

# Cook Book



To impress your family and friends



Everytime we finish a tour, our guests ask us for our recipes. Food served at our picnics, on cycling and walking trips and the meals from our guest house, Monte do Serrado de Baixo, are very popular.

We always send the recipes, but now that this strange extra time was given to us, we thought we could put together a little book for you. We miss you all and we are looking forward to get back in action!



**Things you should always have!**

# Starters



# Stuffed Alentejo bread

## Ingredients for 12 people

- 1 bread from *Alentejo* or similar – see picture
- 1 jar of mayonnaise of 250 ml
- 1 pack of emmental cheese
- 1 pack of mozzarella cheese
- 15 chopped dates without pips
- 10-15 chopped walnuts
- 1 chopped onion
- 6 chopped garlic cloves
- salt
- pepper
- oregano or basil

## Recipe

1. Cut the top of the bread so that you have a cap
2. Remove the inside of the bread
3. Mix all ingredients in a bowl and stuff the bread
4. Squish the mixture in
5. Put in the oven (160° Celsius) for 45 minutes with aluminium foil on top
6. Put the bread crumb around the bread to toast
7. Take the foil and leave it for more 20 minutes
8. Use the fork to check if it is melted
9. Serve each portion with a piece of crust



# Bacon Rolls with Mushrooms

## Ingredients for 6 people

- 12 mushrooms
- 12 slices of bacon
- 1 pack of mozzarella cheese
- fresh thyme or oregano
- salt – just a bit, the bacon already has salt

## Recipe

1. Clean the mushrooms; sprinkle with a bit of salt
2. If the bacon has bone, remove it
3. Wrap the bacon around the mushroom, pin with a toothpick
4. Stuff the roll with mozzarella
5. Sprinkle with thyme
6. Put in the oven until it is cooked – medium temperature





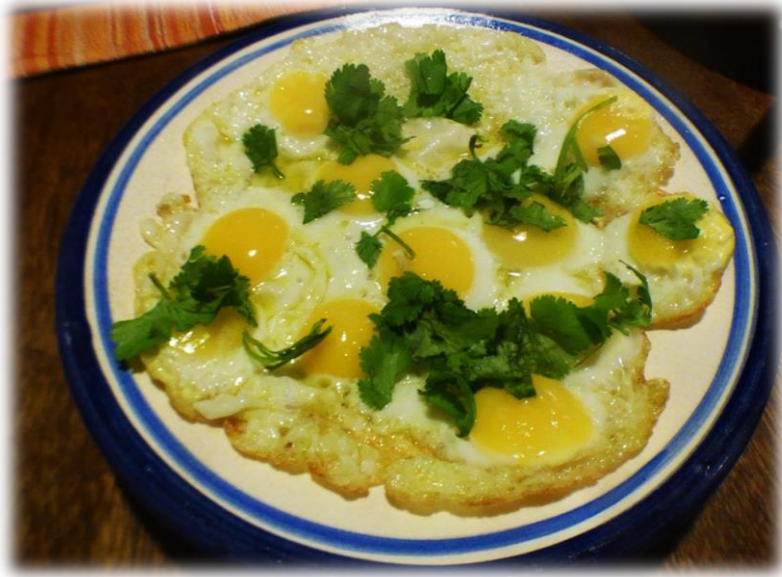
# Quail 's eggs with Paio

## Ingredients for 6 people

- 12 quail eggs
- 4 slices of *paio* (type of Portuguese chorizo)
- 1 onion
- virgin or extra virgin olive oil

## Recipe

1. Carefully open the eggs to a plate
2. Slice the onion very thinly
3. Fry the onion and the chorizo in the olive oil
4. When the onion is transparent, push this mixture to the sides of the pan, creating an empty space in the middle
5. Pour the eggs in the fry pan carefully so they don't break
6. Add a little salt if you want
7. As the eggs are frying, with a spoon, pour the sauce of olive oil, onion and chorizo to the top of the eggs. This will add flavor
8. Be careful! Don't overcook the eggs
9. Serve with bread. Toasted bread brushed with olive oil is even better. [Check our blog for this recipe](#)



