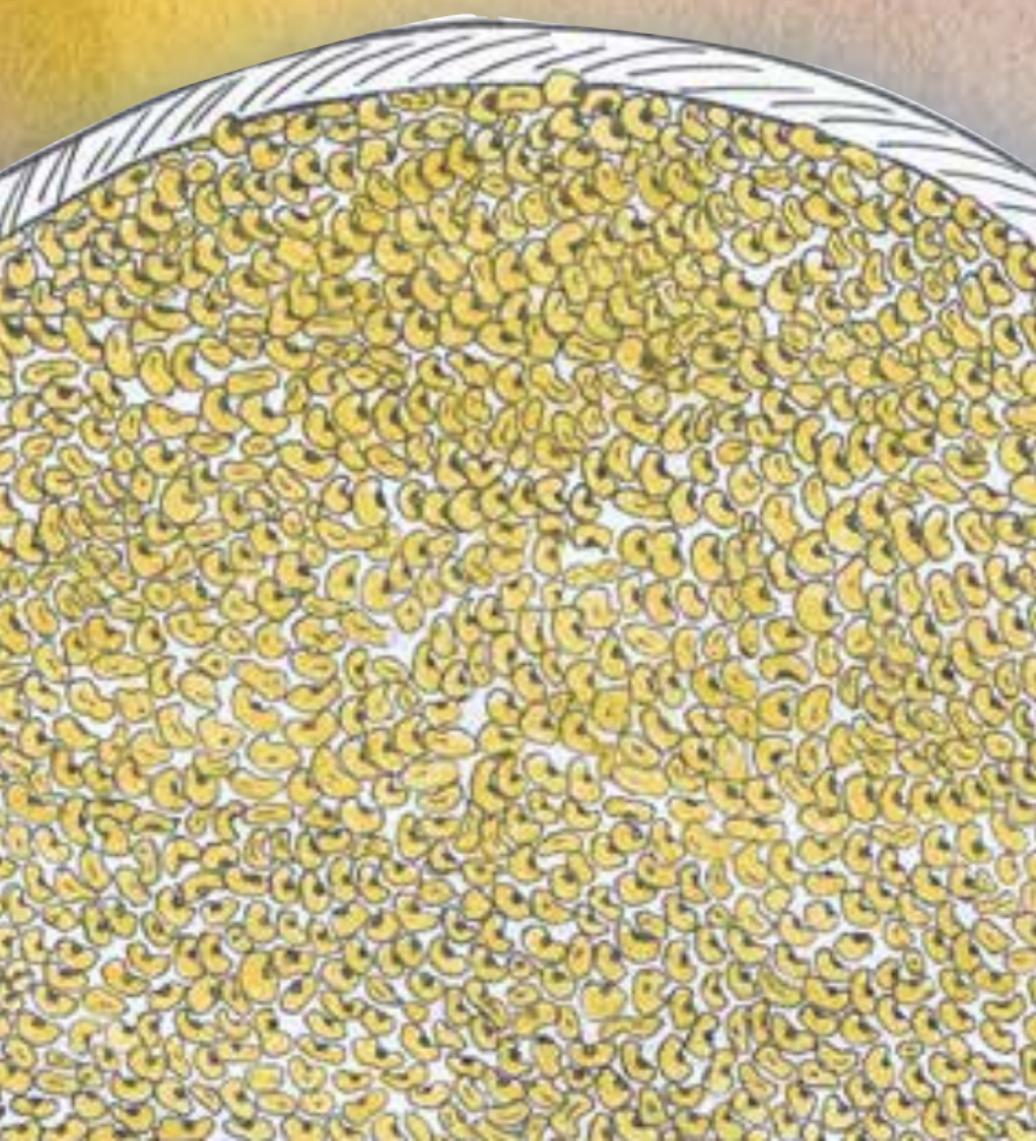


MUSEU MUNICIPAL DE TAVIRA • 2019

Algarve
RECIPES



This flyer “Algarve Recipes”, initiative of the Museum Tavira Municipal, is the result of an intergenerational project between the traditional knowledge of the members of the “Em Contacto Tavira Association” and the artistic skill of the 11th grade art students of the “Dr Jorge Augusto Correia” School in Tavira.

These are simple recipes, based on Mediterranean diet principles, using local, fresh, seasonal produce, based on folk wisdom.

Try it and enjoy your meal!



