



**Cook**

# Portuguese

**in America**

Recipes with love from  
**The Robot Book  
Club**

# **Cook Portuguese in America**

*Authentic Flavors and Family Traditions for the Modern Kitchen*

The Robot Book Club

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# Table of Contents

A Pastelaria na Cozinha

---

A Panela da Vovó

---

O Nosso Bacalhau

---

Comida de Comer Chorando

---

Dias de Festa

---

Despensa Luso-Americana

---

# Preface

This book, and The Robot Book Club, is an experiment large scale AI generation. Every page, from layout to images to copy, was generated with zero human review.

The authoring and publishing teams were implemented in the Kaya scripting language. They were given only the input: Portuguese Home Cooking.

This is the only page authored by a human: Hello there!

— Ted Benson

# Prologue

This isn't about the pristine, sun-drenched coastal tourist traps. Forget the polished perfection. This is about what happens when the boats come in, what the grandmothers—the *vovós*—actually cooked, what fueled generations in the old country and kept the flame alive in the new world. This is the unvarnished truth of Portuguese food, as it lives on the kitchen tables of America.

For a certain kind of Portuguese-American, perhaps generations removed from the old neighborhoods, from New Bedford or Newark, there's a distinct hunger. A persistent pang of *saudade* that no supermarket aisle or generic 'ethnic' section can truly satisfy. It's the ghost of a perfect *Caldo Verde*, the memory of a crisp *malasada* at the summer feast, the rich, deep scent of *bacalhau* on a Sunday afternoon. These are the sensory anchors of identity, the flavors that tether us to what was, and who we are.

But the myth of all-day braises and specialty imports dies hard in the modern world. Who has the time? The exotic ingredients? Life moves at a relentless clip. This book isn't some romanticized, whitewashed culinary tour for outsiders. This is honest. This is pragmatic. This is about taking those deep, authentic flavors, those soul-satisfying dishes, and bringing them to your modern American kitchen, using ingredients you can actually find, on a busy Tuesday night.

We've translated the intuitive wisdom of the matriarchal kitchen into steps that work, offering the hacks and the smart substitutions that respect the dish, that honor the memory, without demanding a pilgrimage to a distant specialty store. From the quick morning *lanche* to the comforting simmer of *A Panela da*

*Vovó*, through the glorious iterations of *O Nosso Bacalhau*, and all the way to the celebratory *Dias de Festa*, these are the meals that speak a language beyond words, a taste of home, wherever you are.

So, dig in. The flavors are here. The stories, too. It's time to kill that *saudade*.





# A Pastelaria na Cozinha

*Morning routines, coffee rituals, and the sacred afternoon Lanche.*

Morning in a Portuguese household isn't about precious, hours-long brunches. It's a loud, utilitarian ballet of clinking ceramic, steaming milk, and the smell of toasted bread. The day starts with a jolt—a Galão or Meia de Leite—and something hot, pressed, and oozing with cheese. This is the pastelaria brought to the American kitchen counter: fast, unpretentious, and absolutely essential.

Then comes the lanche, that stubborn, sacred afternoon ritual designed to keep the engine running until a fashionably late dinner. It's a moment to pause over a crispy, molten Tosta Mista, a fiercely guarded shortcut to a coconut-crusted Pão de Deus, or a quick, golden rissol snatched from the pan. No need for a transatlantic flight. These are the life-blood snacks, engineered for the realities of busy weeknights, that remind you exactly where you come from.





# A Verdadeira Torrada e o Galão

*ah vair-dah-day-ruh toh-rah-duh ee oo gah-lown*

The Portuguese morning pastelaria ritual is a masterclass in simplicity, built on strict, unwritten laws: a one-to-three ratio of dark coffee to velvety milk, and toast cut impossibly thick. It is the sharp scent of stovetop espresso cutting through hot whole milk, served alongside bread practically drowning in salted butter. The absolute rule of the torrada? You slice it into exactly three vertical strips, saving the soft, crustless, butter-drenched middle piece for last. It is an unpretentious, perfect thing. With a Moka pot and thick-cut supermarket bread, you can recreate that exact cafe magic on a Tuesday morning.

## INGREDIENTS

<b>2 large</b>	thick-cut white bread	<b>2 oz</b>	strong dark-roast coffee <i>brewed hot</i>
<b>2 tbsp</b>	salted butter <i>kept cold</i>	<b>6 oz</b>	whole milk
		<b>1 tsp</b>	granulated sugar

## PREPARATION

- **Shave the butter.**

Use a vegetable peeler or cheese grater to shave the cold salted butter into thin ribbons.

- **Freeze uncut bread.**

If using an unsliced loaf, place it in the freezer for 30 minutes, then use a serrated knife to cut perfectly straight, one-inch thick slices without crushing the crumb.

## INSTRUCTIONS

- 1. Brew the coffee base.**

Brew your espresso or Moka pot coffee, pouring exactly 2 ounces into a tall, clear heat-proof glass. Stir in the sugar while the coffee is screaming hot so it dissolves perfectly.

- 2. Heat and froth the milk.**

In a small saucepan over medium-low heat, warm the whole milk until steaming but not boiling. Agitate it a few times with a frother or French press to create a velvety texture with a very small layer of micro-foam, then pour over the coffee.

- 3. Assemble the toast.**

Arrange the shaved ribbons of cold salted butter evenly over the un-toasted slices of bread.

**1. Achieve the cafe crunch.**

Place the buttered bread under a broiler, in a toaster oven, or in an air-fryer for a few minutes until the edges are golden brown and the butter has melted deep into the crumb, slightly caramelizing the top.

**2. Apply the rule of three.**

Transfer the hot, butter-soaked toast to a plate and cut vertically into exactly three equal strips. Dip the crusty outer strips into your galão first, leaving the soft, butter-drenched middle strip for the very end.



# Tosta Mista Perfeita

*toosh-tah meesh-tah*

The undisputed king of the Portuguese pastelaria counter isn't some complex culinary marvel—it is a seemingly simple grilled ham and cheese that somehow tastes infinitely better than anything you make at home. The magic lies entirely in the unpretentious reality of the dish: a scandalous amount of butter applied inside and out, the specific mildness of the cheese, a dusting of oregano, and a brilliant old-world trick to keep the bread perfectly crispy without crushing the soul out of it. This is the sandwich you make on a busy Tuesday when you just want a taste of home.

## INGREDIENTS

<b>2 large slices</b>	sturdy white bread <i>cut 3/4-inch thick</i>	<b>4 slices</b>	mild Havarti or Edam cheese
<b>1 tbsp</b>	salted butter <i>softened to room temp</i>	<b>3 slices</b>	deli boiled ham <i>sliced paper-thin</i>
		<b>1 pinch</b>	dried oregano

## INSTRUCTIONS

### 1. **Butter the inner foundation of the bread.**

Lay the bread slices flat and lightly butter the inside faces of both, which gives the interior a rich café flavor, then sprinkle the dried oregano directly onto the buttered interior of one slice.

### 2. **Build the architecture of the sandwich.**

Layer the cheese entirely within the crust limits so it does not melt out, then add the ham so it extends just slightly past the edges to caramelize against the heat.

### 3. **Coat the exterior and preheat the press.**

Close the sandwich, generously butter the top exterior, and preheat a panini press to medium heat.

### 4. **Deploy the old-world cork trick to manage pressure.**

Place the sandwich on the press, butter the remaining exposed side, and place two real wine corks horizontally on the bottom grill plate right next to the sandwich before closing the lid so the heavy top plate rests on the corks rather than violently crushing your bread.

### 5. **Grill to a golden crisp and serve hot.**

Grill for four to five minutes until the bread is deeply golden, the exposed ham edges are crispy, and the cheese is oozing, then transfer to a cutting board and slice on a sharp diagonal.

## CHEF'S NOTES

- **Skillet adaptation for standard kitchens.**

If you lack a panini press, use a skillet over medium-low heat. Cover with a lid for the first three minutes to trap the ambient heat and melt the cheese, then flip, gently press down once with a flat spatula, and cook uncovered for two minutes until golden.

- **Cheese placement discipline.**

Keeping the cheese strictly inside the bread borders creates delicious pockets of caramelized edges as it melts outward, rather than leaving you with a hollow sandwich that leaked entirely onto the cooking surface.



# Bolos de Arroz

*BOH-loosh de ah-ROHZH*

True authenticity doesn't come from a modern industrial mix; it lives in the foundational 1933 ratios of Mestre Manuel Ferreira. These are the genuine, nostalgic rice cakes of a Lisbon pastelaria, possessing an unforgettable, slightly sandy crumb scented heavily with butter and lemon. You don't need specialty metal molds to reproduce the iconic paper-wrapped cylinder at home—just standard white rice flour, a muffin tin, and a simple trick with parchment paper to force the cake straight up into a sugary, crackling dome.

## INGREDIENTS

**1 cup**

granulated sugar  
*plus extra for sprinkling*

**7 tbsp**

unsalted butter  
*softened to room temp*

**1 med** lemon  
*zested, avoiding the bitter white pith*

**3 large** eggs  
*at room temperature*

**1/2 cup** whole milk  
*at room temperature*

**1 1/4 cup** all-purpose flour

**3/4 cup** standard white rice flour

**1 tbsp** baking powder

**1/4 tsp** kosher salt

## PREPARATION

- **Cut the parchment collars.**

Cut 8 to 10 strips of standard parchment paper, each measuring 3 inches wide by 6 inches long.

- **Line the muffin tin.**

Curl each strip into a ring and place one inside each cup of a standard 12-cup muffin tin, letting it naturally uncoil slightly to hug the walls of the tin.

## INSTRUCTIONS

- 1. Preheat the oven to 375°F.**

A slightly higher initial heat provides the necessary oven spring to drive the batter up the parchment walls.

- 2. Cream the butter, sugar, and lemon zest.**

In a large bowl or stand mixer, beat the softened butter, 1 cup of sugar, and the lemon zest on medium-high speed for 3 to 4 minutes until pale, fluffy, and highly aromatic.

- 3. Incorporate the eggs.**

Add the eggs one at a time, beating well after each addition until fully incorporated; do not worry if the batter looks slightly curdled.

- 4. Combine the dry ingredients.**

In a separate bowl, whisk together the all-purpose flour, rice flour, baking powder, and kosher salt.

**1. Alternate the wet and dry ingredients into the batter.**

With the mixer on low speed, add one-third of the flour mixture, followed by half of the milk. Repeat, ending with the final third of the flour, and mix just until combined to avoid a tough crumb.

**2. Fill the parchment molds.**

Spoon or pipe the thick batter into the lined muffin cups, filling them about three-quarters of the way up the height of the metal tin.

**3. Build the signature sugar crust.**

Generously sprinkle a half to one teaspoon of granulated sugar directly onto the surface of the raw batter in each cup.

**4. Bake for 20 to 22 minutes.**

The cakes will rise high into the paper collars and the sugar will crackle and turn golden brown. A toothpick inserted into the center should come out clean.

**5. Cool and serve.**

Let the cakes cool in the tin for 5 minutes before transferring them to a wire rack. To eat properly, peel the paper down, saving the crusty sugar dome for the final bite.

#### CHEF'S NOTES

- **Mind your rice flour.**

Standard brands like Bob's Red Mill work perfectly, but strictly avoid sweet or glutinous rice flour, which will fundamentally alter the chemistry and yield a gummy texture.

- **Prep the paper collars in advance.**

For a busy weeknight, pre-cut batches of these parchment strips and store them in the pantry so you can execute the recipe on a whim.

- **Respect the room temperature rule.**

For the creaming method to properly aerate, the butter must truly be softened. If you forgot to pull it from the fridge, microwave it in 5-second bursts to soften without melting it.



# Lanches Mistos Rápidos

*LAHN-shesh MEESH-toosh / meh-REN-dahsh MEESH-tahsh*

To walk into a Portuguese pastelaria mid-afternoon is to be hit by a wall of intoxicating aromas: espresso, baking yeast, melting cheese, and warm sugar. Whether you call it a lanche in Porto or a merenda in Lisbon, this iconic pastry relies on the unapologetic, beautiful collision of sweet, brioche-like dough and salty, savory deli meat. Authentic bakery doughs take hours of fermentation, but this adaptation leans on instant yeast and a streamlined knead to deliver that exact, nostalgia-inducing golden pocket to a busy weeknight kitchen.

## INGREDIENTS

**4 cup** all-purpose flour  
*plus extra for dusting*

**1/3 cup** granulated sugar

<b>1 tbsp</b>	fine sea salt	<b>2 large</b>	large eggs <i>brought to room temperature</i>
<b>2 1/4 tsp</b>	instant yeast	<b>1/2 lb</b>	mild unsmoked deli ham <i>thinly sliced</i>
<b>3/4 cup</b>	whole milk <i>warmed to the touch</i>	<b>1/2 lb</b>	Edam or mild Gouda cheese <i>thinly sliced</i>
<b>4 tbsp</b>	unsalted butter <i>melted and slightly cooled</i>	<b>1 large</b>	large egg <i>beaten with 1 tbsp water for egg wash</i>

## PREPARATION

- **Plan an overnight cold ferment for morning baking.**

If you want these fresh for breakfast, make the dough the night before and let it do its first rise in the refrigerator overnight.

- **Shape and bake the next day.**

The following morning, shape the cold dough into pastries, let them sit at room temperature for 30 minutes to take off the chill, and bake as directed.

## INSTRUCTIONS

- 1. Whisk the wet ingredients and yeast.**

In a large bowl, combine the warm milk, melted butter, sugar, and instant yeast, letting it sit for a minute before whisking in the two room-temperature eggs until smooth.

- 2. Knead until pillowy.**

Add the flour and salt, mixing until a shaggy dough forms, then turn it out onto a floured counter and knead for 8 to 10 minutes until the dough feels soft, slightly tacky, but doesn't stick to your clean fingers.

- 3. Force a quick rise.**

Lightly oil the bowl, return the dough, cover with a damp towel, and place it in the warmest spot in your kitchen until almost doubled in size, which should take about 40 minutes.

### 1. **Portion the dough.**

Preheat the oven to 375°F and line a baking sheet with parchment paper, then punch down the dough, cut it in half, and roll one half into a 1/4-inch thick rectangle before cutting that into four smaller, equal-sized rectangles.

### 2. **Fold the envelopes.**

Layer a couple slices of ham and cheese in the center of each small rectangle, fold the left third over the filling, then the right third over the top like a business letter, ensuring you leave the top and bottom ends slightly open so the cheese can peek out.

### 3. **Proof and bake.**

Repeat with the remaining dough, let the folded pastries rest for 15 minutes, brush the tops generously with the egg wash, score three shallow diagonal lines across the top of each, and bake for 15 to 20 minutes until deep mahogany and bubbling.

### 4. **Cool and serve.**

Let the molten pockets cool on a wire rack for at least 10 minutes before diving in, ideally alongside a strong cup of coffee.

## CHEF'S NOTES

- **Trust the sweet and salty contrast.**

Do not skimp on the sugar in the dough—that specific sweetness against the salty ham is exactly what makes it taste like it came directly from a Portuguese bakery.

- **Mind the cheese and meat choices.**

Skip the sharp cheddar and heavily smoked hams; a mild Edam perfectly mimics traditional Portuguese Queijo Flamengo, and a mild sweet-slice deli ham prevents aggressive smoke flavors from overpowering the delicate bread.

- **The authentic umami upgrade.**

For a punch of flavor, slip a single paper-thin slice of Spanish chorizo or Portuguese chouriço inside the ham and cheese layers, an old-world trick favored by traditional bakers.



# Bifanas Rápidas de Frigideira

*bee-FAH-nahs RAH-pee-dahs de free-jee-DAY-rah*

If there is a scent that defines a bustling Portuguese café, it is the sharp hit of garlic and white wine vaporizing in a skillet of hot lard. The bifana is a masterpiece of immigrant ingenuity: cheap, lean pork transformed by a heavy mallet and a screaming hot pan into a sandwich of pure, dripping nostalgia. Forget complex, modernized restaurant versions. This is the unpretentious, lightning-fast street food of the homeland, built for a busy Tuesday night and served on a crusty roll that exists purely to soak up the juices.

## INGREDIENTS

<b>1 1/2 lb</b>	boneless pork loin chops <i>trimmed of excess fat and sliced into medallions</i>	<b>1 tbsp</b>	sweet paprika
<b>1 cup</b>	dry white wine	<b>1 1/2 tsp</b>	kosher salt
<b>2 tbsp</b>	white wine vinegar	<b>1/4 tsp</b>	black pepper
<b>6 large</b>	garlic cloves <i>smashed and roughly chopped</i>	<b>1 tsp</b>	Piri-Piri or hot sauce
<b>2 large</b>	dried bay leaves <i>torn in half</i>	<b>3 tbsp</b>	pork lard
		<b>4 large</b>	light crusty sandwich rolls <i>split in half</i>
		<b>2 tbsp</b>	yellow mustard

## PREPARATION

- **Pound the pork into paper-thin submission.**

Place the pork medallions one by one between two sheets of plastic wrap and beat them with a heavy mallet until they are translucent and about 1/8-inch thick. This mechanical breakdown is the absolute secret to a tender bifana.

- **Build the short marinade.**

In a large bowl, whisk together the white wine, vinegar, garlic, bay leaves, paprika, salt, pepper, and hot sauce.

- **Bathe the meat.**

Drop the pounded pork into the liquid, massaging gently to ensure every piece is thoroughly coated, and leave it to marinate on the counter for 30 minutes.

## INSTRUCTIONS

- 1. Heat the lard until it shimmers.**

Place a heavy cast iron or stainless steel skillet over medium-high heat and melt the lard until it is screaming hot.

**1. Flash-fry the pork in batches.**

Lift the meat from the marinade, letting the excess liquid drip back into the bowl, and lay the slices in the hot fat without crowding the pan. Fry for 60 to 90 seconds per side until they grab a little color, then move them to a resting plate. Reserve the remaining marinade.

**2. Deglaze and reduce the pan sauce.**

Lower the heat to medium and pour the reserved marinade directly into the skillet. Stand back as it sputters violently, scrape the browned bits off the bottom with a wooden spoon, and let it boil vigorously for 3 to 5 minutes to safely cook and thicken into a savory glaze.

**3. Reintroduce the meat.**

Drop the cooked pork back into the bubbling sauce for 30 seconds to warm through and coat entirely, then turn off the heat.

**4. Assemble and soak the bread.**

Press the cut side of the top roll directly into the pan sauce to soak up the juices, then pile the meat generously onto the bottom half, hit it with a squirt of yellow mustard, and serve immediately.

**CHEF'S NOTES**

● **The fat is non-negotiable.**

Do not substitute olive oil if you want the real taste of a Portuguese tasca; cheap tub lard from the baking aisle works perfectly and provides unparalleled depth.

● **Choose the right bread.**

Avoid sweet hamburger buns or tough artisan sourdough. A light, airy Mexican bolillo provides the perfect textural sponge for the pan sauce without collapsing.

● **Mind the paprika.**

Stick to sweet paprika; using smoked paprika will entirely hijack the flavor profile and make the dish taste Spanish rather than Portuguese.



# Pão de Deus

*pow de de-oosh*

If you grew up in a Portuguese-American home, the scent of toasted coconut and enriched dough baking is essentially a time machine. Born from the rubble of the 1755 Lisbon earthquake as a humble offering, the 'Bread of God' has evolved into the undisputed king of the corner pastelaria. Commercial bakeries now use a complex custard for the topping, but the old-world secret is a rustic, macaroon-like paste that cracks and toasts perfectly in the oven. You make the dough the night before to save your sanity on a weeknight. And if you want to eat it like a local, don't just eat it plain. Slice it open, add a slick of butter, and layer in savory ham and mild cheese to make a misto. The sweet-and-salty contrast will ruin you for anything else.

## INGREDIENTS

<b>3 3/4 cup</b>	unbleached all-purpose flour	<b>1 1/2 cup</b>	unsweetened desiccated coconut
<b>2 1/4 tsp</b>	instant dry yeast		
<b>1/4 cup</b>	granulated sugar	<b>1/2 cup</b>	granulated sugar
<b>1 tsp</b>	fine sea salt	<b>2 large</b>	eggs
<b>1/2 med</b>	lemon <i>zested</i>	<b>1 tbsp</b>	whole milk
<b>1 cup</b>	whole milk <i>warmed to lukewarm</i>	<b>1 large</b>	egg <i>beaten</i>
<b>1 large</b>	egg <i>brought to room temp</i>	<b>1 tbsp</b>	whole milk
<b>6 tbsp</b>	unsalted butter <i>cut into cubes and softened to room temp</i>	<b>2 tbsp</b>	powdered sugar

## INSTRUCTIONS

### 1. Mix the shaggy dough.

In the bowl of a stand mixer fitted with the dough hook, combine the flour, instant yeast, 1/4 cup of sugar, salt, and lemon zest. Pour in the 1 cup of lukewarm milk and 1 room-temperature egg. Mix on low speed for 3 to 4 minutes until a rough dough forms and no dry spots of flour remain.

### 2. Develop the gluten and incorporate the fat.

Increase the mixer speed to medium-low and knead for 5 minutes. With the mixer still running, add the softened butter one cube at a time, waiting until each piece is incorporated before adding the next. Continue kneading for another 8 to 10 minutes until the dough pulls away from the sides, looks glossy, and can stretch thin without tearing.

**1. Retard the dough overnight.**

Transfer the dough to a lightly oiled bowl, cover it tightly, and place it in the refrigerator for at least 8 hours, and up to 24. This cold fermentation develops profound, old-world flavor while simultaneously chilling the butter so the sticky dough becomes effortlessly easy to shape.

