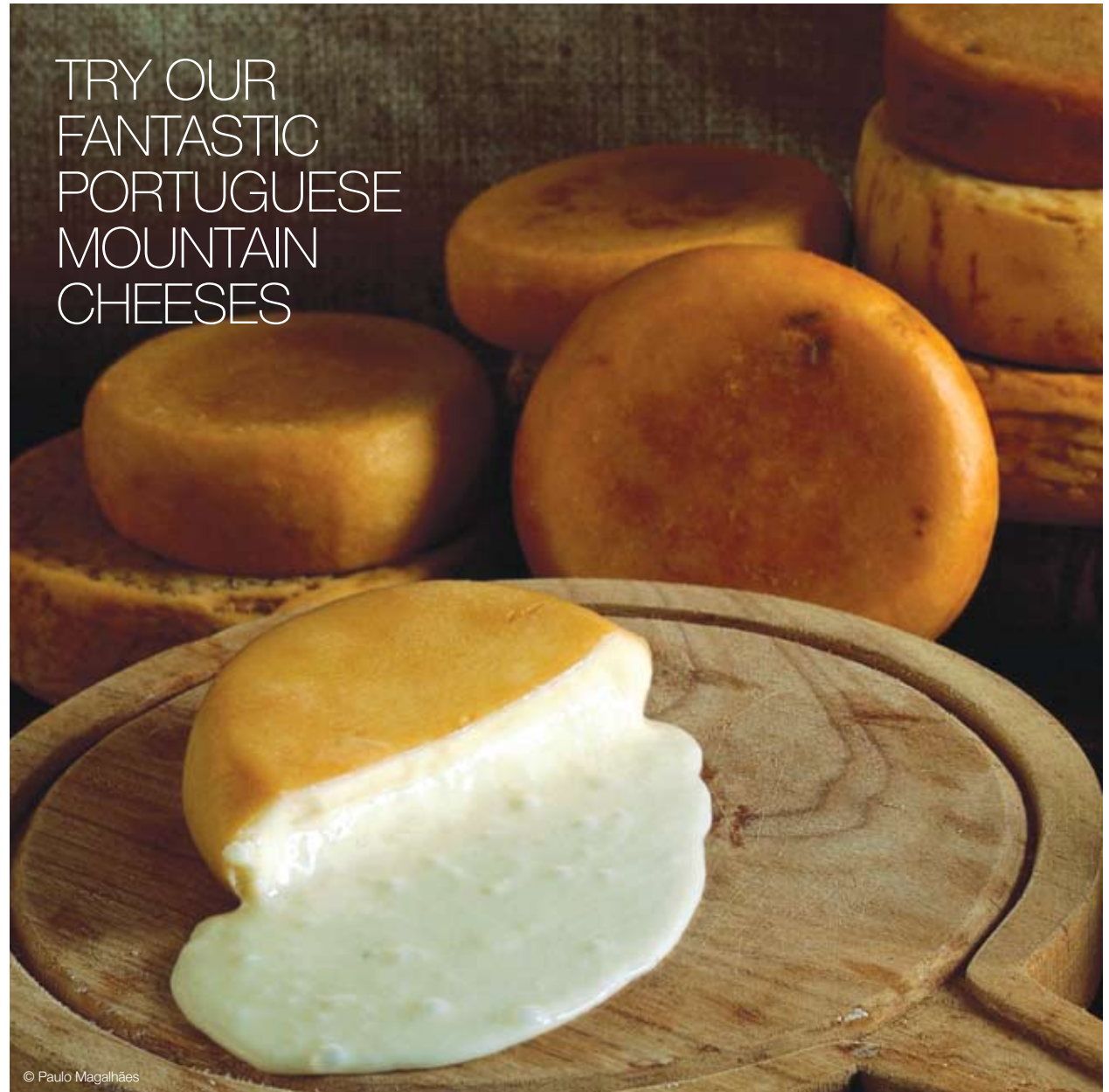


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TRY OUR FANTASTIC PORTUGUESE MOUNTAIN CHEESES

No product embodies its source landscape as fully and expressively as cheese. Portugal's mountains, with their fresh and nutritional pastures, engender different varieties of goat's and sheep's cheese that will surprise even the most refined palates.

The cheeses of the Serra da Estrela, Serpa or Azeitão, made from sheep's milk, curdled with thick, soft and creamy curds, offer a unique experience in the world of cheese.





