



A taste of Portugal

Portugal has a lot to offer with truly unique and mouthwatering dishes! Notable culinary traditions vary between regions, but a typical menu includes an array of grilled seafoods, meats, hearty casseroles and stews. These are cooked with a wide variety of spices and will most likely be served with three staple side dishes: rice, salad and potatoes.

Due to the country's location on the Atlantic Ocean, a majority of Portuguese recipes are fish-based. As a result, the country is ranked #1 in fish consumption per capita in Europe. The national, and most famous, dish is called *bacalhau*, or salted cod, and it's said the meal can be cooked 365 different ways! An assortment of seafoods such as lobster, oysters, shrimp, and clams are popular on the coast, while chicken, beef, pork and other meats are more prevalent inland.

Breakfast in Portugal consists of fresh bread with butter, ham and cheese, or pastries, usually enjoyed with coffee, tea or hot chocolate. Lunch is around noon and dinner is served around 8 o'clock; both meals often lasting over an hour. This gives you plenty of time to enjoy the typical three course meal, which includes an appetizer, main dish, and dessert. Flavored desserts are *arroz doce* (rice pudding), cheeses, and *pastel de nata* - a small custard tart.

The Portuguese have also played a major role in food globalization, with their role in world exploration and colonization dating as far back as 1279. Portugal was the first European country to dock in China, Japan, and Ethiopia, bringing back with them many new exotic products. They brought rice and tea from Asia, coffee and peanuts from Africa, and pineapples, peppers, tomatoes, and potatoes from the New World. They also brought coriander, pepper, ginger, curry, saffron, and paprika to Europe. Due to their extensive history of colonization, you can find Portuguese influences in cuisines throughout the world!



Caçoila

(Portuguese Stewed Beef)

*Pairs well with the Quinta do Pinto
2015 Tourgia Nacional Reserva*



Lisbon-style Pork Bifana

*Pairs well with the Quinta do Pinto
2017 "Grande Escolha" Red Blend*



Portuguese Fish Stew

*Pairs well with the Quinta do Pinto
2018 Arinto Reserva*

Taste the Adventure!

Portugal



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Artisans of Portugal



■ Maçarico

Maçarico was established in 1930 by Domingos Ribeiro Maçarico, who began selling ready-to-eat olives and specialized in offering the Portuguese variety of tree ripened "Galega" olives. Over the years, the business thrived and Maçarico began exporting his prized olives around the world. He also introduced pickles, mustards, and Piri-Piri Sauces to his portfolio. While Maçarico is the name of the business and the last name of the founder, it is also the name of a water bird that lives in the many lagoons scattered around the coastal region of Praia de Mira, Portugal, where the company began. A graphic of the Maçarico bird was thus incorporated into the company's logo.



■ Quintal dos Açores

This company is located on the Azores Islands, nestled amongst São Miguel's dramatic landscape. Being the largest island in the island chain, São Miguel is an ideal place to grow, harvest and produce their delicious and exotic flavors of jam, peppers, tomatoes, and pickles. All of their products are made with fresh, natural ingredients and without any preservatives.



■ A Taste of Portugal

A Taste of Portugal is a combination of a variety of high-end producers in Portugal who have come together under one brand name to share their unique products and food specialties with the rest of the world. The company has a wide selection of gourmet products from dried fruits, jams, and cheese, to olive oils, vinegars and mustards, to name a few.



■ Moaçor

Located on São Miguel of the Azores Islands, Moaçor produces authentic Maria cookies - sweet, round biscuits that are commonly used for dunking in hot tea. Moaçor produces its cookies with quality and tradition in mind, using the best available technologies, without additives or artificial preservatives.

International Gourmet Adventure Package



Taking your International Wine Club membership to a higher level of enjoyment with imported gourmet selections.

■ Whole Green Olives

Maçarico

Maçarico's Whole Green Olives have a uniquely fresh, fruity flavor with a firm bite. Carefully selected and picked when they are fully mature ensures these olives are of superior quality. Green olives are a great stand-alone snack, or use them to add flavor to a wide variety of dishes - salads, chicken, fish, rustic sauces, and even sandwiches!

■ Pimenta do Queijo/Cheese Pepper

Quintal dos Açores

The Quintal dos Açores Traditional Fresh Cheese Pepper is a typical regional spice-sauce from the island of São Miguel. This Portuguese spice is prepared the old fashioned way with pepper from the local lands. With a base of Piri-Piri sauce, which is characteristically used to flavor a wide variety of Portuguese dishes, this Cheese Pepper sauce can be added to yams, baked potatoes, beans, and more.

■ Fried Fava Beans

A Taste of Portugal

Fava beans are widely grown in Portugal for their nutritious seeds and pods. They are commonly used in Portuguese sauces

and stews, but they're also a popular and tasty snack when fried! Salty and crunchy, Fried Fava Beans make a great alternative to peanuts or chips.

■ White Wine Vinegar

A Taste of Portugal

A great vinegar can enhance any meal, especially with Portuguese cooking! Aged in oak barrels, this White Wine Vinegar offers an intense aroma and sensational flavor to enhance marinades, sauces. Drizzle over fresh salads as well!

■ Chicken Seasoning Marinade & Sauce

A Taste of Portugal

Now you can enjoy Portuguese style chicken at home! Great as a marinade or sauce, this jar takes the work away and makes a simple and delicious meal. A blend of garlic, red pepper, wine, salt and chili pepper, this sauce is vibrant and flavorful.

■ Bolacha Maria Cookies

Moaçor

The Bolacha Maria cookies are a staple in every Portuguese household. A slightly sweet biscuit, the Moaçor Bolacha Maria cookie is a great dessert for kids, or served with coffee and tea.

*Due to limited quantities, some products may be substituted for a different flavor or product of equal value and quality.