



**EUROPE
WEB
WALKING**

2014 - 2017

Our Cookbook

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Cyprus



The Czech Republic



Hungary



Italy



The Netherlands



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Portugal



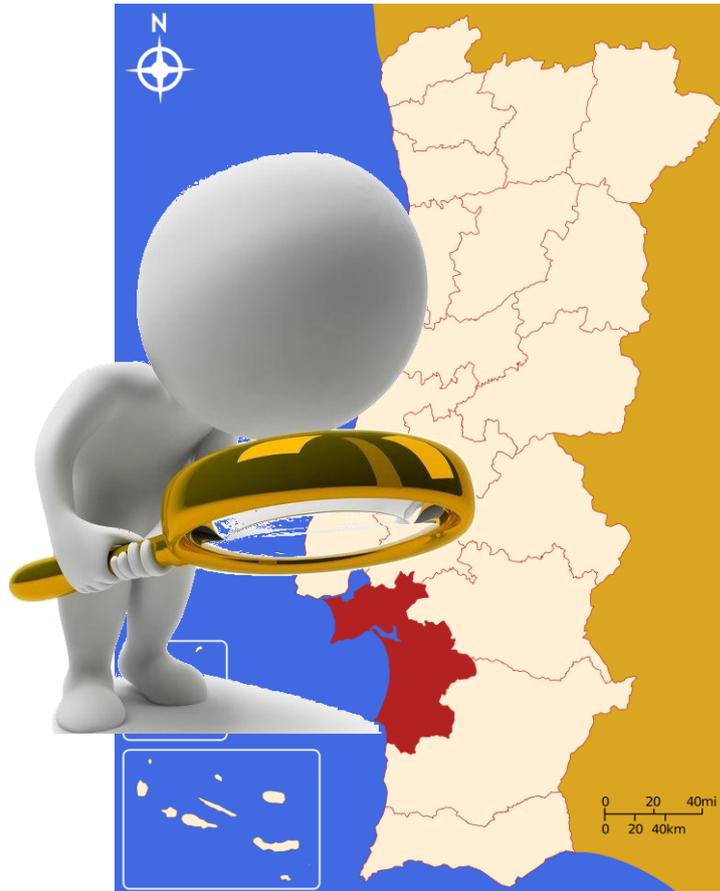
Romania



Turkey

Regional traditional menu

Setúbal



- Starter - Salada de Polvo (octopus salad)



- Soup - Caldo Verde (Green soup)



- Meal: Bacalhau com Natas (cod with cream)



- Dessert: Arroz Doce (rice pudding)



Bom Appetite!

Starter - Salada de Polvo (octopus salad)	Nutritional Values:
<p><u>Ingredients:</u></p> <p>1 small octopus 1 onion 2 cloves of garlic 1 bay leaf Black pepper 3 shallots 2 red chilli peppers 2 Tomatoes Coriander Lime (juice and rind)</p>	<p>Energy: 1594 kj / 381 kcal Calories: 381 Sugar: Fat: 17g</p>
<p><u>Process:</u></p> <p>Preparing the octopus: Clean the octopus Place the onion, bay leaf, garlic (crushed), black pepper and a drizzle of olive oil in a pot with water. When it begins to boil, add the octopus and cook until tender (approximately 45 minutes). Place aside. Separate the legs from the head. Tightly wrap the legs in plastic wrap and freeze. Scald the tomatoes and place in a container with ice cold water. Remove the skin and seeds and cut into cubes. Dice the shallots and chilli peppers, taking care to remove some of the seeds to avoid excessive spiciness. Place everything in a dish and season with salt, olive oil and lime juice and rind. Remove plastic wrap from octopus and thinly slice. Line a plate with the octopus slices and cover with tomato and onion mixture. Sprinkle with coriander.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>https://www.youtube.com/watch?v=24EknvndHLM#t=136</p>	
<p>Difficulty level: Easy</p>	
<p>Time for preparation: 60 minutes</p>	
<p>Alergens: Fish</p>	

