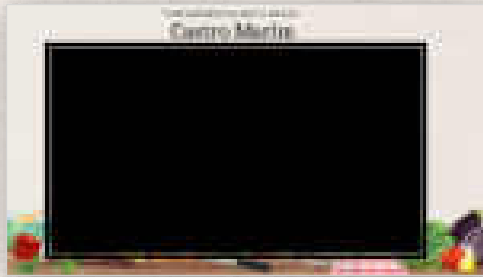




Portuguese and regional cuisine

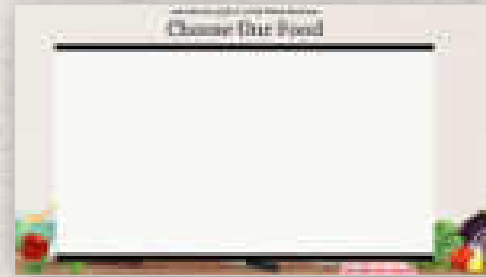


Our location and Food



To the south there is a place to discover...

Castro Marim



tourism and agrifood of the Baixo Guadiana

Choose Our Food



Our cousin in

Castro Marim

Creating a tradition menu
with the help of our students



Seven wonders of Portuguese gastronomy...



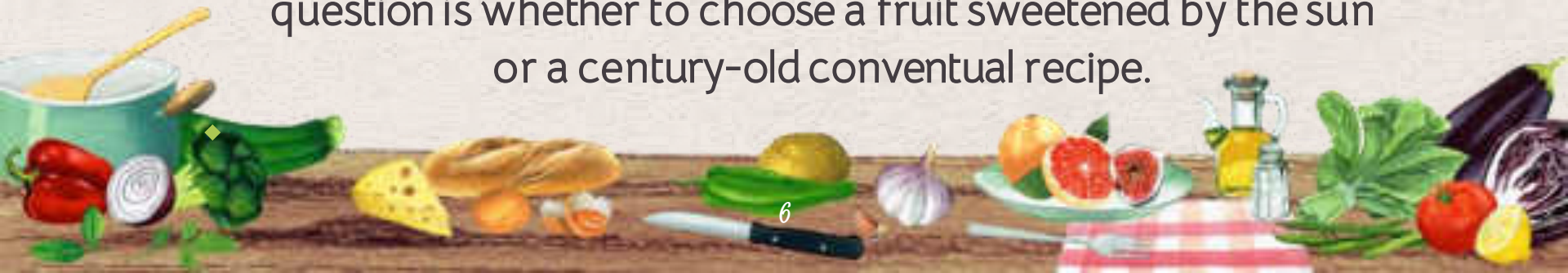
Portuguese cuisine

- ◆ Portuguese cuisine is very rich. It's hard to believe that such a small country has such a wide variety of dishes. Proving them to everyone lasts a lifetime.



Portuguese cuisine

- ◆ Portuguese cuisine is very rich and varied. It has succulent meat dishes, seasoned and cooked according to centuries of tradition. It has magnificent fish and shellfish that abounds on the coast and that Ferran Adriá considered to be the best in the world. And what about cod, which, according to reports, can be cooked in 1001 different ways? Finally, you should always save room for dessert. The question is whether to choose a fruit sweetened by the sun or a century-old conventual recipe.



“

An Algarve menu

- ◆ *Starter: Algarvian carrots*
- ◆ *Main dish: Algarvian style tuna steak*
 - ◆ *Dessert: Orange pie*





Algarvian carrots

“

Ingredients:

- ◆ Carrots
- ◆ Garlic
- ◆ Coriander
- ◆ Salt olives
- ◆ Pepper
- ◆ Salt



Preparation:



Algarvian carrots

1. Peel 4 carrots and cut into slices
2. Put water in a pan and bring to the boil. When it boils put the carrots inside
3. When they are cooked, drain the water and put them in a bowl
4. Season with olive oil, salt, pepper, coriander and salt olives.





Algarvian tuna steak

Ingredients:

- ◆ 2 sliced fresh tuna steaks,
- ◆ 2 sliced onions,
- ◆ 1/2 red pepper in strips
- ◆ 1/2 green pepper in strips
- ◆ 1 bay leaf,
- ◆ 2 minced garlic cloves
- ◆ 5 peeled ripe tomatoes, seedless,
- ◆ 1/2 glass of white wine,
- ◆ 1 lemon, olive oil,
- ◆ Salt
- ◆ chopped coriander



Algarvian tuna steak

1. Start by seasoning the steaks with salt, pepper and you can sprinkle with a few drops of lemon
2. Let it to marinate for 30 minutes.
3. In a frying pan, sauté the onion, garlic, bay leaf and pepper, stirring until the onion is golden brown.
4. Add the diced tomatoes. Always mixing the preparation well,
5. After a few minutes pour in the white wine.



Algarvian tuna steak

6. Season with salt and pepper and simmer over low heat to form a consistent sauce.
7. Add the steaks to this mixture and cook for approximately 12 minutes.
8. If necessary, add a pinch of sugar to reduce the acidity of the tomatoes.
9. It can be served with fried potato slices.