Pumpkin and Spinach soup



INGREDIENTS

¼ Pumpkin
1 Turnip Greens
1 Courgette
4 Carrots
3 Potatoes
Spinach to taste
Oil to taste
Salt to taste
Water to taste

PREPARATION

Boil the vegetables in a pan except for the spinach.

Shred everything using a hand blender, boil it, add the spinach leaves, and leave it to boil.

Finally, add a drizzle of olive oil and salt.

Coriander Soup

INGREDIENTS

4 Potatoes
4 Carrots
1 Courgette
200 g Pumpkin
½ Onion
1 clove of Garlic
1 small sprig of Coriander
Olive Oil to taste
Salt to taste
Water to taste

PREPARATION

Boil all the vegetables
and blend them together.

Add coriander, a drizzle
of olive oil, and salt.

Let it simmer for 15 minutes.



Fried Green Beans

(Peixinhos da Horta)

INGREDIENTS

½ kg (1 lb) Green Beans
2 Eggs
150 g Flour
Salt to taste
Pepper to taste
Oil to taste

PREPARATION

Boil the green beans in a pot of salt
and water and then take them out
removing excess liquid.

Place the flour in a bowl and whisk
the eggs and the pepper in a
bowl.

Place enough oil for frying in
a deep fryer.

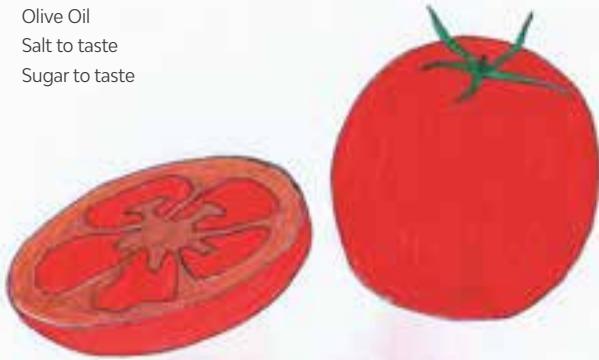
Dip the green beans in the flour,
then the eggs, and fry them
when the oil is hot enough.



Tomato and Egg stir-fry

INGREDIENTS

4 Ripe tomatoes
4 Eggs
½ Onion
1 clove of Garlic
Olive Oil
Salt to taste
Sugar to taste



PREPARATION

Place olive oil, a minced peeled tomato in a frying pan, add minced garlic and onion, and leave it to fry at low heat.

Add a small spoon of sugar, and when fried add scrambled eggs and salt.

Suggestion: Sugar cuts the tomato acidity.

Mini Salad

INGREDIENTS

4 Green tomatoes
1 Cucumber
½ Green Pepper
½ Red Pepper
1 medium Onion
4 small Potatoes
4 slices of home-made day old Bread
Olive Oil to taste
Oregyear to taste
Water to taste



PREPARATION

Chop the tomato, cucumber, peppers, and onion into tiny pieces in a salad bowl.

Boil the potatoes with the skin on, peel it off afterwards and add the potatoes to the previous mixture together with the bread cut into little square pieces.

Pour olive oil, oregyear, and salt.

Add fresh water.

Suggestion: You may add vinegar, if you like the taste of it.

Cockles au Naturel

INGREDIENTS

1 kg (2 lbs) Cockles
1 bulb of Garlic
Coriander to taste
Olive Oil to taste

PREPARATION

Place the cockles in salt water for at least one hour to get the sand out.

Heat a frying pan with olive oil and crushed unpeeled garlic.

Let it fry.

Add the cockles, cover them, and leave them to simmer.

Do not touch the cockles, when their shells begin to pop open add the coriander.

Suggestion: If you like, you can sprinkle lemon juice before you serve them.



Bread-based Stew

INGREDIENTS

12 Medium slices of home-made day old bread
4 or 5 Pennyroyal leaves
4 Eggs
2 cloves of Garlic
Olive Oil to taste
Salt to taste



PREPARATION

Crush the garlic and pennyroyal leaves, place the previous mixture in a salad bowl together with the bread, and add some olive oil and salt.

Boil some water and place the eggs inside carefully, leave them to poach.

Once poached, they are added to the bread together with hot water.

Serve warm.

Suggestion: If you wish, you can add a sprig of coriander. You can replace pennyroyal with mint.

Bread-based Chicken Stew

INGREDIENTS

½ Chicken (cut into pieces)
250 g Chickpeas
2 cloves of Garlic
1 sprig of Coriander
4 or 5 Mint stems
12 slices of home-made day old Bread
½ Onion
100 g Bacon
Olive Oil to taste



PREPARATION

Take a pan and cook the chicken with bacon, onion, and chickpeas.

