

# Guide to Food in Portugal

## A

Abacate. Avocado  
Abacaxi. Pineapple. Colloquially, a headache or pain!  
Abatanado. Coffee with more hot water – effectively milder.  
Abóbora. Pumpkin; may refer to any one of a number of variedades. Abóbora Chila (OR GILA?) is similar to spaghetti squash.  
Abrótea . Azores region fish, a “fork-beard.” Moist white fish, often grilled or stewed.  
Açafrão. Saffron. Used sparingly in Portuguese cooking.  
Acelga . Swiss chard  
À camponese. With vegetables; country style.  
Açorda. A dish made with mashed bread, oil, and garlic, generally accompanied by shrimp or other seafood  
Açúcar. Sugar.  
Adega. Wine cellar  
Agréões. Watercress. Used lavishly in Portuguese dishes as a garnish, also as an ingredient in soups or stews.  
Água . Water. Bottled water is commonly served in restaurants; plain (sem gás) or fizzy (com gás).  
Água tônica . Tonic water.  
Aguardente. Distilled liquor, similar to eau de vie, grappa or marc, made from various fruits.  
Aipo. Celery. Not common.  
Alcachofra . Artichoke  
Alcaparras. Capers  
Alcatra. Rumpsteak  
Alecrim. Rosemary. Not common.  
Alface. Lettuce.  
Alfacinha. Little lettuce – a nickname for Lisboans.  
Alfarroba. Carob pods – used for dessert tarts for example.  
Alheira caseira. Homemade sausage. À santo huberto, or à caça: made with game.  
Alho. Garlic. Key ingredient.  
Alho-porro or alho Francés . Leek.  
Almôndega . Meat ball.  
Almonds. Amêndoas. Used widely in desserts, served with dry port.  
Alperce . Apricot. Generally used dried for its more intense flavor.  
À Madeirense. In the Madeira style, with tomatoes, onions, garlic, probably some Madeira wine.  
À maneira. In the manner of....  
Amêijoas. Clams

Ameixa. Plums. Elvas Preserved plums are famous.  
Amêndoas . Almonds.  
Amendoims. Peanuts. Traditionally used for oil, now may be used as a snack.  
À Minhota. Minho region style, with bits of ham, perhaps vinho verde.  
Amoras. Blackberries.  
Ananás . Pineapple.  
Anchovas . Anchovies.  
Ancho. Lamb.  
Anona. Custard apple, cherimoya.  
À paderia. Cooked in an earthenware casserole (padeiro).  
Aperitivo. Apéritif.  
Apple. Maça.  
Apricot. Alperce.  
Arenque. Herring  
Arroz. Rice. Served often as a side dish; rice is grown, especially short grain, in the west coast of Portugal.  
Arroz de pato. Rich rice dish cooked with duck.  
Arroz-doce. Sweet rice; rice pudding.  
Artichoke. Alcachofra.  
Asparagus. Espargo; Espargo bravo, or wild asparagus, is eaten in rural areas. Elsewhere you will likely be served fat white asparagus.  
Assado (no forno). Baked (in the oven)  
À Transmontana. In the style of the northeastern Trás-os-Montes region, perhaps with bits of sausage, always lots of garlic and onions.  
Atum. Tuna  
À vapor. Steamed.  
Aveia. Oats  
Avelãs. Hazelnuts  
Aveludo de camarones. Creamy shrimp soup  
Aves. Poultry.  
Avocado. Abacate  
Azeda. Sorrel. Frequently served in soups, or sauteed, with other greens such as turnip (gredos).  
Azedado. Sour  
Azedo.  
Azeitão. Sheep’s cheese, made in small rounds, may be eaten with a quince paste. From the region south of Lisbon.  
Azeite. Olive oil.  
Azeitonas. Olives. Pretas - black, or verdes, green (less common).

## B

Bacalhau. Dried salt cod. A favorite, indeed almost the national dish, for five hundred years.

