

# EAT, DRINK AND LIVE



# LIKE PORTUGUESE





# PORTUGUESE FOOD TRADITION

Getting to know a country also means experiencing its food culture and Portugal is known for its diverse, healthy, and delicious food. The Mediterranean Diet, the food pattern that best represents the characteristics of food in Portugal, is recognised as a cultural and intangible heritage of humanity by UNESCO!

This brief guide aims to present the Portuguese food culture, with special emphasis on aspects that enable us to put the principles of healthy eating into practice. It describes some of the foods that have an important role in Portuguese food culture, as well as the culinary preparations that are very typical of our national food tradition.

Through this guide, you can learn more about our country's food culture and find out how the Portuguese food tradition combines pleasure and health at the table.





# 5 REASONS WHY EATING “LIKE PORTUGUESE” COMBINES HEALTH AND PLEASURE AT THE TABLE

## **1. We choose cooking methods that preserve nutrients and the flavour of the food**

One of our greatest successes is our casserole dishes, such as soups, stews, one-pot jardinière, and fish bouillabaisse, in which vegetables and pulses (peas, beans, ...) are added, with moderate quantities of meat and using seasonings such as onion, garlic, and aromatic herbs. In these dishes we take advantage of the cooking water or broth, not letting its nutrients (vitamins and minerals) be lost.







## 2. We value and know how to prepare fish very well

The Portuguese Mediterranean Diet favours the consumption of fish. Like cod, but also fish from the Portuguese coast, especially sardines, horse mackerel, chub mackerel, and tuna. Regular consumption of fish protects our health! And we know how to grill fish like no other..



## 3. We make vegetable soup our favourite starter

Soup is the hallmark of Portuguese food and nowhere else in Europe is there such a wide variety of soups. The main Portuguese meals almost always begin with a bowl of soup. It is one of the simplest cooking methods, which preserves nutrients, satiates, and hydrates. The combination of several vegetables in one dish makes soup rich in vitamins, minerals, and antioxidants.



#### 4. We like to vary, and diversification is one of the fundamental rules of healthy eating

Portuguese food is varied in the type and combination of foods, and in preparation and cooking methods, which makes it possible to obtain different nutrients and create dishes with a unique flavour. Portugal also has a wide variety of fruit, particularly in summer.



#### 5. We follow the Mediterranean Diet as a dietary pattern

The Mediterranean Diet stands out for the consumption of foods that provide a type of fats that protects our health, based on the consumption of olive oil, fish, and nuts (almonds, walnuts...), together with a plentiful consumption of vegetables, fruit, and pulses which are rich in fibre, vitamins, and minerals.



# SOME KEY FOODS IN THE PORTUGUESE FOOD CULTURE

Garlic and onion are one of the most characteristic combinations of the Mediterranean Diet. Widely present in Portuguese cuisine, these foods combined with other vegetables and herbs add a natural and healthy aroma and flavour

The bread consumed in Portugal is recognised as being of good quality and today has a much lower amount of salt than in the past. It is a source of high-quality nutrients and energy and excellent taste, at an affordable price