**2. Shape the cold buns.**

Line a large baking sheet with parchment paper. Turn the cold dough out onto a clean work surface and divide it into 10 to 12 equal pieces. Roll each piece into a tight, smooth ball by cupping your hand over the dough and moving it in rapid circles against the counter. Space them 2 inches apart on the baking sheet.

**3. Proof the dough.**

Cover the buns loosely with a damp kitchen towel and let them rise in a warm spot until doubled in size and very puffy, about 1 1/2 to 2 hours.

**4. Mix the traditional coconut paste.**

Preheat your oven to 350°F. In a medium bowl, stir together the desiccated coconut, 1/2 cup of sugar, and 2 whole eggs. Mix until it forms a cohesive, moist paste. If it seems too dry or crumbly, stir in 1 tablespoon of milk.

**5. Crown the buns and bake.**

Whisk the final beaten egg with 1 tablespoon of milk and gently brush the mixture over the risen buns. Spoon a generous mound of the coconut paste onto the center of each bun, patting it down slightly so it stays put without deflating the dough. Bake for 18 to 22 minutes, until the buns are a rich golden brown and the coconut topping is beautifully toasted.

**6. Cool and garnish.**

Transfer the buns to a wire rack. Dust generously with powdered sugar while they are still slightly warm.

## CHEF'S NOTES

- **The Misto Secret**

To eat this exactly like a local in Lisbon, slice the freshly baked bun in half, spread a thin layer of salted butter, and fill it with slices of savory ham and mild cheese like Edam. The sweet-salty contrast is the real point of this bread.

- **Sourcing the Coconut**

Ensure you are using unsweetened, finely desiccated coconut from the baking aisle. The thick, heavily sweetened shreds used for American macaroons will burn and ruin the texture.



# Salame de Chocolate

*suh-LAHM d' shoo-koo-LAHT*

There is no pretension here—just a brilliant, intuitive trick of the old country. Portuguese grandmothers have been turning simple pantry staples into this playful trompe-l'œil for generations. A thick slice reveals dark, rich chocolate studded with pale, irregular chunks of Maria cookies that perfectly mimic the marbling of cured pork fat. It's unbaked, unabashedly nostalgic, and hinges entirely on the scent of good cocoa, real butter, and a sly splash of Port wine. You don't need fancy equipment, just the patience to let it sit in the fridge until the cookies soften into the fudgy matrix.

## INGREDIENTS

<b>7 oz</b>	Maria cookies	<b>1 large</b>	egg
<b>1/2 cup</b>	unsalted butter <i>cut into chunks</i>	<b>1 tbsp</b>	Ruby Port wine
<b>1/2 cup</b>	granulated sugar	<b>1/4 tsp</b>	fine sea salt
<b>1/2 cup</b>	unsweetened cocoa powder	<b>2 tbsp</b>	powdered sugar

## PREPARATION

- **Sourcing the cookies.**

Maria cookies (Bolacha Maria) are absolutely vital to the flavor and texture of this dessert. You can find a sleeve in the Hispanic or international aisle of almost any American supermarket; do not substitute graham crackers, as they will turn to mush.

## INSTRUCTIONS

- 1. Crush the cookies into three distinct textures.**

Place the cookies in a large zip-top bag and smash them with a rolling pin until you have about 30% sandy dust to thicken the chocolate matrix, 40% medium pebbles, and 30% large chunks to visually mimic the fat in the salami.

- 2. Melt the butter, sugar, and cocoa.**

Set a large heatproof bowl over a pot of gently simmering water, adding the butter, sugar, and cocoa powder. Stir occasionally until the butter is completely melted and the sugar begins to dissolve into a dark paste.

- 3. Temper the egg to bind the chocolate.**

Remove the bowl from the heat and immediately, vigorously whisk in the egg, Port wine, and sea salt. The residual heat of the bowl will gently cook the egg without scrambling it, thickening the mixture into a glossy, fudgy base.

**1. Fold in the crushed cookies.**

Dump all the crushed cookies—including every bit of the fine powdery dust from the bottom of the bag—into the warm chocolate. Use a sturdy spatula to fold everything together until it forms a stiff, heavy mass.

**2. Shape the mass into a tight cylinder.**

Turn the mixture out onto a large sheet of parchment paper. Bring the bottom edge of the paper over the log, using your hands to pull it tight and compress the mass so there are no air pockets. Roll it up and twist the ends in opposite directions like a hard candy wrapper to force a perfectly round shape.

**3. Chill until fully set.**

Place the wrapped log in the refrigerator for at least 4 hours, or ideally overnight, allowing the cookies to soften slightly and the buttery matrix to firm up.

**4. Coat the salami to complete the illusion.**

Unwrap the chilled log and generously rub the outside with powdered sugar so it resembles the white mold casing of a real dry-cured meat salami. Slice thickly with a heavy chef's knife to serve.

#### CHEF'S NOTES

● **Make it ahead.**

This dessert freezes beautifully and is perfect for a weeknight stash. Wrap the parchment log tightly in an extra layer of aluminum foil or plastic wrap and freeze for up to a month.

● **The old-world upgrade.**

For a nod to Portugal's famous baking traditions, you can swap half the cocoa powder for two ounces of melted semi-sweet baking chocolate, and fold in a half-cup of toasted, roughly chopped almonds along with the cookies.



# Rissóis Rápidos de Camarão

*ree-SOYSH RAH-pee-doosh de kah-mah-ROWM*

Traditional Portuguese rissóis demand hours of labor, reducing whole shrimp heads into a pungent, glorious stock. But let's be honest: no working parent has time for that on a Tuesday. The real secret to everyday Portuguese home cooking is an unapologetic, mid-century reliance on Knorr seafood soup mix. This grandmother hack delivers the exact iodine-and-umami punch of the homeland without the fuss, wrapped in a delicate, lemon-scented dough. Make a double batch on Sunday, stash them in the freezer, and you're ten minutes away from deep-fried nostalgia on any given weeknight.

## INGREDIENTS

<b>1 cup</b>	whole milk	<b>2 tbsp</b>	fresh flat-leaf parsley <i>finely chopped</i>
<b>2 tbsp</b>	Knorr Seafood Soup Mix	<b>2 cup</b>	water
<b>2 tbsp</b>	unsalted butter	<b>4 tbsp</b>	unsalted butter
<b>1/2 med</b>	yellow onion <i>very finely minced</i>	<b>1 tbsp</b>	olive oil
<b>1/2 lb</b>	raw shrimp <i>peeled, deveined, tails removed, and chopped into small bite-sized pieces</i>	<b>1 large</b>	lemon peel <i>yellow part only, cut into a strip</i>
<b>2 tbsp</b>	all-purpose flour	<b>1 tsp</b>	kosher salt
<b>1 tbsp</b>	tomato paste	<b>2 cup</b>	all-purpose flour
<b>1 tsp</b>	fresh lemon juice	<b>2 large</b>	large eggs <i>beaten with 1 tbsp water</i>
<b>1/8 tsp</b>	ground nutmeg	<b>2 cup</b>	fine plain breadcrumbs
<b>1/4 tsp</b>	hot sauce	<b>1 qt</b>	neutral oil <i>for frying</i>

## PREPARATION

- **Freeze them for a quick weeknight meal.**

Once breaded, place the rissóis on a baking sheet in the freezer until solid, then transfer to a zip-top bag. When ready to eat, fry them straight from the freezer—do not thaw them first, or they will become soggy and burst.

## INSTRUCTIONS

- 1. Whisk the milk and seafood soup mix until fully dissolved.**

Set this aside. It will provide the deep, long-simmered seafood flavor without hours of stock-making.

- 2. Sauté the aromatics and shrimp.**

In a medium saucepan, melt 2 tablespoons of butter over medium heat. Cook the minced onion until translucent, about 4 minutes, then add the chopped shrimp and cook just until they begin to turn pink.

**1. Create a quick roux to bind the filling.**

Sprinkle 2 tablespoons of flour over the shrimp and stir constantly for one minute to cook off the raw taste. Stir in the tomato paste, then gradually pour in the milk mixture, stirring constantly to prevent lumps.

**2. Simmer until the mixture resembles a very thick pudding.**

Lower the heat and add the nutmeg, hot sauce, lemon juice, salt, and pepper. It needs to be significantly thicker than a standard gravy so it stays inside the dough.

**3. Stir in the parsley and let the filling cool completely.**

Transfer the filling to a shallow bowl and place it in the refrigerator. If you place hot filling onto the dough later, the dough will melt, tear, and burst in the fryer.

**4. Boil the water and fat to start the dough.**

In a medium, heavy-bottomed pot, combine the water, 4 tablespoons of butter, olive oil, salt, and the strip of lemon peel. Bring to a rolling boil over medium-high heat, then use tongs to extract and discard the peel.

**5. Dump the flour into the boiling liquid all at once and stir vigorously.**

Reduce the heat to low. Use a strong wooden spoon to beat the dough. It will look like a mess at first, but within two minutes it will form a cohesive, smooth ball that completely pulls away from the sides and bottom.

**6. Knead the dough while it is still warm.**

Turn the dough out onto a clean counter. Let it sit for a minute just until you can handle it without burning yourself, then knead for about a minute until silky and elastic. Wrap in plastic and rest for 15 minutes.

**7. Roll out the dough and portion the filling.**

Cut the dough in half. On a lightly floured surface, roll it out thinly—but keep it opaque, or it will tear. Place heaping teaspoons of the cooled shrimp filling about an inch from the dough's edge.

**8. Fold the dough and stamp out the turnovers with a drinking glass.**

Fold the edge over the filling to create a half-moon shape, gently pressing out the air. Use a 3-inch drinking glass to stamp out the shape; the dull edge of the glass crimps and seals the dough perfectly.

**1. Bread the rissóis.**

Dip each sealed turnover into the beaten eggs, letting the excess drip off, then toss in the plain breadcrumbs until fully coated.

**2. Fry until deep golden brown.**

Heat 2 inches of neutral oil in a deep skillet to 350°F (180°C). Fry in small batches for 3 to 4 minutes per side, then drain on paper towels and serve warm.

**CHEF'S NOTES**

● **Do not skip the Knorr soup packet.**

This is the true secret of the modern Portuguese grandmother. It provides all the necessary umami that traditionally comes from boiling whole shrimp heads for hours.

● **Use plain, fine breadcrumbs.**

Avoid Panko or Italian seasoned crumbs. Standard, cheap American breadcrumbs best mimic the fine texture of Portuguese pão ralado.



# Pão com Chouriço Escalfado

*pow kohn shoh-ree-soh*

If you have ever wandered through a Portuguese street fair at dusk or stumbled out of a Lisbon bakery at two in the morning, you know this smell. It is the scent of baking yeast, wood smoke, and rendering pork fat, serving as the ultimate nostalgic trigger for anyone with roots in the old country. You do not need a blisteringly hot wood-fired oven to replicate that shattering pastelaria crust at home; you just need to introduce a little steam. Do not compromise on the meat here—seek out authentic Portuguese chouriço, which leaks its vibrant, garlic-laced paprika oils straight into the soft crumb as it bakes. This is unpretentious, old-world magic, translated for a busy Tuesday night.

## INGREDIENTS

<b>1 1/2 cup</b>	warm water	<b>1 1/2 tsp</b>	fine sea salt
<b>2 1/4 tsp</b>	instant dry yeast	<b>1 tbsp</b>	olive oil <i>plus extra for the bowl</i>
<b>1 tsp</b>	granulated sugar	<b>8 oz</b>	authentic Portuguese chouriço <i>casing removed and thinly sliced into rounds</i>
<b>3 1/2 cup</b>	bread flour or all-purpose flour <i>plus extra for dusting</i>		

## PREPARATION

- **Make the dough ahead of time.**

For an even better flavor and an easier weeknight, mix the dough the night before and let it rise slowly in the refrigerator. Just let it come to room temperature for thirty minutes before shaping.

## INSTRUCTIONS

- 1. Mix and knead the dough.**

In a large bowl or stand mixer, whisk the warm water, yeast, and sugar, and let sit for two minutes. Add the flour, salt, and olive oil, and knead until the dough pulls away from the sides and forms a smooth, elastic ball—about five minutes by machine or ten minutes by hand.

- 2. Let the dough rise.**

Lightly coat the mixing bowl with a drop of olive oil, return the dough, cover tightly, and leave in a warm spot for about one hour until doubled in size.

- 3. Portion the dough.**

Gently punch down the dough and divide it evenly into six pieces.

**1. Shape and fill the breads.**

Roll each piece on a lightly floured surface into a rectangle about a quarter-inch thick. Lay a line of sliced chouriço down the center, tightly roll the dough up from the long side into a small cylinder, and pinch the seam tightly to seal.

**2. Rest the loaves and prepare the steam bath.**

Place the rolled breads seam-side down on a parchment-lined baking sheet, cover lightly with a towel, and let rest for thirty minutes. Meanwhile, preheat your oven to 450°F and place a small, empty, oven-safe metal baking pan on the bottom rack.

**3. Score the crust.**

Right before baking, dust the tops of the breads lightly with flour and use a razor or very sharp knife to make three shallow diagonal slashes across the top of each.

**4. Bake with steam.**

Place the baking sheet on the middle rack, immediately pour one cup of cold water into the hot metal pan on the bottom rack, and quickly shut the oven door to trap the steam.

**5. Finish the bake and cool.**

Bake for 18 to 22 minutes until the crust is a deep golden brown and the rendered red fat is bubbling through the slashes. Let cool on a wire rack for at least ten minutes before serving.

**CHEF'S NOTES**

● **Do not substitute Mexican or Spanish chorizo.**

Mexican chorizo is raw and will disintegrate, while Spanish chorizo is too dry and lacks the necessary wine and garlic profile. Seek out authentic Portuguese chouriço for the proper flavor and fat rendering.





## A Panela da Vovó

*Comforting, nostalgic Portuguese soups and one-pot meals, translated from slow-simmering tradition to practical weeknight reality.*

There is a universal gravity to the matriarch's heavy pot simmering on a back burner. In the old country, it was a day-long affair, a purely intuitive alchemy of cheap greens, tough cuts, and time. But nostalgia doesn't put dinner on the table at six o'clock after a brutal commute. These are the life-giving broths and heavy-hitting stews of the Portuguese diaspora, stripped of the grueling hours but none of the soul.

From a deeply restorative bowl of canja to a caldo verde engineered for a Tuesday night, this is how the old ways survive. No romanticized peasant struggle—just smart, unapologetic comfort food that remembers exactly where it came from.





# Weeknight Caldo Verde

*kahl-doo vehr-dee*

If there is one dish that smells exactly like a Portuguese grandmother's kitchen, it's Caldo Verde. Born in the northern hills of the Minho region, this peasant soup is a masterclass in old-world alchemy: taking dirt-cheap, humble ingredients and transforming them into pure velvet. There are no fancy complex stocks or hours of simmering here. The magic is entirely in the technique. You boil potatoes until they surrender, puree them into a naturally creamy, dairy-free base, and drop in collard greens sliced as thin as blades of grass. Those whisper-thin ribbons cook in minutes, making this deeply nostalgic, unpretentious bowl of comfort perfectly engineered for a fast American weeknight.

## INGREDIENTS

<b>2 tbsp</b>	extra-virgin olive oil <i>divided</i>	<b>1 1/2 lb</b>	Yukon Gold potatoes <i>peeled and cut into 1-inch cubes</i>
<b>6 oz</b>	Portuguese chouriço <i>sliced into thin rounds</i>	<b>6 cup</b>	water
<b>1 large</b>	yellow onion <i>roughly chopped</i>	<b>1 1/2 tsp</b>	kosher salt
<b>3 large</b>	garlic cloves <i>smashed</i>	<b>1 large</b>	bay leaf
		<b>1 large bunch</b>	collard greens <i>tough center stems removed</i>

## PREPARATION

- **Wash the collard greens thoroughly.**

Grit has no place in this soup. Rinse the leaves well and pat them completely dry before rolling and slicing.

## INSTRUCTIONS

- 1. Render the smoky fat from the chouriço.**

Place a large Dutch oven over medium heat and add 1 tablespoon of the olive oil. Sauté the sliced chouriço until the edges crisp and the sausage releases its red oil, about 3 to 5 minutes, then remove it to a paper towel-lined plate using a slotted spoon.

- 2. Sauté the aromatics and simmer the potatoes.**

Add the chopped onion and smashed garlic to the rendered sausage fat, cooking until translucent. Toss in the cubed potatoes, water, bay leaf, and salt, bringing the pot to a rolling boil before dropping the heat to medium and vigorously simmering for 15 minutes until the potatoes completely fall apart.

- 3. Slice the greens into hair-thin ribbons.**

Stack four or five collard leaves flat, roll them tightly into a firm cigar shape, and slice them crosswise as thinly as humanly possible. You want them to resemble fine blades of grass so they cook instantly in the broth.

**1. Puree the potato base until entirely smooth.**

Discard the bay leaf and remove the pot from the heat. Plunge an immersion blender directly into the pot and blend until the soup is velvety and creamy, adjusting the consistency with a splash of hot water if needed, and tasting generously for salt.

**2. Simmer the greens in the pureed broth.**

Return the pot to a medium simmer, drop in the razor-thin collard greens, and add half of your reserved cooked chouriço. Let it simmer uncovered for just 3 to 5 minutes so the greens tenderize but stay vibrantly green.

**3. Serve immediately with a heavy drizzle of raw olive oil.**

Ladle the hot soup into shallow bowls, garnish with the remaining crispy chouriço slices, and hit each serving with a generous glug of your remaining extra-virgin olive oil right before eating.

**CHEF'S NOTES**

● **Use a water and broth mix if your produce is bland.**

Old-school purists insist on using only water, but swapping two cups of water for low-sodium chicken broth can add the depth of flavor a grandmother's pot naturally possesses when using standard American supermarket onions and potatoes.

● **Don't skip the immersion blender.**

Traditional recipes call for mashing the potatoes by hand or using a food mill, but an immersion blender achieves the exact same velvety texture in thirty seconds flat.



# Canja de Galinha Rápida

*kahn-zhuh djee gah-leen-yuh hah-pee-duh*

If there is a universal truth to the Portuguese diaspora, it is the restorative power of Canja. In the old country, a tough, spent hen is coaxed into golden submission over hours. Here, we hack the system without losing the soul. Cartilage-rich chicken wings and thighs mimic the gelatinous magic of a grandmother's long-simmered pot, while the non-negotiable holy trinity—a clove-studded onion, a translucent broth, and a slap of fresh mint—brings the old world screaming back to life in under an hour. No bouillon cubes, no celery, no apologies.

## INGREDIENTS

<b>1 1/2 lb</b>	bone-in skin-on chicken thighs and wings	<b>2 med</b>	carrots <i>peeled and left whole</i>
<b>8 cup</b>	cold water	<b>1 tsp</b>	kosher salt
<b>1 large</b>	yellow onion <i>peeled but left whole</i>	<b>1/2 cup</b>	orzo or small star pasta
<b>3</b>	whole cloves	<b>1 small bunch</b>	fresh mint

## PREPARATION

- **Stud the onion.**

Firmly press the whole cloves directly into the flesh of the peeled onion so they stay lodged during the boil.

## INSTRUCTIONS

- 1. Build the cold-water broth.**

Place the chicken, the clove-studded onion, and the whole carrots into a large, heavy-bottomed pot, then pour in the cold water and add the salt.

- 2. Skim the impurities.**

Bring the pot to a boil over medium-high heat, carefully spooning away and discarding the grayish foam that rises to the surface to ensure a flawlessly clear soup.

- 3. Simmer until tender.**

Reduce the heat to low, partially cover the pot, and let it simmer for 35 to 40 minutes until the chicken pulls away easily from the bone.

- 4. Strain and shred.**

Remove the chicken and carrots to a cutting board, discard the onion and cloves, and shred the meat while discarding all bones and skin.

**1. Cook the starch.**

Bring the clear broth back to a gentle boil, stir in the pasta, and cook uncovered for 8 to 10 minutes until perfectly tender.

**2. Finish with a slap of mint.**

Return the shredded chicken and chopped carrots to the pot, adjust the salt, ladle into bowls, and drop in a sprig of fresh mint that you've slapped against your palm to release its oils.

**CHEF'S NOTES**

● **Respect the golden eyes.**

You will notice pools of yellow fat on the surface of the broth; do not skim them away, as these are the 'eyes' of the soup and carry immense flavor.

● **The pressure cooker hack.**

For a true weeknight blitz, cook the chicken, water, studded onion, and carrots in a pressure cooker on high for 15 minutes, quick release, then boil the pasta directly in the strained broth.



# Molho de Feijão com Macarrão

*mo-lyoh de fay-zhow com mah-cah-row*

Born of peasant ingenuity and maritime spice routes, this is the ultimate Azorean comfort food. It is not a watery soup, but a thick, clinging stew built on rendered pork fat and the starchy magic of pasta boiled straight in the bean broth. For first-generation kids growing up far from the islands, the secret to making this taste exactly like grandma's kitchen isn't found in a specialty store—it's trusting the starchy liquid from a humble can of beans, faking a fermented pepper paste, and adding an unapologetic pinch of cinnamon.

## INGREDIENTS

<b>1 tbsp</b>	extra-virgin olive oil	<b>1 dash</b>	hot sauce
<b>1 tbsp</b>	pork lard	<b>1/8 tsp</b>	ground cinnamon
<b>8 oz</b>	Portuguese linguiça <i>sliced into 1/4-inch rounds</i>	<b>30 oz</b>	canned red kidney beans <i>undrained</i>
<b>1 large</b>	yellow onion <i>finely chopped</i>	<b>3 cup</b>	low-sodium chicken broth
<b>4 med</b>	garlic <i>minced</i>	<b>1 1/2 cup</b>	dry elbow macaroni
<b>1 med</b>	dried bay leaf	<b>1 pinch</b>	kosher salt <i>to taste</i>
<b>2 tbsp</b>	tomato paste	<b>1 pinch</b>	black pepper <i>to taste</i>
<b>2 tbsp</b>	roasted red bell pepper <i>finely minced</i>	<b>1/4 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>
<b>1/2 tsp</b>	smoked paprika		

## PREPARATION

- **Mix the pepper paste substitute.**

To save time at the stove, mash the minced roasted red pepper, smoked paprika, and hot sauce together in a small bowl before you begin cooking.