Bacalhau à Provinciana. Gratin of cod, potatoes and broccoli or grelos, with port wine. Not a tomato to be seen!  
Banana. Banane. Grown in Madeira and the Azores.  
Banha. Lard  
Barbo. Barbel fish  
Barley. Centeio.  
Barrigas de Freira. “Nuns’ Tummies” - Extremely sweet dessert that originated in the convents.  
Basil . Manjeriçao. The token of St. Anthony’s day in Lisbon. Not common in cooking.  
Batata . Potato.  
Batata frita. Potato chip.  
Batata Palha . Matchstick potatoes.  
Batata doce. Sweet potato.  
Batatas à murro. Potatoes boiled with the peel, then mashed.  
Batido. Milkshake  
Baunilha. Vanilla. Not common in Portuguese desserts, which are flavored with the cinnamon of the East Indies.  
Bay leaf . Louro. Very common flavoring.  
Bean . Feijão. Branco -white, encarnado - red, preto - black, manteiga - butter, de frade - black-eyed, de vaca - cowpea, verde - green bean,  
Bebidas. Drinks. Likely to be port, madeira, or wine.  
Beef . Bife  
Beer. Cerveja.  
Beet . Beterraba  
Beja. Cheese from the Alentejo, mild or semihard and piquant.  
Beijinhas. Cookies  
Bem passado. Well done  
Berbigão. Type of clam  
Beringela. Eggplant  
Besugo. Sunfish; sea bream; may be called dourado...  
Beterraba. Beet  
Bica. Strong, espresso-like coffee.  
Bica – fish?  
Bicuda. Baracuda Shark.  
Bifana. Pork sandwich.  
Bife. Beefsteak. Pronounced “beef” Also “British”  
Bife à café. Steak with a fried egg, creamy sauce, and french fries.  
Bife de Alcatra. A spiced roast beef from the Azores, known for their cattle. Spiced beef is also prepared in Madeira, with black olives and Madeira wine.  
Bifes. Steaks of pork, lamb, beef, or even fish.  
Biscoito. Cookie.

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Bitoque da vazia. Rumpsteak; alternatively, a chunky cut of meat  
Blackberries. Amoras  
Boar. Javali.  
Boca negra. Rock fish.  
Bodão. Parrotfish.  
Boiled. Cozido. Also a “boiled dinner” consisting of many different meats and vegetables, with the broth of their cooking served as a separate course. A great country dish.  
Bojes. Fritters.  
Bolachas . Cookies  
Bolacha de água e sal . Cracker  
Bolinhos. Little balls (croquettes) of fish.  
Bolo. Ball, or cake.  
Borracho. Pigeon  
Borrego. Lamb, up to young mutton.  
Brains. Miolos, mioleira  
Braised. Guisado  
Brasa. Coals - thus, grilled over the coals.  
Bread. Pão  
Breaded. Panado  
Breakfast. Pequeno Almoço  
Broa. Minho cornbread  
Broas – miniature sweet –potato cakes, made with fine corn-flour  
Brócolos. Brocoli  
Bufinhos de vitela. Slices of veal in a Madeira sauce.  
Bulhão Pato (Ameijas à). A preparation of clams sautéed in their shells with olive oil, garlic and coriander, named in honor of a 19th century Portuguese poet and scholar.  
Buzio. Whelk.  
Butter. Manteiga.

## C

Cabbage. Couve. Widely used. Also called repolho  
Cabidela. A chicken and rice dish  
Cabreiro. Goat Cheese from Castelo Branco area, may be served young and “runny” or aged liked Parmesan.  
Cabrito. Kid.  
Cabrito montés. Roebuck  
Caça. Game  
Cacau. Cocoa  
Caçao. Shark.  
Cadelinhas. Shellfish  
Cake. Bolo.  
Caldeirada. Fish, may be cooked with shellfish, cooked with onions, tomatoes, garlic.  
Caldo. Broth.  
Caldo Verde. Green soup. Another national dish (see Cozido), soup made with a type of kale, or galega.

Camarão. Shrimp. Both large and small shrimp are common ingredients in Portuguese cooking.  
Caneca. Pint  
Canela. Cinnamon - the spice brought back by Vasco da Gama 500 years ago - widely used in desserts.  
Canivetes. Razor clams.  
Canja. Chicken soup with rice or seed pasta.  
Capers. Alcaparras  
Capão. Capon.  
Carcaça. Small breads.  
Carapaus. Small fish similar to sardines  
Carcóis. Snails.  
Caranguejo. Crab  
Carapau. Mackerel  
Caril. Curry powder.  
Carioca. A bica, or expresso, cut with more hot water.  
Carioca de limao  
Carne. Meat  
Carneiro. Mutton  
Carpa . Carp  
Carrots. Cenouras  
Castanhas. Chestnuts  
Cavala . Mackerel  
Casa de chá. Tea room  
Caseiro. Home made  
Cataplana. Large copper casserole resembling a clamshell, generally used for cooking seafood; an Algarve specialty.  
Cauliflower. Couve-flor.  
Cavaco. Cigale – rock lobster.  
Cayenne. Pimenta-caiena  
Cebola. Onion  
Cebolada. Onion confit  
Cebolinho. Chives  
Celery. Aipo  
Cenouras. Carrots  
Centeio. Barley.  
Cereja. Cherry  
Cerveja. Beer  
Cervejaria . Beer parlor  
Chá . Tea  
Check. A conta  
Cheese. Queijo  
Chefe da mesa . Headwaiter.  
Cherimoya. Anona.  
Cherne. Stone bass – a lean white fish; or black grouper.  
Cherry. Cereja; ginza  
Chestnut . Castanha.  
Chicharro. Horse mackerel or carapau.  
Chicken. Young - frango. Stewing - galinha  
Chickpea. Grão. Very common in country cooking  
Chila. Type of pumpkin.

