



HEAL THE SEA

**Typical tastes of
PORTUGAL**



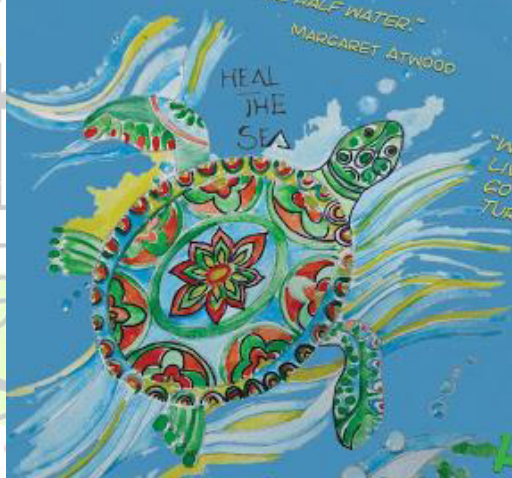


*"WATER IS THE MOST NEGLECTED NUTRIENT IN OUR DIET,
BUT ONE OF THE MOST VITAL."*

"REMEMBER THAT YOU'RE HALF WATER."

MARGARET ATWOOD

KELLY BARTON



*"WE COME FROM THE WATER
LIVIN' IN THE WATER
GO BACK TO THE WATER
TURN THE WORLD AROUND"*

BY HARRY BELAFONTE

**HEAL
THE SEA**
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FISH RECEPIES



CODFISH (bacalhau)



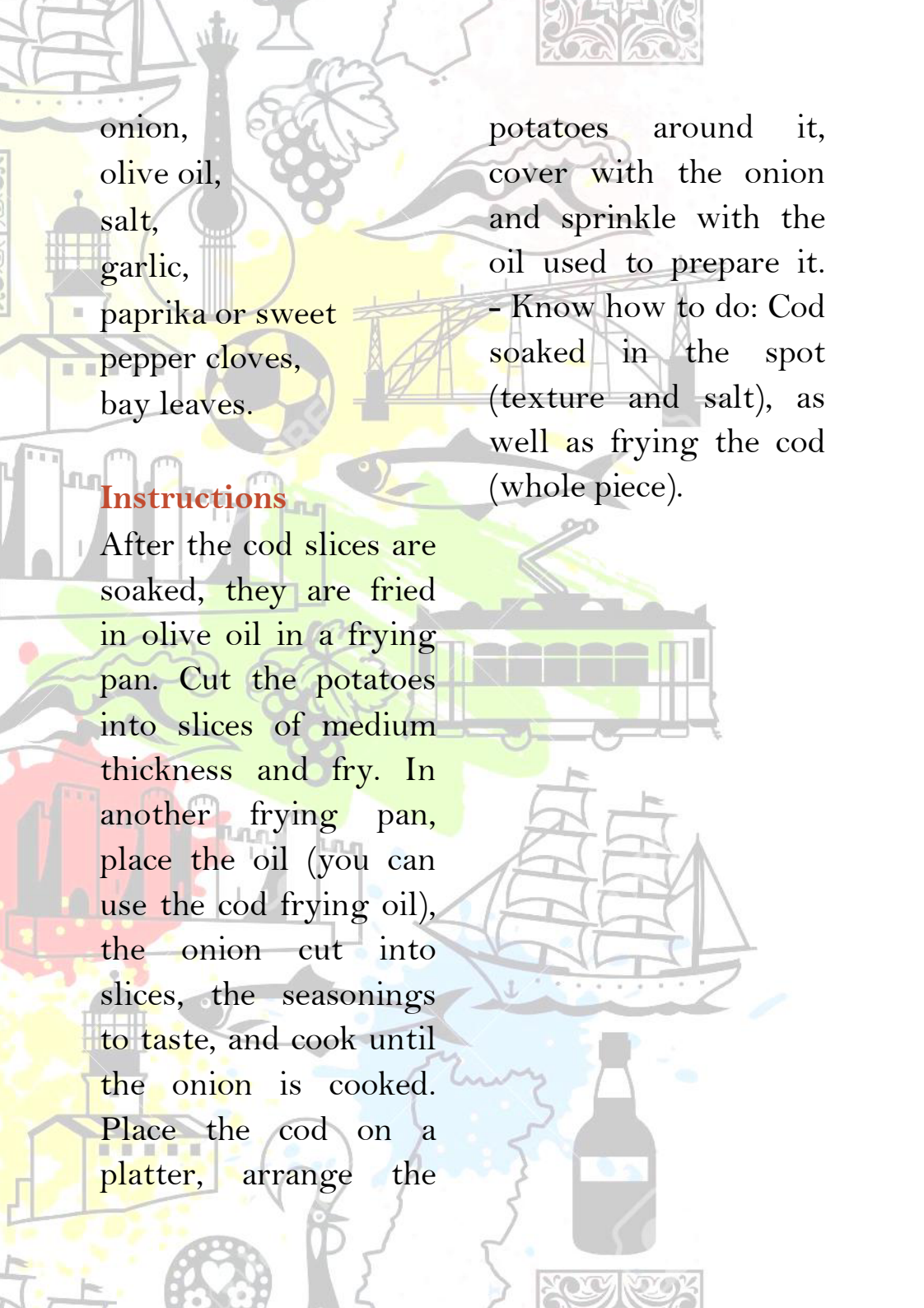
Bacalhau à Braga:



Also called “Bacalhau à à Narcisa”, “Bacalhau à Minhota” or “Bacalhau à Moda do Minho”, is a dish made with fried cod fillets or tenderloins accompanied with fried potatoes and onions.

Ingredients:

cod fillet,
potatoes,



onion,
olive oil,
salt,
garlic,
paprika or sweet
pepper cloves,
bay leaves.

Instructions

After the cod slices are soaked, they are fried in olive oil in a frying pan. Cut the potatoes into slices of medium thickness and fry. In another frying pan, place the oil (you can use the cod frying oil), the onion cut into slices, the seasonings to taste, and cook until the onion is cooked. Place the cod on a platter, arrange the

potatoes around it, cover with the onion and sprinkle with the oil used to prepare it.

- Know how to do: Cod soaked in the spot (texture and salt), as well as frying the cod (whole piece).

Pataniscas de Bacalhau



Ingredients:

1 cod fillet

1 tablespoon of olive
oil

1 small onion

1 cup of flour

1 egg

milk

lemon

parsley

pepper

frying oil

Instructions

Soak the cod overnight.

Remove the skin and
the fishbones.

Cut it into chips or
cut it into small
fillets.

On the side, prepare a
thick purée with the
flour, the whole egg,
salt and pepper, the
chopped onion and
parsley, the oil and a
little water.

If the cod was made
into chips, put them
in the batter and fry
spoonfuls of the it in
very hot oil. In the
case of fillets, wrap
each fillet in the
batter and then fry it.

After fried and well
drained on absorbent
paper, sprinkle the fried
fish with table salt.

Bacalhau à Brás



Ingredients:

- 1 onion (100g)
- 2 garlic cloves
- 1 tablespoon of oil
- 600 g shredded cod
- 200 g shoestring potatoes
- 6 medium eggs
- chopped parsley
- 50 g black olives

Instructions

In a large frying pan, over low heat, sauté the sliced onion and crushed garlic cloves in the oil.

Add the cod and the potatoes and mix well. Let the potatoes soften a little.

In a bowl, lightly whisk the eggs with a fork

Add the eggs to the cod and mix well until the eggs are cooked.

Taste and fine-tune the seasonings.

Serve the Brás cod sprinkled with parsley and olives.

Bacalhau assado na brasa

Instructions



Ingredients

- 2 lbs. cod fillets
- 1 tsp salt
- ½ tsp black pepper
- Juice of 1 lemon
- ½ stick softened butter
- 2 scallions finely chopped
- 1tbsp chopped parsley
- Zest of 1 lemon

Rinse cod under cool water. If using frozen cod, be sure to defrost completely and drain excess liquid.

