

# Gastronomy



The cuisine found in the EUROACE region is based on first class ingredients and is simple, varied and surprising.

## Alentejo

### PRODUCTS

**Meat:** beef, goat, sheep and Alentejo pork.  
**Cured hams** from Barrancos, Campo Maior, Elvas and Santana da Serra. Stews and chorizos.  
Alentejo **olive oils**, cheeses and honeys.  
Elvas **plums**, chestnuts and cherries.

### TRADITIONAL CUISINE

**Starters:** Rissol pork crackling, Mogango pumpkin fritters, San Cristóbal rabbit, asparagus with cured ham and eggs, *gurumelos* (wild mushrooms of the Amanita Ponderosa variety) with spicy pork sausage and eggs.  
**Soups:** Alentejo *açorda*, purslane soup with cheese and eggs, pasta and fish soup, gazpacho with fried mackerel, river fish broths.  
**Main courses:** Bread crumbs with pork, Elvas golden codfish, dogfish with coriander, pork and clams, eel stew, beans and pork head, lamb stew, a wide range of game...  
**Sweets:** *Fidalgo*, *sopa dourada*, *filhóses* (fritters), *lampreia d'ovos* (egg and almond pastry), *encharcadas* and *morgado*.

## Centro Region

### PRODUCTS

**Olive Oils** from Beira Interior, **lamb** (Beira and Serra da Estrela), **suckling goat** (Beira and Gralheira), **beef** (*arouquesa* and *marinhoa*), veal (*Lafões*). **Fruits:** chestnuts from Soutos da Lapa, **cherries** from Cova da Beira, **apples** (Bravo de Esmolfe, Cova da Beira and Beira Alta), **pears** (Rocha do Oeste), **peaches** (Cova da Beira), **cheeses and cottage cheeses** (Serra da Estrela, Beira Baixa, Castelo Branco and Rabaçal), **honeys** (Serra da Lousã), *ovos moles* from Aveiro, **wines** (Bairrada, Beira Interior and Dão) and Lourinhã **aguardiente** DOC.

### TRADITIONAL CUISINE

'Sea and river' specialities: **seafood soups** and **seafood**, a wide variety of dishes with **salt cod**, **lamprey rice**, **eels**, **bass**, **grilled sardines** and **caldeiradas** (a rich Portuguese fish and potato stew).  
'Land' specialities: **suckling pig roasted** in wood-burning ovens, **suckling goat** (spit roasted, barbecued or scalded), **chanfana da Serra**, **stuffed bucho** (stomach) and **maranhos** (fat sausage with rice, mint and lamb), **rancho** in Viseu, **roast beef** from Lafões, **partridge** from Alpedrinha, roast **duck** in Tentúgal.  
Pastries and sweets made in **convents** and sheep and goat's milk **cheeses**.

## Extremadura

### PRODUCTS

**Products from Iberian pork raised in the mountains and fed on acorns:** cured ham, loin, sausage, chorizo, bacon, blood sausage.  
**Beef and lamb** raised on pasture lands.  
**Pimentón** de la Vera, a spicy or sweet smoked paprika.  
**Torta del Casar** and La Serena chesse.  
**Picota Cherries** from the Jerte valley.  
**Honey** from Villuercas-Ibores.  
**Olive Oils** from Gata-Hurdes and Monterrubio de la Serena.

### TRADITIONAL CUISINE

**Soups:** tomato, garlic and potato soups and the unique *sopa cana* (with bread and milk). Gazpacho and *cojondongo* (cold).  
**Extremaduran breadcrumbs.**  
**Cachuela**, (*pork liver fried in lard or broth*), delicious filling pâté.  
**Criadilla de tierra** (Extremaduran truffle), a mushroom that looks like a potato.  
**Salads:** *zorongollo* (pepper salad), orange and lemon salads.  
**Meat stews:** lamb stew and Extremaduran *chanfaina* (another rich traditional lamb stew).  
**River fish:** tench and trout.  
**Sweets:** *perrunillas* and *mantecados* (sweet hard biscuit), *flores extremeñas* (Extremadura flowers), other fried pastries and *técula mécula* (cake with egg yolks and almonds).