# Scrambled eggs with asparagus

## Ingredients for 6 people

- 1 bunch of green asparagus
- 6 eggs
- parsley- as much as you like
- salt
- pepper
- virgin or extra virgin olive oil

## Recipe

1. Boil the asparagus (if they are fresh) and after cut them into small pieces
2. Crack the eggs into a bowl
3. Add a pinch of salt and pepper
4. Beat the eggs with a fork
5. Put the pan over a medium heat with a bit of olive oil
6. Fry the asparagus
7. Pour the beaten eggs into the pan
8. Stir slowly using a wooden spoon
9. We like the eggs runny, but do as you wish
10. Decorate with one or two asparagus

**TIP:** You can do the same recipe with chorizo, like the one we used in the quail's eggs recipe (picture on the right)



# Salads



# Pasta & tuna salad

## Ingredients for 6 people

- 250 gr fusilli pasta
- 250 ml mayonnaise
- 250 gr canned tuna
- 3 boiled eggs
- 250 gr seedless grapes
- handful of raisins
- handful of olives
- handful of chopped parsley
- juice of 1 lemon
- salt
- pepper

## Recipe

1. Boil the pasta according to pack instructions. Don't over cook Immediately pass by cold water so the cooking stops
2. Drain
3. Meanwhile, boil the eggs, peel and cut in slices
4. Drain the canned tuna
5. Cut the grapes in half (remove the seeds if they have them)
6. In a bowl, mix the tuna and the mayonnaise, season with salt and pepper; add the raisins, grapes, half the olives, half the parsley, half the eggs, lemon juice and the boiled pasta and mix thoroughly
7. Decorate with the remaining boiled eggs and olives
8. Serve with chopped parsley sprinkled over





# Tropical salad

## Ingredients for 8 people

- 1 lettuce
- 3 tomatoes
- 1 apple
- 3 slices of cheese, 1 cm thick (edam, flamenco or other soft flavored cheese)
- 1 slice of ham, 1 cm thick
- 1 pineapple (you can use canned pineapple)
- handful of pomegranate seeds
- handful of walnuts
- chopped parsley or oregano – your choice
- balsamic vinegar
- virgin or extra virgin olive oil
- salt and pepper

## Recipe

1. Wash the lettuce, tomatoes and the apple
2. Cut the apple in “julienne cut”
3. Cut the cheese, the ham and the tomatoes in small cubes
4. Put the julienne apple and the cubes of cheese, ham and tomatoes in a salad bowl
5. Chop the lettuce and add it to the bowl
6. Peel and cut the pineapple in slices, then in small pieces and add it to the bowl – don’t add excessive amount of pineapple
7. Roughly chop the walnuts and add them to the bowl, as well as the chopped parsley and the pomegranate
8. Season with balsamic vinegar, extra virgin olive oil, salt, pepper and oregano (if you didn’t use parsley)

**TIP:** you can add grated carrot. It will look beautiful and taste even better 😊



# Red cabbage salad

## Ingredients for 6 people

- 300 gr (or half) red cabbage
- 250 gr watercress (baby leaves)
- 1 avocado
- 2 Granny Smith apples
- handful of pomegranate seeds
- handful of roughly chopped walnuts
- balsamic vinegar
- virgin or extra virgin olive oil
- salt
- pepper

## Recipe

1. Wash the watercress and put it in a bowl
2. Slice the red cabbage very thinly and wash it before putting it in the bowl
3. Cut the apples in "julienne cut" and add to the bowl
4. Open the avocado and cut the fruit in small pieces
5. Add the pomegranate seeds and walnuts to the bowl
6. Season with balsamic vinegar, virgin or extra virgin olive oil, salt and pepper



