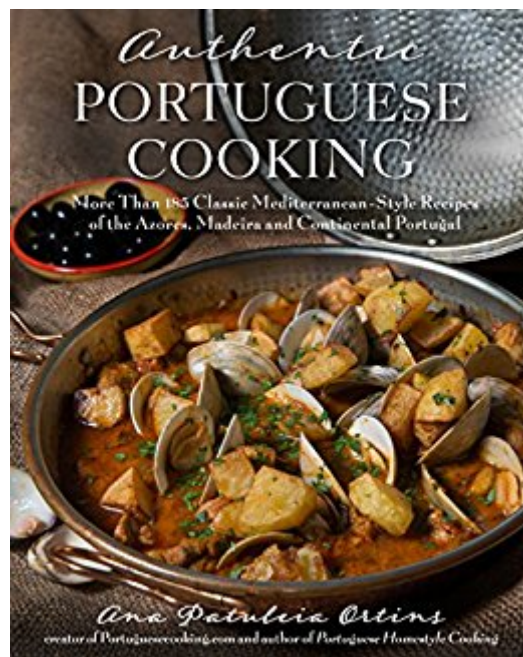


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# Authentic Portuguese Cooking: More Than 185 Classic Mediterranean-Style Recipes Of The Azores, Madeira And Continental Portugal



## Synopsis

An Encyclopedic Collection of Recipes from One of the World's Most Cherished Food Cultures Ana Patuleia Ortins will help you travel to and experience the unique paradise of Portugal without setting foot on a plane. Portugal is known for its cuisine that while mild in spice, is rich in flavor. As the authority on Portuguese cooking, Ana highlights the fare through an encyclopedic look into her family's cooking and the country's history. Embrace the flavors of Portugal and learn how to make all parts of a true Portuguese meal, from meats such as Madeiran Wine and Garlic Beef Kabobs, Mushroom-Stuffed Pork Tenderloin with Pomegranate Sauce and Saint Martin's Grilled Salt Cod with Potatoes, to sides of SautÃ©ed Kale with Pine Nuts and Onions and homemade bread. Ana's step-by-step guides to preparing and cooking present easy-to-follow methods for the most delicious results! Discover why Portugal should be on every foodie's list of places to visit, even if it's in your own kitchen!

## Book Information

File Size: 81679 KB

Print Length: 400 pages

Publisher: Page Street Publishing (October 20, 2015)

Publication Date: October 20, 2015

Language: English

ASIN: B00UFJTHG4

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #452,923 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14

inÂ Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Regional & International >

European > Portuguese #33 inÂ Books > Cookbooks, Food & Wine > Regional & International >

European > Portuguese #157567 inÂ Kindle Store > Kindle eBooks > Nonfiction

## Customer Reviews

I'm very impressed with the quality of this cookbook, everything is well laid out, beautifully illustrated with photos, and contains a wide variety of recipes from very simple to ones I probably will never try (like octopus stews). I was concerned about trying a cookbook for a foreign cuisine since they often

need a variety of exotic and hard-to-find ingredients but I was impressed with the selection of recipes here that don't use anything that I wouldn't already have at home, with maybe 1 or 2 extra things from the store. Sure, there are still recipes with some ingredients I might have trouble finding (like the aforementioned octopus, or some cakes that use a specific brand of international brand cookie) but overall the recipes are reasonably easy to make and use fairly standard pantry items. Just make sure you have white wine around, that seems to be a popular ingredient for a lot of these dishes! I also liked the pages with additional, more detailed information on preparation steps, again lavishly illustrated with photos for the steps, and having all the ingredients both with US measures as well as metric. If you like to weigh your dry ingredients like me, you always love to see a cookbook with the weights for everything included. The paper used for the book is nice and heavy weight with a glossy finish that should help make cleaning up any splatter in the kitchen fairly easy. The recipes vary in serving sizes with some feeding a large group, other suited for just two. I wish more were in the range of 4 or less, since more than that and I have to consider halving the portions, but anyone looking to cook for an entire family will be just fine.

Substantial, this hardback cookbook is a serious resource of Portuguese cooking with more than 185 recipes contained between the covers. For those of us unfamiliar with the cuisine, the author has, with skill and affection, created a total immersion crash course in the food of this culture and its wonderful flavors. Organized into seven chapters: Meats and Poultry; Seafood, Soups; Legumes, Vegetables and More; Little Tastes; Breads; and Desserts. The book is carefully to be user friendly. Measurements are presented in both metric and US, the index, although in English contains titles in Portuguese. I prepared a couple of dishes but this is a humble beginning given the wealth of recipes. One morning I prepared Madeiran Potatoes with Egg and Cheese for breakfast and for dinner another day, Chickpeas, Rice and Prosciutto Stuffed Peppers. I substituted Asiago cheese in place of the St. Jorge because the store I checked didn't carry it. Both recipes were delicious and the instructions clear. I plan to make the Sweet Tomato Jam next. This book covers a lot of territory -- there are recipes for everything from Cough Syrup to Roast Kid (Goat.) The vast majority of ingredients are pantry staples and if in possession of a well-stocked spice cabinet should be on-hand in most kitchens, and if not, should be easy to locate or find a reasonable substitute. This is not a book where the user cannot prepare a single recipe because they are missing a long list of exotic ingredients. Of course, there are some things, for instance specialty meats, particular varieties of sausage and cheese that may require some hunting if looking for authenticity and reluctant to substitute. Book specifics -- which I include because they may present issues to some

users.

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