

Cooking Class WaVEC 1-Dez-2014

Recipes

Alentejan Bread and Garlic Soup



(Serves 4)

- 1 Large bunch of coriander (or a small bunch of pennyroyal or a mixture of both herbs);
- 2 to 4 cloves garlic;
- 1 tablespoon (full) coarse salt;
- 4 tablespoons olive oil;
- 1.5 liters boiling water;
- 400g homemade bread (hard);
- 4 eggs

Mash the coriander (or pennyroyal), the garlic (after removing the leaves first) and the coarse salt into a paste with a pestle and mortar. Pour the paste into a tureen or a large mixing bowl which can serve as a tureen. Pour over the olive oil and then scald with the boiling water use to poach the eggs (after removing the eggs first). Stir the "açorda" with a thick slice of bread and use this to taste the soup. This soup is known as "sopa azeiteira" (olive oil soup) or "sopa mestra" (master soup). Add the bread to the broth,



either cut into cubes or slices or broken into pieces by hand. Then, cover the soup or leave it uncovered depending on whether you prefer the soup to be wet or dry. Place the eggs on the plate or on top of the soaked bread in the tureen, whichever you prefer.

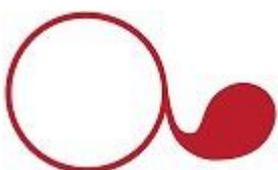
Outside the Alentejo, "açorda" is the best-known example of Alentejan cookery. It is eaten by rich and poor alike and the farm-worker has it for lunch almost every day. There are many different varieties of açorda, which are more influenced by seasonal changes than by regional variation. However, the soup always consists of a hot transparent broth, spiced with either coriander or pennyroyal or both as well as crushed garlic, coarse salt and olive oil. Slices or chunks of wheat bread (preferably hard and





homemade) give body to the soup. It is generally served with poached (or, sometimes, boiled) eggs and olives. Often the water used to make the soup has previously used to boil whiting or dried salted cod. The soup can also be served with grilled or fried sardines and, in autumn, thin strips of green pepper, which are scalded with water at the same time as the herbs, are added and the

soup is accompanied by ripe figs or a bunch of green grapes.



Cod "à Brás"

Serves 4



400g dried salted cod;
3 tablespoons olive oil;
500g potatoes;
6 eggs;
3 onions;
1 clove garlic;
Parsley;
Salt & pepper;
Cooking oil;

Black olives

Soak the cod in the usual way. Remove the skin and bones and flake the cod into pieces by hand.

Shred the potatoes.

Slice the onions very finely and chop the garlic.

Fry the potatoes in hot cooking oil until lightly browned. Drain on absorbent paper.

Meanwhile, heat the olive oil, onion and garlic in a thick casserole. Fry gently until the onions are cooked.



Then shred the cod. Add it to the pan and stir with a wooden spoon so that the cod soaks up some of the olive oil. Add the potatoes. Beat the eggs. Season them with salt and pepper

and pour them over the cod and potatoes. Stir the eggs with a fork until the mixture is creamy. Then remove the casserole from the heat and pour the cod onto a plate or serving dish.

Sprinkle with chopped parsley and serve hot accompanied by black olives.





“Filhós de Floreta” (fritters)

4 eggs;
 4 tablespoons sugar;
 2 juicy oranges;
 2 teaspoons butter;
 7 tablespoons flour;
 Salt;
 Cooking oil;
 Sugar or honey

Beat the eggs, sugar and butter until the mixture is soft and fluffy. Mix in the juice of the oranges and add the flour. The mixture should have the consistency of a fine paste. Add more orange juice if required.



Dip the mold for the fritters in hot oil. Drain well and place it in the dough but do not cover completely. Place the mold in the oil and shake it so that the pastry falls out. Then fry until the fritters are golden brown.



Serve sprinkled with sugar and cinnamon or pour over honey syrup. Do not let oil fall onto the pastry otherwise it will not stick to the mold.