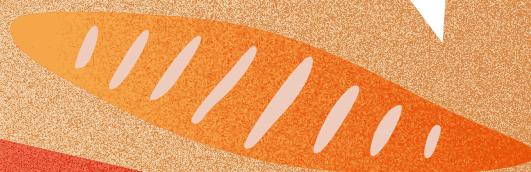
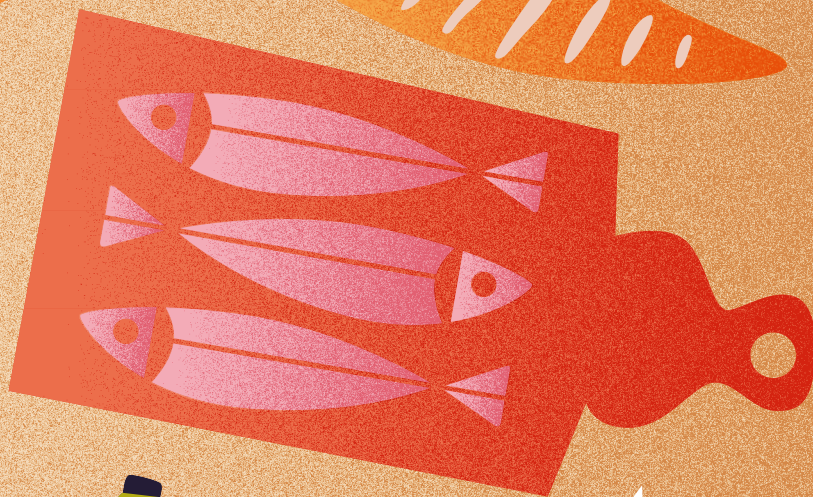
Rice has enormous gastronomic versatility and is regularly present in the Portuguese food culture. In Portugal, nobody resists a bowl of healthy tomato rice, bean rice, or pea rice



Olive oil is the fat source par excellence in the Mediterranean Diet, and in Portugal you can find some of the best olive oils in the world! You should use it for cooking and seasoning but in a moderate amount



Portugal is one of the European countries where fish is best prepared, the result of a long tradition at sea and fish of quality. Some of the most common species on the Portuguese coast are gilt-head seabream, sardines, horse mackerel, chub mackerel, and sea bass





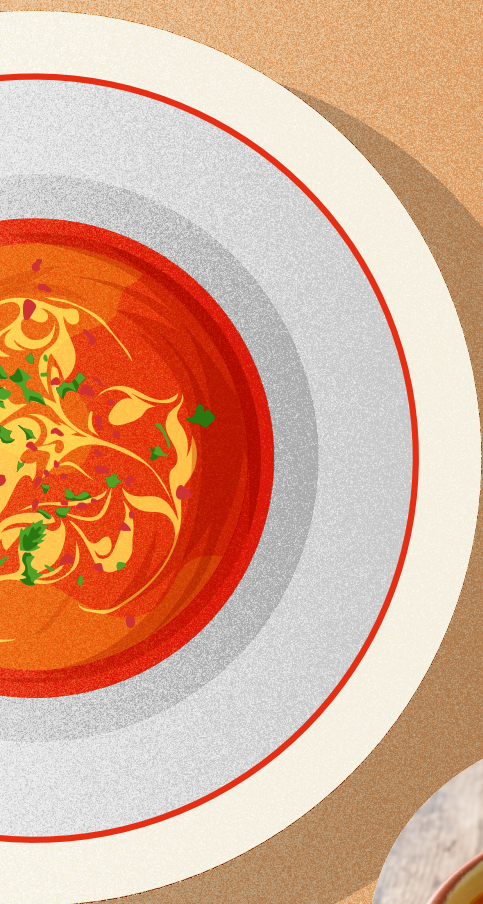
# SOME TYPICAL PORTUGUESE DISHES YOU SHOULD TRY DURING YOUR STAY IN PORTUGAL

Take this opportunity to learn more about Portuguese gastronomy influenced by Mediterranean inspiration. Following, we have chosen some traditional dishes that you should try to get to know better Portuguese food, and for each one we have highlighted some nutritional curiosities.





# WE START WITH A GOOD NATIONAL SOUP...



## Tomato soup *Sopa de tomate*

In this soup we highlight the tomato, which is a source of fibre, water, vitamins C and E, potassium, and carotenoids. The carotenoids which include lycopene are known for their benefits for cardiovascular health and cancer prevention.



## Portuguese green soup *Caldo verde*

*Caldo verde* contains a typically Portuguese kale, which is a source of calcium, iron, vitamins A and C, potassium, and folate.



