



*Portugal*  
**Menu**

*Starter*

**Octopus Salad**

*Main Course*

**Codfish with Cream**

*Dessert*

**Rice Pudding**

*Drink*

**Orange Juice**

*TV Snack*

**Oat Cookies**

# Healthy Recipes

## Octopus Salad

### Ingredients

1 octopus (1Kg)  
2 chopped onions  
4 minced garlic cloves  
a small bunch of chopped cilantro  
1 tomato, chopped  
half a green pepper, chopped  
125 ml of olive oil  
100 ml of cider vinegar  
Salt  
Pepper



### Preparation

Prepare and wash the octopus and put it in the pressure pan for 30—45 minutes. It's not necessary to add water; the octopus will cook in its own water. When the octopus is tender take it out of the pressure cooker and let it cool. Cut into bite-size pieces.

In a bowl mix the octopus with the onion, the garlic, the tomato, the pepper and the coriander. Season it with salt and pepper. Drizzle it with olive oil and vinegar to your taste.

Leave it in the fridge until the salad is cold. It's ready to serve.

**242 kcal/person**

## Codfish with Cream

### Ingredients

4 pieces of desalted codfish (800 g)  
6 medium onions (1kg)  
1 kg of diced potatoes  
1 liter of skim milk  
3 tablespoons of whole wheat flour (40g)  
olive oil – 100ml  
light margarine- 40g  
pepper  
Nutmeg



### Preparation

Cook the cod pieces and shred them with a fork.

Boil potatoes until tender.

Melt the margarine into a pan and add the flour, stir gently to combine. Pour in the milk slowly and stir to mix well– continue until the mixture is smooth & begins to thicken. Set it aside after thickening.

In a large pan, pour the sliced onions and season with pepper, a bit of salt and nutmeg. Add olive oil to let it heat up. Add the diced potatoes and the cod and let it cook for some minutes.

In ovenproof Pyrex put the codfish mixture and then the cream over it. Top it with grated bread crumbs and take it to the oven for about 40 minutes.

**552 kcal/person**

## Rice Pudding

### Ingredients

- 3/4 cups of uncooked rice
- 1/3 cup brown sugar
- 1 and ½ cups of water
- 1 and ½ cups of low fat milk
- ¼ teaspoon of salt
- ½ cup of low fat milk
- 1 egg beaten
- 1 tablespoon low fat butter
- ½ teaspoon vanilla extract
- cinnamon
- 2 lemon rinds
- 2 cinnamon sticks



### Preparation

In a pot, bring the water to a boil and add the rice. Season it with a little salt, replace the lid, reduce heat to low, and let it cook until the water has been completely absorbed, about 20 minutes.

Now, add the butter, the lemon rinds, the cinnamon sticks and the milk. Mix it and let it cook for 45 minutes. Stir it once in a while so that it won't stick to the bottom. Add the sugar after 30 minutes.

Beat the egg into the half-cup of milk, then add the mixture to the rice and turn off the cooker when the rice starts bubbling.

Divide the rice into individual bowls and place in refrigerator. When cooled, dust it with cinnamon and the recipe is finished.

**202 kcal/person**

## Oatmeal Cookies

### Ingredients

1 cup butter, room temperature  
3/4 cup granulated sugar  
3/4 cup firmly-packed brown sugar  
2 eggs  
1 1/3 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1 teaspoon ground cinnamon  
3 cups old-fashioned rolled oats  
Raisins (optional)



### Preparation

First, preheat the oven to 175°C. Lightly grease cookie sheets.

In a large bowl beat the cream butter, granulated sugar and brown sugar until light and fluffy. Add the eggs and beat until smooth. Stir in flour, baking soda, baking powder and cinnamon.

Add the rolled oats and continue stirring until combined.

Place round tablespoons of dough on prepared cookie sheets. The mounds of dough should be no larger than a walnut.

Bake 9 to 12 minutes or until light brown and bottoms are golden (cookies should not get brown). Remove from oven and cool on wire racks.

Yields 3 dozen cookies.

**35 Kcal/person**

## Orange Juice

### Ingredients

2/3 fresh oranges

### Preparation

Squeeze the oranges until you have enough juice for a glass.

**47 kcal/ person**



## INTERESTING FACTS ABOUT PORTUGUESE COOKING

- In the summer it's very typical to eat grilled sardines on top of a slice of bread and eat it with our fingers, not with knife and fork.
- In summer afternoons it's very common to sit in outdoor cafés and have a very cold drink with a small dish of lupini beans.
- In Oporto area there's a dish known as "Little French Girl"; it consists on a sandwich with a beefsteak, different types of pork sausages and ham, lots of cheese and a special sauce.
- On Christmas Eve people usually have a cake called "King's cake"; it has the shape of a crown and it's full of dried fruits. The tradition was that the person finding the "lucky coin" inside had to pay for the next one. Nowadays it's forbidden to put that inside the cake, so this tradition ended.
- Dinner is usually served late in the evening (about 8.30pm).
- Portuguese people usually dip pieces of bread in their soup or stew.
- In Olhão there's a very traditional dish called Xarém. It's a mixture of corn and small pieces of bacon and it's usually served with scallops or clams.
- It's said there are more than 1001 different ways of preparing codfish (our national dish). The cod used in Portugal is always salted, not fresh.
- Grilled chicken seasoned with piri piri is one of the top recipes in our country.
- "Pastel de nata" is our favourite sweet. It's a small open pastry with a sweet custard filling and a caramelized sugar topping. The best "Pastel de Nata" are known as "Pastel de Belém", as they are made in the Belém area of Lisbon and their recipe is top secret since they were first made, in 1837.