

Discover
Portugal
through
our food

5 Portuguese Traditional Recipes

selected for you
to start the discovery

Panela de 3 Pés by Ana Viale Moutinho



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INTRODUCTION

Hello!
I'm Ana,

Born and raised in Porto, and I'm a home cook, passionate by traditional Portuguese cuisine. I love to teach my country's cuisine to everyone who's not afraid of trying new flavors and textures.

If you are reading this page, it's because you like to know more about Portuguese traditional cuisine or you just like to cook and try new recipes from different countries.

And what better place than your kitchen to start the discovery? There you travel to a country without having to ever leave your home, **so, start cooking and discover a little bit of my country, by making the recipes on this ebook.**

5 Portuguese traditional recipes

BEFORE YOU START

These 5 recipes were carefully selected and tried by me especially for you, so you can start **discovering Portugal through our food.**

I divided the recipes into **5 parts (appetizer, soup, fish, meat and dessert)** that represent **5 regions of Portugal** that are mentioned after the name of each recipe.

At the end of the recipes there is a **replacement list for those ingredients you might not find at home.**

You will also find a **traditional Portuguese proverb or a saying** in Portuguese and in English, so you can start **learning a little bit of our language.**

BEFORE YOU START

I am sure you are going to love these recipes!

Drop me a line if you want, at
info@panelade3pes.pt

I will be very **happy to answer your questions.**

Check all my contacts and social media at the end of this ebook.

Thank you for downloading my ebook.

Ana Viale Moutinho

Panela de 3 Pés, why?

by Ana Viale Moutinho

Panela de 3 Pés (3-foot pot) is a project born from my passion for Portuguese traditional cuisine.

As a child, I spent many Summers in Figueira de Castelo Rodrigo (Beira Alta region), with my maternal grandmother, who taught me how to cook, instilling in me the need to discover and experiment new recipes and flavors.

But we don't always act right away on what we love and then, life got in the way, and my passion stood on hold.

One day, passion spoke louder and there I went to take the basic cooking course and many trainings in this area, which helped me put this project together.



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Panela de 3 Pés, why?

by Ana Viale Moutinho

My passion for food, especially the **Portuguese traditional** one, drives me to promote my country's cuisine, showing and teaching how to make our most typical recipes: from savory to sweet.

And then the very first challenge came...

THE NAME!

But... what about the name? What name was I going to give to my project?

I have a **3-foot black iron pot** at the entrance of my house. In Portuguese it is called "panela de 3 pés" [**read pan-ELLA the trESH pESH**]

I inherited it from my grandmother, she and I cooked in it for many years.

Panela de 3 Pés, why?

by Ana Viale Moutinho

And what a better name for this project, if not the one of the **Pot** that contains the happy memories of my childhood!

With the **3-foot pot**, and my grandmother I discovered my passion for cooking.

And that is why my brand it's called **Panela de 3 Pés!**

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What makes it different?

Let me tell you why the dishes cooked in a “**panela de 3 pés**” are different from the ones cooked in a regular pan:

they taste better, because they **cook slowly** and the smoke and the heat of the different kinds of firewood ends up interfering with the final taste and smell of the dish.

The 3-foot black iron pot is still used in some kitchens to preserve the way people used to cook.





LET'S START THE DISCOVERY

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BATTERED GREEN BEANS

PEIXINHOS DA HORTA

[pei-SHI-nyosh da OR-tah

Estremadura region



This recipe is very **popular in Lisbon**, Portugal's capital, which is located in the **center-South of the country**. In the **mid-16th century**, the Portuguese missionaries, being inspired by this recipe of "**peixinhos da horta**", influenced the **Japanese tempura**, the habit of frying food wrapped in batter.

INGREDIENTS

500g (4 cups) of green

beans

125g (1 cup) of all-purpose

flour

2 medium size eggs

oil for frying

salt and pepper

REPLACEMENT LIST

if you can't find... green beans, you can replace them with celery, carrot or other vegetable with similar texture.



HOW TO MAKE

Wash and trim the ends of the green beans and cut them in half.

Put them in boiling water seasoned with salt and let them cook for 5 minutes.

Drain the beans and leave to cool.

Beat the eggs, mix with flour and season with salt and pepper.

Beat the dough well to connect and stay light. If the dough is dry, just add a little bit of water.

Wrap the green beans one by one in batter and fry them in hot oil.

Drain well in a paper towel and serve.