Soup - Caldo Verde (Green soup)	Nutritional Values:
<p><u>Ingredients:</u></p> <p>2l of water 400g potatoes 400g de curly kale (cut for a broth) course salt 2 dl olive oil 1 spicy sausage (Portuguese chouriço) 2 onions</p>	<p>Energy: 444Kj Calories: 106 Kcal Sugar:0,79 g Fat:3,69 g</p>
<p><u>Process:</u></p> <p>In a pan, mix the spicy sausage, the potatoes and the onions cut into pieces. Cover the mix in water, season with salt and allow to cook for twenty minutes. When the soup is well cooked, remove the spicy sausage and ground the rest with a handheld blender. After you wash them, mix in the leaves of curly kale and allow to boil for five minutes. Serve in bowls and add on slices of spicy sausage.</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>https://www.youtube.com/watch?v=4FA5b68tcWw#t=124</p>	
<p>Difficulty level: Easy</p>	
<p>Time for preparation: 40 minutes</p>	
<p>It was named one of the 7 Wonders of Gastronomy of Portugal. Due to its simplicity and lightness, It is eaten at the beginning of a main meal or a late supper. For an authentic experience, the broth should be served in clay bowls, accompanied by corn or rye bread and slices of chorizo added to the broth, which makes it even more delicious.</p>	
<p>Alergens: None</p>	

Meal: Bacalhau com Natas (cod with cream)

Nutritional Values:

For 1 portion (380 g)

Ingredients:

4 cod steaks (desalted)
1k g potatoes
1 dl olive oil
2 medium onions
3 cloves of garlic
40 g flour
40 g butter
2.50 dl milk
2.50 dl cream
pinch of salt
pinch of black pepper
pinch of nutmeg
Tablespoon lemon juice
Teaspoon of shredded cheese or bread crumbs

Energy: 2544 kj
Calories: 608
Sugar: 12,2 g
Fat: 30,4 g

Process:

Boil the cod in 0.5 L of water for 3 minutes. Remove the skin and bones and break-up the fish into smaller pieces. Set aside water from the fish.

Peel the potatoes, wash and cut them into small cube shaped pieces. Fry them in hot oil and remove before becoming golden. Let them drain well on a paper towel. Sprinkle with salt.

Cut the onions into thin half-moon shaped pieces and sauté in olive oil with the crushed garlic. sauté until translucent. Add the pieces of cod and sauté for a bit longer. Add the fried potatoes and mix.

Prepare the béchamel sauce: Melt the butter in a small pot, add the flour and stir well; mix in 1dl of the previously saved water in small amounts at a time, stirring constantly. Add the cream and milk and mix until bubbly. Remove from heat and season with salt, pepper, nutmeg and lemon juice.

Stir in 2/3 of the béchamel to the fish and potato mixture. Transfer to an oven safe dish, previously greased with butter. Cover the surface with the remaining béchamel, sprinkle with shredded cheese or bread crumbs and place in oven until golden. Serve with sautéed spinach.





<https://www.youtube.com/watch?v=fUe87iVgwQw>

Difficulty level: Medium

Time for preparation: 75 minutes

Alergens: Gluten, fish and milk

Dessert: Arroz Doce (rice pudding)	Nutritional Values:
<p>Ingredients:</p> <p>2 liters of milk 1 cup uncooked regular long-grain rice 2 cups granulated sugar 2 cinnamon sticks Some pieces of lemon skin 3 egg yolk Ground cinnamon</p>	<p>Energy: 1640 Kj Calories: 392 Kcal Sugar: 57, 63g Fat:6,79g</p>
<p>Process:</p> <p>In a big saucepan, put the rice, the milk, a sugar cup, the lemon skin and the cinnamon sticks, stirring once or twice. When the milk starts boiling, reduce heat to low and cook it in low heat. The milk should be absorbed and the rice should be cooked, creamy and soft. (Switch the stove off) Beat the eggs and a sugar cup with a blender. Stir in hot rice. Put the rice in small bowls and sprinkle with ground cinnamon.</p> <div style="display: flex; justify-content: space-around;">   </div>  <p>https://www.youtube.com/watch?v=8FI7mhRYo6g</p>	
<p>Difficulty level: Medium</p>	
<p>Time for preparation: 30 minutes</p>	
<p>Rice pudding is a recipe of Asian origin. In India, for example, sweet rice dishes are commonly found at Hindu weddings. In Thailand, coconut is added and it's normally served with mango slices and very lightly sweetened.</p> <p>Rice pudding arrived in Europe around the thirteenth century. Then, it landed on Brazilian soil via Portugal. Here it arrived sprinkled with cinnamon. At the time of the Empire, in Rio de Janeiro, wealthy people mainly of Portuguese origin, made several of their favourite national dishes and one such dish was rice pudding.</p>	
<p>Alergens: Eggs and milk</p>	