

PORTUGAL MENU DECODER

Key terms for food, wine, and popular dishes, with an emphasis on the friendly, crowd-free Alentejo region. By Dulce Kohn

GENERAL TERMS	POPULAR DISHES	STAPLES
<p>comer to eat beber to drink comida food restaurante restaurant café coffee empregado/empregada de mesa waiter/waitress conta bill gorjeta tip pequeno almoço breakfast almoço midday meal/lunch jantar evening meal/dinner/supper merenda/lanche afternoon snack faca knife garfo fork colher spoon copo glass gelo ice guardanapo napkin Bom apetite! Bon appétit!</p>	<p>caldo verde a kale-and-potato soup with olive oil and smoked pork sausage gaspacho a chilled tomato soup ladled over bread açorda à alentejana bread soup made with olive oil, fish roe, garlic, and cilantro migas à alentejana fried bread with pork and/or beef sopa de cação soup made with <i>açorda</i> (a preparation of sliced bread), dogfish (small shark), and cilantro bacalhau á Brás dried codfish with potatoes and scrambled eggs lombo de porco com amêijoas pork-loin stew served with clams ensopado de borrego lamb stew coelho com feijão rabbit with red beans feijoada de búzios stew of white-beans and whelks empadas de galinha small chicken pies peru recheado stuffed turkey cozido de grão com vagens á alentejana chickpeas with green beans</p>	<p>carne de vaca beef frango chicken carne de porco pork bife steak borrego/cordeiro lamb peixe fish frutos do mar/marisco seafood/shellfish bacalhau salt cod novilho veal caldo/sopa soup pão bread queijo cheese arroz rice</p>

OTHER FOOD ITEMS	DRINKS AND DESSERT
<p>salame de javali, presunto de javali wild boar salami, wild boar ham enchidos sausages in general requeijão a spreadable, smooth, and creamy fresh cheese pastéis can refer to pastries or small savory fritters azeitona olives azeite olive oil sardinhas na brasa grilled sardines piri piri/malagueta a red, hot chili pepper sauce pata negra literally "black hoof"—cured ham made from a free-range, acorn-fed black pig chouriço smoked pork sausage that gets its color from red pepper acepipes small appetizers or hors d'oeuvres cozido á portuguesa a dish prepared with boiled beef, pork, and vegetables served in broth refogado onions, garlic, and sometimes tomatoes braised in olive oil; used as a base in several dishes caldeirada a soup-like stew (usually fish) made in a deep pot canja de galinha a chicken soup with white rice or pasta</p>	<p>água water água com gás sparkling water café pingado coffee with a splash of cold milk cerveja beer aguardente a brandy-like spirit made from cherries, figs, or grapes vinho verde a tart, slightly sparkling red, white, or pink wine made from immature grapes; literally means "green wine" Esporão Reserva Branco a white wine blend of Antão Vaz, Roupeiro, and Arinto, characterized by a lemony crispness Cartuxa Reserva a complex red wine with spicy earthiness, from Adega da Cartuxa Herdade do Esporão an inky red wine with depth and balance produced with Alicante Bouchet and Aragonês grapes; made in a 13th-century estate in the Upper Alentejo region Vila Santa a red wine blend of four grapes: Cabernet Sauvignon, Alicante Bouchet, Ttrincadeira and Aragonês; produced by one of Portugal's prized vintners, João Portugal Ramos Cortes de Cima Incógnito a deep, velvety red wine made with 100 percent syrah grape Madeira a fortified wine from the island of Madeira Vinho do Porto a port wine, named after the city of Porto doce a sweet, dessert, or jam pão-de-ló sponge cake arroz-doce rice pudding Encharcada do Convento de Santa Clara an egg-yolk-based dessert bolo podre a spicy, honey- and cinnamon-based cake sometimes served with <i>requeijão</i> for breakfast azevias round cakes made with flour, spirits, and a filling of chickpeas, orange peels, and egg yolks toucinho do céu an egg-yolk- and almond-based pudding</p>