# “Febras de coentrada”

## Ingredients for 6 people

- 500 gr of pork steaks
- 3 to 5 garlic cloves
- 100 gr of coriander
- 200 ml virgin or extra virgin olive oil
- salt
- pepper

## Recipe

1. Fry the pork steaks in a bit of olive oil and very high heat. If possible, grill it instead; after slice the meat small (bite size)
2. Peel and chop the garlic and chop the coriander
3. In a bowl, put the olive oil, salt and pepper
4. Add the chopped garlic (raw), the coriander and the fried pork
5. Taste and season again if necessary
6. Serve cold as a starter, in a small plate in the middle of the table. Each guest shall help himself

See our [movie](#) of the mushroom version

**TIP:** you can do this salad with mushrooms instead of meat. Follow the same recipe. It is really yummy!

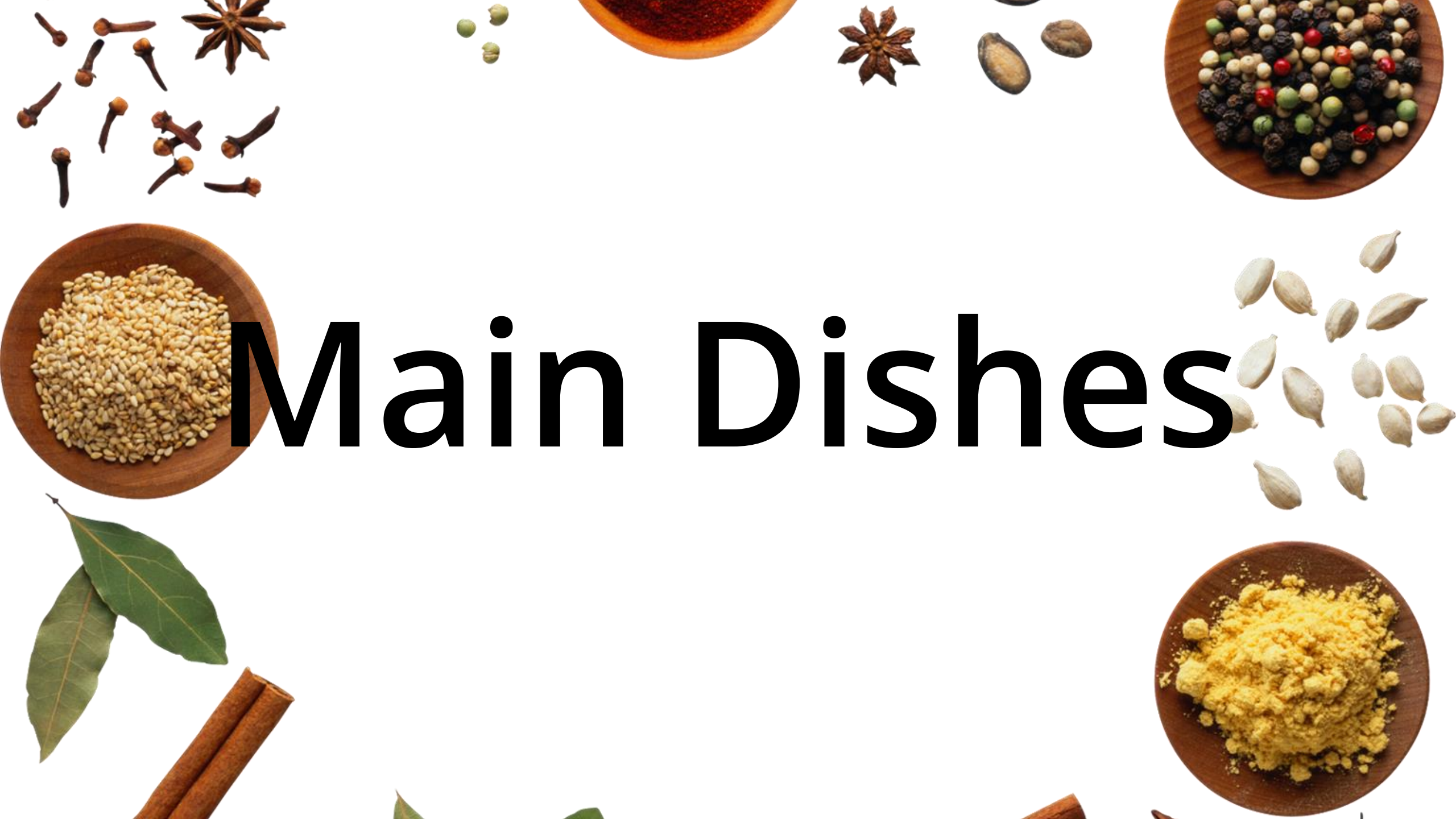
Febras de coentrada  
(pork)