Chives. Cebolinho.  
Choco. Cuttlefish.  
Chops. Costeletas or Costoletas.  
Chouriço. Spicy dry sausage  
Churrasco. Grilled meats, generally on a skewer. Restaurants specializing in this are churrasqueiras.  
Cidra. Cider  
Cinnamon. Canela.  
Clams. Amêijoas or berbigãos; razor clam, canivete  
Cloves. Cravo-de-India or cravinhos.  
Coco. Coconut. Not common  
Cocoa. Cacau  
Coelho. Rabbit (bravo - wild rabbit)  
Coentro. Coriander. Widely used, in contrast to neighboring Spain.  
Coffee. Café  
Coguemelos. Mushrooms  
Colher. Spoon.  
Colorau. Hot paprika-type powdered pepper.  
Colorau-doce . Sweet paprika  
Com leite. With milk  
Com limão. With lemon  
Compota. Jam or conserves  
Congro. Eel  
Conta. The check  
Cookie. Biscoito or bolacha  
Copo. Glass.  
Corado. Brownd.  
Coriander. Coentro  
Corn. Milho  
Cornmeal. Farina de milho.  
Cordorniz. Quail.  
Corvino. Croaker  
Costeleta or Costoletta . Chop  
Couve. Cabbage  
Couve-flor. Cauliflower.  
Couves de Bruxelas. Brussels sprouts.  
Cover (charge). Serviço  
Cozido. Boiled; various boiled meat dishes  
Crab. Caranguejo.  
Craca. Barnacle.  
Cravinho or Cravo-de-India . Cloves  
Crawfish . Lagosta  
Crayfish. Langostins  
Cream. Nata  
Crème. Cream soup  
Cru. Raw  
Cucumber. Pepino  
Curry. Caril  
Custard. Flan  
Cutlet. Escalope or costeleta

## D

Deer. Veado  
Dessert. Sobremesa  
Dinner. Jantar

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Dobrada. Tripe (à galega - galician style)  
Doce. Sweet - may be used in the sense of a dessert  
Dose?  
Doces de ovos. Egg-based desserts.  
Doirado or dourada. Dolphin fish.  
Duck. Pato  
Duplo. Double

## E

Eel. Eiró, congro, lampreia, moreia, or enguia  
Eggplant. Beringela  
Eiró. Eel  
Empada. Small meat or fish pies.  
Empado. Breaded.  
Encharcada. Dessert. (??)  
Enchareu . Guellyfish or guelly jack.  
Enchova. Blue fish.  
Enchido. Sausage  
Enguia. Small eel.  
Enrolado. Rolled.  
Entrecosta. Rumpsteak or hearty ribs; depends on context!  
Entrecosto no currasco - Grilled country-style pork ribs  
Ervas. Herbs  
Ervilhas. Green peas  
Escalfados . Poached  
Escalope. Scallop of meat or chicken.  
Espada. Scabbard fish  
Espadarte. Swordfish  
Esparguete. Spaghetti  
Espargo. Asparagus  
Esparregado. Greens sauteed with garlic in  
Espetada. Skewered, grilled meat or fish, a Madeira specialty.  
Espinafres. Spinach  
Esta bem. It's good.  
Estrelados. Fried (eggs)  
Entremeada. Streaky fat  
Estufado. Stewed; or the stew itself  
Évora. Alentajo — sheep's cheese, eaten either fresh or fully cured to a bite.