## INSTRUCTIONS

- 1. Slowly render the fat from the sausage in a large Dutch oven.**

Place the pot over medium heat, add the olive oil, lard, and sliced linguiça, and cook for about 5 to 7 minutes until the edges are browned and the fat bleeds a vibrant orange into the pan. Do not rush this, as this rendered fat forms the entire flavor foundation of the stew.

- 2. Soften the onion, garlic, and bay leaf in the rendered fat.**

Add the chopped onion and sauté for 5 minutes until translucent, then stir in the garlic and bay leaf for one more minute until highly fragrant.

**1. Caramelize the tomato paste, red pepper, paprika, hot sauce, and cinnamon in the center of the pot.**

Clearing a space in the middle allows the pastes to fry directly in the hot fat for about 2 minutes. This kills the raw tomato flavor and activates the spices, mimicking the complex depth of traditional salt-cured Azorean pepper pastes.

**2. Pour in the beans along with their starchy canning liquid and two cups of the broth.**

Scrape the bottom of the pot with a wooden spoon to release any browned bits, then bring the mixture to a gentle boil. Retaining the bean liquid is the crucial old-world trick that gives the final sauce its velvety body.

**3. Reduce the heat to a simmer, stir in the dry macaroni, and cook for 10 to 12 minutes.**

You must stir frequently so the pasta doesn't stick to the bottom. As the macaroni hydrates, it releases starch directly into the broth, binding with the bean liquid to create a rich, clinging gravy. Splash in the remaining broth if it thickens too rapidly before the pasta is cooked.

**4. Turn off the heat, adjust the seasoning, and let the pot sit covered for 5 minutes.**

This brief rest allows the starches to relax and the sauce to reach its final, gravy-like consistency. Serve immediately in shallow bowls, garnished with fresh parsley.

#### CHEF'S NOTES

● **Do not rinse the beans.**

The starchy canning liquid is the secret to the stew's final velvety texture, replacing the hours of simmering required when using dried beans.

● **Use whatever smoked sausage you can find.**

If you cannot source Portuguese linguiça or chouriço, a high-quality smoked kielbasa will work perfectly well when combined with the smoked paprika.



# Ervilhas Guisadas com Ovos Escalfados

*ehr-VEEL-yahs gee-ZAH-dahs kohm OH-voosh eesh-kahl-FAH-doosh*

If there is a single dish that instantly teleports a Portuguese-American back to a childhood kitchen in a suburban split-level, it is this. It is an ancestral fast food, transforming a humble bag of frozen peas into a rich, smoky, vibrantly green stew crowned with perfectly soft-poached eggs. The secret isn't some rare import smuggled in a suitcase; it's a specific, old-world technique. The rendered pork fat lays the foundation, but the true magic lies in the things every Portuguese grandmother knew: a tiny pinch of sugar to coax out the sweetness of the peas, and a generous handful of fresh mint. That mint is non-

negotiable—it is the exact jolt of flavor that cuts through the smoky sausage and rich egg yolk, making you pause, tear off a piece of crusty bread, and realize you are finally home.

## INGREDIENTS

<b>2 tbsp</b>	extra-virgin olive oil	<b>1/2 tsp</b>	smoked paprika
<b>1/2 cup</b>	Spanish chorizo <i>sliced into thin rounds</i>	<b>1 med</b>	bay leaf
<b>1/4 cup</b>	thick-cut bacon <i>diced</i>	<b>1/2 tsp</b>	kosher salt
<b>1 med</b>	yellow onion <i>finely diced</i>	<b>1/4 tsp</b>	black pepper
<b>3 small clove</b>	garlic <i>minced</i>	<b>1/2 tsp</b>	granulated sugar
<b>2 tbsp</b>	tomato paste	<b>1/4 cup</b>	fresh cilantro <i>roughly chopped</i>
<b>1/4 cup</b>	dry white wine	<b>1/4 cup</b>	fresh mint <i>roughly chopped</i>
<b>16 oz</b>	frozen sweet peas <i>kept frozen</i>	<b>4 large</b>	eggs
<b>1 cup</b>	low-sodium chicken broth	<b>1 large loaf</b>	crusty artisanal bread <i>thickly sliced for serving</i>

## INSTRUCTIONS

### 1. Render the pork fat to build the smoky foundation of the stew.

Place a large, deep skillet or Dutch oven over medium heat, adding the olive oil, sliced chorizo, and diced bacon. Sauté for 5 to 7 minutes until the meats crisp at the edges and release their vibrant, brick-red oils into the pan.

### 2. Soften the aromatics in the rendered fat.

Add the diced onion and minced garlic to the pan, sautéing for 4 to 5 minutes until deeply softened and translucent. Stir in the tomato paste and smoked paprika, cooking for another minute until the paste darkens slightly and smells fragrant.

**1. Deglaze the pan with white wine.**

Pour in the dry white wine and scrape up any browned bits from the bottom with a wooden spoon, letting it reduce for about 2 minutes until the harsh smell of alcohol dissipates.

**2. Braise the peas in the seasoned broth.**

Pour the frozen peas directly into the skillet, then add the chicken broth, bay leaf, salt, pepper, and the crucial pinch of sugar. Bring the liquid to a gentle simmer, reduce the heat to medium-low, and let it bubble uncovered for 5 to 7 minutes until the peas are tender but vibrant green and the liquid has reduced into a thickened sauce.

**3. Remove the bay leaf and infuse the stew with fresh herbs.**

Stir in half of the chopped cilantro and half of the chopped mint, which will immediately release the unmistakable aroma of a traditional Portuguese kitchen.

**4. Poach the eggs directly in the stew.**

Use the back of a large spoon to press four distinct hollows into the peas, cracking one egg directly into each well and seasoning the tops with a pinch of salt and pepper.

**5. Cover and simmer until the egg whites are set but the yolks remain runny.**

Immediately cover the skillet with a tight-fitting lid and let it simmer undisturbed on medium-low heat for exactly 3 to 5 minutes. Check at 3 minutes to ensure the whites are completely opaque while the yolks still jiggle when the pan is gently shaken.

**6. Garnish with the remaining herbs and serve immediately.**

Scatter the rest of the fresh cilantro and mint over the top and bring the skillet directly to the table, instructing everyone to break their yolks into the smoky broth and mop it all up with thick slices of crusty bread.

## CHEF'S NOTES

- **Use cured Spanish chorizo, never raw Mexican chorizo.**

Mexican chorizo is a raw, highly seasoned ground pork sausage that will crumble and dissolve in the broth. You need the firm, cured Spanish variety that holds its shape while rendering its smoky, paprika-stained fat into the olive oil.



# Caldeirada de Peixe de Frigideira

*kal-day-rah-duh deh paysh deh free-zhee-day-rah*

In Portugal, the caldeirada was born on the wooden decks of fishing boats, built from the unsellable catch of the day and stewed in a single pot. It is a masterpiece of maritime resourcefulness that relies entirely on the inherent quality of raw ingredients and the profound discipline of leaving them alone. Adapted here for a wide skillet, it transforms a daunting weekend project into an entirely viable weeknight triumph. The secret your grandmother would teach you is absolute: do not stir the pan.

## INGREDIENTS

<b>1 1/2 lb</b>	firm white fish fillets <i>cut into large 2-inch chunks</i>	<b>3 med</b>	Yukon Gold potatoes <i>peeled and sliced into 1/4-inch thick rounds</i>
<b>1 tsp</b>	kosher salt	<b>1 med</b>	red bell pepper <i>cored, seeded, and sliced into strips</i>
<b>1/2 tsp</b>	black pepper <i>freshly ground</i>	<b>1 med</b>	green bell pepper <i>cored, seeded, and sliced into strips</i>
<b>1/4 cup</b>	extra-virgin olive oil <i>divided</i>	<b>2 large</b>	ripe tomatoes <i>sliced into 1/4-inch rounds</i>
<b>1 large</b>	yellow onion <i>sliced into 1/4-inch rings</i>	<b>2 small</b>	dried bay leaves
<b>3 med cloves</b>	garlic <i>thinly sliced</i>	<b>1/2 cup</b>	dry white wine
		<b>1 small bunch</b>	fresh parsley or cilantro <i>divided, some sprigs left whole and the rest roughly chopped</i>

## PREPARATION

- **Prepare the vegetables ahead of time.**

To make this a true weeknight reality, slice the onions, peppers, potatoes, and tomatoes the night before and store them in the refrigerator. Assembly will take less than five minutes.

## INSTRUCTIONS

- 1. Season the fish generously with salt and pepper.**

Salting early draws out excess moisture and slightly cures the flesh, ensuring the chunks hold their shape perfectly as they steam in the stew.

- 2. Coat the bottom of a large, cold skillet with half the olive oil, then arrange the onions and garlic in a single even layer.**

The onions create a sweet, aromatic base and act as a physical barrier so the potatoes and delicate fish never touch the hot metal.

1. **Shingle the potatoes over the onions, followed by the bell peppers and tomatoes, seasoning each layer with a small pinch of salt.**

As the pan heats, the high water content of the tomatoes and peppers will release, creating the necessary steam to cook the dish without drowning it.

2. **Rest the seasoned fish directly on top of the tomatoes, then add the bay leaves, whole herb sprigs, wine, and remaining olive oil.**

Keeping the delicate protein at the top allows it to steam gently in the fragrant vapors rather than boiling away into a flavorless mush.

3. **Cover the pan tightly over medium-low heat and let it simmer entirely undisturbed for 25 to 30 minutes.**

This is the cardinal rule of caldeirada: *não mexer*. Do not stir with a spoon. If you fear it is sticking, simply grab the handles and gently shake the skillet back and forth.

4. **Check the potatoes for tenderness, then remove from the heat, discard the whole herbs, garnish with chopped herbs, and serve straight from the skillet.**

If a paring knife glides easily into a potato slice and the fish flakes opaquely, it is ready to be ladled out.

#### CHEF'S NOTES

- **Trust the liquid levels.**

Novice cooks often panic and add water or fish stock. Do not do this. The natural juices from the vegetables and fish, combined with the wine and oil, are more than enough to create a rich, self-contained sauce.

- **Serve with an aggressive amount of crusty bread.**

A caldeirada is incomplete without a rustic loaf to soak up the golden, saffron-hued broth. Try toasting thick slices and rubbing them lightly with a raw garlic clove before placing them at the bottom of the bowl.



# Arroz de Marisco Malandrinho

*ah-ROZH djee mah-REESH-ko mah-lahn-DREEN-yo*

In Portugal, rice isn't just a side dish; it's the main event. "Malandrinho" translates roughly to "rascal"—rice that refuses to sit still, suspended in a deeply savory, aromatic broth that smells exactly like the coastal breeze of Praia da Vieira. Generic recipes will tell you to use chicken broth or throw all your seafood in at the beginning. Don't do it. The authentic grandmother's secret takes exactly fifteen minutes: a rapid cheat-stock made by blistering shrimp shells in olive oil and simmering them with clam juice. It's an unpretentious, uncompromising bowl of coastal comfort that demands to be eaten immediately.

## INGREDIENTS

<b>1 lb</b>	raw large shrimp <i>shell-on</i>	<b>2 tbsp</b>	tomato paste
<b>4 tbsp</b>	extra virgin olive oil <i>divided</i>	<b>1 cup</b>	crushed tomatoes
<b>2 cup</b>	clam juice	<b>1/4 cup</b>	dry white wine
<b>2 cup</b>	water	<b>1/2 tsp</b>	crushed red pepper flakes
<b>1 bunch</b>	fresh cilantro <i>stems separated from leaves, leaves roughly chopped</i>	<b>1 tsp</b>	sweet smoked paprika
<b>1 large</b>	yellow onion <i>very finely diced</i>	<b>1 1/2 cup</b>	Arborio rice <i>strictly unrinsed</i>
<b>4 clove</b>	garlic <i>minced</i>	<b>1 lb</b>	mixed seafood <i>dry sea scallops, pre-cleaned mussels, or littleneck clams</i>
<b>1/2 med</b>	red bell pepper <i>finely diced</i>	<b>1 tsp</b>	kosher salt
<b>2 med</b>	bay leaves	<b>1/4 tsp</b>	black pepper <i>freshly ground</i>
		<b>1 med</b>	lemon <i>cut into wedges</i>

## PREPARATION

- **Prep the shrimp.**

Peel the shrimp, reserving the shells for your stock. Place the raw shrimp meat in a bowl, cover, and stash it in the fridge.

## INSTRUCTIONS

- 1. Toast the shrimp shells.**

In a medium saucepan, heat 1 tablespoon of olive oil over medium-high heat. Add the reserved shrimp shells and sauté until they turn bright pink and smell deeply toasty, about 3 minutes.

**1. Simmer the cheat-stock.**

Pour in the clam juice, water, and the cilantro stems. Bring to a rapid boil, then lower the heat and let it simmer for 15 minutes. Strain the broth through a mesh sieve into a bowl, pressing hard on the shells to extract all the flavor, then discard the shells.

**2. Build the refogado.**

In a large heavy-bottomed pot or Dutch oven, heat the remaining 3 tablespoons of olive oil over medium heat. Add the diced onion, red bell pepper, and bay leaves, sautéing until deeply softened and translucent, about 6 to 8 minutes. Stir in the minced garlic and cook for 1 minute more.

**3. Caramelize the tomato paste.**

Push the vegetables to the edge of the pot and drop the tomato paste directly into the center. Let it fry in the hot oil for about 2 minutes until it darkens to a deep brick red, then stir in the crushed tomatoes, paprika, and red pepper flakes.

**4. Deglaze and coat the rice.**

Pour in the white wine, scraping up any browned bits from the bottom. Let it bubble until mostly evaporated. Add the unrinsed Arborio rice, stirring gently for 1 minute so every single grain is coated in the rich, red oil.

**5. Simmer the rice.**

Pour in the warm, strained shrimp stock and season with the kosher salt and black pepper. Bring to a gentle boil, immediately drop the heat to medium-low, and simmer uncovered for 12 to 15 minutes. Stir only occasionally and gently; do not whip the rice like a risotto, or it will turn to glue.

**6. Poach the seafood.**

Once the rice is al dente, nestle the raw peeled shrimp and the rest of your mixed seafood directly into the soupy broth. Cover the pot with a tight-fitting lid, drop the heat to low, and steam for 4 to 6 minutes until the shrimp are opaque.

**1. Garnish and serve immediately.**

Remove from heat, discard any clams or mussels that didn't open, and gently stir in the chopped cilantro leaves. Serve right away in shallow bowls with lemon wedges on the side.

**CHEF'S NOTES**

- **Do not rinse the rice.**

The surface starches on the Arborio are vital here. They slightly thicken the broth to a velvety consistency without turning the dish into a paste.

- **Arroz Malandrino waits for no one.**

If this dish sits in the pot after cooking, the rice will absorb the remaining broth and you will lose the signature saucy texture. Time your meal so everyone is ready at the table when the lid comes off.



# Açorda de Camarão

*ah-SIR-dah de cah-mah-ROW*

To a Portuguese grandmother, throwing away stale bread is a sin, and tossing shrimp shells is a tragedy. This dish is the ultimate proof that the best food in the world comes from humble kitchens. It is a masterclass in making something out of nothing—a savory, velvety bread porridge deeply infused with garlic, cilantro, and the essence of the sea. By simply steeping the discarded shells, you create a liquid gold that transforms an aging loaf of sourdough into something profoundly elegant. It is unpretentious, incredibly nostalgic, and exactly the kind of meal that makes a busy weeknight feel like a trip back to the homeland.

## INGREDIENTS

<b>1 lb</b>	raw medium shrimp <i>peeled, shells and heads reserved, flesh chopped into bite-sized pieces</i>	<b>1 large bunch</b>	fresh cilantro <i>stems finely chopped, leaves roughly chopped and kept separate</i>
<b>14 oz</b>	artisanal sourdough boule <i>torn into 1-inch chunks</i>	<b>1 tbsp</b>	tomato paste
<b>1/2 cup</b>	extra virgin olive oil <i>divided</i>	<b>1 med</b>	bay leaf
<b>6 large clove</b>	garlic <i>smashed and roughly chopped</i>	<b>4 cup</b>	water
		<b>1 tsp</b>	kosher salt
		<b>1/4 tsp</b>	red pepper flakes
		<b>3 large</b>	egg yolk

## PREPARATION

- **Save every shell.**

Never buy boxed seafood stock for this. The entire dish relies on the intense, oceanic flavor extracted from sautéed and boiled shrimp shells and heads.

- **Utilize the whole cilantro.**

Separate the tender stems from the leaves; the stems are sautéed with the garlic to build the foundational flavor, while the leaves are used to finish the dish.

## INSTRUCTIONS

- 1. Extract the liquid gold from the shrimp shells.**

In a medium saucepan, heat 1 tablespoon of olive oil over medium-high heat, add the reserved shrimp shells, and toast until bright pink and highly aromatic. Stir in the tomato paste and bay leaf, pour in the water and salt, and simmer for 15 minutes before straining.

- 2. Hydrate the stale sourdough.**

Place the torn bread chunks in a large bowl and pour the hot, strained shrimp stock directly over them. Press the bread down to absorb the liquid, using a potato masher if necessary to break up stubborn pieces, and let it sit for ten minutes.

**1. Sear the shrimp.**

Heat 2 tablespoons of olive oil in a wide, heavy skillet over medium-high heat and quickly sear the chopped shrimp flesh until just pink, then remove them to a plate.

**2. Build the porridge foundation.**

Lower the heat to medium-low, add the remaining olive oil to the skillet along with the chopped garlic, cilantro stems, and red pepper flakes, and sizzle gently until fragrant but not browned.

**3. Transform the bread into açorda.**

Add the soaked bread mixture to the skillet and stir continuously with a wooden spoon for five to eight minutes until it breaks down into a cohesive, velvety porridge that pulls away slightly from the pan.

**4. Emulsify the egg yolks off the heat.**

Stir the cooked shrimp and half the cilantro leaves into the pan, then remove the pan completely from the heat. Drop in the egg yolks and stir vigorously to safely cook them into a rich, creamy sauce without scrambling, garnishing with the remaining cilantro to serve.

**CHEF'S NOTES**

● **Choose the right bread.**

Avoid soft American sandwich bread; you need the strong gluten network of a naturally fermented sourdough or rustic country loaf to withstand the boiling stock without turning into paste.

● **Nail the emulsion.**

Taking the pan completely off the heat before adding the yolks is non-negotiable. This gently pasteurizes the eggs through residual heat, giving you a luxurious texture rather than scrambled eggs.



# O Nosso Bacalhau

*The 1001 ways of preparing Portugal's national dish, adapted for the modern schedule.*

They say there are a thousand and one ways to cook bacalhau. It is less a fish than a religion, forged in salt, olive oil, and survival. But the ancestral ritual of soaking, rinsing, and meticulously picking bones doesn't easily survive contact with a Tuesday night after a nine-to-five. These recipes aren't a betrayal of the old guard; they're a vital translation. By leveraging frozen shortcuts, sheet-pan hacks, and the humblest pantry staples, we strip away the grueling labor

without sacrificing an ounce of the soul. It is the exact same garlic-heavy, deeply comforting salvation your grandmother swore by—just engineered for the reality of the working week.





## Bacalhau à Brás

*bah-kahl-YOW ah BRAHSH*

If one wants to know what a working-class Portuguese kitchen actually smells like on a Tuesday night, it is this. Bacalhau à Brás is the ultimate empty-pantry miracle born in a nineteenth-century Lisbon tavern, proving that off-cut salt cod, sweet melting onions, crispy potato sticks, and eggs can create absolute magic. Reproducing it in an American kitchen doesn't require a culinary degree, just a basic understanding of a Portuguese grandmother's greatest secrets: profound patience with the onions, and a healthy fear of the fire when it comes time to add the eggs.

## INGREDIENTS

<b>1 lb</b>	dried salt cod <i>boneless and skinless cuts, or pre-shredded</i>	<b>7 oz</b>	extra thin potato sticks
<b>1/4 cup</b>	extra virgin olive oil	<b>6 large</b>	eggs <i>lightly beaten</i>
<b>2 large</b>	yellow onions <i>halved and sliced into very thin half-moons</i>	<b>1 pinch</b>	black pepper
<b>2</b>	dry bay leaves	<b>1/2 cup</b>	fresh flat leaf parsley <i>finely chopped</i>
<b>3 clove</b>	garlic <i>finely minced</i>	<b>1/2 cup</b>	black olives <i>whole</i>

## PREPARATION

- **Desalt the cod starting the day before.**

Rinse the crusty salt off the cod under cold water, place the fish in a large bowl, cover it completely with cold water, and put it in the fridge for 24 hours, changing the water three or four times to keep the fish firm and fresh.

## INSTRUCTIONS

- 1. Poach and shred the soaked cod.**

Drain the 24-hour soaked cod, drop it into a small pot of gently simmering water for 5 minutes until it flakes, then remove and shred into bite-sized pieces with your hands, discarding any rogue bones or skin.

- 2. Melt the onions slowly into the olive oil.**

In a large, heavy-bottomed skillet, heat the olive oil over medium-low heat and sauté the onions and bay leaves for 10 to 15 minutes until they are perfectly soft, sweet, and practically melting into the oil, then stir in the minced garlic for 60 seconds.