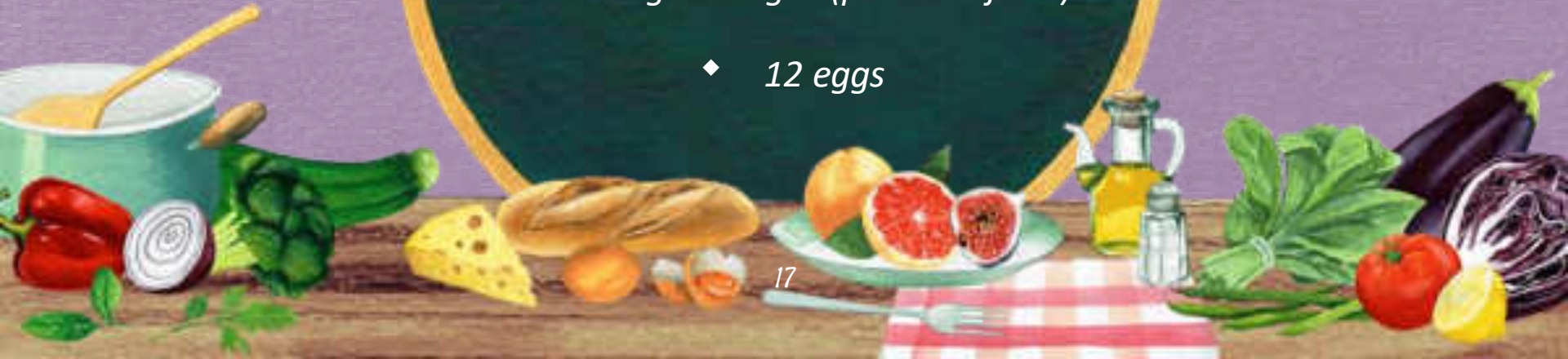


Orange pie



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Ingredients:

- ◆ 400 grams of sugar
- ◆ 50 grams of flour
- ◆ 15 grams of baking powder
- ◆ 2 large oranges (peel and juice)
- ◆ 12 eggs



Preparation :

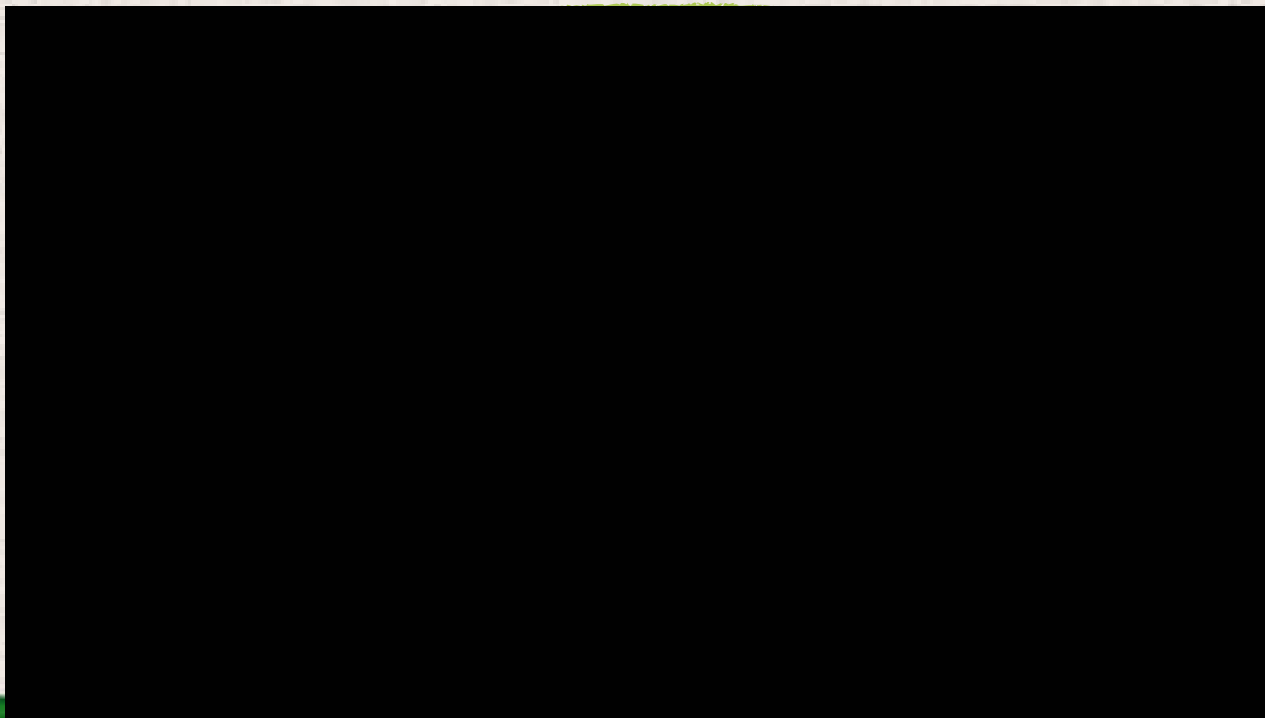


Orange pie

1. Start by adding the sugar, flour and yeast. Mix well
2. Add the rind and juice of the oranges.
3. Add the eggs and beat once more.
4. Bake on a tray lined with parchment paper.
5. Put it in the oven at 200°C (in bain-marie) until cooked.
6. Let it cool slightly, unmold, sprinkle with sugar and roll up.
 - ◆ It's ready to serve



Our menu is ready!





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THANKS