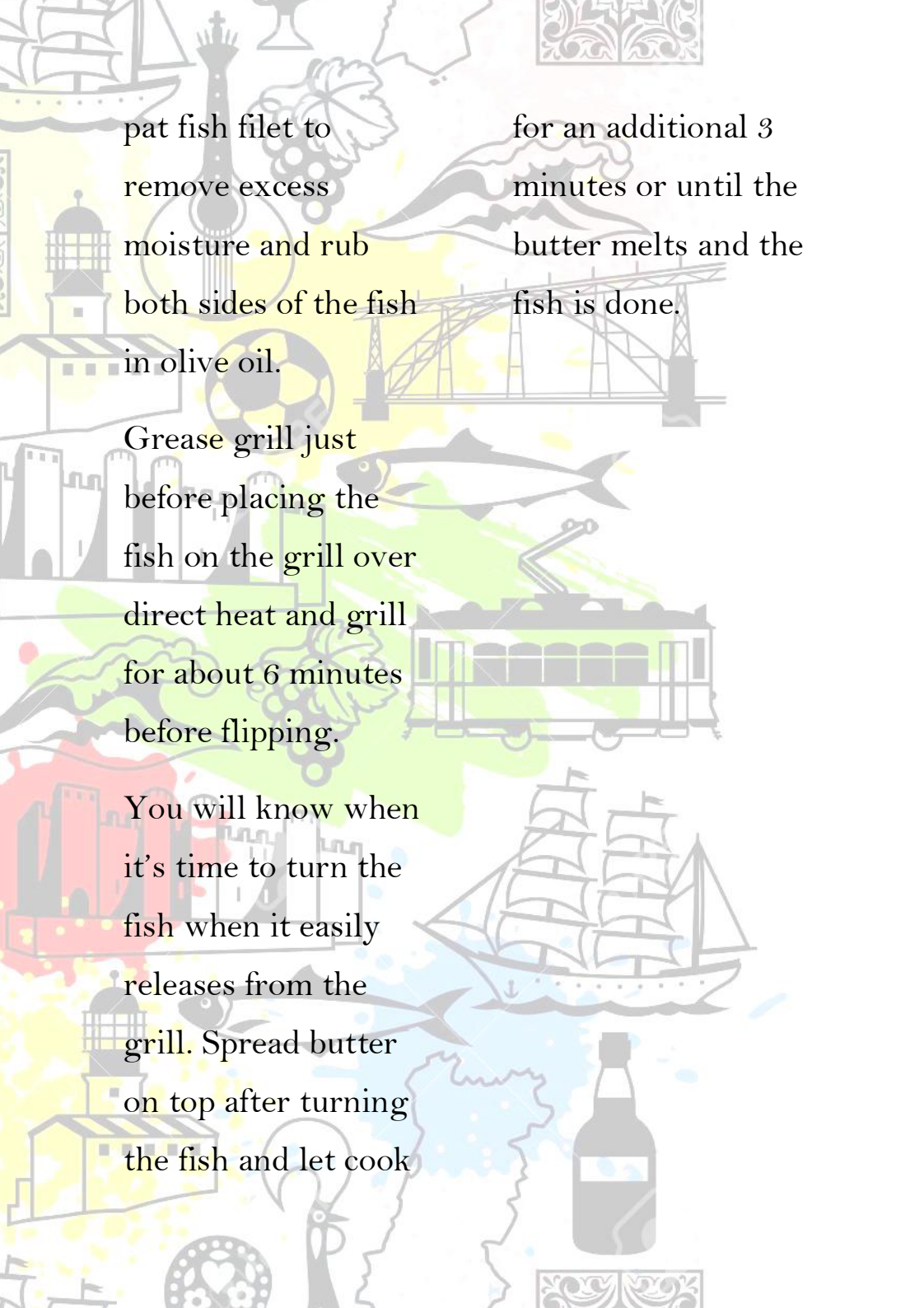
Add salt, black pepper and lemon juice to the fish and mix to combine.