- 3. Combine the cod and onions.**

Add the shredded cod to the skillet, stirring gently to coat the fish in the garlicky oil, and let it cook for 3 to 4 minutes so the flavors marry.

**1. Fold in exactly half of the potato sticks.**

Let them sit in the hot skillet for 30 seconds to absorb a little of the moisture from the cod.

**2. Turn the stove burner completely off.**

This is the critical secret to the dish; if you are using an electric stove that holds heat, move the skillet entirely to a cool burner before proceeding.

**3. Quickly stir in the beaten eggs to create a creamy emulsion.**

Season the beaten eggs with the black pepper, pour them into the skillet, and stir constantly and vigorously with a wooden spoon so the residual heat cooks the eggs into a glossy, custard-like cream, preventing the tragedy of dry, scrambled eggs.

**4. Fold in the remaining potato sticks and garnish.**

Immediately fold in the rest of the potatoes to preserve their fresh crunch, discard the bay leaves, and transfer to a warm serving platter showered generously with chopped parsley and black olives.

#### CHEF'S NOTES

● **Source the right potatoes.**

Seek out Brazilian Yoki brand potato sticks in the Latin aisle, or standard American canned shoestring potatoes like Pik-Nik. Do not use regular potato chips or thick hash browns, which will completely ruin the delicate texture of the dish.

● **Manage the heat.**

The difference between an authentic, creamy Bacalhau à Brás and dry scrambled eggs with fish is entirely in pulling the pan off the heat before the eggs go in.



# Bacalhau à Lagareiro

*bah-kahl-YOW ah lah-gah-RAY-roo*

If you grew up in a Portuguese household, the scent of garlic sweating in a luxurious bath of olive oil is the ultimate beacon of home. Originally cooked by mill workers celebrating the autumn harvest with the year's first pressing, this dish lives and dies by its ingredients. There is no fake Hollywood flair here—just thick salt cod, smashed potatoes to soak up the juices, and an unhurried, low-heat infusion of garlic and onions. It is unpretentious, old-world cooking at its absolute finest, perfectly achievable on a weeknight thanks to modern pre-soaked cod.

## INGREDIENTS

<b>24 oz</b>	frozen pre-soaked salt cod loins <i>thawed and patted completely dry</i>	<b>3/4 cup</b>	extra virgin olive oil
<b>1 1/2 lb</b>	baby Yukon Gold potatoes <i>unpeeled</i>	<b>2 med</b>	dried bay leaves
<b>1 large</b>	yellow onion <i>sliced into half-moons</i>	<b>1/4 cup</b>	fresh parsley <i>roughly chopped</i>
<b>8 large cloves</b>	garlic <i>4 smashed and 4 thinly sliced</i>	<b>1 tbsp</b>	coarse sea salt
		<b>1/2 tsp</b>	black pepper <i>freshly ground</i>

## PREPARATION

- **Thaw the cod overnight.**

If you are using frozen, pre-soaked salt cod loins, leave them in the refrigerator the night before so they are completely thawed for quick weeknight assembly.

## INSTRUCTIONS

- 1. Preheat the oven to 400°F and par-cook the potatoes.**

Place the unpeeled potatoes in a large pot, cover with cold water, and add the coarse salt. Boil until a fork just pierces them, about 15 minutes, then drain well.

- 2. Gently infuse the aromatic oil.**

In a small saucepan over medium-low heat, combine the olive oil, onions, smashed garlic, and bay leaves. Do not let the oil sizzle violently; allow the aromatics to gently sweat and sweeten for 10 minutes without burning the garlic.

- 3. Give the potatoes a gentle punch.**

Transfer the slightly cooled potatoes to a large baking dish. Using the palm of your hand protected by a towel, press down firmly on each potato until the skin splits and the flesh opens up to absorb the sauce.

**1. Assemble the roast.**

Nestle the dry salt cod loins, skin-side down, among the split potatoes. Spoon the warm olive oil, along with all the softened onions, sliced garlic, and bay leaves, generously over the cod and directly into the crevices of the potatoes.

**2. Bake until emulsified and flaky.**

Roast for 15 to 20 minutes, pausing halfway to baste the cod with the pooling oil. The fish is ready when it turns opaque and flakes easily, while its natural gelatinous juices emulsify with the olive oil to form a rich sauce.

**3. Garnish and serve immediately.**

Top the hot dish with freshly cracked black pepper and chopped parsley. Serve family-style straight from the baking dish, ideally with a side of blanched bitter greens to cut the richness.

**CHEF'S NOTES**

● **Always look for the thickest center-cut loins.**

Thin tail pieces will dry out instantly in the intense heat of the oven, whereas the thick cuts (lombos) release the gelatin required to properly emulsify the oil sauce.

● **Pair with a slightly bitter green.**

The dish is traditionally served with grelos (turnip greens). American supermarket broccoli rabe makes a perfect, accessible substitute.



# Bacalhau à Gomes de Sá

*bah-kahl-YOW ah GOH-mesh de SAH*

If there is one dish that instantly transports a first-generation Portuguese-American back to their mother's kitchen on a Sunday afternoon, it is this one. Invented in the 1800s by a wealthy cod merchant in Porto, this isn't the heavy, tomato-drenched Hollywood approximation of Mediterranean food. This is real Portuguese soul food: an unpretentious, incredibly comforting harmony of rich olive oil, sweet onions, waxy potatoes, and salt cod. The secret to making it taste exactly like home—the trick your grandmother knew—is patience and milk. By gently steeping the cod in hot milk rather than boiling it to a rubbery death, you coax out the harsh brine and leave behind a

velvety, luxurious texture. Break the soaking steps across a couple of days in the background, and this 19th-century masterpiece becomes a thirty-minute weeknight reality.

## INGREDIENTS

<b>1 lb</b>	thick-cut bone-in dried salt cod	<b>1/4 tsp</b>	freshly ground white pepper
		<b>1/2 tsp</b>	sea salt <i>to taste</i>
<b>1 lb</b>	Yukon Gold potatoes <i>scrubbed but unpeeled</i>	<b>2 large</b>	eggs <i>hard-boiled, peeled, and sliced into rounds</i>
<b>2 cup</b>	whole milk		
<b>1/2 cup</b>	extra-virgin olive oil	<b>1/2 cup</b>	pitted black oil-cured or Kalamata olives
<b>2 large</b>	yellow onions <i>peeled and sliced into 1/4-inch rounds</i>	<b>1/4 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>
<b>3 med</b>	garlic cloves <i>thinly sliced</i>		

## PREPARATION

- **Rinse the salt cod under cold water and submerge it in a bowl of cold water in the refrigerator for twenty-four to forty-eight hours.**

Change the water at least twice a day. Pinch off a tiny piece and taste it before proceeding—it should taste pleasantly seasoned, not aggressively salty. This is your weekend work.

- **Drain the soaked cod, place it in a large pot, and cover completely with rolling boiling water off the heat.**

Do not put the pot on the stove. Immediately cover tightly with a lid, wrap a heavy kitchen towel over it to trap the heat, and let it sit undisturbed for exactly twenty minutes.

- **Peel away the skin, remove the bones, and separate the warm fish into large flakes before steeping them in hot milk.**

Heat the whole milk until steaming, pour it over the flaked cod in a deep bowl, cover, and refrigerate overnight. This milk infusion is the ultimate old-world secret to velvety, perfect bacalhau.

## INSTRUCTIONS

- 1. Boil the unpeeled potatoes in a pot of salted water until just tender when pierced with a fork, about fifteen to twenty minutes.**

Drain them, and as soon as they are cool enough to handle, slip off the skins and slice the potatoes into half-inch rounds. Preheat your oven to 400°F.

- 2. Heat the olive oil in a large skillet over medium-low heat and cook the sliced onions gently until sweet, soft, and translucent.**

You do not want them to brown or caramelize; this should take about fifteen minutes. Add the sliced garlic in the last three minutes of cooking so it perfumes the oil without burning.

- 3. Drain and discard the milk from the cod, then gently combine the flaked fish, sliced potatoes, and the onion-oil mixture in a ceramic casserole dish.**

Toss very gently so you don't mash the potatoes or break up the cod flakes too much. Season with a pinch of white pepper and a little salt, but taste first as the cod brings its own salinity.

- 4. Bake the casserole in the hot oven for exactly ten minutes.**

You just want everything bubbling and intimately married together. Serve immediately in the dish it was baked in, arranging the sliced hard-boiled eggs and black olives over the top, and shower the entire dish generously with chopped fresh parsley.

## CHEF'S NOTES

- **Always source the thickest cuts of cod you can find.**

Look for thick, white center cuts in the seafood department, often labeled 'lombos'.

Avoid thin, yellowed tail pieces, which tend to be excessively tough, salty, and difficult to separate into the beautiful large flakes this dish requires.



# Bacalhau com Natas

*bah-kahl-YOW kohn NAH-tahs*

If there is one dish that pulls a Portuguese-American straight back to a Sunday afternoon in their grandmother's kitchen, it is this one. Born in Lisbon's grand hotels but perfected by generations of home cooks, its true secret is not just heavy cream. The trick is poaching the salt cod in milk, then using that savory, ocean-infused milk to build a proper béchamel. For a weeknight, skip the multi-day soak by grabbing frozen pre-desalted cod and par-baking the potatoes—a pragmatic cheat that saves hours without surrendering a single drop of soul.

## INGREDIENTS

<b>1 lb</b>	frozen pre-desalted cod loins <i>thawed</i>	<b>1 1/2 lb</b>	russet potatoes <i>peeled and cut into 1/2-inch cubes</i>
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<b>3 cup</b>	whole milk	<b>4 tbsp</b>	all-purpose flour
<b>2 med</b>	dried bay leaves	<b>1 cup</b>	heavy whipping cream
<b>3 med</b>	whole cloves	<b>1/2 tsp</b>	freshly grated nutmeg
<b>3 tbsp</b>	extra-virgin olive oil	<b>1 tsp</b>	Dijon mustard
<b>2 large</b>	yellow onions <i>sliced into thin half-moons</i>	<b>1 tbsp</b>	fresh lemon juice
<b>3 clove</b>	garlic <i>minced</i>	<b>1/2 cup</b>	plain breadcrumbs
<b>4 tbsp</b>	unsalted butter	<b>1/2 cup</b>	sharp white cheddar cheese <i>freshly grated</i>

## PREPARATION

- **Preheat your oven to 425 degrees Fahrenheit.**

## INSTRUCTIONS

- 1. Toss the diced potatoes with a drizzle of olive oil and roast them on a baking sheet until golden.**  
This bypasses the traditional messy deep-frying step; roast for 20 to 25 minutes at 425 degrees Fahrenheit, then lower the oven to 400 degrees.
- 2. Bring the milk, one bay leaf, and the cloves to a very gentle simmer in a medium saucepan.**  
Slip the cod into the milk, cover the pot, turn off the heat, and let it poach in the residual heat for 10 to 15 minutes until it flakes easily.
- 3. Remove the cod to cool, and immediately strain the milk through a fine-mesh sieve.**  
Save every drop of this infused milk because it is the absolute backbone of the dish.
- 4. Flake the cooled cod into large chunks with your fingers.**  
Meticulously discard any stray skin or pin bones.

- 1. Sauté the sliced onions, minced garlic, and remaining bay leaf in olive oil until deeply caramelized.**

Take your time and cook them over medium heat for 10 to 15 minutes until they are entirely translucent and sweet, then gently stir in the flaked cod and remove from the heat.

- 2. Build the béchamel by whisking the butter and flour into a golden paste over medium heat in the saucepan.**

Gradually pour in the reserved cod-infused milk, whisking constantly until the sauce simmers and thickens.

- 3. Remove the sauce from the heat and fold in the heavy cream, nutmeg, mustard, and lemon juice.**

The mustard and lemon are a classic matriarch's secret to cutting the rich dairy fat. Taste and adjust for salt and pepper, keeping in mind the cod milk is naturally salty.

- 4. Gently fold the roasted potatoes and the onion-cod mixture directly into the sauce.**

Be careful not to turn the potatoes and fish into mush, then transfer the whole mixture into a greased 9x13-inch baking dish.

- 5. Top with an even layer of breadcrumbs and grated cheese.**

Bake uncovered at 400 degrees Fahrenheit for 15 to 20 minutes until the edges bubble and the crust turns a deep, crispy golden brown.

#### CHEF'S NOTES

- **Choosing the right cod makes all the difference.**

Seek out frozen, pre-desalted cod loins in the freezer section, which mimics the mandatory 48-hour soak perfectly but requires zero forethought.

- **Do not shortcut the infused milk.**

Many quick recipes just pour cream over the fish, but poaching the cod first and building a true béchamel is what separates real Portuguese cooking from internet imitations.



## Bacalhau à Zé do Pipo

*bah-kahl-YOW ah ZEH doo PEE-poo*

It sounds slightly insane—a salt cod casserole crowned with baked mayonnaise—but it is an absolute masterpiece of the Portuguese Sunday table. Invented in a mid-century Porto restaurant, this unpretentious dish relies on a strict old-world grandmother's edict: onions sweated soft in olive oil, but never allowed to brown. By poaching frozen, pre-desalted cod in milk and using that same oceanic liquid to hydrate the mashed potatoes and braise the onions, you build profound, nostalgic flavor from the ground up. It's a magic trick of a recipe that brings genuine heritage cooking to a busy American weeknight.

## INGREDIENTS

<b>1 1/2 lb</b>	frozen desalted salt cod loins <i>thawed overnight in the refrigerator</i>	<b>2 large</b>	yellow onions <i>halved and thinly sliced</i>
<b>3 cup</b>	whole milk	<b>2 med</b>	cloves garlic <i>minced</i>
<b>2 med</b>	dried bay leaves	<b>3/4 cup</b>	premium store-bought mayonnaise
<b>2 lb</b>	Yukon Gold potatoes <i>peeled and cut into 1-inch chunks</i>	<b>1 tsp</b>	lemon juice
<b>3 tbsp</b>	unsalted butter	<b>1/2 cup</b>	pitted black olives
<b>1/4 tsp</b>	ground nutmeg	<b>1 tsp</b>	kosher salt
<b>4 tbsp</b>	extra virgin olive oil <i>divided</i>	<b>1/2 tsp</b>	black pepper

## PREPARATION

- **Thaw the cod.**

Move the frozen cod from the freezer to the refrigerator the night before cooking to ensure it cooks evenly.

## INSTRUCTIONS

- 1. Boil the potatoes.**

Place the potatoes in a large pot of salted water, bring to a boil over medium-high heat, then simmer for about 15 minutes until perfectly fork-tender.

- 2. Poach the cod.**

Place the thawed cod in a skillet, pour in the milk, drop in one bay leaf, and gently simmer over medium heat for 8 to 10 minutes until the fish flakes easily. Transfer the cod to a plate, but absolutely keep the milk in the pan—it is now infused with the flavor of the sea.

**1. Mash the potatoes.**

Drain the potatoes and mash them in their warm pot with the butter, nutmeg, salt, pepper, and a half cup of the reserved cod-infused milk until you have a smooth, sturdy purée.

**2. Sweat the onions without browning.**

This is the grandmother's trick: heat three tablespoons of olive oil in a skillet, add the sliced onions, garlic, and remaining bay leaf, then immediately splash in another half cup of the cod-infused milk. Simmer gently for 10 to 15 minutes until the onions melt and turn sweet without a single trace of color.

**3. Assemble the casserole.**

Preheat the oven to 400°F. Flake the cod into the center of a baking dish, smother it completely with the sweated onions, and spread a mixture of the mayonnaise, lemon juice, and remaining tablespoon of olive oil directly over the top. Border the entire dish with the mashed potatoes.

**4. Bake and garnish.**

Bake for 15 to 20 minutes until the mayonnaise puffs into a beautiful golden glaze and the potato peaks crisp up, then scatter the black olives over the top before serving.

**CHEF'S NOTES**

● **Sourcing the cod.**

Bypassing the traditional three-day soak is key to making this a weeknight reality. Look for commercially frozen, pre-desalted cod loins (Bacalhau Demolhado Ultracongelado) in the frozen seafood or ethnic aisles of well-stocked supermarkets.



# Pataniscas Rápidas de Bacalhau

*pah-tah-NEESH-kash RAH-pee-dash de bah-kahl-YOW*

If there's a smell that instantly drops a first-generation kid back into a chaotic family kitchen on a Friday night, it's the aroma of frying pataniscas. These are the unpretentious, rustic soul of Portuguese home cooking—lacy, jagged-edged fritters entirely unlike the dense croquettes sold to tourists in Lisbon. In the old country, you soaked the salt cod for days, but in an American weeknight kitchen, pre-desalted frozen cod flakes from the supermarket freezer aisle bypass the wait without sacrificing an ounce of flavor. Armed with the old-school tasca

trick of using ice-cold sparkling water for an impossibly airy batter, you can pull genuine, nostalgic crunch straight from the frying pan in under thirty minutes.

## INGREDIENTS

<b>12 oz</b>	frozen desalted salt cod flakes <i>thawed, squeezed completely dry, and flaked</i>	<b>2 med clove</b>	garlic <i>minced</i>
<b>3 large</b>	eggs	<b>1/2 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>
<b>1 1/2 cup</b>	all-purpose flour	<b>3/4 cup</b>	club soda or seltzer water <i>ice cold</i>
<b>1 tsp</b>	baking powder	<b>1/4 tsp</b>	freshly ground black pepper
<b>1 small</b>	yellow onion <i>minced extremely fine</i>	<b>to taste</b>	kosher salt
		<b>1 1/2 cup</b>	sunflower or vegetable oil

## PREPARATION

- **Thaw and aggressively dry the cod.**

Squeeze out as much excess liquid from the thawed cod as physically possible using your hands; if the fish carries water into the bowl, the batter will be soggy.

- **Mix the base batter.**

In a large mixing bowl, whisk the eggs until frothy, then incorporate the flour and baking powder to form a thick, dry paste.

- **Aerate the batter.**

Gently whisk in the ice-cold club soda just until smooth. Do not overmix this, or the gluten will develop and make the fritters tough instead of tender.

- **Fold in the aromatics and cod.**

Add the shredded cod, extremely finely minced onion, garlic, parsley, and black pepper, folding gently until evenly distributed.

## INSTRUCTIONS

### 1. **Test the seasoning.**

Salt cod is deeply unpredictable, so heat a tiny spoonful of oil in a skillet, fry a dime-sized dollop of batter, and taste it before seasoning the rest of the bowl with kosher salt.

### 2. **Heat the frying oil.**

Pour a half-inch of sunflower or vegetable oil into a heavy-bottomed skillet over medium-high heat until it reaches 350°F, or until a drop of batter immediately and aggressively sizzles.

### 3. **Drop and seal the fritters.**

Working in batches to avoid crowding, drop two-tablespoon dollops of batter into the hot oil, letting them spread into irregular, rustic shapes. Immediately spoon hot oil over their raw tops to set the batter before attempting to flip them, which prevents messy splatters.

### 4. **Fry until golden and crisp.**

Cook for 2 to 3 minutes per side until deeply browned and lacy at the edges, then transfer with a slotted spatula to a wire rack set over paper towels.

## CHEF'S NOTES

### ● **Master the grandmother's trick.**

Basting the raw top of the fritter with hot oil immediately after it hits the pan is the defining technique for maintaining the patanisca's signature airy, rustic shape without making a complete mess of your stovetop.

### ● **Source the right cod.**

If you cannot find frozen desalted flakes, boil a 12-ounce piece of traditional dried salt cod vigorously for 15 minutes to strip the preserving salt, then drain and flake it.

- **Serve it like a local.**

Eat them hot while standing directly over the kitchen counter, or properly alongside a slightly soupy, rich tomato rice (Arroz de Tomate).



# Meia Desfeita de Bacalhau com Grão

*may-a desh-fay-ta de ba-ka-lyow kohn grow*

If you wander the cobbled streets of Lisbon's Mouraria neighborhood, you're walking through the birthplace of this dish. It's a working-class tavern staple—a brilliant, unpretentious masterpiece born from the need to stretch a little salt cod with hearty chickpeas, sharp raw alliums, and a heavy hand of good oil. We're skipping the multi-day cod soaking by using frozen desalted bacalhau and canned beans, turning a historical survival meal into a twenty-minute Tuesday night knockout. The result is pure, unadulterated Portugal on a plate.

## INGREDIENTS

<b>1 lb</b>	frozen desalted salt cod <i>thawed</i>	<b>1/2 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>
<b>30 oz</b>	canned chickpeas <i>rinsed and drained well</i>	<b>1/2 cup</b>	extra-virgin olive oil
<b>1 med</b>	yellow onion <i>very finely chopped</i>	<b>3 tbsp</b>	white wine vinegar
<b>3 large cloves</b>	garlic <i>minced</i>	<b>1/4 tsp</b>	black pepper <i>freshly ground</i>
		<b>3 large</b>	hard-boiled eggs <i>peeled and quartered</i>
		<b>1/2 tsp</b>	sweet paprika

## PREPARATION

- **Thaw the cod.**

Place the frozen desalted cod in the refrigerator the night before cooking.

- **Boil the eggs.**

Hard-boil three large eggs ahead of time so they are cool enough to peel and quarter when you assemble the dish.

## INSTRUCTIONS

- 1. Poach and flake the cod.**

Bring a wide pot of water to a gentle simmer, drop in the cod fillets, and cook for 10 to 15 minutes just until the fish turns opaque. Use a slotted spoon to transfer it to a board, meticulously remove any skin and stray bones while it is still warm, and break the fish into large, rustic flakes.

- 2. Warm the chickpeas.**

While the cod cools slightly, drop your drained chickpeas into the hot cooking water for exactly two minutes, then drain them completely so they can properly absorb the olive oil later.