Place the slices of bread in a big bowl, on the side, crush the garlic, coriander, and mint, add olive oil and add it to the previous mixture.

Pour the chicken, chickpeas, bacon, and stock onto the bread, and cover it.

Suggestion: You can use a pressure cooker to cook the chicken and chickpeas faster.

Peas and eggs

INGREDIENTS

1 kg (2 lbs) Peas
1 Black Chorizo
1 clove of Garlic
½ Onion
1 small sprig of Coriander
5 Eggs
Salt to taste
Olive Oil to taste
Water to taste



PREPARATION

Sauté the onion and garlic in a pot, add the sliced chorizo, and let it fry.

Add tepid water and the peas.

When it is almost done add the whole eggs and coriander.



Octopus Salad

INGREDIENTS

1 kg (2 lbs) Octopus
2 Onions
500 g baby Potatoes
3 medium green Tomatoes
3 Eggs
½ Green Pepper
1 sprig of Parsley
Olive Oil to taste
Vinegar to taste
Water to taste

PREPARATION

Take a pan and cook the octopus in water together with a whole onion (no salt).

On the side, boil the potatoes with the skin on.

Afterwards, cut the octopus into small pieces, peel the potatoes, and remove the egg shells.

Place the octopus, cubed potatoes, tomato, onion, pepper, and eggs on a serving tray.

Add a drizzle of olive oil, vinegar, and chopped parsley on top, then leave it in the fridge for 30 minutes.

Best served fresh.

Suggestion: Use frozen octopus for a more tender result.



Cockles, Pork, and Maize Mash

(Xarém)

INGREDIENTS

1 breakfast bowl of Maize Grits
1 Tbsp of Lard
½ kg (1 lb) Cockles
4x bowl size with tepid Water
Salt to taste

PREPARATION

Pour water into a pot until it is lukewarm, add the maize and leave it to boil for 40 minutes as you stir.

If necessary, add some more tepid water.

Add the cockles and season with salt and lard.

When the shells pop open, it is ready to be served.

Suggestion: The water must be lukewarm for the maize not to form a lump.

Scaled Horse Mackerel

INGREDIENTS

1 kg (2 lbs) Horse Mackerel
½ kg (1 lb) Baby Potatoes
½ Onion
1 sprig of Parsley
Olive Oil to taste
Vinegar to taste
Salt to taste

PREPARATION

Clean the horse mackerel (cut off the head and remove the entrails).

Add a lot of salt and leave it for 24 hours, then rinse and cook the horse mackerel.

After the fish has been cooked remove the scales.

Boil the potatoes with the skin on and peel it off afterwards.

Place the horse mackerel and potatoes cut into pieces on a serving tray with chopped onion and parsley on top.

Add vinegar and olive oil and it is ready to be served.

Suggestion: After scaling the horse mackerel clean it with cold water so it will be firmer.



Mackerel Entomatadas

INGREDIENTS

1 kg (2 lbs) medium sliced Mackerel
6 ripe Tomatoes
1 Green or Red Pepper
1 Onion
4 cloves of Garlic
2 Bay leaves
Olive Oil to taste
Salt to taste



PREPARATION

Sauté the olive oil, garlic, and onion in a frying pan, until it turns brown.

Add the tomato in small pieces, then pepper, and sauté.

Add the bay leaves, salt, mackerel, and enough water to cover it, and leave it to boil.

Suggestion: Place a slice of bread on the plate and the fish on top with the sauce.

Spanish-style Stingray

INGREDIENTS

1 kg (2 lbs) Stingray
½ Onion
2 cloves of Garlic
1 sprig of Parsley
½ Pepper
10 or 12 Olives
2 Tbsp of Vinegar
Olive Oil to taste



PREPARATION

Boil the sliced stingray in salt and water and set aside.

Place olive oil, slices of onion (plenty), strips of pepper, and garlic in a frying pan, and sauté.

Add a little bit of the stingray's stock and vinegar to taste.

Place the stingray slices on a serving tray, pour this mixture on top, and decorate with olives and parsley.

Suggestion: Serve with sliced potatoes.

Codfish and Chickpeas

INGREDIENTS

4 Codfish fillets
250 g Chickpeas
½ Onion
½ sprig of Parsley
1 clove of Garlic
Olive Oil to taste
Vinegar to taste



PREPARATION

Boil the codfish and chickpeas in a pan, once it has been boiled, shred the codfish and place it in a bowl.