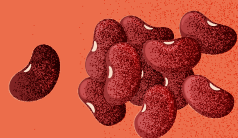
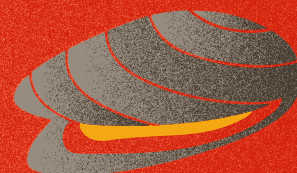


# ...AND THEN WE TRY SOME “PETISCOS” TO START:



## Steamed clams with lemon and garlic *Ameijoas à bolhão pato*

Garlic, lemon and aromatic herbs give an excellent taste to this Portuguese dish. The addition of these ingredients, so typical in Portuguese cuisine, adds flavour to meals, allowing you to reduce the addition of salt.



## Tuna and cowpea salad *Salada de feijão frade e atum*

Canned fish, such as tuna, is a good source of omega-3 fatty acids, which have an important role in promoting health, particularly cardiovascular health.

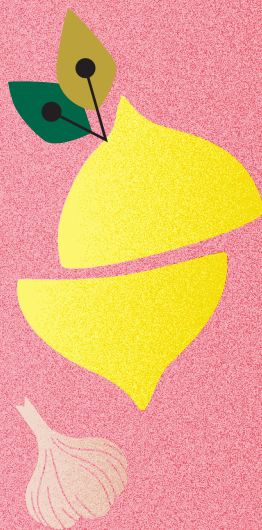
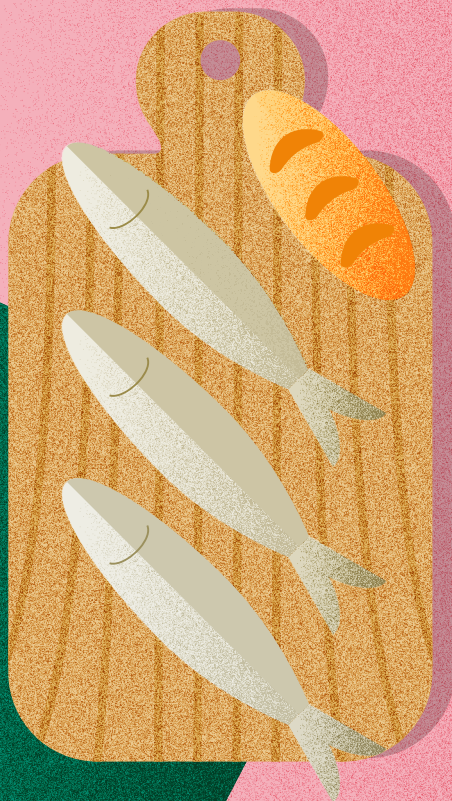


## Bread with olive oil *Pão com azeite*

Olive oil is one of the symbols of the Mediterranean Diet and its moderate consumption to replace other less healthy fats should be promoted, for example in bread to replace butter.







## Horse mackerel with garlic *Carapaus alimados*

Typical of the Algarve, the southern region of Portugal, this snack uses strategies for preparing and cooking the food to increase its shelf life. As in many Portuguese delicacies, garlic, onion and lemon are essential to give flavour to the preparation.



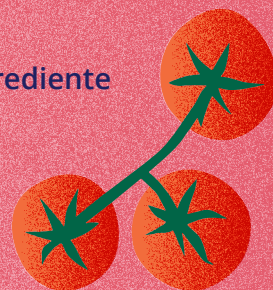
## Portuguese cowpeas “migas” *Migas de feijão frade*

Este prato combina leguminosas (feijão-frade) e cereais (pão) que quando consumidos em conjunto permitem obter uma qualidade proteica muito semelhante à que encontramos nos alimentos de origem animal.



## Octopus salad *Salada de polvo*

Este petisco tem uma quantidade apreciável de cebola na sua composição, que é outro ingrediente muito usado na alimentação à portuguesa para conferir sabor às refeições.





# AS A MAIN DISH, TRY ONE OF THE TRADITIONAL MEDITERRANEAN CASSEROLE'S DISHES



**Fish stew with rice**  
*Arroz de peixe*

*Arroz de peixe* is usually a well-seasoned dish with vegetables, such as tomatoes, peppers, and onions, which add a lot of flavour in a healthy way



**Fish stew  
with pasta**  
*Massada de peixe*

*Massada de peixe* uses a cooking method that protects the preservation of nutrients. As the cooking broth of the food is not wasted, this cooking method allows the intake of several nutrients that are released into the broth during cooking.