**1. Assemble the base.**

Find a wide, beautiful serving platter and spread the warm chickpeas out in an even layer, then scatter the flaked cod generously over the top.

**2. Plant the garden.**

The secret to this dish is the 'jardim'—in a small bowl, toss together the minced onion, garlic, and parsley, then sprinkle this sharp, raw garden evenly over the cod and chickpeas.

**3. Dress and finish the dish.**

Whisk together the olive oil, vinegar, and black pepper, and drizzle this golden emulsion evenly all over the platter. Arrange the egg quarters around the edges and lightly dust everything with sweet paprika before serving.

**CHEF'S NOTES**

● **Sourcing the cod is easier than you think.**

Skip the 48-hour soaking ritual entirely by picking up frozen, pre-desalted cod (Bacalhau Demolhado) in the freezer aisle of your supermarket or local Hispanic grocer.

● **Do not skimp on the olive oil.**

Because the oil acts as the primary raw dressing that ties the entire plate together, a cheap vegetable blend will ruin the dish. Use the most robust, high-quality extra-virgin olive oil you can find.



# Comida de Comer Chorando

*High-nostalgia, soul-satisfying Portuguese main courses translated for the modern weeknight.*

"Comida de comer chorando"—food so deeply ingrained in your DNA it makes you want to weep. This isn't the twee, reinvented fare of modern Lisbon. It's the heavy, garlic-scented, unapologetic cooking of the diaspora, the plates slammed down on paper-covered tables in loud, brightly lit taverns. More importantly, it's the food you grew up on.

These are the meat-and-potato anchors of the Portuguese-American table, translated for a Tuesday night without losing an ounce of their soul. From a proper bitoque bleeding a perfect yolk into a sea of fries, to the briny, pork-fat-slicked miracle of Carne de Porco à Alentejana, these recipes don't demand your patience. They just deliver you home.





# O Bitoque Perfeito

*o bee-TOHK per-FAY-too*

This is the undisputed king of the Lisbon tasca—a thin, garlic-laced steak pounded into submission, crowned with a runny fried egg, and surrounded by a moat of rice and crisp fries. It relies entirely on a rapid sear and a pan sauce built from white wine, sharp mustard, and cold butter dragged over the caramelized bits left in a proper steel pan. It is unpretentious, working-class cooking designed to deliver maximum joy on a chaotic weeknight.

## INGREDIENTS

**1 lb** sirloin or New York strip steaks  
*fat trimmed*

**3 med** cloves garlic  
*peeled and lightly smashed*

**2 med** European bay leaves  
*torn*

<b>1 tsp</b>	coarse kosher salt	<b>3 tbsp</b>	unsalted butter <i>cut into cubes and kept cold</i>
<b>1/2 tsp</b>	black pepper <i>freshly ground</i>	<b>2 large</b>	eggs
<b>2 tbsp</b>	extra-virgin olive oil	<b>1 tbsp</b>	olive oil
<b>1/4 cup</b>	dry white wine	<b>1 tsp</b>	unsalted butter
<b>1/4 cup</b>	low-sodium beef broth	<b>2 cup</b>	cooked white rice <i>hot</i>
<b>1 tsp</b>	Dijon mustard	<b>4 cup</b>	frozen thin-cut french fries <i>baked or air-fried until highly crispy</i>

## INSTRUCTIONS

### 1. Pound the steaks to a half-inch thickness.

Cover the steaks with plastic wrap and use a meat mallet or heavy skillet to flatten them. Do not skip this; a true tasca steak cooks in a flash and needs mechanical tenderization to guarantee a tender chew.

### 2. Marinate the steaks with garlic, bay leaves, salt, and pepper.

Rub the meat with the smashed garlic, torn bay leaves, salt, and pepper. Let it rest at room temperature for 20 to 30 minutes while you ready your rice and fries.

### 3. Sear the steaks in a stainless steel or cast-iron skillet over medium-high heat.

Heat two tablespoons of olive oil until shimmering. Scrape the aromatics off the steaks, keeping them nearby, and lay the meat into the pan. Sear for 2 to 3 minutes until a deep brown crust forms, flip, and cook for 1 to 2 minutes more. Remove the steaks to rest, leaving the fat and precious browned bits in the pan.

### 4. Deglaze the pan with white wine and aromatics.

Lower the heat to medium. Toss the reserved garlic and bay leaves into the hot fat for 30 seconds. Pour in the white wine, scraping up every stuck-on browned bit from the bottom of the pan. Let the wine reduce by half.

### 5. Whisk in the broth and mustard, then mount with cold butter.

Add the beef broth and Dijon, letting it bubble for a minute. Turn the heat completely off. Add the cold cubed butter and swirl the pan vigorously until it melts into a glossy, thickened emulsion. Discard the bay leaves.

**1. Fry the eggs on horseback.**

In a small non-stick skillet, heat the remaining tablespoon of olive oil and teaspoon of butter. Crack the eggs and fry until the whites are lacy and crisp but the yolks are completely runny.

**2. Assemble the bitoque with rice and fries.**

Mound the rice and crispy fries on a plate. Lay the rested steak in the center, pour the pan sauce generously over the meat, and slide the fried egg right on top. Break the yolk so it runs into the sauce.

**CHEF'S NOTES**

● **The pan dictates the sauce.**

Do not use a non-stick skillet for the steak. The entire pan sauce relies on the 'fond'—the caramelized proteins left behind in a stainless or cast-iron pan. Without it, you have no flavor base.

● **Mind the temperature of your butter.**

Adding warm or room-temperature butter to the pan will break the emulsion, resulting in a greasy oil slick rather than a creamy sauce. Keep the butter cubes in the fridge until the very second you drop them into the pan.

● **Beware of American bay leaves.**

If you only have access to standard Californian bay leaves rather than European (Turkish) ones, use just half of a leaf. They are highly medicinal in comparison and will easily overpower the delicate mustard sauce.



# Carne de Porco à Alentejana

*kar-neh de por-ko ah ah-len-te-zhah-nah*

If there is one dish that captures the fiercely loving, chaotic energy of a Portuguese kitchen, it is this. Despite the name, this iconic surf-and-turf actually hails from the coastal Algarve, where cooks originally used clams and heavy garlic to mask the taste of fish-fed local pigs. For a first-generation kid, the smell of white wine and fermented pepper paste sizzling in hot lard is the indisputable smell of home. We use pork shoulder to mimic the rich marbling of the Iberian black pig, and sear it in actual lard—do not skip the lard, it is the secret to that nostalgic, deeply caramelized crust. It looks like a Sunday feast, but once marinated, the active cooking takes under thirty minutes.

## INGREDIENTS

<b>2 lb</b>	boneless pork shoulder <i>cut into 1-inch cubes</i>	<b>2 lb</b>	littleneck clams <i>in their shells</i>
<b>3 tbsp</b>	Massa de Pimentão	<b>2 tbsp</b>	pork lard
<b>1 cup</b>	dry white wine	<b>1 1/2 lb</b>	Yukon Gold potatoes <i>peeled and cut into 1-inch cubes</i>
<b>5 large</b>	garlic <i>smashed and roughly chopped</i>	<b>2 cup</b>	vegetable oil
<b>2 med</b>	dried bay leaves <i>torn in half</i>	<b>1/2 cup</b>	fresh cilantro <i>roughly chopped</i>
<b>1 tsp</b>	coarse kosher salt	<b>1/3 cup</b>	mild giardiniera <i>roughly chopped</i>
<b>1/2 tsp</b>	black pepper <i>freshly ground</i>	<b>1/2 cup</b>	black olives

## PREPARATION

- **Marinate the pork overnight.**

Place the cubed pork shoulder in a large bowl with the Massa de Pimentão, white wine, smashed garlic, torn bay leaves, salt, and pepper. Massage the marinade deeply into the meat, cover tightly, and refrigerate overnight so the wine and salt break down the proteins.

- **Purge the clams of sand.**

An hour or two before cooking, submerge the clams in a large bowl of cold water mixed with 2 tablespoons of salt to mimic seawater. Lift them out and rinse right before using, discarding any with broken shells.

## INSTRUCTIONS

- 1. Fry the potatoes until deeply golden and crispy.**

Heat the vegetable oil in a deep skillet or Dutch oven to 350°F. Fry the cubed potatoes in batches for 8 to 10 minutes until fluffy on the inside and crisp on the outside, then transfer to a paper towel-lined plate and salt immediately.

**1. Drain the pork thoroughly and reserve the marinade.**

Use a slotted spoon to scoop the pork out of the marinade, letting the excess liquid drain off. Save every drop of the leftover liquid. Pat the pork cubes slightly dry with a paper towel.

**2. Sear the pork hard in smoking hot lard.**

Melt the lard in a wide, heavy-bottomed pan over medium-high heat. Once shimmering, add the pork in a single layer—do this in batches to avoid overcrowding. Let the meat sear undisturbed for 3 to 4 minutes to build a dark, caramelized crust, then flip.

**3. Deglaze the pan and reduce the sauce.**

Return all the browned pork to the pan and pour the reserved liquid marinade directly over the hot meat. Use a wooden spoon to scrape up all the dark, flavorful bits stuck to the bottom. Let the liquid boil and reduce by half, about 5 to 7 minutes.

**4. Steam the clams directly over the bubbling pork.**

Gently arrange the purged clams over the top of the meat. Cover the pot with a tight-fitting lid and let them steam in the wine and pork juices for 5 to 7 minutes. Do not open the lid to peek. Discard any stubborn clams that remain tightly shut.

**5. Assemble the dish on a wide platter.**

Spread the hot, crispy potatoes across the bottom of a deep serving platter. Ladle the pork, open clams, and the rich, garlicky sauce over the potatoes. Immediately scatter the chopped cilantro, pickled giardiniera, and black olives over the top.

**CHEF'S NOTES**

● **Synthesizing Massa de Pimentão.**

If you cannot find authentic Portuguese red pepper paste, blend 2 tablespoons of sweet paprika, 1 teaspoon of smoked paprika, 1 tablespoon of tomato paste, and a pinch of extra salt as a weeknight substitute.

- **The weeknight potato hack.**

If deep-frying potatoes is a bridge too far on a busy Tuesday, toss the potato cubes in olive oil and roast them on a sheet pan at 425°F for 30 minutes, or throw them in an air-fryer until crisp.



# Arroz de Pato de Frigideira

*ah-ROSH de PAH-too de free-jee-DAY-rah*

This is comida de comer chorando—food so profoundly comforting it brings you to tears. For the Portuguese diaspora, true duck rice isn't a fussy, haute cuisine affair; it's a brilliant peasant maneuver that stretches rich, gamey duck fat and smoky pork through a mountain of humble rice. By utilizing a pressure cooker for the intensely savory broth and finishing it in a screaming-hot cast-iron skillet, this recipe captures the genuine, old-world magic of the Minho region without demanding hours of weeknight labor. It is unpretentious, resourceful, and tastes exactly like the homeland.

## INGREDIENTS

<b>1 1/2 lb</b>	duck legs	<b>1 tsp</b>	whole black peppercorns
<b>4 oz</b>	Spanish dry-cured chorizo <i>halved, one piece left whole and the other thinly sliced</i>	<b>1 tsp</b>	coarse salt
<b>4 oz</b>	thick-cut smoked bacon	<b>5 cup</b>	water
<b>1 large</b>	yellow onion <i>peeled and halved</i>	<b>1 1/2 cup</b>	Arborio rice
<b>1 large</b>	carrot <i>peeled and cut into thick chunks</i>	<b>1 small</b>	yellow onion <i>finely diced</i>
<b>3 large</b>	garlic <i>smashed</i>	<b>2 small</b>	garlic <i>minced</i>
<b>2 med</b>	bay leaves	<b>1 tbsp</b>	fresh parsley <i>roughly chopped</i>
<b>1/2 cup</b>	dry white wine	<b>1 tbsp</b>	extra virgin olive oil

## PREPARATION

- **Portion the chorizo correctly.**

Ensure you leave half of your chorizo ring whole to boil in the broth. The other half must be sliced raw to act as the crispy garnish during the final bake.

## INSTRUCTIONS

- 1. Pressure-cook the meat and aromatics to extract the deeply savory broth.**

In an Instant Pot or pressure cooker, combine the duck legs, the whole piece of chorizo, bacon, halved large onion, carrot, smashed garlic, bay leaves, peppercorns, wine, salt, and water. Cook on high pressure for 35 minutes, then carefully release the pressure.

**1. Strain the liquid and aggressively skim the bright orange fat.**

Transfer the duck, bacon, and whole piece of chorizo to a cutting board. Pour the broth through a fine-mesh sieve, discarding the spent vegetables. Carefully skim about 2 tablespoons of the bright orange fat from the surface of the broth and set it aside—this paprika-infused fat is the secret to the entire dish. Keep the remaining broth hot.

**2. Discard the duck bones and prepare the cooked meats.**

Once the meat is cool enough to handle, remove and discard the duck skin and bones, shredding the meat into bite-sized pieces. Chop the boiled bacon into small pieces, slice the boiled chorizo into thin rounds, and set all the cooked meat aside.

**3. Build the flavor base in a cast-iron skillet.**

Preheat the oven to 400°F. Heat a large cast-iron skillet over medium heat and add the reserved 2 tablespoons of duck fat. Sweat the diced small onion and minced garlic until translucent and fragrant, about 3 to 4 minutes.

**4. Toast the dry rice in the fat to seal the starches.**

Add the unwashed Arborio rice directly to the skillet, stirring constantly for about 2 minutes until the edges turn slightly translucent. This critical step prevents the rice from disintegrating into mush during the simmer.

**5. Simmer the rice with the broth and shredded meats.**

Pour 3 cups of the hot, strained duck broth into the skillet and bring to a steady simmer. Fold in the shredded duck, chopped bacon, and boiled chorizo rounds. Let it bubble uncovered for about 10 minutes, until the rice has absorbed most of the liquid but remains visibly wet.

**6. Bake to crisp the top and form a socarrat crust on the bottom.**

Arrange the raw, thinly sliced chorizo in a decorative circular pattern over the wet rice. Transfer the skillet to the preheated oven and bake for 15 to 20 minutes until the top is golden, the chorizo curls and crisps, and the bottom develops a deeply savory scorch. Let rest for 5 minutes, then garnish with parsley and a drizzle of olive oil before serving.

## CHEF'S NOTES

- **Save the orange fat.**

Modern sensibilities might tempt you to discard the orange fat floating on the stock. Don't. It carries the smoked paprika and garlic from the sausage and provides the crucial foundational flavor that makes this dish authentic.

- **Do not wash the Arborio rice.**

Arborio is used here because authentic Portuguese Carolino rice is hard to find in American supermarkets. Washing it strips away the exterior starch needed for the dish's signature creamy yet distinct texture.

- **Find authentic Spanish or Portuguese chorizo.**

Avoid fresh, crumbly Mexican chorizo entirely—it will ruin the flavor profile. Seek out dry-cured Spanish chorizo, usually found near the deli section, as a perfect weeknight substitute for Portuguese chouriço.

- **Split the prep across two days.**

To make this a true 30-minute weeknight meal, pressure cook the broth and shred the meat on a Sunday. Store the meat and strained broth in the fridge until you're ready to toast the rice and bake it on Tuesday night.



# Skillet Empadão de Carne

*em-pah-DOWNG de CAR-neh*

There are few smells that bring a first-generation Portuguese-American running to the kitchen faster than the holy trinity of garlic, bay leaf, and smoked chouriço hitting hot oil. Empadão de Carne is the ultimate grandmother's comfort food—frugal, deeply savory, and crowned with a golden, crispy crust of nutmeg-laced mashed potatoes. We are tossing out the multi-vessel casserole tradition and doing it all in a single cast-iron skillet, building a rich, slow-simmered meat base and dragging a fork through the spuds right on top. It is exactly the nostalgic, unpretentious flavor you remember, engineered to actually work on a weeknight.

## INGREDIENTS

<b>2 1/2 lb</b>	Yukon Gold potatoes <i>peeled and cut into 2-inch chunks</i>	<b>4 oz</b>	Portuguese chouriço or linguiça <i>casing removed and finely minced</i>
<b>4 tbsp</b>	unsalted butter <i>softened</i>	<b>1 large</b>	yellow onion <i>finely diced</i>
<b>1/2 cup</b>	whole milk <i>warmed</i>	<b>3 cloves</b>	garlic <i>minced</i>
<b>1/2 tsp</b>	freshly grated nutmeg	<b>1 med</b>	dried bay leaf
<b>to taste</b>	kosher salt	<b>1 large</b>	carrot <i>very finely diced</i>
<b>to taste</b>	black pepper	<b>1 1/2 lb</b>	80/20 ground beef
<b>1 large</b>	egg yolk <i>beaten with 1 tbsp milk</i>	<b>1/2 cup</b>	dry white wine
<b>1 tbsp</b>	olive oil	<b>3/4 cup</b>	tomato purée or passata
		<b>1/2 tsp</b>	smoked paprika

## INSTRUCTIONS

### 1. Boil the potatoes until fork-tender.

Place the potatoes in a large pot, cover with cold water by an inch, and salt it generously like the sea. Bring to a boil and simmer until completely tender, about 15 to 20 minutes.

### 2. Bloom the chouriço fat.

Place a large, oven-safe cast-iron skillet over medium heat with the olive oil and minced chouriço. Let it cook slowly for 3 to 4 minutes until it crisps slightly and bleeds its smoky red fat into the pan—do not drain this, it is the absolute soul of the dish.

### 3. Build the refogado.

Add the diced onion, minced garlic, carrot, and bay leaf to the skillet, sautéing in the chouriço fat for 5 to 7 minutes until the onions soften, turn translucent, and take on the rich color of the paprika.

**1. Brown the beef.**

Increase the heat to medium-high and add the ground beef. Cook, breaking it apart with a wooden spoon, until it is fully browned and absolutely no pink remains.

**2. Deglaze and reduce the sauce.**

Pour in the white wine, scraping up any browned bits from the bottom of the pan, and let it reduce by half. Stir in the tomato purée, smoked paprika, salt, and pepper, then lower the heat and simmer for 10 to 15 minutes until it thickens into a glossy, cohesive meat sauce.

**3. Whip the nutmeg mash.**

Preheat the oven to 400°F. Drain the potatoes, return them to the warm pot to steam dry for a minute, and mash until completely smooth. Fold in the butter, warm milk, nutmeg, salt, and pepper; the mash should be slightly firmer than standard dinner potatoes to hold its shape.

**4. Assemble and score the pie.**

Remove the bay leaf and turn off the heat under the skillet. Dollop the mashed potatoes directly over the meat filling, spreading them to the very edges to seal it. Drag the tines of a fork across the surface to create deep crosshatches, then brush gently with the beaten egg yolk.

**5. Bake to a golden crisp.**

Transfer the skillet to the oven and bake for 20 to 25 minutes, or until the edges bubble and the forked ridges of the potatoes have turned a deep, caramelized golden-brown. Let it rest for 10 minutes before serving.

**CHEF'S NOTES**

● **Sourcing your sausage.**

Portuguese chouriço is cured with wine, garlic, and paprika, and heavily smoked. If you can't find it, Spanish chorizo (the cured link, not raw Mexican ground chorizo) or widely available linguica are acceptable substitutes.

- **Do not skip the nutmeg.**

The generous grating of fresh nutmeg in the mashed potatoes is non-negotiable. It is the signature aromatic footprint of authentic Portuguese puré de batata.



# Arroz de Salsichas Rápido

*ah-ROZH deh sahl-SEE-shahs RAH-pee-doo*

Ask any Portuguese expat about Arroz de Salsichas, and you'll likely see a tear form in their eye. For first-generation kids, it's the ultimate weeknight salvation: a busy mother tossing sliced hot dogs into a pot of rice. But step back a generation to the grandmothers in the Ribatejo countryside, and you find a deeper, humbler magic utilizing fresh pork sausages and Savoy cabbage from the garden. We are bypassing the American diaspora crutch of dry, smoked linguica to capture the old-world secret: utilizing short-grain rice and abundant broth to create arroz malandrinho. It's a rogue, wet rice that refuses to stay neat on the plate, suspended in a glossy, comforting sauce. Unpretentious, cheap, and it tastes exactly like a hug from the homeland.

## INGREDIENTS

<b>1 lb</b>	raw mild pork sausage <i>left whole</i>	<b>1 cup</b>	Arborio, Carnaroli, or Calrose rice
<b>2 tbsp</b>	extra-virgin olive oil	<b>3 cup</b>	low-sodium chicken broth <i>heated until simmering</i>
<b>1 med</b>	yellow onion <i>finely diced</i>	<b>1/2 small</b>	Savoy cabbage <i>cored and shredded into bite-sized ribbons</i>
<b>3 med</b>	garlic <i>minced</i>	<b>1/2 cup</b>	frozen sweet peas
<b>1 small</b>	dried bay leaf	<b>1/2 tsp</b>	kosher salt
<b>2 tbsp</b>	tomato paste	<b>1/4 tsp</b>	black pepper <i>freshly ground</i>
<b>1/4 cup</b>	dry white wine	<b>1/4 cup</b>	fresh parsley <i>roughly chopped</i>

## INSTRUCTIONS

### 1. Sear the pork.

Place a wide, heavy-bottomed pot or Dutch oven over medium-high heat with half of the olive oil. Brown the whole raw sausages on all sides for about 5 to 7 minutes to render the fat, then remove them to a cutting board. Once cool enough to handle, slice them into half-inch thick coins.

### 2. Build the refogado.

Lower the heat to medium. To the residual pork fat in the pot, add the remaining olive oil, the diced onion, and the bay leaf. Sauté until the onions are soft and translucent, about 4 minutes, then stir in the minced garlic and cook for 1 minute until fragrant.

