



the courses

aperitivos aperitifs
aperitivos e acepipes/entradas/
petiscos starters, snacks
acepipes variados assorted
appetizers
sopas soups
saladas salads
prato principal/segundo prato
main course
peixes fish
mariscos shellfish
carne meat
aves poultry
caça game
legumes vegetables

sobremesas/doces desserts
fruta fruit (for a full list of fruit
and nuts, see p59)
doces desserts

main ways of cooking

à cataplana cooked in a round
copper pan
assado roast
bem passado well done
cozido boiled
cozido ao vapor steamed
escaldado poached
fumado smoked

frito fried
grelhado grilled
mal passado rare, underdone
marinado marinated
no ponto medium done
no churrasco barbecued
no forno in the oven, baked

the menu

açorda thick bread-and-garlic
based soup
de marisco with seafood
à Alentejana with garlic
and herbs
açúcar sugar
aipo celery
alho garlic
amêijoas clams
à bulhão pato cooked
with garlic and coriander
anchovas anchovies
arroz rice
branco plain
de ervilhas with peas
doce rice pudding
de frango with chicken
de marisco with seafood
de manteiga with butter
e massa and pasta
atum tuna
azeite oil
azeitonas olives
recheadas stuffed
pretas black
bacalhau cod
à Brás with eggs and potatoes
à Gomes de Sá with black
olives, garlic and potatoes
cozido boiled

batatas ... potatoes
cozidas boiled
fritas chips
baunilha vanilla
berinjela aubergine
bife steak (i.e. the cut)
de atum tuna
de porco pork
de vaca beef
bolinhos de amêndoa almond
biscuits
bolos cakes
borrego lamb
cabrito kid
cação em vinho tinto fish stew
in red wine sauce
caldeirada fish stew
caldo verde soup made with
shredded kale, potato and spicy
sausage
camarões shrimps
canja de galinha chicken soup
caracóis snails
caranguejo crab
carapau horse-mackerel
carne meat
de porco à Alentejana pork
with clams
carnes frias cold meats
caril curry
castanhas chestnuts
cavala mackerel
cebolas onions
cenouras carrots
cherne turbot
chocolate chocolate
chocos cuttlefish
com tinta in its ink
chouriço spicy pork sausage,
with paprika and garlic