**Peas with poached eggs**  
*Ervilhas com ovos escalfados*

Eggs with peas and bread are almost a complete meal. Eggs are a food of high nutritional value, being an excellent source of protein and also rich in vitamins and minerals, such as vitamins of B complex, vitamins A, D and K, phosphorus, magnesium, zinc, selenium and iron.





# YOU CAN ALSO CHOOSE SOME COD DISHES!

## **Codfish bread soup** *Açorda de bacalhau*

Bread is one of the key foods of the Mediterranean Diet and is rarely missing from the Portuguese table. It has a simple recipe, with few ingredients (flour, water, yeast and salt) and if produced with whole grain it is an important source of fibre, vitamins of B complex and minerals.



## **Boiled codfish with chickpeas** *Bacalhau com grão-de-bico*

Chickpeas are the star element in this dish, due to their nutritional value. It has a high fibre content, which is important for proper intestinal function, reducing cholesterol levels, and controlling blood sugar levels.



## **Codfish with cornbread** *Bacalhau com broa*

These composed dishes, which are made up of various ingredients such as bread, pulses, and vegetables, make it possible to reduce the quantity of cod and thus contribute to a more balanced protein intake.





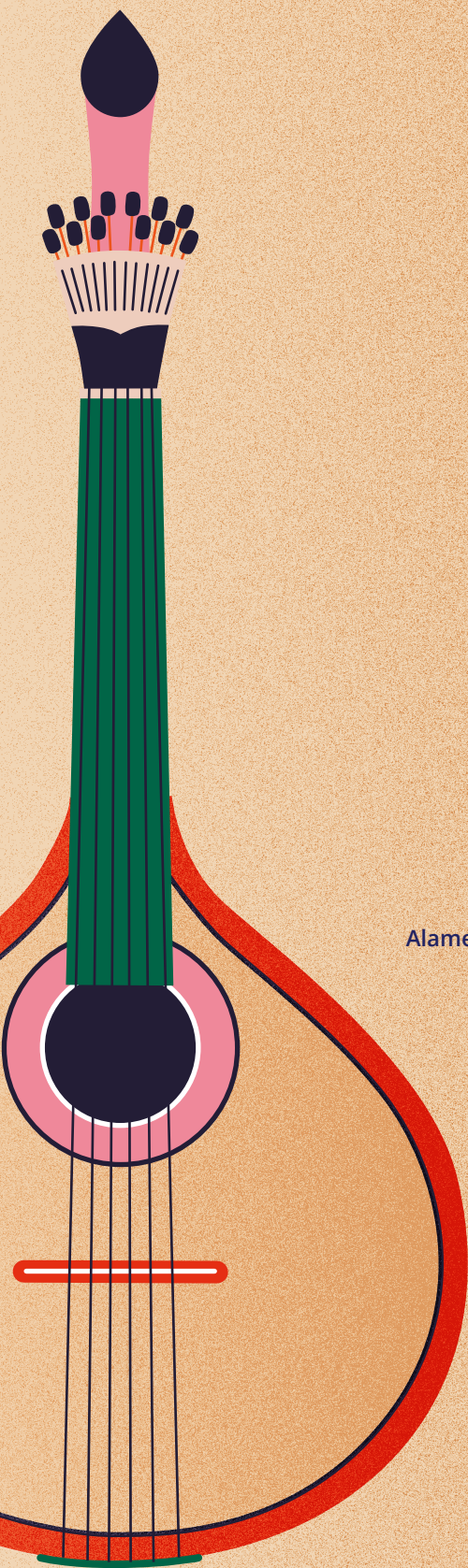
# AND DON'T FORGET TO TRY “OUR” SARDINES!



## **Grilled sardines** *Sardinhas assadas*

Sardines stand out for their nutritional richness. It is a source of omega-3 fatty acids, hence its benefits for cardiovascular health, but it is also an important source of calcium and vitamin D.





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