PORTUGUESE SAYING

You can't make omelets without breaking eggs

[Não se fazem omeletes sem partir ovos]

BROTH FARMER'S-TYPE

CALDO À LAVRADOR [KAL-dough AH la-VRA-dorr]

Minho region



Minho is located in the **North of Portugal** and has a frontier with Galicia. Its gastronomy is very rich in terms of savory or sweet dishes and wine.

“Vinho verde”, a fantastic wine to **drink cold**, comes from that region and it uses grape varieties that grow only there, being **Alvarinho the most well known**.

INGREDIENTS

100g (½ cup) of dried red beans

100g (¼ cup) of bacon

250g (2 ½ cup) of potatoes

150g (1 ⅔ cup) of “Galician-cabbage”

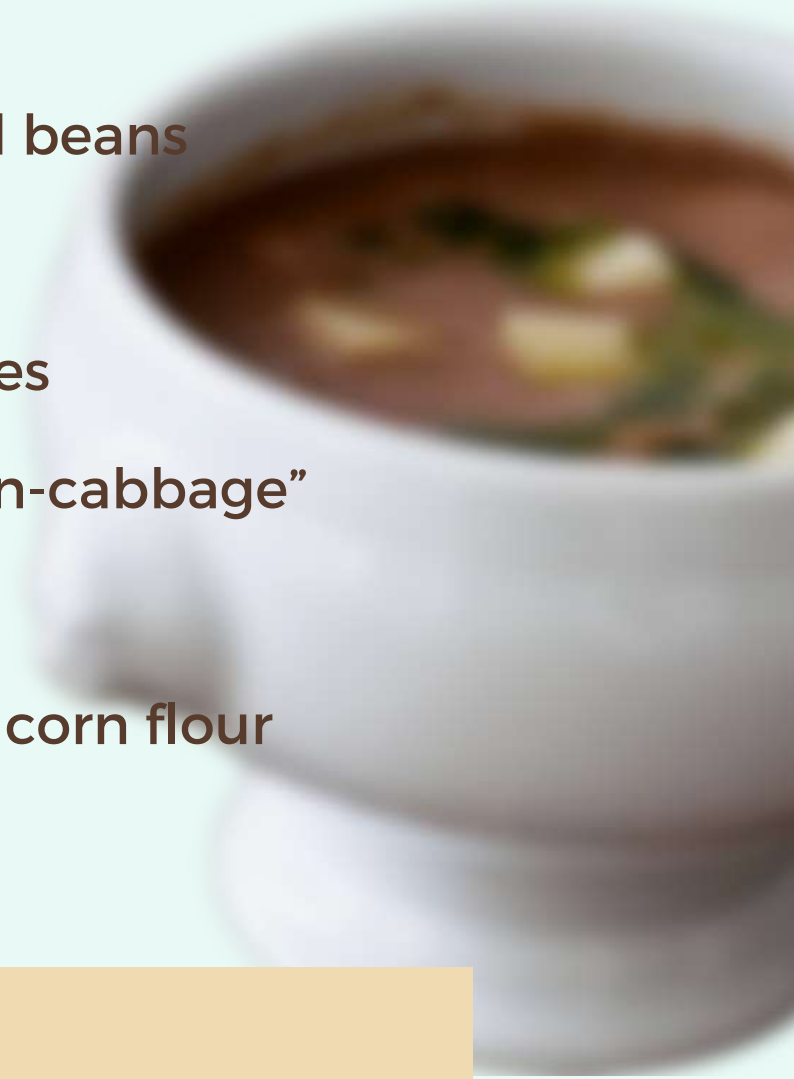
1 tablespoon of olive oil

125g (1 cup barely full) of corn flour

salt

REPLACEMENT LIST

if you can't find... dried beans, you can replace them with canned beans, but you can only add them at the end.



HOW TO MAKE

Soak the beans overnight.

Cut the potatoes in cubes of about 1cm (1/2 inch).

In a pot, put 1 liter of tap water and the beans, season with salt and let cook, medium heat, for 30 minutes. s later, add the bacon.

Add the bacon and cook for 10 minutes.

Add the potatoes and cook for 10 minutes.

Meanwhile, separate the cabbage leaves, place them on top of each other, roll them up and cut finelly. Wash them and add to the pot.

Bring to the boil, adjust the seasoning and add the olive oil.

Dissolve the flour in 1 cup of water and add to the broth, stirring constantly.

Let it boil for 3 minutes and serve.

PORTUGUESE SAYING

“Old pot makes good soup!”