## F

Faca. Knife  
Faisão. Pheasant  
Farinheira. Thin pork sausage; Farinheira preta, blood sausage  
Farófiás. Floating islands – an old-fashioned dessert of custard topped with egg-white merengues.  
Fatia. Slice (of cake)  
Fatias. Egg sweet  
Fava. Broad bean  
Feijão. Bean  
Fennel. Funcho (Madeira's capital is named Funchal from the wild fennel found there)

Fiambre. Boiled ham  
Figado. Liver  
Figo. Fig  
Filete. Fillet  
Fish. Peixe  
Flan. Baked custard  
Folhado. Filo pastry  
Fork. Garfo  
Forno. Oven; na forno, oven roasted  
Forte. Strong (coffee, tea)  
Fraco. Weak (coffee, tea)  
Frade ?  
Framboesa . Raspberry - not common  
Frango. Young chicken  
Fresco - cold (water)  
Frigideira. From the frying pan  
Frio. Cold  
Frito. Fried  
Fruta deliciosa. Cerimar or philodendron fruit.  
Frutas. Fruit; doce - preserved, sêca, dried  
Fumado. Smoked; often smoked fish. Espardate fumado is a specialty of the Azeitão town of Sesimbra.  
Funcho. Fennel

## G

Galão. Coffee with a great deal of hot milk; may be claro or oscuro  
Galega. Kale  
Galinha. Stewing hen  
Gambas. Prawns. If served a bowl on being seated, ask for them to be removed if you are not interested, or you will be charged - as you will be for other appetizers  
Game. Caça  
Ganso. Goose.  
Garado. Skipjack fish.  
Garfo. Fork  
Garlic. Alho -widely used in cooking  
Garoto (claro). Coffee with milk; garoto oscuro, with less milk  
Garoupa. Grouper fish  
Garrafa. Bottle  
Gelado. Ice cream  
Gelo. Ice - without ice, sem gelo  
Gengibre. Ginger. Another of the spices brought by Vasco da Gama; not as common as cinnamon  
Giblets. Miúdos.  
Ginginha  
Ginja. Cherry.  
Goose. Ganso  
Goraz. Bream (redbreem)  
Grão. Chickpeas/garbanzos  
Grapefruit. Toranja  
Grapes. Uvas  
Gratinado. Gratinéed

Grelos. Spring greens. Similar to turnip greens  
Guardanapo. Napkin  
Guisado. Braised

## H

Hake. Pescada.  
Ham. Presunto - raw cured - proscuitto type  
Hare. Lebre  
Hazelnuts. Avelãs  
Herbs. Ervas  
Herring. Arenque  
Honey. Mel  
Hors d'oeuvre. Acepipes  
Hortelá. Mint  
Horteliça. Fresh vegetables (i.e, not dried)  
Hot. Quente.

## I

Ice. Gelo  
Ice Cream. Gelado  
Iogurte. Yogurt  
Iscas. Liver dish

## J

Jam. Compota  
Jantar. Dinner  
Javali. Wild boar  
Joaquinzinhos. Whitebait  
Juice. Sumo

## K

Kidneys. Rins  
Knife. Faca

## L

Lagartinho de porco.  
Lagavante. Lobster  
Lagosta. Lobster. Spiny lobster taken off Portugal; always expensive. May also mean crawfish.  
Lagostim. Norway lobster; crayfish  
Lamb. Anho, borrego  
Lampreia. Eel  
Lampreia de ovos. Egg sweet  
Lanche. Snack, or high tea  
Langostins. Crayfish  
Lapas. Limpets; common in the Azores; flavorful and quite chewy.  
Laranja. Orange  
Lard . Banha  
Lebre. Hare  
Leek. Alho francês  
Legumes. Vegetables  
Leitão. Suckling pig. Assado - roasted. A specialty of Mealhada, north of Coimbra. Leitão a Bairrada – roasted.  
Leite. Milk  
Lentilhas. Lentils

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Lettuce. Alface  
Lima. Lime  
Limão. Lemon  
Limão verde. Lime  
Lime. Lima or limão verde  
Lingua. Tongue  
Linguadinhos (del rio) Small fresh-water sole, fried (eat the whole thing like a potato chip)  
Linguado. Sole  
Linguiça. Thin spicy sausage  
Lista dos vinhos. Wine list  
Liver. Fígado  
Lobster. Lagavante, the fullsize lobster, always expensive; lagosta or lagostim are smaller lobsters, also expensive. Rock lobster is cavaco.  
Lombarda  
Lombo. Loin of beef, pork, veal  
Lombinhos. Small loin cuts  
Loquat . Nêspêra.  
Lota . Monkfish  
Louro. Bay leaf  
Lucio. Pike  
Lula . Squid  
Lunch . Almoço

