

TIBORNAS



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INGREDIENTS

- 1 oven-fresh loaf 'pão caseiro'
- 150ml olive oil
- 3 garlic cloves
- 1 pinch 'flor de sal' salt

METHOD

Crush the unpeeled garlic and cover with olive oil • Season with 'flor de sal' • Break the bread into chunks and dip into the oil.

TIP

In former times the owner of the press where the olive oil was pressed, took care of worker's food, taking some freshly baked bread and tasting the first oil to flow from the press • Thus the tradition of 'Tiborna' began