Cogumelos de coentrada  
(mushrooms)



# Main Dishes



# “Açorda Alentejana”

## Ingredients for 6 people

- 3 codfish portions
- 6 eggs
- 6 to 12 garlic cloves
- fresh coriander – a big bunch
- salt – just if it is necessary, check the cod fish first
- virgin or extra virgin olive oil
- 2 days old bread

## Recipe

1. Boil the codfish in enough water for 6 soups
2. Remove the codfish and keep the water
3. Remove skin and bones from the cod
4. Crush garlic cloves together with coriander, salt and olive oil – we use a mortar to blend the flavors
5. Place the mixture in a large bowl
6. Add the codfish without bones or skin, in small pieces
7. When everyone is ready to sit at the table, heat up the codfish water again
8. Open the eggs into the water to poach – I personally like them liquid inside
9. Put the water and the eggs in the bowl
10. Serve with 2 days old bread





# Alentejo's Tomato soup

## Ingredients for 6 people

- 10 tomatoes
- 2 green peppers
- 1 onion
- 6 eggs
- 3 goat cheeses (cured and hard)
- bay leaves
- oregano
- water
- virgin or extra virgin olive oil
- garlic
- salt

## Recipe

1. Chop the onion and slice the green peppers
2. Cut the tomato in small pieces (some people remove the skin. I don't)
3. Stir fry the onion with the bay leaves and oregano. If you have oregano with brunches, use them
4. Add the sliced peppers and the tomatoes
5. Season with salt and fry a bit more
6. Add the water. Cover and cook for 20 minutes
7. Add the goat cheese cut in quarters
8. When cheese is soft, poach an egg per person in the soup

**TIP:** You can serve this with fried smoked sausages (but you have to fry and serve them aside. Do not put the fried smoked sausage in the soup). Also wonderful with fresh figs (believe us! 😊)



# Pork loin

## Ingredients for 6 people

- 6 pieces of pork loin meat
- olive oil
- garlic
- bay leaf
- salt
- pepper

## Recipe

1. Season the meat with salt, pepper and garlic. Leave it for 5 minutes
2. Stir fry the meat in little olive oil, garlic and bay leaf
3. Make sure not to overcook
4. Serve with cauliflower *migas* (see next recipe)



# Cauliflower “migas”

## Ingredients for 6 people

- olive oil
- garlic – a lot
- bay leaf
- bread crumbs
- cauliflower
- salt

## Recipe

1. Boil the cauliflower with a bit of salt
2. Dry the cauliflower but keep some of the water. Smash it with a fork
3. Add 2 garlic cloves, chopped. Let it rest for 1 hour to get the flavour
4. Stir fry a lot of garlic (6 cloves for 1 cauliflower) and bay leaf in olive oil, until golden
5. Add the cauliflower and salt and let it get a golden colour; keep mixing and smashing with a fork, blending the flavours together
6. Add the bread crumbs, bit by bit. If necessary add a bit of the cauliflower water
7. These shall become a mushy mixture