## M

Maça. Apple  
Maçapão. Marzipan  
Macaroons. Massapães  
Mackerel. Cavala  
Mal passado. Medium rare; muito mal passado - really rare  
Mamão. Papaya  
Manga. Mango  
Maracujá. Passionfruit  
Manjericão. Basil  
Manteiga. Butter  
Manteiga com salsa & alho. Butter flavored with parsley and garlic  
Margarina. Margarine  
Mariscada. Shellfish and rice dish  
Mariscos. Shellfish  
Marmelada. Marmelade, or quince paste  
Marzipan. Maçapão  
Massapães. Macaroons  
Meat. Carne.  
Meatballs. Almondégas.  
Medronho. Strawberry tree fruit, one source of aguardente  
Mel. Honey  
Melão. Melon (perhaps com porto)  
Melancia. Watermelon  
Meluza???  
Menu. Ementa (fixed meal)  
Merendeiras. Fresh sheep cheese in olive oil  
Mexilhões or Mexilhões. Mussels  
Miga. Crumb

Migas. Dish of breadcrumbs cooked in drippings, with bits of meat or egg  
Milho. Corn  
Milho frito. Fried corn bread  
Milk. Leite  
Minced. Picado  
Mint. Hortelã  
Miolos, Mioleira. Brains  
Miúdos. Giblets  
Mohlo. Sauce  
Molotof. A merengue caramel custard dessert with several variations, such as ground almonds.  
Monkfish . Lota or Tamboril  
Moreia. Moray eel.  
Morango. Strawberry  
Morcela. Blood sausage  
Morno. Warm  
Mostarda. Mustard  
Mushrooms. Cogumelos  
Mussels. Mexilhões  
Mutton. Carneiro

## N

Nabiças. Turnip greens  
Nabo. Turnip  
Naco. Chunk  
Naco de boi grelhado. Grilled beef.  
Napkin. Guardanapo.  
Nas Brasas. On the coals  
Nata. Cream.  
Natural. Room temperature (water)  
Nêspêra. Loquat.  
Novilho. Young beef  
Noz. Nuts, usually walnut  
Noz-moscada . Nutmeg

## O

Oats. Aveia  
Octopus. Polvo  
Olive oil. Azeite  
Olive. Azeitona  
Onion. Cebola  
Orange. Laranja  
Oregão. Oregano  
Ostras. Oysters  
Ovo. Egg  
Ovo Estrelado. Fried Egg

## P

Padaria. Bakery  
Paio. Lightly smoked pork sausage  
Panado. Breaded  
Panela. Kettle  
Pão. Bread  
Pão-de-ló. Sponge cake  
Pão da mafra. Sliced bread  
Pão de São Antonio – a small roll like a ciabatta  
Pão de São Lourenço –bread loaves larger than individual rolls

Pão-doce . Sweet bread  
Pão torrado. Toast  
Pãozinho. Roll  
Papaya. Mamão or papaia.  
Paprika. Colorau/doce  
Pargo. Sea bream  
Parsley . Salsa  
Passionfruit . Maracuja  
Pastéis. Egg pastries  
Pastelaria. Pastry shop  
Pataniscas. Salt cod fritters – an Algarve speciality but served all over Portugal, usually as a snack or appetizer.  
Pato. Duck  
Peach. Piessego  
Peanuts. Amendoims  
Pear . Pêra  
Peas. Ervilhas  
Peixaria . Fish market  
Peixe. Fish  
Peixe Galo  
Pepino . Cucumber  
Pepper. Pimenta, pimentão, or grão de pimenta  
Pequeno almoço. Breakfast  
Perceves. Barnacles  
Perdiz. Partridge  
Perna. Leg  
Perú. Turkey  
Pescada. Hake  
Pescadinha. Whiting  
Pêssego. Peach  
Petiscos. Nibbles, generally with drinks  
Pheasant. Faisão  
Picada. Minced  
Picanha. A Brazilian speciality - flavorful steak cut from the rump – no exact US equivalent.  
Pigeon. Pombo, Borracho  
Pimenta. Pepper  
Pimentão. Generally a sweet red bell pepper  
Pineapple. Ananás or abacaxi.  
Piri-piri. Picante sauce from Angola; also peri-peri.  
Plate. Prato  
Plum. Ameixa  
Poached. Escalfado  
Polvo. Octopus  
Pombo. Pigeon  
Pomegranate. Roma.  
Porco. Pork  
Porco à alentejana. Pork served with clams, and fresh coriander.  
Porco com castanhas. Pork with chestnuts - a northeastern dish.  
Posta. In a single piece (meat)  
Potato. Batata  
Poultry. Aves  
Prato. Plate

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Prawns. Gambas  
Pregado. Turbot  
Prego de pão beefsteak sandwich  
Presunto. Dry-cured ham  
Púcara. Earthenware dish in which birds or game are cooked  
Puchera. Variation of above; frango na puchera, stewed chicken.  
Pudim. Creme caramel  
Pumpkin. Abóbora; in the north, also jerimu