Let sit for half an hour.

While the cod is marinating, light the Kingsford charcoal. Mix softened butter with scallion, parsley and lemon zest.

When the grill reaches a temperature of 400 degrees, then it's time to grill.

Place directly on the grill and let cook for 8-minutes.



pat fish filet to
remove excess
moisture and rub
both sides of the fish
in olive oil.

Grease grill just
before placing the
fish on the grill over
direct heat and grill
for about 6 minutes
before flipping.

You will know when
it's time to turn the
fish when it easily
releases from the
grill. Spread butter
on top after turning
the fish and let cook

for an additional 3
minutes or until the
butter melts and the
fish is done.

Sardines (sardinhas)



Sardinhas assadas na brasa com salada de tomate e pimentos



Ingredients

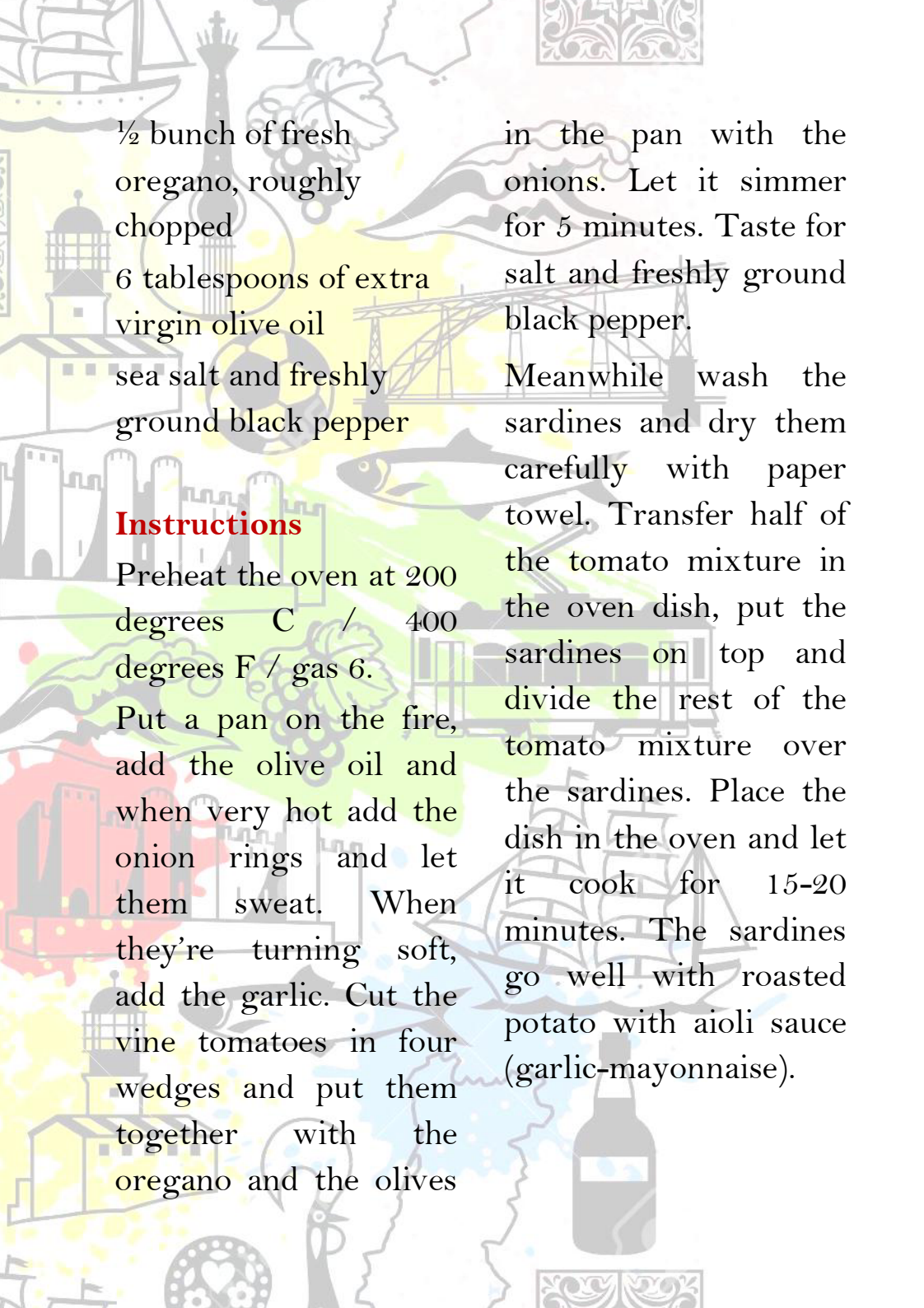
12 average sized sardines, beheaded, scaled, gutted and pin boned but with tail still on 2 onions, cut in rings