**TIP:** you can do it also with broccoli 😊 yummy, yummy in our tummy 😊

Vegetable Garden at our farm,  
Monte do Serrado de Baixo,  
in Évora, Portugal



# Codfish with cornbread

## Ingredients for 6 people

- 6 codfish portions (dry or fresh cod)
- $\frac{1}{2}$  *broa de milho* (cornbread)
- 1 onion
- 2 garlic cloves
- bay leaves
- coriander
- boiled eggs
- black olives
- extra virgin olive oil
- pepper

## Recipe

1. Cut the onion and put it in a tray with the bay leaves
2. On top of this "bed" put the raw codfish and add the olive oil
3. Mince the garlic cloves
4. Crumble the broa, and add the minced garlic, the coriander, the chopped eggs and the olives
5. Add olive oil to the mixture of the broa, until it becomes a doughy mixture
6. Cover each codfish portion with the mixture and put in the oven until the top becomes golden
7. Serve with roasted potatoes
8. Though in the picture it really looks nice to have a clean, nit serving, I do love to put my already slightly boiled potatoes around the cod fish, and cover everything with the bread mixture....We fight over it at dinner 😊





# Desserts



# “Bolo de Bolacha”

## Ingredients for 6 people

- 1,5 pack of Maria cookies
- 250 gr of butter, room temperature
- 3 yolks
- 200 gr of sugar
- 100 gr of soluble coffee
- coffee beans or M&Ms for decoration

## Recipe

1. Mix the butter with the sugar
2. Add the yolks and keep mixing
3. Prepare the coffee – you want it strong and tepid
4. Add a bit of the coffee to the cream – I like it with a good coffee flavor
5. Put coffee in a bowl and soak 6 cookies quick enough not to break, but they need to become wet inside
6. Layer them in a plate, in the shape of a flower
7. Cover with the cream and repeat
8. Do about 7 layers and then cover all the cake with cream
9. To make the cake beautiful use a knife passed by hot water to finish the spreading of the cream
10. Decorate with coffee beans or M&Ms or use your imagination



# Our orange cake

## Ingredients for 6 people

- 4 eggs
- 125g butter, room temperature
- 200g sugar
- 1 orange zest
- 1 tea spoon of baking powder
- 125g flour

### **Syrup ingredients:**

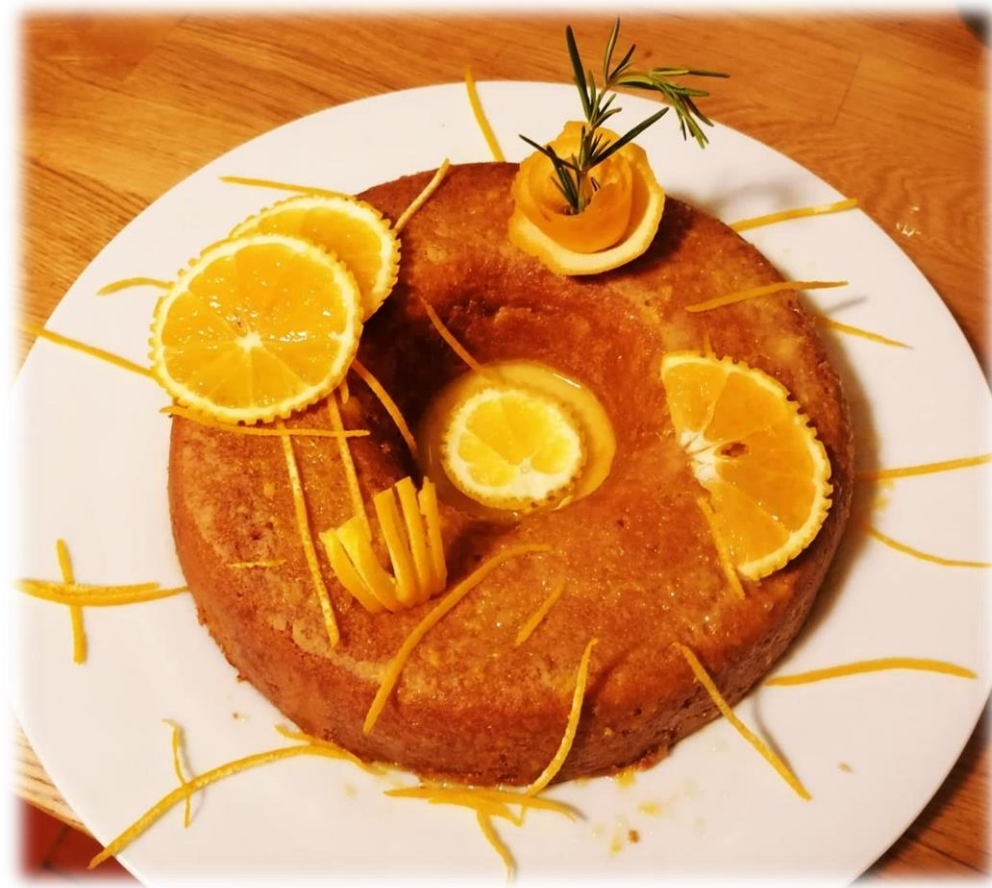
- juice of 1 or 2 oranges
- 2 dl of water
- 75 gr sugar