## Q

Quail. Cordoniz.  
Queijada. Egg sweet  
Queijo. Cheese  
Queijo da Ilha. Cheddar-like cheese from São Jorge; also called Queijo da Terra  
Queijo da Serra. Brie-like cheese  
Quente - Hot

## R

Rabaçal. Sheep and goat's cheese, semi-soft  
Rabanetes. Radishes  
Rabbit. Coelho  
Rabo de boi. Oxtail stew  
Radishes. Rabenetes  
Raia. Skate  
Rancosa. A dessert (???)  
Raspberry. Framboesa  
Reacheado. Stuffed  
Recheio. Stuffing  
Refogado. Refrito of onions and garlic in olive oil  
Refrigerante. Soft drink  
Repolho. White cabbage  
Requeijão. White farmer's cheese, may be eaten with cinnamon, or with honey and nuts, as dessert  
Rice. Arroz  
Rins. Kidneys  
Rissóis. Deep fried pastry cases  
Robalo. Sea bass (lubina)  
Rodovalho. Turbot  
Rojões. Chunks of meat stewed with garnish of vegetables Minho/Tras-os-Montes area.  
Roma. Pomegranate  
Rosemary. Alecrim or rosemaninho  
Roupa Velha. Stew; literally, "old clothes."  
Ruivo. Rainbow trout.  
Rumpsteak. Alcatra.

## S

Saffron. Açafraão  
Sal. Salt  
Salame de chocolate. Yes, Chocolate  
Salame – a thick roll of chocolate

mixed with sugar, butter and cookie crumbs, and sliced like salame.  
Salgado. Salty  
Salada. Salad  
Salmão. Salmon  
Salmonete. Red mullet  
Salpiçao. Pork, more akin to pickled than smoked meat  
Salsa. Parsley  
Salsichas. Sausages  
Salva. Sage  
Sande. Sandwich  
Sandwich. Sande  
Santola. Spider crab  
Sapoteira. Large crab like Dungeness  
Sarda. Mackerel  
Sardinha. Sardine  
Sargo. Various translated as porgy; white seabream  
Sarrabulho. A rice stew, generally with pork but may be made with seafood;  
Sausages. Salsichas  
Sável. Shad  
Scallops. Vieiras  
Secretos de porco. Bits of lean pork belly  
Sericaia. Egg yolk and cinnamon dessert.  
Serpa. Alentejo Cheese similar to Beja and Évora  
Serviço Incluído. Service charge included, whether so stated or not.  
Shark. Bicuda is baracuda. Caçao also seen.  
Shellfish. Mariscos  
Shrimp. Camarão  
Snails. Caracóis  
Sobremesa. Dessert  
Soft drink. Refrigerante  
Sopa. Soup  
Sopa de Pedra. Stone soup; a rich vegetable soup  
Sorrel. Azada  
Spinach. Espinafres  
Spoon. Colher.  
Stew. Estufado  
Strawberry. Morango  
Stuffing. Recheio  
Suckling pig. Leitão  
Sugar. Açucar  
Sumo. Juice  
Suspiros. Merengues.  
Sweet potato. Batata doce.  
Sweetbreads.  
Syrup. Xarope

## T

Tábua. Tabla - plate - of cheeses.  
Tainha. Grey mullet  
Tamalho. Thyme  
Tâmaras. Dates  
Tangerinas. Tangerines

Tamboril. Monkfish  
Tasca. Tavern  
Tea. Chá  
Tenro. Tender  
Tomar. Tiny sheep cheeses, fairly dry and nutty  
Tomatada. Tomato sauce, or tomato spread for bread as appetizer  
Tomate. Tomato  
Tongue. Lingua  
Toranja. Grapefruit  
Torrado. Toast  
Torresmos. Lardons.  
Torta. Torte or cake  
Tosta. Toasted sandwich; Tosta Mista, ham and cheese sandwich, similar to the "croque monsieur."  
Toucinho. Bacon  
Toucinho do Céu. "Bacon from Heaven" – a rich dessert of eggs, sugar and ground almonds, generally flavored with cinnamon. Egg sweet  
Tremoços. Salted gourd seeds  
Tripas. Tripe  
Trufa. Truffle  
Truta. Trout  
Tuna. Atum  
Turbot. Pregado, Rodovalho  
Turnip. Nabo  
Turnip Greens. Nabiças

## U

Uva. Grape

## V

Vaca. Beef  
Vagens. Green or runner beans  
Vanilla. Baunilha. Not common  
Veado. Deer  
Veal. Vitela  
Vegetables. Legumes  
Vermicelli. Aletria  
Vieiras. Scallops  
Vinagre. Vinegar  
Vinho. Wine; da casa, House wine  
Vitela. Veal

## W

Warm. Morno  
Water. Água. Some labels: Luso (still), Castello (com gas) Monchique (still), Vimeiro (both), Carvalhos (sparkling) and Vidago (sparkling).  
Watercress. Agriões  
Watermelon. Melancia.  
Whelk. Buzio.  
Whitebait. Joaquinzinhos

## X

Xarope. Syrup

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## Y

Yogurt . Iogurte

### Coffee

Uma bica. A café solo, or espresso.