### 3. Deglaze the pot.

Stir in the tomato paste, letting it cook and darken slightly for about 1 minute. Pour in the white wine, using a wooden spoon to scrape up all the beautiful browned bits from the bottom of the pot, and let the liquid reduce by half.

**1. Toast the rice.**

Add the dry short-grain rice directly to the pot. Stir constantly for 1 to 2 minutes, allowing the grains to absorb the fat and tomato mixture until they look slightly glossy and the edges turn translucent.

**2. Create the suspension.**

Pour in the hot chicken broth—do not use cold broth, or you will shock the starch. Add the shredded Savoy cabbage, the frozen peas, the sliced sausage coins, the salt, and the pepper, then bring the pot to a gentle, rolling simmer.

**3. Simmer and agitate.**

Turn the heat down to medium-low and cover the pot, leaving the lid cracked just a tiny bit. Let it simmer gently for 15 to 18 minutes, stirring gently every 5 minutes. This friction helps the short-grain rice release its starch, creating that magical, creamy gravy.

**4. Rest and serve immediately.**

Check the rice at 15 minutes; it should be tender but still have a tiny bit of bite, and the pot should look surprisingly wet and saucy. Turn off the heat immediately, remove the bay leaf, and let it sit for exactly 2 minutes to settle before ladling into deep bowls and garnishing with fresh parsley.

**CHEF'S NOTES**

● **The Busy Parent Adaptation.**

If you want the unapologetic 1990s Portuguese childhood experience, skip the fresh sausage and the searing step entirely. Sauté the onions, garlic, and tomato paste, add the rice and broth, and simply slice a high-quality pack of hot dogs directly into the boiling liquid.

● **Rice Selection is Non-Negotiable.**

Do not attempt this with long-grain white or Jasmine rice. You need the high amylopectin starch content of Arborio or Calrose to achieve the creamy malandrinho texture; long-grain rice will remain separate and watery.



# Frango com Cerveja Rápido

*fran-goo kohn ser-vay-zhah rah-pee-doo*

Walk into any Portuguese kitchen on a random Tuesday night, and there is a high probability you will smell this working-parent miracle meal simmering away on the stove. While an entire generation eventually turned to processed onion soup packets for a weeknight shortcut, the true tavern-style secret lies in melting down fresh onions and fiercely boiling cheap, crisp lager to kill the bitter hops before the braise. It is unpretentious stovetop alchemy that yields a velvety, savory gravy so good you will want to eat it with a spoon.

## INGREDIENTS

<b>2 1/2 lb</b>	bone-in skinless chicken thighs and drumsticks <i>patted dry</i>	<b>1 large</b>	yellow onion <i>halved and thinly sliced</i>
<b>1 1/2 tsp</b>	kosher salt	<b>4 large cloves</b>	garlic <i>smashed and roughly chopped</i>
<b>1/2 tsp</b>	white pepper	<b>1 med</b>	dried bay leaf
<b>1 tbsp</b>	sweet paprika	<b>12 oz</b>	pale lager beer
<b>2 tbsp</b>	olive oil	<b>1/4 cup</b>	heavy whipping cream
		<b>2 tbsp</b>	fresh parsley <i>chopped</i>

## PREPARATION

- **Remove the chicken skin but leave the bones.**

While some roasted dishes demand skin-on chicken, simmering skin-on chicken in beer results in flabby skin and a greasy sauce. Removing the skin, but keeping the bone, yields the essential rich gelatin necessary for a silky gravy.

## INSTRUCTIONS

- 1. Season and sear the chicken until deeply browned.**

Season the chicken evenly with the salt, white pepper, and sweet paprika. Heat the olive oil in a wide, heavy-bottomed skillet or Dutch oven over medium-high heat, add the chicken in a single layer, and sear for 4 to 5 minutes per side until a deep golden-brown crust forms. Remove the chicken to a plate.

- 2. Build the savory flavor base with onions and aromatics.**

Lower the heat to medium, add the sliced onion and bay leaf to the leftover chicken drippings, and sauté for 5 to 7 minutes, scraping up the browned bits from the bottom of the pan until the onions are deeply softened and golden. Stir in the chopped garlic and cook for 1 minute more until fragrant.

**1. Boil the beer completely uncovered to eliminate bitterness.**

Nestle the chicken pieces and any resting juices back into the pot and pour in the entire bottle of beer. Turn the heat to medium-high and let it boil vigorously, completely uncovered, for 5 minutes to cook off the alcohol and prevent a bitter sauce.

**2. Cover and gently braise until the meat yields to the bone.**

Reduce the heat to low, cover the pot tightly with a lid, and simmer gently for 20 to 25 minutes until the chicken becomes incredibly tender.

**3. Finish the gravy off the heat with heavy cream.**

Remove the lid and, if the sauce looks thin, bubble it uncovered for a few minutes to reduce. Turn off the heat entirely, stir in the heavy cream until the sauce turns a velvety golden-brown, then taste for salt, discard the bay leaf, and serve immediately garnished with fresh parsley.

#### CHEF'S NOTES

● **Choose a cheap, crisp pale lager.**

Avoid IPAs, dark stouts, or heavily hopped craft beers at all costs, as they will turn aggressively bitter when reduced. A simple, unpretentious macro-lager like Miller High Life, Modelo Especial, or Pilsner Urquell flawlessly mimics the crisp maltiness of a Portuguese Super Bock.

● **Serve with something to soak up the sauce.**

The gravy is the undisputed star of this dish; plain white rice or crispy homemade french fries are the canonical Portuguese vehicles for ensuring none of it goes to waste.



# Jardineira

*zhar-dee-NAY-rah*

Jardineira isn't restaurant food; it's the quiet, unpretentious masterpiece of the Portuguese domestic kitchen. Born from necessity, it relies on cheap cuts of beef and whatever root vegetables the backyard garden happened to offer. The magic—the secret that separates this from a generic American beef stew and turns it into pure, weeping nostalgia—lies in two things: a patient, foundational refogado and a handful of fresh mint stirred in off the heat. That hit of mint cuts through the rich beef fat and transports you straight to a grandmother's kitchen on a rainy Tuesday. It's simple, it's soulful, and it's exactly what home tastes like.

## INGREDIENTS

<b>1 1/2 lb</b>	beef chuck roast <i>cut into 1-inch cubes</i>	<b>3 oz</b>	Portuguese chouriço <i>cut into thin rounds</i>
<b>2 tsp</b>	kosher salt	<b>3 tbsp</b>	tomato passata
<b>1 tsp</b>	black pepper <i>freshly cracked</i>	<b>1/2 cup</b>	dry white wine
<b>3 tbsp</b>	extra virgin olive oil	<b>2 cup</b>	beef broth
<b>1 large</b>	yellow onion <i>finely diced</i>	<b>1 1/2 lb</b>	Yukon Gold potatoes <i>peeled and cut into 1-inch cubes</i>
<b>4 med clove</b>	garlic <i>minced</i>	<b>3 large</b>	carrots <i>peeled and sliced into thick rounds</i>
<b>2 med</b>	dried bay leaves	<b>1 cup</b>	frozen sweet peas
		<b>1/2 cup</b>	fresh mint leaves <i>roughly chopped</i>

## PREPARATION

- **Chop all vegetables before you start.**

The refogado comes together quickly, so having your onions and garlic minced and your root vegetables cubed will save you from scrambling at the stove.

## INSTRUCTIONS

- 1. Sear the beef aggressively to build a foundation of flavor.**

Season the chuck with the salt and pepper, then sear it in the hot olive oil until a dark crust forms. Work in batches to avoid crowding the pot; those brown bits left on the bottom are free flavor.

- 2. Build the soul of the stew with a traditional refogado.**

Lower the heat to medium and sweat the onion, garlic, bay leaves, and chouriço until the onions turn soft and golden. Stir in the tomato passata and cook for a couple of minutes until it darkens slightly.

**1. Deglaze with white wine and braise the meat until tender.**

Pour in the wine, scraping up every bit of fond from the bottom, then return the beef and pour in the broth. Bring to a simmer, cover, and cook on low for about an hour and fifteen minutes until the meat yields to a fork.

**2. Stagger the vegetables to preserve the garden texture.**

Drop in the potatoes and carrots, covering the pot to let them simmer in the rich gravy for another 20 to 25 minutes. You want the root vegetables tender but holding their shape, not disintegrating into mush.

**3. Finish off the heat with the essential secret ingredients.**

Remove the pot from the stove and stir in the frozen peas and fresh mint. The residual heat will cook the peas in sixty seconds, keeping them bright green, while the mint provides that unmistakable, nostalgic taste of the homeland.

#### CHEF'S NOTES

● **Use a pressure cooker to hack the weeknight timeline.**

Traditional Portuguese grandmothers have used pressure cookers for decades. Sauté your base on the stove setting, pressure cook the beef with the broth for 25 minutes, quick release, add the root vegetables, and pressure cook for 4 more minutes before stirring in the peas and mint.

● **Don't swap the white wine for red.**

While modern variations sometimes call for red wine, sticking to a dry white keeps the broth lighter and more delicate, allowing the sweetness of the carrots and peas to shine.

● **Source authentic chouriço if you can.**

Authentic Portuguese smoked chouriço or linguiça adds an irreplaceable depth. If you're absolutely stuck, a smoky Spanish chorizo will do the job in a pinch.



# Dias de Festa

*Scalable, celebratory meals designed for weekends, holidays, and reproducing the magic of the Holy Ghost Feast.*

There is a specific kind of magic that happens when a community decides to feed itself en masse. It's loud, it's chaotic, and it usually involves fire, faith, and an astonishing amount of meat. These are the Dias de Festa—the feast days. Whether it's the sprawling, smoke-scented spectacle of the Holy Ghost Feast recreated in a suburban driveway or a crowded Sunday supper that stretches well past sundown, this is food built for a crowd. No tweezers, no pretensions. Just open flames, massive pots, and the kind of collective muscle memory that survives oceans and generations.

Here is the good stuff. Skewers of marinated beef sizzling over white-hot coals, golden malasadas bubbling away in a battered Dutch oven, and the slow, sweet comfort of arroz doce. These aren't just scalable recipes; they are an excuse to unfold the rickety tables, crack a beer, and feed everyone you know.





# Sopas do Espírito Santo Rápidas

*so-pash doo esh-pee-ree-too san-too*

This isn't soup in the American sense; it's a magnificent, archaic ritual of meat, bread, and time, engineered for the busy modern kitchen without losing an ounce of its soul. In the Azores, this dish feeds entire villages out of massive iron cauldrons to celebrate the Holy Spirit. Here, a pressure cooker compresses hours of slow-simmering beef into a weeknight triumph. The secret isn't the pot, though—it's the meticulous skimming of the broth, the spice bundle of cinnamon and allspice, and the crucial final act: drowning buttered, stale bread and fresh mint in boiling broth until it swells into a savory, custardy marvel.

## INGREDIENTS

<b>3 lb</b>	bone-in beef chuck roast	<b>1 tbsp</b>	massa de malagueta
<b>1 lb</b>	beef soup bones	<b>1/2 cup</b>	dry white wine
<b>1 tbsp</b>	kosher salt	<b>1/2 med</b>	green cabbage <i>cored and cut into 2-inch chunks</i>
<b>8 cup</b>	water	<b>1 large</b>	rustic bread loaf <i>sliced 1-inch thick</i>
<b>1 large</b>	yellow onion <i>peeled and quartered</i>	<b>3 tbsp</b>	unsalted butter <i>softened and divided</i>
<b>6 large</b>	cloves garlic <i>peeled and smashed</i>	<b>1 large</b>	fresh mint
<b>2</b>	whole cinnamon sticks	<b>bunch</b>	<i>washed and stems removed</i>
<b>15</b>	whole allspice berries		

## PREPARATION

- **Leave the bread out to stale overnight.**

Fresh sandwich bread will dissolve into unpalatable mush. You must use a sturdy, crusty artisanal loaf and let it dry out so it can absorb the hot broth.

- **Create the spice bundle.**

Tie the onion, garlic, cinnamon, allspice, and malagueta into a square of cheesecloth secured with butcher's twine. This 'boneca' perfumes the broth without leaving gritty fragments behind.

## INSTRUCTIONS

- 1. Boil the beef and bones in the water, and meticulously skim away the grey foam for ten to fifteen minutes.**

Do this in the pressure cooker on the sauté function before sealing; this non-negotiable step separates a murky stew from an elegant, authentic broth.

- 1. Add the spice bundle and wine, seal the pressure cooker, and cook on high pressure for 45 minutes.**

The pressure environment bypasses hours of simmering, breaking down the highly cross-linked collagen in the chuck roast until it is practically falling off the bone.

- 2. Butter the stale bread slices and layer them heavily with fresh mint leaves in the bottom of a large, deep tureen.**

This is the aromatic foundation of the dish. Do not skip the mint; it is what creates the iconic, nostalgic aroma of the islands.

- 3. Release the pressure, transfer the tender beef and bones to a platter, and discard the spice bundle.**

Let the cooker naturally release for 10 minutes before opening, and keep the meat warm under foil while you finish the broth.

- 4. Boil the cabbage in the deeply spiced, marrow-rich broth until tender.**

Turn the machine back to sauté, drop the cabbage chunks and one tablespoon of butter into the boiling liquid, and cook for about eight minutes.

- 5. Cascade the boiling broth directly over the mint-layered bread and steep it tightly covered for ten minutes.**

This is the traditional 'abafar' method. The hot liquid hits the volatile oils of the mint, and the sealed environment forces the dry bread to swell into a rich, savory custard without disintegrating. Serve the tender cabbage over the soaked bread, with the braised beef alongside.

#### CHEF'S NOTES

- **Sourcing massa de malagueta.**

This Azorean pepper paste provides a subtle, earthy undertone. If you can't find it at a local international market, substitute one teaspoon of high-quality sweet paprika mixed with a tiny pinch of cayenne.

- **Do not skip the skimming.**

Failing to skim the coagulated blood proteins from the beef during the initial boil will result in a cloudy, bitter broth.



# Camarão Moçambique Rápido

*ka-ma-RONG ah mo-sam-BEE-keh ha-pee-doo*

If you grew up in a Portuguese-American household, the smell of garlic hitting hot butter, the hiss of cold beer hitting the pan, and the briny, spicy aroma of shrimp is the ultimate trigger for nostalgia. Born in Mozambique and perfected in the diaspora kitchens of New England, this dish is messy, unpretentious, and aggressively flavorful. The secret to that mesmerizing, golden-orange sauce you mop up with crusty bread isn't some rare, expensive old-world spice—it's cheap beer, a heavy hand with the garlic, and a Latin American packet of Sazón. Roll up your sleeves, peel the shrimp with your hands, and don't be afraid to lick the buttery sauce off your fingers.

## INGREDIENTS

<b>1 1/2 lb</b>	raw large shrimp <i>shell-on and tail-on</i>	<b>1 small packet</b>	Sazón con Azafrán
<b>4 tbsp</b>	unsalted butter <i>divided</i>	<b>1 tbsp</b>	Piri-Piri sauce
<b>2 tbsp</b>	extra-virgin olive oil	<b>1 med</b>	bay leaf
<b>1 small</b>	yellow onion <i>very finely minced</i>	<b>1/2 tsp</b>	kosher salt
<b>6 large cloves</b>	garlic <i>smashed and finely minced</i>	<b>1 tbsp</b>	fresh lemon juice
<b>1 cup</b>	light lager beer	<b>1/4 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>
		<b>1 large batch</b>	crusty bread or cooked white rice <i>for serving</i>

## PREPARATION

- **Leave the shells on.**

Do not peel your shrimp before cooking. The shells act as a thermal insulator preventing the meat from going rubbery, and they release a profound, briny seafood flavor directly into the butter.

## INSTRUCTIONS

- 1. Melt the fats and soften the onion.**

Place a large, heavy-bottomed skillet over medium heat and melt 2 tablespoons of butter into the olive oil. Sauté the minced onion for 3 to 4 minutes until translucent and sweet, taking care not to let it brown.

- 2. Bloom the aromatics and spices.**

Add the garlic and sauté for 30 seconds. The moment it smells deeply fragrant, stir in the Sazón, bay leaf, and kosher salt to unlock their color and essential oils.

**1. Deglaze and build the broth.**

Pour in the beer and Piri-Piri sauce. Increase the heat to medium-high and simmer for 3 minutes to cook off the raw alcohol, concentrating the liquid into a rich, malty base.

**2. Steam-poach the shrimp.**

Toss the shell-on shrimp into the bubbling sauce to coat evenly. Cover the pan, drop the heat to medium-low, and let them gently poach for 3 to 5 minutes until the shells are a bright, opaque pink.

**3. Emulsify the sauce.**

Remove from the heat and discard the bay leaf. Drop in the remaining 2 tablespoons of cold butter, the lemon juice, and the parsley. Swirl the pan vigorously so the cold butter melts into the hot broth, thickening it into a glossy, luxurious gravy.

**4. Serve with vigor.**

Pour the entire contents into a shallow bowl. Serve immediately alongside a mountain of white rice or crusty rolls, peeling the shrimp by hand and using the bread to mop up every drop of the sauce.

**CHEF'S NOTES**

● **The Sazón Substitute.**

If you prefer to avoid processed packets, you can mimic the exact flavor memory by substituting 1 teaspoon sweet smoked paprika, 1 teaspoon ground coriander, 1/2 teaspoon garlic powder, 1/2 teaspoon ground cumin, and a generous pinch of annatto powder or turmeric for color.

● **Hot Sauce Alternatives.**

If you cannot find authentic Piri-Piri sauce, an accessible American cayenne-based hot sauce like Frank's RedHot or Tabasco works perfectly in a pinch.



# Espetadas de Madeira na Grelha

*esh-peh-TAH-dash deh mah-DAY-rah nah GREL-yah*

If you want to know the true scent of a Madeiran festival, you don't need a plane ticket—you just need a charcoal fire, good beef, and a handful of bay leaves. For decades, diaspora adaptations have tried to complicate this dish, soaking the meat in wine and vinegar for hours. But talk to anyone from the island, and they will tell you the secret is absolute, unpretentious simplicity. It is built on four ingredients: beef, garlic smashed with the papery skins left on, fresh bay, and a last-second avalanche of coarse salt. Because we cannot easily forage for the

traditional laurel wood branches in an American suburb, we thread fresh bay leaves directly onto metal skewers. It is raw, intuitive cooking that is fast enough for a busy weeknight, but primal enough for a feast.

## INGREDIENTS

<b>2 lb</b>	well-marbled beef such as sirloin cap, ribeye, or top sirloin <i>cut into uniform 2-inch cubes</i>	<b>3 tbsp</b>	coarse sea salt
<b>10 large</b>	garlic cloves <i>left unpeeled</i>	<b>3 tbsp</b>	unsalted butter <i>softened to room temp</i>
<b>1 large</b>	fresh bay leaves	<b>1 small</b>	garlic clove <i>minced</i>
<b>handful</b>	<i>half torn in two with center stems removed, half left intact</i>	<b>1 pinch</b>	fresh parsley <i>finely chopped</i>

## PREPARATION

- **Smash the garlic and tear the bay leaves.**

Place the unpeeled garlic cloves on a board and smash them hard with the flat side of a knife until they burst open. Tear half of the bay leaves in half, discarding the stiff center stems which can impart a bitter flavor.

- **Prepare the finishing butter.**

In a small bowl, mix the softened butter with the minced garlic and chopped parsley, setting it aside for serving.

## INSTRUCTIONS

- 1. Massage the aromatics into the beef.**

In a large bowl, aggressively rub the smashed skin-on garlic and torn bay leaves into the meat with your bare hands, then let it sit on the counter for twenty minutes while you heat the grill.

**1. Thread the beef and intact bay leaves onto long metal skewers.**

Place a whole leaf between every second or third piece of meat, making sure to orient the fat caps in the same direction so they baste the leaner meat as they render.

**2. Shower the meat generously with coarse salt right before grilling.**

Never salt early; apply the coarse salt at the very last second so it forms a savory crust without extracting moisture from the beef.

**3. Grill over fierce heat until deeply charred.**

Cook for eight to ten minutes, turning frequently over high heat or glowing coals until the outside is crusty and the inside is medium-rare.

**4. Knock off the excess salt and finish with garlic butter.**

Pull the skewers from the fire and firmly tap them against the edge of the grill to shatter and release the excess salt crust, then prop them vertically and crown the top piece of meat with a dab of garlic butter so it cascades down the skewer.

#### CHEF'S NOTES

● **Skip the liquid marinades.**

Authentic Madeiran espetadas strictly reject wine or vinegar tenderizers, relying entirely on the volatile oils of the garlic skins and fresh bay leaves to perfume the meat.

● **Serve with the right accompaniments.**

To complete the illusion of a Madeiran festival, serve this with crispy fried cornmeal (milho frito), sweet potato flatbread (bolo do caco), and a glass of dry red wine cut with carbonated orange soda.



# Caçoila de Frigideira

*kuh-SOY-luh duh free-zhee-DAY-ruh*

Every internet recipe tells you to dump this in a slow cooker with a can of tomato sauce—don't do that. The real secret to authentic Azorean caçoila lies in a heavy pan and a little patience. You braise the wine-soaked pork until it's meltingly tender, and then you take the lid off. Let the liquid evaporate entirely until the meat shreds and gently fries in its own rendered fat and spices. It's unpretentious, incredibly easy, and exactly the taste of a Portuguese grandmother's kitchen.