600g/ 1lb 6oz vine tomatoes

1 handful of black olives

1 handful of green olives

2 cloves of garlic



½ bunch of fresh oregano, roughly chopped
6 tablespoons of extra virgin olive oil
sea salt and freshly ground black pepper

Instructions

Preheat the oven at 200 degrees C / 400 degrees F / gas 6.

Put a pan on the fire, add the olive oil and when very hot add the onion rings and let them sweat. When they're turning soft, add the garlic. Cut the vine tomatoes in four wedges and put them together with the oregano and the olives

in the pan with the onions. Let it simmer for 5 minutes. Taste for salt and freshly ground black pepper.

Meanwhile wash the sardines and dry them carefully with paper towel. Transfer half of the tomato mixture in the oven dish, put the sardines on top and divide the rest of the tomato mixture over the sardines. Place the dish in the oven and let it cook for 15-20 minutes. The sardines go well with roasted potato with aioli sauce (garlic-mayonnaise).

MACKEREL

(carapau)



Carapau frito com arroz de tomate



Ingredients

- 1 kg horse mackerel
- 250 grams rice
- 3 medium ripe tomatoes
- 1 medium onion
- 50 ml olive oil
- 1 clove of garlic
- All-purpose flour
- Vegetable oil to fry the fish
- Salt (to taste)

Instructions

Clean the fish and season with salt.

Let marinate for about 1 hour.

In a saucepan, add the olive oil, the chopped onion, the chopped garlic and the peeled tomatoes cut into small pieces and cook over low heat until the tomato start to break down.

Add the rice and season with salt.

Stir, pour the water (twice the rice volume) and boil over medium-high heat.

When it starts boiling, reduce to low heat and cook about 10 minutes.

Meanwhile, remove the salt from the fish and dry them with a cloth.

Coat the fish in flour.

Heat the oil in a frying pan. When the oil is hot, add the fish and fry them on both sides until golden brown.

Turn off the heat and place the fish on a plate with absorbent paper.

Serve the horse mackerel with tomato rice.

OCTOPUS

(polvo)