Bica llena. A little more coffee to fill up the espresso cup.

Uma carioca. With a bit more water added to the bica llena.

Uma italiana. Really strong bica.

Uma meia (my-yah) de leite. Half coffee, half milk.

Um garoto escuro. Coffee with a dash of milk.

Um garoto claro. Coffee with more milk.

Um galão. A glass of mostly milk with coffee. Again, can be claro or escuro.

### Food by Region: Character and special dishes

**The North.** In the Minho, fish from both river and sea; in the Trás-os-Montes, pork predominates. Bacalhau à Transmontana, cooked with cured pork or chouriço, white wine, garlic, parsley, and tomatoes; in Porto, a Gomes de Sá, with onions, boiled potatoes and garlic, garnished with hard-boiled eggs and olives. In the South, seafood - tuna, sardines; inland, goat, lamb and pork - acorn-fed pigs. Almonds, oranges, figs, and olives abound. In the central area, cheeses, melons, shellfish, kid and lamb.

### Wine

Portugal is the world's sixth-largest wine producer in the world, despite its small size. The world's first wine region, the Douro, was designated in 1756.

Portuguese wines offer tremendous value for their price. Several are unique to the country: **Port** and **Madeira**, both in various forms, and the **vinho verde**, or young slightly sparkling wine of the north. Quality has improved since the entrance into the EU in 1986, and there are several DOCs. Portugal's many microclimates and its many indigenous grape varieties (over 200) make for a wide range of wines to be sampled and enjoyed by wine-lovers here.

### The regions and their wine

**The North.** The Minho is the home of the vinho verde, usually white but sometimes red. Grapes are grown high on stakes 6 ft tall or more and are picked while still immature. Fermentation occurs in the bottle. Much of the wine is blended; good producers include Casal Garcia, Vinha Verde, Tamega and Gatão. Estate bottlers include Casa de Sezim, Solar das Bouças, Quinta de Azevedo, Quinta de São Cláudio, Tormes, Paço do Teixeira and Quinta de Luou. Quinta da Avelada offers verdes from specific varieties. In the very northern-most part of the region are the alvarinho grapes (akin to the Albariño of Galicia), with good ones from Palácio de Brejoeira, Quinta da Pedra, Morgadio da Torre, Quinta de Alberiz, Forum Prior do Crato and Soalheiro. The red Verde wines are excellent with spicy food.

Along the Douro river is the oldest designated region, or região demarcada, the first such designation in the world. Fer-

reira produces the Barca Velha, long matured and the most expensive of Portuguese wine. Quinta do Côto "Grande Escolha" is a competitor. Sogrape, the originator of Mateus, has several new labels, including Mateus Signature. Quinta da Rosa and Alta da Guia (white) are also fine choices. In Lamego Raposeira makes sparkling wines, and Schramsberg is producing a sparkling wine in Alijó, called Vértice.. Portas Dom Dinas was excellent.

Below Porto is the granite soil Dão region, which produces a full-bodied red, and a small amount (10 percent) of white, which should be drunk young. Sogrape is at work here at Quinta das Carvalhais, and Duque de Viseu and Grão Vasco are good. Look also for Casa da Insua, Casal de Tonda, Quinta da Seradp and Quinta de Saes. Grapes include Encruzado, Assario, Cerceal, Touriga Nacional, Tinta Roriz, Alfródheiro and Jaen. Pípas reserva 92 (Sogrape) was excellent.

**The Center.** Bairrada wine comes from the Beiras area, which has been producing wine for hundreds of years. Its red grape is the Baga, an intense red rivaling the Dão. Whites are less common and not particularly recommended (excluding a sparkling version). Sogrape and Aliança are the main producers. Look for estate wines of Luis Pato and Quinta do Carvalinho.

