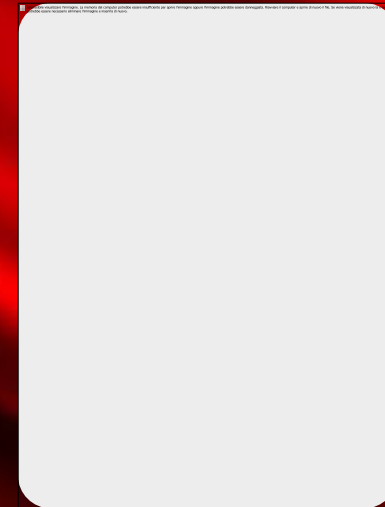


Italian-Portuguese Recipe Book

Erasmus Group



PORTUGUESE DISHES



CATAPLANA

For 8 people

INGREDIENTS

- Onion 400 gr
- Red Pepper 150 gr
- Green Peper 150 g
- Garlic 15g
- Pork 350g
- Clams 300g
- Olive oil 40 g
- Bay leaves 5g
- Sale 10g
- White wine 50 g
- White pepper 3g
- Coriander 30g
- Tomato 500g
- Sweet potato 400 g



PREPARATION



Cut the onion and peppers into julienne, chop the garlic, cut the pork into cubes and crush the tomato.



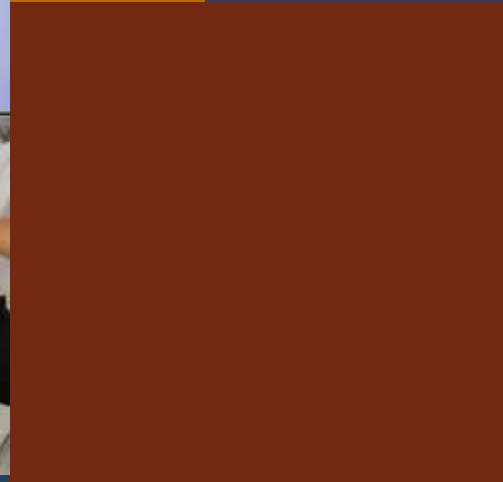
To prepare the cataplana sauce, fry onion, peppers, garlic, bay leaf, olive oil and tomato. Then remove half of it and set aside. Grind a part of it until you get a uniform sauce.



Put the sweet potato in the oven for 45-60 minutes, then slice it.



At the end, put all the ingredients in the following order: half of the preserved filling, olive oil, meat, clams, cataplana sauce.



XEREM

For 4 people

INGREDIENTS

- Coarse corn flour 125g
- Water 500L
- Salami 100 g
- Prezzemolo 20g
- Coriander 20g
- Sale q.b
- Garlic a clove



PROCEDURE



Chop the garlic, herbs and cut the salami into pieces. Fry everything by adding salt.



Soak the corn flour in cold water. Then cook adding the sauté.



It is ready as soon as it thickens.

TOUCHINHO DO CEU

FOR 8 PEOPLE

INGREDIENT

S

- Water 0,200 L
- Mandorla macinata 0,300 Kg
- Sugar powder 0,010 Kg
- Zuccherio 0,600 Kg
- Cinnamon stick 0,008 Kg
- Egg yolk 0,400 Kg
- Egg 0,150 Kg
- Lime 0.007 Kg



CARRIÇOS

INGREDIENTS

- 150 g egg whites
- 300 g sugar
- 300 g granulated almonds

Procedure

Prepare a Swiss meringue and beat it in a mixer until room temperature. Wrap the almonds in the meringue and pour into small paper forms.

Bake in the oven at 80º/100º C, for 1 hour and 30 minutes.



SICILIAN DISHES



CAPONATA

for 8 people

INGREDIENTS

- 3 eggplants
- 3 onions
- 75 grams of green olives
 - 4 celery ribs
- 45 grams of capers
- 750 g tomato puree
 - Sugar to taste
 - Vinegar to taste
- vegetable oil to taste



PROCEDURE



Cut the aubergines into cubes and fry them in sunflower oil at 180 °C until golden brown



Cut the onion into julienne, cook it in a pot with EVO oil for 3-4 minutes



When the onions are ready, add the vinegar and sugar, let the vinegar dry and melt the sugar well, then put the tomato sauce with a few bay leaves, cook the tomato sauce until it is thicker



Add the olives and capers, when the sauce is completely cooked add the eggplant and at the end a pinch of salt.

