

TRADITIONAL RECIPES ON SPECIAL HOLIDAYS



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SONHOS (SUGARED DOUGH-BALLS)

Place 1kg of flour in a bowl together with sufficient warm water for making dough, and a teaspoon of baking powder • Once you've mixed the dough add two beaten eggs and a tablespoon of cinnamon • Mix everything together until the dough has a good consistency • Leave to rest for a few minutes • Form the dough into little balls and fry • Once fried, sprinkle with sugar and cinnamon

FILHÓS

Place 1kg of flour in a bowl and make a well in the middle • Break 4 eggs into the centre and add two tablespoons of lard • Then add the juice of two oranges, salt, and a glass of medronho • Mix together thoroughly and leave to rest for 15 minutes • The batter is ready for frying • Once fried and dried the filhós are ready (as in Dona Adelina's mother's house) • Some people sprinkle them with sugar or cinnamon • Others like to dip them in honey