Bucelas, a white, is produced northwest of Lisbon, using the Arinto grape to turn out a flinty wine that many writers compare with Chablis. Thomas Jefferson was a fan of this wine, as was the Duke of Wellington. Colares is a small area west of Lisbon, which produces both reds and whites in sand dunes; the former are full-bodied and high in tannin while the whites are dry maduro wines. The reds were once considered the finest of Portugal, and efforts are underway to revitalize this area. A fortified wine, Carcavelos, also was once a sensation, and producers are investing in this again as well. Finally, Quinta de Pancas is growing Cabernet and Chardonnay just north of Lisbon in the Alenquer.

**The South.** Setúbal on the Arrábida peninsula produces a fine Moscatel dessert wine. The grape from which it is made is thought to have been brought by the Phoenicians two thousand years ago. Periquita red grapes are used by Fonseca for an excellent light red. J.P. Vinhos is also producing a number of wines with cutting-edge technology.

Further east are the Ribatejo and Alentejo areas, along the banks of the Tejo. Ribatejo grows both red and white wines. Reds are soft and fruity; look for Coruche area producers. Quinta da Lagoalva de Cima and Falcoaria are good choices; Seradaye - Mountain Air - is pleasantly light. Alentejo wines are among Portugal's best, and newly high-tech. Redondo, Moura and Borba all are good sources. Quinta do Carmo has drawn Rothschild investment and is one of the many good estate wines. Try also the José de Sousa "Tinta Velho, Tapado do Chaves, and Mouchão. Finally, in the Algarve on the south coast, Lagoa wines are the newest DOC, with whites best drunk on the spot with local seafood.

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**The Azores.** In the Azores, new wine technology is producing some very nice whites in the volcanic soils of the islands. Terras de Lava from Pico is one denomination worth trying.

**Madeira.** Best known for the fortified wines of the same name, but now also producing some table wines

## *Port and Madeira*

**Port** is both aperitif and dessert wine. It is bottled young, or left in the cask to lose fruitiness and color. Vintage Port is the best of the first type, bottled two years after the harvest in the best years. This may last for a hundred years or more. Some good years: 1970, 1975, 1997, 1978, 1980, 1982, 1983, 1985, 1991, 1992, 1994, 1995, 1997, 1999, 2000 and 2003. The younger ones can be bought and held for years, to reach their full peak.

Late-Bottled is released after four to six years. In the second type, Tawny is the best. Indications of age are given: 10, 20, 30 or 40 years old. Colheita is Tawny from only one year. If no age is given, it is generally 3 years old. White port is usually dry or medium-dry (aperitif) or sweet (Lágrima dessert wine).

**Madeira** wines are named after the grapes. Driest is Sercial. Drink chilled as aperitif or with shellfish. Verdelho, medium, also good with soup. Bual, medium sweet, for chocolate. And Malmsey, for desserts. You may also see Finest, Choice, Rich and Rainwater classes. These wines are given a special ageing process, intended to duplicate the effect of long sea voyages through tropical climates, which gave the wines their special character. A vintage Madeira is aged for at least twenty years.

## *Reading the Label*

Adamado or doce - sweet

Adega - winery

Branco - white

Bruto - dry, sparkling

Casta - Grape variety

Clarete - bordeaux-style wine.

Claro - new or nouveau wine.

Colheita – vintage or harvest year.

Doce – sweet.

Denominação de origem controlado (DOC) - appellation controlled; may also be seen as regão demarcada, or R.D. Includes Porto, Douro, Dão, Vinho Verde, Bairrada, Madeira.

Encorpado - Full bodied

Engarrafado na origem - estate bottled. Generoso. Stronger apéritif or dessert wine

Escolha - Choice/Selection

Espumante – sparkling.

Estágio. Bottle aged.

Garrafa - Bottle

Garrafeira - aged in cask at least two years, in the bottle at least one year. Also a wine shop

Indicação de Proveniência Regulamentada (IPR) another control for origin, by smaller region. Alenquer, Borba, Reguengos, Portalegre are typical.

Ligeiro - light

Licoroso - fortified

Maduro - vat aged

Quinta – estate (single vineyard wines)

Reserva means a wine from an outstanding year

Rosado - Rosé

Seco - dry

Tinto - red

Vinha - Vineyard

Vinho Espumante - Sparkling Wine

Vinho Espumoso - Artificially carbonated sparkling wine

Vinhos de Qualidade Produzidos em Regiões Determinadas - VQPRD. An EU term identifying wines prototypical of their region, and often seen on IPR wines as an additional indicator of quality.

Vinho Regional - Also indicative of typical character for a region, generally broader than the PQPRD. Alentejo, Ribatejo, Extremadura.

Vinho da Mesa. Table wine. No vintage year.

*See [www.viniportugal.pt](http://www.viniportugal.pt) for more information on Portuguese wines.*