[Panela velha faz boa sopa]

TUNA STEAKS WITH SWEET POTATO

BIFES DE ATUM
COM BATATA DOCE
[BEEF-esh the a-TUM
com ba-TA-ta DO-se]

Madeira Island



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Madeira is one of Portugal's islands and is called the “**pearl of the Atlantic Ocean**”. It has several dishes with **tuna and sweet potato**, ingredients that are exported to several European countries.

INGREDIENTS

2 fresh tuna steaks around

1cm/0.196 inches thick

200ml of vinegar

3 medium size onions

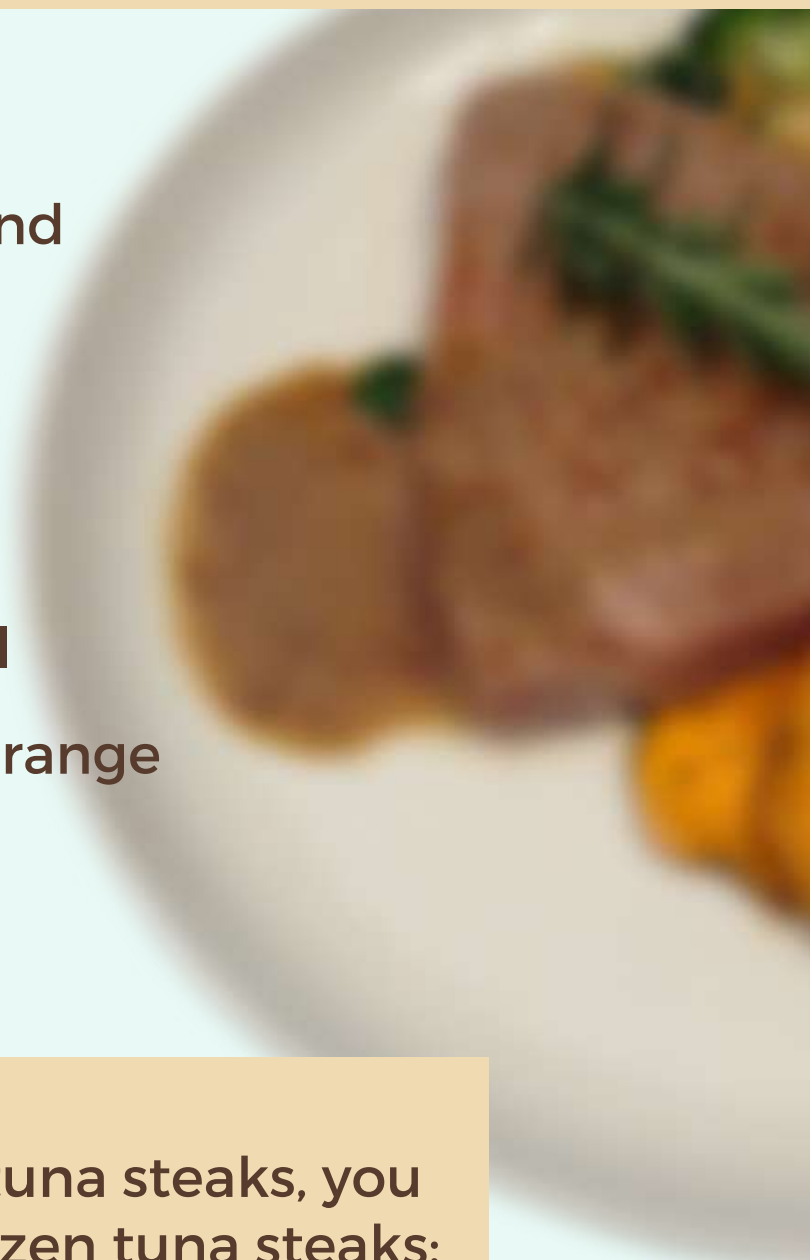
3 tablespoons of olive oil

300g (3 cups) of sweet orange
potatoes

salt and pepper

REPLACEMENT LIST

if you can't find... fresh tuna steaks, you can replace them by frozen tuna steaks; sweet potatoes, you can replace them with yams.



HOW TO MAKE

Place the tuna steaks in the vinegar and leave them to marinate overnight in the refrigerator.

Peel the potatoes, wash, cut them in slices of 1 cm (½ inch) and set aside. Cut the onions in thin slices

Cover the bottom of a pan with the onions and drizzle with olive oil.

Place the steaks on top and season with salt and pepper.

Add the vinegar from the marinade. Cover the saucepan and, after boiling, reduce the heat and let them cook for 10 minutes.

Boil the potatoes in water and salt for 8 minutes, or until soft.

Put the steaks on the serving dish and cover them with the onion with the sweet potatoes around them.