SARDINES IN BECCAFICO

For 4 people

INGREDIENTS

- Sardine 250 gr
- Breadcrumbs 50 gr
- 1/2 orange
- 1/2 lemon
- Pine nuts 25 gr
- Raisins 25 gr
- Parsley to taste
- Sale q.b.
- Pepe q.b.

PROCEDURE



Clean the sardines from the bone, thorns and scales being careful not to break the tail that will serve as decoration.



Prepare the mixture of breadcrumbs, orange juice, lemon with zest, raisins and pine nuts, chopped parsley, salt and pepper



Fill the sardines with the mixture and bake in the oven, ventilated, for 220 ° C for 20 minutes

PASTA ALLA NORMA

For 4 people

INGREDIENTS

- Penne rigate 700 gr.
- Black Eggplants 2
- Peeled tomatoes 800 gr
- Carrots 50 gr
- White Onion 80 gr
- Sedano 25 gr
- Basil 4 leaves
- Seed oil for frying to taste
- Oil to taste
- Sale q.b.
- Pepe q.b



PREPARATION

Tomato sauce



Make a brunoise of
carrot, onion and celery

Fry the vegetables in olive
oil



Then add the peeled tomato
and cook for 40 minutes
adding the basil. Then blend
everything

PREPARATION

Eggplant



Cut the eggplants into
regular cubes



And fry them in plenty of
seed oil at 180 °C until
golden brown

Add the salt to taste
Final result

PREPARATION

Pasta



Cook the pasta in plenty of salt water

Drain the pasta in the sauce and add the eggplants



Finish the dish by adding the salted ricotta

CASSATA

Per 4 persone

INGREDIENTS

Pastry

- Donkey 150 gr
- Farina 00 250 gr
- Icing sugar 400 gr
- Egg yolks 2
- Lemon and orange peel to taste

INGREDIENTS

Sponge cake

- Farina 00 80 gr
- Granulated sugar 80 gr
- Eggs 3
- Aroma of your choice to taste
- Sale q.b.

INGREDIENTS

Filling

- Sheep's ricotta 500 gr
 - Sugar 230 gr
 - Chocolate chips

PREPARAZIONE

PASTA FROLLA



1. Combine the flour with the cold butter in small pieces in a mixer or a planetary mixer, making sure that it does not overheat too much. Turn off the mixer and add the icing sugar with the beaten eggs and the chosen aroma. Continue to knead until we get a homogeneous mixture.



2. Then compact with your hands so as not to develop gluten, form a ball, wrap it in plastic wrap and let it rest in the fridge.

2.

PREPARAZIONE

PAN DI SPAGNA



1. Break the eggs in a planetary mixer, add the chosen aroma, a pinch of salt and incorporate the sugar a little at a time making the machine work for 15-20 minutes. Then add the sifted flour as soon as the dough is clear and frothy

2.



2. Then pour all the mixture into a previously greased and floured baking sheet. Bake the sponge cake in a static oven at 160 °C for 50 minutes

PREPARAZIONE CASSATA



1. Grease the baking sheet and flour only the side edges, while at the bottom you will put a disc of baking paper cut to size.



2. Flatten the shortcrust pastry by overlapping it on the baking sheet creating the base, where we will then overlap the layer of sponge cake. And also cover the edges with shortcrust pastry



3. Obtain layers from sponge cake



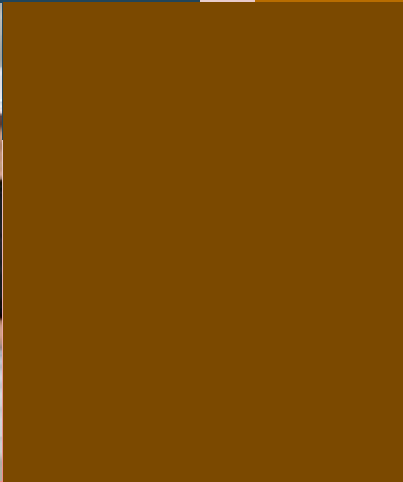
4. Preparare il ripieno della cassata, quindi aggiungiamo alla ricotta di pecora asciutta, lo zucchero e le gocce di cioccolato. Amalgamare il composto rendendolo ben cremoso.



5. Posizionare la crema sullo strato di pan di spagna e successivamente sovrapporre un altro strato di pasta frolla sigillando tutto



6. Infornare la cassata a 180 °C per circa un'ora. Non appena pronta lasciarla riposare qualche minuto e aggiungere una spolverata di zucchero a velo.



Enjoy your meal