Polvo à Lagareiro

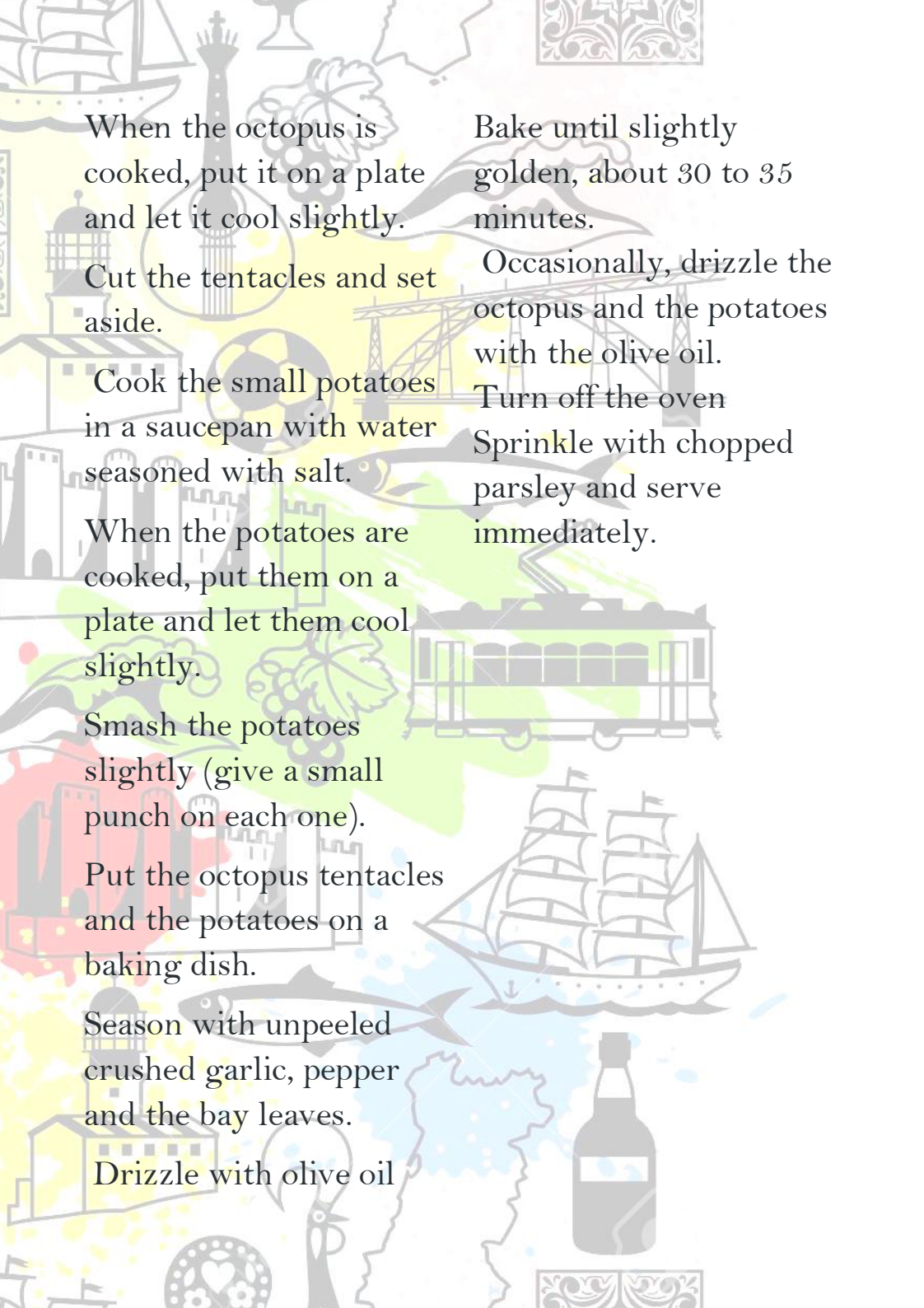


Ingredients

2 kg octopus
250 ml olive oil
2 heads of garlic
1 onion
salt
1kg potatoes
2 bay leaves
white pepper
parsley

Instructions

Cook the octopus on a saucepan with water and a peeled onion.



When the octopus is cooked, put it on a plate and let it cool slightly.

Cut the tentacles and set aside.

Cook the small potatoes in a saucepan with water seasoned with salt.

When the potatoes are cooked, put them on a plate and let them cool slightly.

Smash the potatoes slightly (give a small punch on each one).

Put the octopus tentacles and the potatoes on a baking dish.

Season with unpeeled crushed garlic, pepper and the bay leaves.

Drizzle with olive oil

Bake until slightly golden, about 30 to 35 minutes.

Occasionally, drizzle the octopus and the potatoes with the olive oil.

Turn off the oven

Sprinkle with chopped parsley and serve immediately.

Our little Chefs