## Recipe

1. Pre-heat the oven 180° Celsius
2. Lightly butter the tin. Sprinkle with flour
3. Mix the butter with the yolks and beat
4. Add sugar and orange zest and beat until creamy
5. Add the flour with the baking powder and beat again
6. Whip the whites until stiff and add to the mixture, without beating, just softly incorporating it
7. Place in the oven pre heated to 180° Celsius for approximately 30 minutes

### **Syrup:**

1. Boil the water with the sugar until you get a light syrup
2. Wait until it is cool. Add the juice of 1 or 2 oranges
3. Place the cake in a plate. Make some holes with a fork. Cover with the syrup



# “Encharcada”

## Ingredients for 6 people

- 15 eggs:
  - 12 yolks
  - 3 eggs
- 375 gr of sugar
- 175 ml of water
- cinnamon

**TIP:** you can use the 12 egg whites on the next recipe

## Recipe

1. Separate the 12 yolks from the egg white
2. On the 12 yolks' bowl, add the 3 eggs
3. In a pan on the stove add the 175 ml of water and the 375 gr of sugar and let it boil until it turns into a double strength simple syrup
4. Add the 12 yolks and the 3 eggs and mix it in cross shape
5. When ready, put in a plate and sprinkle it with cinnamon





# “Molotof” pudding

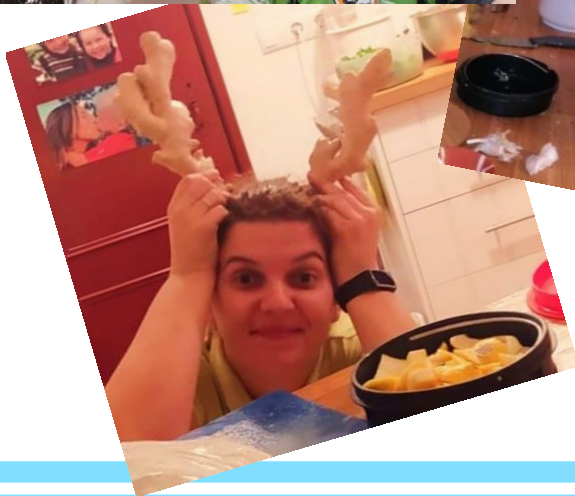
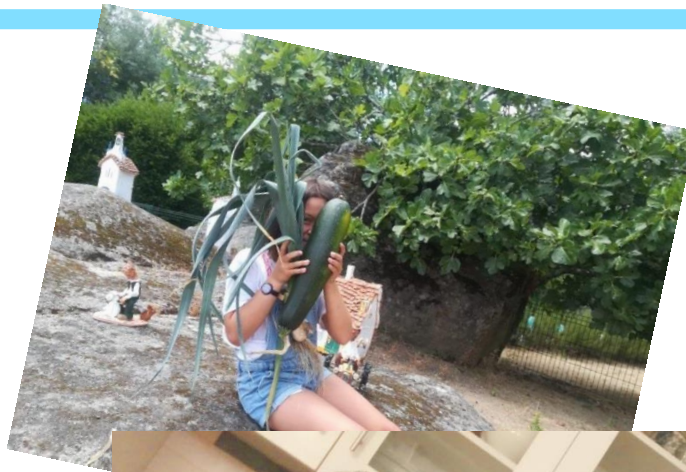
## Ingredients for 6 people