Add the chickpeas, chopped onion, parsley, and add olive oil and vinegar.

Algarve-style Tuna Steak

INGREDIENTS

4 slices of fresh Tuna
½ Onion
1 clove of Garlic
3 ripe Tomatoes
4 medium Potatoes
White Wine to taste
Coriander to taste
Olive Oil to taste
Water to taste
Salt to taste



PREPARATION

Place a layer of sliced potatoes in a pot.

Place the onion, garlic, chopped tomato, and tuna on top.

Top it up with a layer of onion, garlic, tomato, and coriander.

Add white wine, olive oil, and some water.

Cook it at a low temperature.

Broad Beans with Chorizo

INGREDIENTS

1 kg (2 lbs) Broad Beans
1 Black Chorizo
1 Red Chorizo
2 cloves of Garlic
½ Onion
1 sprig of Coriander
100 g Bacon
Olive Oil to taste



PREPARATION

Sauté the onion and garlic in a pot, fry the bacon, black chorizo, and red chorizo.

Add the broad beans and slowly add tepid water as you stir it.

Pour enough water to cover the broad beans.

Finally, add coriander and salt to taste.

Orange Duck

INGREDIENTES

1 Duck
1 medium Orange
1 glass of Water
1 glass of Port Wine
1 small Chilli Pepper
1 pinch of Nutmeg
1 handful of Black Raisins
Salt to taste
Oil to taste

PREPARATION

Heat a frying pan with oil, add the sliced orange and fry it.

Take the fried orange out and set it aside.

Slice the duck into four parts and brown it in the same oil.

Place the brown duck, orange, frying oil, Port wine, and nutmeg in a pressure cooker and leave it to cook for 25 minutes.



Rooster Stew

INGREDIENTS

1 Rooster
4 ripe Tomatoes
½ Green Pepper
½ Red Pepper
½ Onion
1 bay Leaf
5 medium Potatoes
4 Carrots
1 clove of Garlic
White Wine to taste
Olive Oil to taste
Salt to taste

PREPARATION

Sauté the tomato, pepper, onion, garlic, and bay leaf in a pot, add the rooster and then some white wine.

Let it boil with this seasoning.

Then add the carrots, potatoes, and some water.

Let it simmer.



Almond Pastries

INGREDIENTS

1 kg (2 lbs) Sweet potatoes
250 g ground blanched Almonds
1 kg (2 lbs) Sugar
125 g Butter
10 Yolks
4 spoons of Cornflour
Lemon zest



PREPARATION

Boil the potatoes in a pan and mash them.

Place the previous mixture in a recipient, add cornflour, sugar, almonds, melted butter, yolks, and the lemon zest and stir well.

Grease a tray with margarine and sprinkle flour on it.

Shape the pastries and place them on the tray.

Leave them to bake at 180°C (356°F).

Suggestion: You may use white potatoes or sweet potatoes.

Figs with Almonds

(Figos Cheios)

INGREDIENTES

1 kg (2 lbs) Dried Figs
250 g ground blanched Almonds
300 g Sugar
Cinnamon to taste



PREPARATION

Open the figs.

Place the almonds, sugar, and cinnamon in a bowl.

Fill the figs and close them.

Place them on a tray and leave them to bake until they are brown.

Suggestion: If you wish, you can add ground fennel.

Sweet Fritters

(Filhóses)

INGREDIENTS

1 kg (2 lbs) Flour (not self-rising)
250 g Margarine
3 Eggs
1 Glass of White Wine
Honey to taste



PREPARATION

Melt the margarine in a bowl.
Place the flour and melted margarine in a basin.
Mix it, add the eggs, and then mix it all well.
Knead well for 30 minutes.
Place the dough on a counter and roll it out using a rolling pin, then slice it into the size you want.
Fry it in hot oil.
Afterwards, dip the fritters in honey.

Suggestion: You can roll a slice of dough using a big fork, hold an end as you roll the fork, and then place it quickly in the frying pan.

Old-fashioned Sweet Potatoes

INGREDIENTS

1 kg (2 lbs) medium Sweet Potatoes
1/4 l Water
Salt to taste

PREPARATION

Place the potatoes in a pot with little water (only at the bottom of the pot).

Place a damp cloth over the potatoes and cover the pot.

Cook it, when it starts to boil, lower the heat and let it simmer.

This way the sweet potatoes will appear to be roasted.



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Colaboration

Em Contato Tavira Association
Art Class 11E at Tavira High School Dr. Jorge Augusto Correia