PORTUGUESE SAYING

“Truth is like olive oil, it always comes to the surface.”

"A verdade é como o azeite, vem sempre ao de cima".

PORK WITH BELL PEPPERS

CARNE DE PORCO COM PIMENTOS

[cAR-ne the POR-coh
com pim-EN-tosh]

**Trás-os-Montes e
Alto Douro region**



Trás-os-Montes region is in the **North-interior of Portugal** and has a frontier with Spain. **Pork dishes are very common in this region** and all of them are very good. There is a **beautiful train line that follows the Douro river** (that originates in Spain and crosses Portugal until the sea) - you have to try: **the view is astonishing!**

INGREDIENTS

600g (4 ½ cups) of pork shoulder

3 medium size onions

2 tablespoons of lard

1 tablespoon of paprika

5 bell peppers

red wine, salt and black pepper

500g (2 ⅓ cups) of long grain rice

butter



REPLACEMENT LIST

if you can't find... paprika, you don't have to replace it.

HOW TO MAKE

Chop the onions.

Cut the meat into small pieces.

Clean the peppers of seeds and cut them into strips.

In a saucepan saute the onion in lard until browned.

Mix in the paprika while stirring well.

Add the meat, season with salt and pepper.

Allow the meat to cook for a while, stirring constantly.

Cover it with wine and, when it boils, add the bell peppers and cover with the lid.

Reduce to low heat and simmer for 50 minutes.

Serve with cooked rice.

PORTUGUESE SAYING

“Bread smells best, salt tastes best”

[Dos cheiros o pão, dos sabores o sal]

CINNAMON CAKE

BOLA PARDA [BOW-la PAR-da]

Beira Alta region



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This cake is very simple and tastes like Christmas, because of the cinnamon flavor. The Beira Alta region is located in the mid-interior center of Portugal and **if you like snow, you must go in the Winter to Serra da Estrela**, our highest mountain. Like Trás-os-Montes e Alto Douro, it has a frontier with Spain.

INGREDIENTS

4 whole eggs
200g ($\frac{1}{2}$ cup + $\frac{1}{3}$ cup + $\frac{1}{2}$ tablespoon) of sugar
500g (4 cups + 2 tablespoons) of all-purpose flour
500ml of milk (whole, reduced-fat or skim)
2 tablespoons of butter
2 tablespoons of cinnamon
2 teaspoons of baking soda

REPLACEMENT LIST

if you can't find... baking soda, you can replace it with 6 tsp of baking powder.



HOW TO MAKE

Preheat the oven to 180°C (350F)

Break the eggs into a bowl and beat them with the sugar until well combined.

Add the milk, the butter, the cinnamon and stir.

Mix the baking soda in the flour and add to the batter.

Mix everything until combined.

Place in a 30 x 20cm rectangular baking pan, previously greased with butter and sprinkled with flour.

Bake in the oven for 20 minutes or until cooked.

Before unmolding, let cool for 5 minutes and then cut into squares.

PORTUGUESE SAYING

“Bent cake doesn't lose its taste.”

[Bolo torto não perde o gosto.]

All things come to an end... even the good ones!

I hope you enjoyed discovering a little bit of Portugal's culinary culture by making these recipes.

I would love to hear about your experiences doing them.

Tell me which ones you enjoyed most, which was easier for you to cook and which was your family's favorite.

Share your thoughts with me at [**info@panelade3pes.pt**](mailto:info@panelade3pes.pt)

Follow me on social media and don't miss a thing!

 [**panelade3pes.en**](https://www.facebook.com/panelade3pes.en)

 [**panelade3pes.en**](https://www.instagram.com/panelade3pes.en)

JUST FOR YOU

JUST FOR YOU



ANA VIALE MOUTINHO

Passionate for food and home made dishes!

I hope you start loving Portuguese traditional cuisine a little after reading and trying these recipes.

Before acting on my passion I studied communication sciences (BA and MA) and took a PhD in Romance Languages and Literatures. I am the author of the book "Cozinha da Beira Alta", which gathers traditional recipes from the Beira Alta area, where my family comes from. I work full time at a Portuguese private university.

While working I took cooking classes at the School of Hospitality and Tourism of Porto, and in other certified centers, to learn more and improve my techniques.

Because I love to cook so much Portuguese traditional cuisine and I also love to teach, I decided to remodel a kitchen in order to organize workshops (online and face-to-face) to share my knowledge on my free time.

panelade3pes.pt

info@panelade3pes.pt

*Home made food
with love*



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