## INGREDIENTS

<b>3 1/2 lb</b>	boneless pork butt <i>trimmed of heavy fat caps and cut into 2-inch chunks</i>	<b>3 tbsp</b>	red wine vinegar
<b>1 cup</b>	dry red wine	<b>1 med</b>	orange <i>juiced</i>

<b>6 large</b>	garlic	<b>1/4 tsp</b>	ground allspice
<b>cloves</b>	<i>smashed flat</i>	<b>1/8 tsp</b>	ground cinnamon
<b>2 large</b>	bay leaves	<b>2 tsp</b>	kosher salt
<b>1 tbsp</b>	sweet smoked paprika	<b>1/2 tsp</b>	black pepper
<b>1 tbsp</b>	Sambal Oelek	<b>1 tbsp</b>	lard

## PREPARATION

- **Combine the pork and the vinha d'alhos marinade.**

In a large bowl or heavy-duty zip-top bag, mix the pork chunks with the wine, vinegar, orange juice, garlic, bay leaves, paprika, Sambal Oelek, allspice, cinnamon, salt, and pepper.

- **Massage the meat and let it rest.**

Work the marinade into the pork until it takes on a deep brick-red color, then seal and refrigerate for 12 to 24 hours so the acid can tenderize the tough muscle.

## INSTRUCTIONS

- 1. Melt the lard in a large, heavy-bottomed skillet or Dutch oven over medium heat.**

- 2. Dump the entire contents of your marinade into the pot and bring to a gentle bubble.**

Turn the heat down to low, cover with a tight-fitting lid, and let it simmer gently for 1 1/2 to 2 hours until the pork easily yields to a wooden spoon.

- 3. Remove the lid entirely and increase the heat to medium.**

This is the true secret of the dish: let the water and wine boil off over the next 30 to 45 minutes until you hear the sound in the pot change from a wet simmer to a sizzling fry.

- 4. Shred the meat directly in the pan and let it crisp.**

Using two forks, shred the tender pork right in the pan, letting the edges hit the hot rendered fat to become crispy, caramelized, and deeply spiced before serving.

## CHEF'S NOTES

- **Use Sambal Oelek as a supermarket hack.**

If you can't find authentic Portuguese pimenta moída, Sambal Oelek perfectly mimics the fruity, salty heat of the homeland without introducing conflicting flavors.

- **Do not skip the lard.**

While you can substitute olive oil if absolutely necessary, a spoonful of real lard is the old-world flavor maker that gives this dish its unmistakable authenticity.



# Arroz Doce Dourado

*ah-ROZH DOH-seh doh-RAH-doo*

If there is a scent that defines the concept of home in a Portuguese-American household, it is the perfume of lemon peel and cinnamon simmering in hot milk on a Sunday morning. This is not the dense, gelatinous rice pudding of a Midwestern cafeteria; it is a velvety, risotto-like custard that requires patience, a wooden spoon, and a little grandmotherly intuition. Forget the modern shortcuts of condensed milk or heavy cream. Real Arroz Doce Dourado achieves its brilliant golden hue and unctuous richness through an old-world alchemy of short-grain starchy rice, whole milk, and carefully tempered egg yolks.

## INGREDIENTS

<b>1 cup</b>	Arborio rice <i>unrinsed</i>	<b>1 whole</b>	cinnamon stick
<b>2 cup</b>	water	<b>4 cup</b>	whole milk <i>heated until steaming</i>
<b>1 pinch</b>	sea salt	<b>1 cup</b>	granulated white sugar
<b>1 tbsp</b>	unsalted butter	<b>4 large</b>	egg yolks <i>beaten smoothly</i>
<b>1 large strip</b>	fresh lemon peel <i>cut with a vegetable peeler, bitter white pith avoided</i>	<b>1 tbsp</b>	ground cinnamon <i>for dusting</i>

## PREPARATION

- **Make it ahead of time.**

Arroz Doce is arguably better the next day. Cook it on a Sunday night, store it tightly covered in the refrigerator, and serve it chilled or gently brought to room temperature on a busy Tuesday.

- **Wake up refrigerated pudding with warm milk.**

The starches will firm up the pudding significantly in the fridge. A splash of warm whole milk stirred in will restore its unctuous, creamy glory.

## INSTRUCTIONS

- 1. Hydrate and infuse the rice.**

In a heavy-bottomed medium saucepan or Dutch oven, bring the water, unrinsed rice, salt, butter, lemon peel, and cinnamon stick to a gentle boil over medium-high heat. Drop the heat to a simmer, partially cover the pot, and let it ride until the water is almost entirely absorbed, about 15 to 20 minutes.

**1. Develop the creaminess using the risotto method.**

With the heat on medium-low, pour a cup of your hot whole milk into the rice, stirring frequently with a wooden spoon to coax out the starches. As the liquid absorbs, add another cup, repeating this process until all the milk is incorporated and the rice is completely soft and swimming in a creamy, porridge-like matrix—this takes about 20 to 25 minutes.

**2. Stir in the sugar only after the rice is completely tender.**

This is the non-negotiable old-world secret: adding sugar too early permanently hardens the rice. Once the grains are soft to the bite, stir in the sugar—the mixture will loosen up slightly as it melts—and let it simmer while constantly stirring for another 5 minutes.

**3. Temper the egg yolks to create the golden custard.**

Remove the pot from the heat. Vigorously whisk a ladle of the hot rice liquid into your beaten egg yolks to gently raise their temperature. Slowly stir this tempered mixture back into the main pot and return to a very low heat for 2 to 3 minutes to thicken, strictly avoiding a boil so the eggs do not scramble.

**4. Plate and garnish with the traditional cinnamon lattice.**

Fish out the lemon peel and cinnamon stick, then pour the hot pudding onto a wide, shallow serving platter to cool. Right before serving, pinch ground cinnamon between your thumb and index finger and drop it in a decorative crisscross or lattice pattern across the top.

**CHEF'S NOTES**

● **Do not rinse the rice.**

You want every bit of surface starch from the Arborio grain to emulsify with the milk fat. Rinsing it washes your creaminess right down the drain.

● **Respect the sugar timing.**

Never add the sugar at the beginning. It alters the osmotic balance, hardening the exterior of the rice grains so they stay forever crunchy, no matter how long you boil them.

- **The weeknight milk shortcut.**

Instead of dirtying a second pot on the stove to keep your milk hot, simply heat the entire quart in a large glass measuring cup in the microwave for 3 to 4 minutes before you start ladling.



# Queijadas de Leite no Liquidificador

*kay-ZHAH-duhz duh LAY-tuh*

If you grew up in a Portuguese household, you know this smell. These are the unpretentious, crustless cousins of the famous pastel de nata—deeply custardy with a chewy, caramelized edge. Making them used to mean standing over a hot stove, but generations ago, pragmatic grandmothers discovered a secret: the blender. Throw it all in, skip the Americanized vanilla extract in favor of real lemon zest and cinnamon, and pour. It's practical, perfectly textured, and tastes exactly like home.

## INGREDIENTS

**2 cup** granulated sugar

**1 cup** all-purpose flour

**2 cup** whole milk  
**4 large** large eggs  
*at room temperature*  
**4 tbsp** unsalted butter  
*melted*  
**1 med** medium lemon  
*zested*

**1 tbsp** ground cinnamon  
*for dusting*  
**1 tbsp** unsalted butter  
*melted, for greasing the pan*  
**2 tbsp** all-purpose flour  
*for dusting the pan*

## PREPARATION

- **Generously brush a 12-cup metal muffin tin with melted butter, chill in the fridge for 5 minutes, then heavily dust with flour.**

Because these tarts form their own crust out of caramelized sugar, they will stubbornly stick to a bare pan if you skip this step.

## INSTRUCTIONS

- 1. Preheat the oven to 375°F and warm the milk until it is just warm to the touch.**  
Warming the milk ensures the melted butter won't solidify into clumps when they meet, keeping the batter perfectly silky.
- 2. Add the eggs, sugar, flour, 4 tablespoons of melted butter, warm milk, and lemon zest to a blender and blend on medium-high for 30 to 45 seconds.**  
The batter should be completely smooth, frothy on top, and quite thin, almost like a crepe batter.
- 3. Pour the batter directly into the prepared muffin tin, filling each cup three-quarters full, and bake for 30 to 35 minutes.**  
Around the 20-minute mark, they will puff up dramatically like mini-soufflés. Bake until the tops are deeply golden brown and slightly blistered.
- 4. Remove from the oven, allow them to deflate naturally, and cool in the pan for exactly 10 minutes.**  
The deflation creates the dense, gooey custard center. Do not let them cool completely in the pan or the caramelized sugar will harden like glue.

1. **Run a thin knife around the edge of each tart to pop them out, and dust generously with ground cinnamon.**

They are spectacular eaten slightly warm, but achieve their ultimate fudgy texture after chilling in the fridge for a few hours.

#### CHEF'S NOTES

- **Skip the vanilla extract.**

Many English adaptations add it automatically, but authentic Portuguese baking relies purely on the bright oils of fresh lemon zest and the warmth of cinnamon. Skipping the vanilla is what makes this taste exactly like the old country.



# Malassadas Rápidas

*mah-lah-SAH-dahsh RAH-pee-dahsh*

In Hawaii, they're perfectly round, cream-filled doughnuts, but if you grew up in a Portuguese household in New England or Ohio, you know the truth. A real Azorean malassada is flat, wildly uneven, hand-stretched, and tastes distinctively of yeast, bright citrus, and pure nostalgia. Traditionally, grandmas wrapped the dough in heavy blankets, waiting hours for it to rise. This version relies on an old-world secret to speed things up without losing that fermented funk: the 'bolinha' trick. By floating a tiny ball of dough in a glass of water, you'll know the exact minute it's ready to fry, turning a weekend marathon into a weeknight triumph.

## INGREDIENTS

<b>1/2 cup</b>	whole milk <i>warmed to exactly 110°F (feels like warm bathwater)</i>	<b>2 tbsp</b>	white rum or vodka
<b>1 tbsp</b>	granulated sugar	<b>1 large</b>	lemon <i>zested, no white pith</i>
<b>2 1/4 tsp</b>	instant dry yeast	<b>1 large</b>	orange <i>zested, no white pith</i>
<b>1/4 cup</b>	all-purpose flour	<b>1/4 cup</b>	whole milk <i>warmed, reserved to adjust dough texture</i>
<b>4 cup</b>	all-purpose flour <i>plus extra only if absolutely necessary</i>	<b>6 cup</b>	neutral oil <i>canola, vegetable, or peanut for frying</i>
<b>1/2 cup</b>	granulated sugar	<b>1 cup</b>	granulated sugar <i>for tossing</i>
<b>1/2 tsp</b>	fine sea salt	<b>1 tsp</b>	ground cinnamon <i>optional, mixed with the coating sugar</i>
<b>4 large</b>	eggs <i>room temperature</i>	<b>2 tbsp</b>	neutral oil <i>poured into a small bowl for greasing your hands</i>
<b>1/2 cup</b>	unsalted butter <i>melted and slightly cooled</i>		

## PREPARATION

- **Prepare the citrus zest**

Zest the lemon and orange before juicing or using them for other recipes, being careful to only take the fragrant colorful skin and leaving the bitter white pith behind.

- **Melt and cool the butter**

Melt the butter in advance so it has time to cool slightly. If you add scorching hot butter to the wet ingredients, you run the risk of scrambling the eggs or killing the yeast.

## INSTRUCTIONS

### 1. Awaken the yeast sponge

In a small bowl, whisk together the half cup of warm milk, one tablespoon of sugar, yeast, and quarter cup of flour. Cover with a towel and let sit in a warm place for 10 minutes until it becomes highly frothy and bubbly.

### 2. Mix the wet and dry ingredients

In a large mixing bowl or a stand mixer, whisk the 4 cups of flour, half cup of sugar, and salt, then make a deep well in the center. In a separate bowl, whisk the eggs, melted butter, rum or vodka, and citrus zest. Pour this wet mixture, along with your frothy yeast sponge, directly into the flour well.

### 3. Knead the sticky dough

Mix using a wooden spoon or dough hook on medium-low speed for about 5 minutes. The dough must be very sticky and soft; if it looks dry and shaggy, add the remaining quarter cup of warm milk. It should end up cohesive but still tacky to the touch.

### 4. Deploy the bolinha trick for the rise

Pinch off a marble-sized piece of dough and drop it into a clear glass of room-temperature water, where it will sink to the bottom. Cover your main mixing bowl with a damp towel and place it in a warm spot. Watch the glass; the exact moment the tiny dough ball floats to the top of the water (usually 40 to 60 minutes), your main batch is perfectly proofed.

### 5. Heat the frying oil

While the dough finishes rising, pour 6 cups of neutral oil into a heavy-bottomed Dutch oven or deep skillet. Attach a deep-fry thermometer and bring the oil to a steady 325°F to 350°F over medium heat. Line a baking sheet with paper towels and mix your coating sugar and cinnamon in a wide, shallow dish.

### **1. Stretch the dough with oiled hands**

Pour a little neutral oil into a small bowl and rub it all over your palms and fingers so the dough won't stick to you. Tear off a piece of dough the size of a small tangerine and gently stretch it outward from the center into an uneven, 4 to 5-inch disc, leaving the edges slightly thicker than the middle.

### **2. Fry to a deep golden brown**

Carefully lower the stretched dough into the hot oil, frying two to three at a time to maintain the oil temperature. Fry for about 2 minutes on the first side until deep golden brown, then flip with tongs and fry for 1 to 2 minutes on the other side.

### **3. Toss in sugar while hot**

Remove the malassadas from the oil, allowing excess fat to drip off for a few seconds onto the paper towels. While they are still hot, drop them into the bowl of sugar and toss to coat heavily on both sides. Serve immediately.

## **CHEF'S NOTES**

#### **● Resist the urge to over-flour**

The dough is supposed to be frustratingly sticky. If you add enough flour to make it smooth and satiny like sandwich bread, your malassadas will become heavy bricks. Use the oiled-hands trick instead.

#### **● Trust the alcohol**

The splash of rum or vodka serves a crucial scientific purpose. It inhibits gluten formation for a tender bite, and the alcohol evaporates violently during frying, creating internal steam that repels the hot oil so the dough doesn't get greasy.

#### **● Embrace the ugly shapes**

A perfectly round malassada belongs in a bakery display. The true beauty of this Azorean classic lies in its organic, amoeba-like shape. The thin, crispy craters contrast perfectly with the thicker, pillowy edges.



# Despensa Luso-Americana

*Supermarket hacks and ingredient translations for the modern Luso-American kitchen.*

There is a beautiful, necessary pragmatism to the immigrant kitchen. You don't always have a weathered, old-world grocer down the block pulling salt cod from wooden barrels. More often, you are staring down the sterile aisles of a suburban American supermarket on a Tuesday night, trying to conjure the ghosts of the old country before the kids need to be put to bed. But authenticity isn't a geography lesson; it's an act of stubborn survival. The Luso-American

pantry is built on this brilliant alchemy—knowing exactly how to navigate the sausage aisle, how to elevate humble tinned fish into a proper meal, and how to cheat a custard tart when you need a taste of Lisbon right now.



*Taste of Artisan*  
craft foods and drinks for all



# Salada de Atum e Feijão Frade

*sah-LAH-duh duh ah-TOON ee fay-ZHOWN FRAH-duh*

In Portugal, canned fish isn't a budget compromise; it's a religion. This salad is the quintessential expression of the old-world pantry, demanding nothing but respect for a few good ingredients. Water-packed tuna and sweet balsamic have no place here. The magic lies entirely in the execution: emulsifying a sharp, garlic-laced vinaigrette, leaving the tuna in unapologetically large chunks, and having the patience to let the whole thing rest until the beans drink up the dressing. It requires zero active cooking, yet delivers an experience that instantly transports you to a sun-baked taberna.

## INGREDIENTS

<b>30 oz</b>	canned black-eyed peas <i>thoroughly rinsed and drained</i>	<b>1/4 cup</b>	extra-virgin olive oil
<b>10 oz</b>	solid white or chunk light tuna packed in extra-virgin olive oil <i>undrained</i>	<b>2 tbsp</b>	white wine vinegar
<b>3 large</b>	eggs	<b>1 small clove</b>	garlic <i>smashed to a paste</i>
<b>1/2 med</b>	red onion <i>finely diced</i>	<b>1/2 tsp</b>	fine sea salt
<b>1/3 cup</b>	fresh flat-leaf parsley <i>finely chopped</i>	<b>1/4 tsp</b>	black pepper <i>freshly ground</i>
		<b>1/4 cup</b>	black olives <i>pitted</i>

## PREPARATION

- **Boil the eggs.**

Place the eggs in a small saucepan and cover with cold water. Bring to a rolling boil, then remove from heat, cover, and let sit for exactly 10 minutes. Transfer to an ice bath to cool, then peel and cut into quarters.

- **Tame the onion.**

Submerge the diced red onion in a small bowl of cold water for 10 minutes. This pulls out the harsh, sulfurous bite and leaves a clean, sweet crunch. Drain well before using.

## INSTRUCTIONS

- 1. Emulsify the dressing.**

In a large serving bowl, whisk together the olive oil, white wine vinegar, smashed garlic, salt, and pepper. Emulsifying the dressing before adding the ingredients ensures every bean is perfectly coated.

**1. Dress the beans.**

Add the rinsed black-eyed peas, drained red onions, and chopped parsley to the bowl with the dressing. Toss gently until combined.

**2. Fold in the tuna.**

Empty the cans of tuna, retaining their flavorful oil, into the bowl. Use a fork to gently break the tuna into large, rustic chunks—do not mash it into a paste. Fold it carefully into the beans.

**3. Let it rest.**

Walk away for at least 15 minutes. This is the non-negotiable secret to authentic flavor, giving the starches in the beans time to absorb the oil and acid.

**4. Garnish and serve.**

Taste the salad and adjust the salt or add an extra splash of vinegar if it needs more zing. Top with the hard-boiled egg quarters and black olives, and finish with one last generous glug of olive oil right before serving.

**CHEF'S NOTES**

● **The Tuna Investment.**

Because this dish relies on so few ingredients, the quality of the fish dictates the success of the salad. While premium Portuguese conservas are ideal, widely accessible American supermarket brands like Genova or Cento packed in olive oil provide the necessary fat and texture that water-packed tuna ruins.

● **Vinegar Truths.**

Resist the American instinct to use balsamic vinegar. It is too sweet and heavy, masking the delicate earthiness of the black-eyed peas. White wine vinegar provides the sharp, clean acidity characteristic of genuine Portuguese fare.



# Pastéis de Nata

*pah-SHTEYZH de NAH-tah*

The monks at Lisbon’s Jerónimos Monastery were pragmatists. After using vats of egg whites to starch their habits, they took the leftover yolks and engineered a culinary masterpiece: a rich, scorch-topped custard sitting in a shattering, laminated crust. Making that dough from scratch is a beautiful weekend project, but a tired first-generation cook on a Tuesday night knows that a high-quality, all-butter puff pastry is a totally respectable shortcut. The true soul of the dish lies in the non-negotiable custard chemistry. By cooking a flour paste and hitting it with a screaming-hot cinnamon syrup, the eggs are armored

against the blazing heat of the oven. Slam these into a maxed-out oven on a preheated pizza stone, and they'll emerge blistered, blackened, and tasting exactly like the cobbled streets of Belém.

## INGREDIENTS

<b>14 oz</b>	all-butter puff pastry <i>thawed but still cold</i>	<b>1/3 cup</b>	all-purpose flour
<b>1 cup</b>	cold water <i>reserved for shaping</i>	<b>500 ml</b>	whole milk <i>divided</i>
<b>1 1/4 cup</b>	granulated sugar	<b>6 large</b>	egg yolks <i>lightly beaten</i>
<b>150 ml</b>	water	<b>1 tbsp</b>	ground cinnamon
<b>1 large</b>	cinnamon stick	<b>1 tbsp</b>	powdered sugar
<b>3 large</b>	lemon peel <i>cut into strips, yellow part only, no bitter white pith</i>		

## PREPARATION

- **Prepare the dough log.**

Unfold the cold puff pastry onto a lightly floured surface, roll it away from you into a very tight, compact cylinder, wrap it tightly in plastic wrap, and chill in the refrigerator for at least 30 minutes to harden the butter.

- **Preheat your oven and baking stone.**

Place a baking steel or pizza stone on the upper-middle rack of your oven and preheat to its absolute maximum temperature (ideally 500°F to 550°F) with the convection fan on. Let it heat for at least 45 minutes.

## INSTRUCTIONS

- 1. Whisk the flour with a quarter cup of the cold milk until a completely smooth, lump-free slurry forms.**

This is the crucial foundation that prevents the custard from splitting at extreme temperatures.

- 2. Bring the remaining milk to a gentle boil, then slowly whisk it into the flour slurry in a steady stream.**

Pour this entire mixture back into the saucepan over medium-low heat. Whisk continuously for 3 to 5 minutes until it thickens into a heavy paste, cooking out the raw flour taste, then remove from heat.

- 3. Combine the sugar, water, cinnamon stick, and lemon peels in a small saucepan over medium-high heat.**

Do not stir. Let it boil until it reaches 220°F (105°C) on a candy thermometer. If you lack a thermometer, let it boil for exactly 3 minutes after reaching a rolling boil.

- 4. Carefully remove the aromatics with tongs, then pour the boiling syrup into the thickened milk-flour mixture.**

Pour in a slow, steady stream while whisking vigorously. The mixture will loosen up and become completely smooth. Let it cool for 10 minutes.

- 5. Whisk the beaten egg yolks into the slightly cooled custard until fully incorporated.**

Strain the completed custard through a fine-mesh sieve into a jug with a spout to remove any stray lumps or scrambled egg bits.

- 6. Slice the chilled pastry log into 12 equal discs, about three-quarters of an inch thick.**

Trim the uneven ends first to ensure perfectly even tarts.

- 1. Place one disc, cut-side down, into each well of an ungreased muffin tin and press into shape using wet thumbs.**

Dip your thumbs into a bowl of cold water, press directly into the center of the spiral, and push the dough flat against the bottom. Gently massage it up the sides, creating a slight lip above the rim of the well.