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© João Paulo



© João Paulo

Other cheeses of denominations of origin, made from goat's milk include Terrincho, Rabaçal, Évora or Niza, that are well cured and slightly dry - ideal to be enjoyed with a chunk of bread, some olives and a few drops of olive oil. Supreme joy!

Goat's milk cheeses are mini gastronomic delights, whether served fresh or dry. With their unmistakable flavour, they constitute a wonderful starter, accompanied by a salad, or the ideal way to round off a meal, as guests finish up the wine.

Curd cheese is a distinctive and gratifying experience. Produced from sheep's whey, it's soft, oily and velvety and has a rich flavour. Enjoyed with some rustic bread and a pinch of pepper, it will send you to heaven. Unique, unforgettable pleasure. Taste Portugal.

PASTRIES AND DESSERTS RANK AMONGST PORTUGAL'S FINEST GASTRONOMIC RICHES

Portugal was one of the first European countries to grow sugarcane plantations and make its own sugar. It's therefore no surprise that Portugal has a great "sweet tooth".

Pastries and desserts rank amongst the country's finest gastronomic riches.

In the cloistered surroundings of local convents, agile and delicate hands prepared deliciously sinful desserts, using egg yolks, sugar and almonds, and baptised them with delightful names such as "Barrigas-de-freira" ("Nuns' bellies"), "Papos-de-Anjo" ("Angels' chins"), or "Toucinho-do-céu" ("Bacon from heaven"), thereby concocting the world's most spectacular convent sweets!

The wonderful pastry of Tentúgal and Vouzela, as thin as silk paper, reveals marked Arabic influences.





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It's well worth taking a trip from North to South of Portugal, just to sample the local desserts in each town or city.

The supreme icon, the delicious "Pastel de Nata" cream tart, was dubbed by Alain Ducasse as the sommet of gourmandise: "fine puff pastry encasings, filled with soft, tender cream, using a secret, ancient recipe developed by Convent nuns. Desserts that I would describe as being celestial! " (A.D. Dictionaire dès amoureux de la cuisine, ed Plon). Succumb to temptation! Taste Portugal.

ENJOY OUR
UNIQUE FORTIFIED
WINES

PORT
MADEIRA





PORT

The quintessential wine. No wine is as rich, exuberant, full-bodied, aromatic, sensual and tasty as Port. It's perfection personified! Vintage, Tawny, and Colheita Ports, aged over a long history that combines elements of fate and grace, constitute the most sumptuous wine ever created by Man.

Don't forget to savour Port with cheese. Or with black chocolate dessert, oranges or nuts. Be bold and try some with some wild pigeon or game. Taste Portugal.

MADEIRA

The Pearl of the Atlantic, garden of delights, Madeira produces its own wine with an intense nose and marvellous spontaneity, brimming with aromatic, dense and poetic nuances. Like the island itself, Madeira wine is a hidden pearl that everyone should discover.

Bual, Terrantez, Malvasia, Verdelho or Sercial are discreet varieties that harmoniously blend with the island's infinite beauty. In addition to serving as a magnificent aperitif, Madeira wine is the perfect companion for exotic or oriental dishes such as curry or Chinese cuisine. Be daring. Taste Portugal.



© Francisco Almeida



© Mário Cerdreira



© ERTA



OUR HEALTHY, AND TASTY AUTHENTIC MEDITERRANEAN CUISINE

In a small country, measuring only 90.000 Km², with a remarkable variety of landscapes, including rugged mountains, gentle rolling hills, green valleys and endless plains, flanked by the sea and interlaced by rivers and streams of astonishing beauty, Portugal harbours unusual gastronomic treasures.

Various civilisations have inhabited this part of the world, bestowing recipes that the locals have expertly absorbed and refined.

The land delivers a cornucopia of different vegetables, fruits, cheese, meat and bread. The sea offers the world's finest fish species and choice varieties of shellfish.

Each region has evolved its recipes using this extraordinary diversity, in the constant quest to discover supreme flavour. Our proverbial sweet tooth has drawn us towards varied and daring desserts.

Culinary tradition forms an integral part of Portuguese culture. This unique heritage also offers a treasure trove of recipes that, due to their Mediterranean origins, offer a tasty and healthy diet. Venture forth with confidence. Taste Portugal.

With thanks to:

APCOR - Associação Portuguesa de Cortiça

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Pastéis de Belém



www.taste-portugal.com

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