

ANCIENT RECIPES WITH A LONG LOCAL TRADITION



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Photos: Virgílio Rodrigues
Chef: Renato Costa

COLD SOUP OR GASPACHO

Place four chopped tomatoes in a bowl • Add two cloves of garlic, crushed using a wooden spoon • Add a chopped onion • Season with olive oil and salt • Mix together, and beat to a pulp • Sprinkle with oregano • Add cold water and hard bread (homemade) in chunks

SALADA À MONTANHEIRO

Chop four tomatoes into small cubes, remove the seeds, and place in a bowl • Add on chopped onion • Season with salt and olive oil • Sprinkle with oregano immediately prior to serving • Try serving this salad with grilled sardines