- 2. Pour the strained custard into the pastry shells, filling them about three-quarters of the way to the top.**

Do not overfill, or the custard will boil over and ruin the crispness of the pastry.

- 3. Place the muffin tin directly onto the preheated baking steel or stone and bake for 10 to 15 minutes.**

Watch them closely. You are looking for a deeply puffed, golden-brown crust and fiercely bubbling custard that has developed dark, blistered spots.

- 4. Cool the tarts in the pan for 5 minutes before transferring them to a wire rack.**

The domed custard will sink and settle as it cools. Serve warm with an espresso, offering guests ground cinnamon and powdered sugar to dust over the top.

#### CHEF'S NOTES

- **Do not skip the baking stone or steel.**

Standard American ovens don't reach the blistering temperatures of commercial Portuguese ovens. The preheated stone provides a massive blast of conductive heat necessary to shatteringly crisp the pastry bottoms before the custard overcooks.



# Arroz de Tomate com Chouriço

*ah-ROHSH deh toh-MAH-teh kohn shoh-REE-soh*

Ask any Portuguese kid about their ultimate comfort food, and they won't name a complex pastry or an elaborate roast. They'll point to this. It's the smell of a Tuesday night in an immigrant kitchen—an unpretentious exercise in patience and chemistry. In Portugal, they call the texture *malandrinho*, meaning the rice misbehaves, swimming in a velvety broth rather than sitting dry on a plate. To nail that elusive consistency from an American supermarket, swap the native Carolino grain for starchy Italian Arborio. Coax it along with slow-cooked

tomatoes and the smoky, paprika-laced fat of rendered sausage. It's deeply nostalgic, highly practical, and tastes exactly the way the old world intended.

## INGREDIENTS

<b>2 tbsp</b>	extra-virgin olive oil	<b>1 pinch</b>	sugar
<b>1/2 lb</b>	Portuguese chouriço or Spanish dry-cured chorizo <i>cut into 1/4-inch half-moons</i>	<b>1 cup</b>	Arborio rice
<b>1 med</b>	yellow onion <i>finely diced</i>	<b>3 1/2 cup</b>	low-sodium chicken broth or water <i>heated to a rolling boil</i>
<b>3 large</b>	cloves garlic <i>minced</i>	<b>1/2 tsp</b>	kosher salt
<b>1 small</b>	dried bay leaf	<b>1/4 tsp</b>	black pepper
<b>1 tbsp</b>	tomato paste	<b>1/4 cup</b>	fresh cilantro or flat-leaf parsley <i>finely chopped</i>
<b>14 1/2 oz</b>	canned crushed tomatoes with juices		

## INSTRUCTIONS

### 1. Render the sausage fat to build the dish's foundation.

Place a heavy-bottomed pot or Dutch oven over medium heat, add the olive oil, and cook the sliced chouriço for 3 to 4 minutes until the edges crisp and release their bright red, paprika-infused fat.

### 2. Sauté the aromatics in the rendered oil.

Toss in the diced onion and bay leaf, cooking for about 5 minutes until the onions are soft and translucent, then add the garlic and cook for one minute more.

### 3. Reduce the tomatoes into a thick, concentrated jam.

Stir in the tomato paste to toast it briefly, then add the crushed tomatoes and a pinch of sugar. Do not rush this step—cooking the tomatoes down for 5 to 8 minutes neutralizes their raw acidity and brings out their natural sweetness.

**1. Coat the dry rice in the flavored fat.**

Pour the Arborio rice directly into the tomato jam and stir continuously for one to two minutes so every grain absorbs the concentrated base.

**2. Flood the pot with boiling hot liquid.**

Carefully pour in the boiling broth or water, add the salt and pepper, and scrape up any browned bits from the bottom. Using cold liquid here will shock the starch and ruin the texture.

**3. Simmer gently to coax out the starch.**

Bring the pot to a simmer, leave it uncovered, and cook for 12 to 15 minutes, stirring occasionally to help the rice release its starches and naturally thicken the broth.

**4. Pull it off the heat while it still looks entirely too wet.**

When the rice is al dente and the pot resembles a thick soup, turn off the heat, stir in half the cilantro, and cover tightly for 5 minutes to let the residual heat finish the job into a velvety sauce.

**CHEF'S NOTES**

● **Never use long-grain white rice for this dish.**

To get the authentic malandrino texture, you need a high-starch short-grain rice. If you can't source native Portuguese Carolino, Italian Arborio or Carnaroli are the required supermarket stand-ins.

● **Choose your sausage wisely.**

If you lack authentic Portuguese chouriço, use Spanish dry-cured chorizo or Andouille. Never substitute raw Mexican chorizo, which will dissolve into a greasy, vinegary paste and ruin the dish.



# Pica-Pau Rápido

*pee-kah-pow rah-pee-doo*

For anyone raised in a Portuguese-American household, the smell of garlic and bay leaves hitting hot olive oil is the immediate, visceral scent of home. Pica-Pau—literally "woodpecker"—is the ultimate tavern food, meant to be shared straight from the pan, pecked at with toothpicks, and chased with cold beer. Overcomplicated versions try to turn this into a stew, but the old-world secret your grandmother knew is simply a lightning-fast, high-heat pan fry. Using accessible American sirloin and a jar of supermarket giardiniera to stand in for traditional Portuguese pickles, this is a deeply nostalgic masterpiece you can pull off on a random Tuesday night.

## INGREDIENTS

<b>1 1/2 lb</b>	sirloin steak <i>trimmed of excess fat and cut into 1-inch cubes</i>	<b>2</b>	dried bay leaves <i>cracked slightly</i>
<b>1 tsp</b>	kosher salt	<b>1/2 cup</b>	light beer
<b>1/2 tsp</b>	black pepper <i>freshly ground</i>	<b>1 tbsp</b>	Dijon mustard
<b>2 tbsp</b>	extra-virgin olive oil	<b>1 tsp</b>	hot sauce
<b>3 tbsp</b>	unsalted butter <i>divided</i>	<b>1/2 cup</b>	mild Italian giardiniera <i>drained and roughly chopped</i>
<b>4 large cloves</b>	garlic <i>peeled and gently smashed</i>	<b>1/4 cup</b>	pitted black olives
		<b>2 tbsp</b>	fresh parsley <i>roughly chopped</i>
		<b>1 loaf</b>	crusty bread <i>for serving</i>

## PREPARATION

- **Pat the beef completely dry with paper towels.**

Moisture is the enemy of a good sear, and a hard crust is structurally essential to the dish.

## INSTRUCTIONS

- 1. Sear the beef over high heat and remove it immediately.**

Season the dried beef generously with salt and pepper. Heat the olive oil and 1 tablespoon of butter in a large, heavy-bottomed skillet over high heat. Add the beef in a single layer, undisturbed, for 2 minutes to build a deep crust. Flip and sear for 1 more minute until browned but still rare inside, then immediately transfer the meat to a clean plate.

- 2. Bloom the aromatics in the residual fat.**

Lower the heat to medium. Do not wipe out the pan—those browned bits are essential. Toss in the smashed garlic cloves and cracked bay leaves, stirring for about a minute until highly fragrant and turning golden.

**1. Deglaze the pan and emulsify the sauce.**

Pour in the beer to forcefully deglaze the pan, scraping up all the caramelized bits with a wooden spoon. Let it reduce by half for about 2 minutes to cook off the alcohol. Whisk in the Dijon mustard and hot sauce, then drop in the remaining 2 tablespoons of cold butter, swirling continuously until it melts into a glossy, thickened gravy.

**2. Return the beef to the pan just to warm through.**

Pour the reserved beef and its resting juices back into the skillet. Toss everything in the sauce for about 60 seconds. Do not cook the beef further; it must remain incredibly tender.

**3. Fold in the garnishes off the heat and serve.**

Turn off the heat entirely. Fold in the chopped giardiniera and black olives so they warm slightly without losing their acidic crunch. Scatter with parsley and serve straight from the pan with toothpicks and plenty of crusty bread.

**CHEF'S NOTES**

● **The Supermarket Pickle Hack**

Traditional Portuguese pickles are a simple vinegar brine of carrots, cauliflower, and cucumbers. Mild Italian giardiniera is a flawless American supermarket substitute that provides the exact same crunch and acidic punch required to cut through the rich meat.

● **Do Not Overcook the Beef**

The most common mistake made in diaspora kitchens is boiling the meat in the sauce. Treating it as a two-step process—searing first, making the sauce in the empty pan, then reuniting them—guarantees a tender bite.



# Massa de Atum da Mãe

*mah-suh deh ah-toom dah my*

For a Luso-American kid growing up in the suburbs, the smell of onions and garlic slowly sweetening in olive oil with a single bay leaf meant one thing: comfort was coming. This is the ultimate Portuguese pantry meal, born not in high-end restaurants, but from the practical brilliance of immigrant mothers feeding their families after a long shift. It relies entirely on the magic of the *refogado*, a deep reverence for high-quality canned fish, and the old-world secret of using starchy pasta water to magically transform a little tomato and oil into a glossy, luxurious sauce. It is a bright, savory, oceanic masterpiece pulled off on a Tuesday night.

## INGREDIENTS

<b>1 lb</b>	short dry pasta	<b>1 tbsp</b>	Azorean pepper paste
<b>12 oz</b>	solid tuna packed in olive oil <i>drained, oil reserved if high quality</i>	<b>1/2 cup</b>	tomato passata
<b>3 tbsp</b>	extra virgin olive oil	<b>1/4 cup</b>	dry white wine
<b>1 large</b>	yellow onion <i>finely diced</i>	<b>1/2 tsp</b>	kosher salt
<b>1 small</b>	dried bay leaf	<b>1/2 tsp</b>	black pepper
<b>3 large cloves</b>	garlic <i>minced</i>	<b>1/4 cup</b>	fresh parsley <i>finely chopped</i>

## INSTRUCTIONS

### 1. Boil the pasta and reserve the starchy cooking water.

Bring a large pot of heavily salted water to a rolling boil. Cook the pasta until strictly al dente, usually a minute or two less than the package directs. Before draining, carefully scoop out one cup of the cloudy pasta water—this is liquid gold.

### 2. Build the sweet foundation of the refogado.

Heat the olive oil (or the reserved oil from premium tuna) in a wide skillet over medium-low heat. Add the diced onion and bay leaf, cooking patiently for 8 to 10 minutes until deeply sweet and translucent.

### 3. Bloom the aromatics.

Add the minced garlic and pepper paste to the soft onions. Cook for just a minute or two until highly fragrant, ensuring the garlic doesn't burn and turn bitter.

### 4. Deglaze the pan and build the sauce.

Pour in the white wine, scraping up any browned bits until the sharp alcohol smell dissipates. Stir in the tomato passata and simmer gently for a few minutes so the flavors meld.

**1. Gently fold in the tuna.**

Add the drained tuna to the skillet. Use a wooden spoon to gently break the fillets into bite-sized chunks—never mash it into a paste. Season with a pinch of salt and plenty of black pepper.

**2. Emulsify the sauce with the pasta water.**

Dump the drained pasta directly into the skillet along with half of your reserved starchy water. Toss vigorously over medium heat. The starch will force the oil and tomato to bind into a creamy, glossy sauce that clings perfectly to the pasta. Add more water if it seems dry.

**3. Garnish and serve.**

Remove the skillet from the heat, discard the bay leaf, and fold in the freshly chopped parsley. Serve immediately directly from the pan.

**CHEF'S NOTES**

● **Substituting the pepper paste.**

If you don't have access to an Azorean market for Pimenta Moída, substitute half a teaspoon of crushed red pepper flakes and half a teaspoon of smoked paprika when you add the garlic.

● **Avoid sugary American pasta sauces.**

Use plain tomato passata, crushed tomatoes, or a tiny amount of tomato paste. A sugary, herb-heavy marinara will overpower the delicate fish and ruin the distinct Portuguese flavor profile.

● **Save extra pasta water for leftovers.**

This dish is notoriously excellent the next day, but refrigerated pasta absorbs moisture. Save a little extra pasta water in a jar in the fridge to splash into the skillet when reheating.



# Tostas de Sardinha Elevadas

*TOHSH-tash de sar-DEEN-yah eh-leh-VAH-dash*

For first-generation kids, the smell of crackling crusty bread and olive-oil soaked sardines meant someone was hungry, in a rush, or unexpected company just walked in. This isn't a trendy wine bar gimmick; it's the old-world magic of the *esfregado*. By grating raw garlic and ripe tomato directly into the hot crags of toasted sourdough, you build an unpretentious, savory foundation that takes exactly five minutes to pull together from the pantry. It's survival, comfort, and heritage packed into a small aluminum tin.

## INGREDIENTS

**4 large** rustic sourdough bread  
**slice** *thickly sliced*

**1 large** garlic  
**clove** *peeled and halved*

<b>1 med</b>	Roma tomato <i>halved horizontally</i>	<b>1/4 cup</b>	jarred roasted red peppers <i>patted dry and cut into thin strips</i>
<b>4 1/4 oz</b>	premium Portuguese sardines in extra virgin olive oil	<b>2 tbsp</b>	fresh parsley <i>roughly chopped</i>
<b>1/4 small</b>	red onion <i>sliced paper-thin</i>	<b>1 small</b>	lemon <i>cut into wedges</i>
		<b>to taste</b>	flaky sea salt
		<b>to taste</b>	black pepper <i>freshly cracked</i>

## PREPARATION

- **Shave the onion.**

Use a mandoline if you have one to get the red onion absolutely paper-thin, providing the necessary sulfurous bite without overpowering the delicate fish.

## INSTRUCTIONS

- 1. Toast the bread until deeply golden and rough.**

You want the bread quite crisp on the outside so it can stand up to the oil and tomato without getting soggy. A dry skillet over medium heat works wonders here.

- 2. Apply the esfregado.**

While the bread is still hot, rub the cut side of the garlic clove firmly over the surface to melt the essential oils into the crust, then immediately follow by vigorously rubbing the cut side of the tomato to press its pulp and juice into the crags. Discard whatever tomato skin is left in your hand.

- 3. Lay out the fish.**

Carefully lift the sardines from their tin with a fork, trying your best to keep them intact, and drape them across the prepared toast.

- 4. Add the textural crunch.**

Top the sardines with the strips of roasted red pepper and paper-thin red onion slices to cut right through the richness of the fish.

**1. Finish with the tin oil and herbs.**

Drizzle a spoonful of the golden olive oil left in the sardine tin directly over the assembled toasts, scatter the parsley, and finish with a squeeze of fresh lemon, flaky sea salt, and black pepper.

**CHEF'S NOTES**

- **Respect the tin oil.**

Do not discard the extra virgin olive oil from the sardine tin. It is deeply infused with the essence of the fish and acts as a luxurious, necessary binding dressing.

- **Leave the bones in.**

The tiny bones in premium tinned sardines are soft, entirely edible, and a non-negotiable part of the authentic experience.



## Cogumelos à Bulhão Pato

*koo-goo-mel-oosh ah bool-yown pah-too*

If there is one scent that teleports a first-generation Luso-American back to their parents' kitchen, it is the intoxicating collision of garlic, olive oil, and cilantro hitting a hot pan. Originally a clam dish honoring a 19th-century poet, this modern preparation embraces the humble cremini mushroom as the perfect sponge for a canonical, buttery, wine-laced sauce. It is unpretentious and deeply nostalgic, relying on the simplest of old-world techniques—like waiting to drop the garlic until the mushrooms have deeply browned—to deliver absolute perfection on a frantic Tuesday night.

## INGREDIENTS

<b>1 lb</b>	cremini mushrooms <i>wiped clean, dry ends trimmed, thickly sliced or quartered</i>	<b>1/4 cup</b>	fresh cilantro <i>finely chopped, stems and leaves divided</i>
<b>3 tbsp</b>	extra virgin olive oil	<b>1/2</b>	fresh lemon <i>juiced</i>
<b>4 large</b>	garlic cloves <i>very thinly sliced</i>	<b>1/2 tsp</b>	kosher salt
<b>1/2 cup</b>	dry white wine	<b>1/4 tsp</b>	black pepper <i>freshly ground</i>
<b>1 tbsp</b>	unsalted butter	<b>1 loaf</b>	crusty bread <i>sliced and toasted</i>

## INSTRUCTIONS

### 1. Sear the mushrooms undisturbed in hot olive oil.

Heat the olive oil in a wide skillet over medium-high heat, add the mushrooms in a single layer, and let them sit untouched for about 2 minutes to develop a deep brown crust before tossing to caramelize fully.

### 2. Create a well in the center of the pan to soften the aromatics.

Reduce the heat to medium and push the browned mushrooms to the edges. Add the sliced garlic and chopped cilantro stems to the center, sautéing for just 60 seconds until fragrant but not browned, then toss everything together and season generously with salt and pepper.

### 3. Deglaze the pan with white wine and reduce.

Pour in the wine, allowing it to bubble furiously. Let it cook for 2 to 3 minutes until the strong smell of alcohol burns off and the liquid has reduced by half.

### 4. Turn off the heat and stir in the butter to create the emulsion.

This is the grandmother's secret. Removing the pan from the heat before adding the butter allows the dairy to gently melt into the residual wine and oil, creating a velvety, glossy sauce instead of a broken, greasy one.

**1. Finish with fresh lemon juice and cilantro leaves.**

Squeeze the lemon juice over the top, scatter the remaining cilantro leaves, and serve immediately straight from the skillet alongside an irresponsible amount of toasted bread.

**CHEF'S NOTES**

● **Never wash mushrooms under running water.**

Fungi act like sponges; washing them introduces excess water that will cause them to boil rather than sear in the pan. Wipe them clean with a damp paper towel instead.



# Salsichas Frescas com Couve Lombarda

*sal-see-shas fresh-kas kom ko-veh lom-bar-dah*

This is the epitome of comida de tacho—humble, resourceful pot food that instantly teleports a first-generation kid from a rainy Tuesday in Ohio straight back to their mother's kitchen. The trick to replicating that exact, intoxicating aroma of an old-world refogado isn't some rare import, but sheer peasant resourcefulness. You save the earthy, nutrient-rich water used to soften the cabbage, using it to braise the raw sausages and later cook the rice, building layers of flavor that a modern canned broth could never touch.

## INGREDIENTS

<b>1 large</b>	Savoy cabbage <i>outermost leaves carefully peeled and kept whole</i>	<b>1/4 cup</b>	smoked bacon or Portuguese chouriço <i>finely diced</i>
<b>2 tbsp</b>	kosher salt	<b>1 med</b>	carrot <i>peeled and cut into thin half-moons</i>
<b>8</b>	mild fresh pork sausages	<b>1/2 cup</b>	dry white wine
<b>1/4 cup</b>	extra-virgin olive oil	<b>14.5 oz</b>	crushed tomatoes
<b>1 large</b>	yellow onion <i>finely diced</i>	<b>1/4 tsp</b>	freshly grated nutmeg
<b>3 med cloves</b>	garlic <i>minced</i>	<b>1/2 tsp</b>	black pepper <i>freshly ground</i>
<b>1</b>	dried bay leaf		

## PREPARATION

- **Roll the sausages up to a day in advance.**

To streamline a busy weeknight, blanch the cabbage and wrap the raw sausages up to 24 hours ahead, storing them in the fridge alongside a jar of the reserved cabbage water until you're ready to build the refogado.

## INSTRUCTIONS

- 1. Blanch the cabbage leaves in boiling, salted water.**

Submerge the 8 to 10 largest outer leaves in a wide pot of heavily salted boiling water for 5 to 7 minutes until wilted and pliable. Remove them to a colander, but whatever you do, do not dump the water—reserve at least 3 cups of this earthy, cabbage-infused liquid for your braise.

- 2. Shave the thick center vein from each leaf.**

Lay the cooled leaves flat and use a paring knife to carefully shave down the rigid white spine so it sits flush with the rest of the leaf, preventing it from snapping when you roll it.

**1. Wrap each raw sausage in a cabbage leaf like a burrito.**

Place a raw sausage across the bottom third of a leaf, fold the left and right sides inward over the ends, and roll tightly away from you. Set them aside seam-side down.

**2. Build the refogado by sautéing the aromatics.**

In a wide, heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Sauté the diced onion, minced garlic, bay leaf, and bacon or chouriço for about 6 to 8 minutes until the onions are soft and deeply fragrant, then stir in the sliced carrots for another 2 minutes.

**3. Deglaze with white wine and simmer the tomato base.**

Pour in the wine, scraping up any browned bits on the bottom, and let it bubble vigorously for 2 minutes to cook off the alcohol. Stir in the crushed tomatoes, nutmeg, and black pepper, letting the sauce sweeten and thicken for 3 to 4 minutes.

**4. Braise the wrapped sausages in the sauce and reserved cabbage water.**

Nestle the cabbage rolls snugly into the tomato sauce, seam-side down so they stay closed. Pour in about 1 to 1 1/2 cup of the warm cabbage water until the rolls are three-quarters submerged, cover with a tight-fitting lid, and simmer on medium-low for 35 to 45 minutes until the pork is cooked through and the cabbage melts in your mouth.

**CHEF'S NOTES**

● **Source the right sausages.**

Portuguese salsichas frescas are raw, unsmoked, and mild. If you can't find them, fresh plain pork bratwursts or mild Italian sausages (without fennel) are the perfect supermarket stand-in. Never use precooked or smoked sausages here.

● **Serve with simple white rice cooked in the leftover cabbage water.**

Use the remaining reserved blanching liquid in place of plain water for your side of rice or mashed potatoes to ensure no flavor goes to waste.

- **Resist the urge to sear the sausages first.**

Braising the sausages entirely raw allows their savory, garlicky juices to leach directly into the cabbage and the surrounding tomato broth, creating a unified, intensely flavorful sauce.