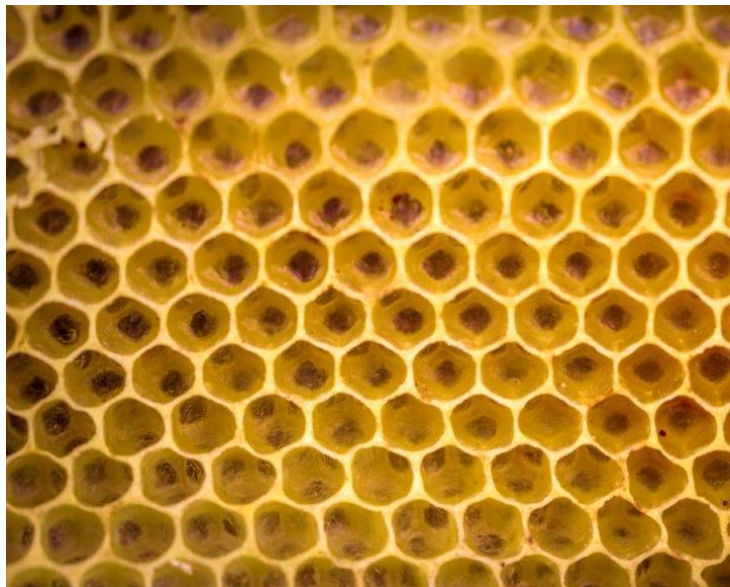
- 12 eggs – you will use only the egg whites (use the yolks in the previous recipe)
- 300 gr sugar
- butter
- liquid caramel

## Recipe

1. Pre heat the oven at 200<sup>o</sup> Celsius
2. Grease the pudding pan first with butter and after with liquid caramel and reserve
3. Separate the yolks from the egg whites in 2 bowls
4. Whip the egg whites at the lowest speed. Once they begin to foam and acquire a denser consistency, add the sugar little by little without stopping beating
5. Pour a bit of liquid caramel and continue beating until you get a firm meringue
6. Pour the meringue into the pudding pan
7. Put the pudding pan in the oven, and put the oven down to 160<sup>o</sup> Celsius; let it bake for 12 minutes
8. When baked, turn off the oven and let the pudding stay for a minute
9. Remove from the oven and unmold. It will come out very easily







# Photo credits

## Photos from:

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Joana Machado

Teresa Vilas Boas

Nuno Antunes

## Except for:

- *Scrambled eggs with asparagus* left side photo: <https://dahortaparaacozinha.com/home/2020/12/20/espargos-com-ovos-mexidos>
- *“Febras de coentrada”* photo: <http://asreceitadamaegalinha.blogspot.com/2015/06/febras-de-coentrada.html>
- *“Lombinhos de porco”*: <https://www.vaqueiro.pt/recipes/lombinhos-de-porco-na-brasa-202704>
- *Codfish with cornbread* right side photo: <https://www.e-konomista.pt/bacalhau-com-broa-receitas/>

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See our [Blog](#), with some cook related articles

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See you soon at a picnic table!

