



**Menu: Sangria—Roseann, Bay Scallops—Barbara, Cabbage soup— Judy, Carrot Salad, Roasted Potatoes—Roberta, Baked Fish— Roseann, Green Beans— , Dessert— Rice Pudding—Margie, Coffee/tea— Roseann**

### Sangria - Sangrita

INGREDIENTS: [SERVINGS 15 UNITS US](#)

1 bunch [grapes](#)  
 1 sliced [orange](#)  
 1 sliced [lemon](#)  
 1 sliced [lime](#)  
 60 ounces dry [red table wine](#)  
 20 ounces orange juice  
 1 ½ cups [triple sec](#)  
 1 cup grenadine  
 1 cup [brandy](#)  
 ¼ cup [corn syrup](#)  
 2 cups chilled carbonated lemon-lime beverage  
 or 2 cups [seltzer](#)



### DIRECTIONS

- Mix together all of the ingredients except for the soda in a large container. Tightly seal and chill for at least 2 hours. Mix in the lemon lime soda and serve in chilled glasses. Drink Away!

### Appetizer: Portuguese Style Bay Scallops

PREP 10 MINS, COOK 5 MINS, SERVINGS 4 UNITS US

1 lb fresh bay scallop  
 8 tablespoons butter  
 1 cup flour  
 1 teaspoon garlic clove, minced  
 3 tablespoons parsley, finely chopped  
 1/4 teaspoon salt  
 fresh ground black pepper  
 1/2 fresh lemon, juice of



### DIRECTIONS

- Wash the scallops in cold water. Spread on paper towels to dry.
- Put flour in a small bowl.
- Toss scallops in flour to coat completely.
- Melt butter in a skillet over low heat.
- Add the scallops and pan fry 3 to 4 minutes, moving and turning, until they are firm but not browned.
- Add garlic and parsley and cook 30 seconds longer.
- Remove to a serving plate and squeeze lemon juice over scallops and season with salt and pepper.

### Caldo verde (Portuguese cabbage soup)

Ingredients:

2 fat [onions](#), finely chopped  
 4 cloves [garlic](#), crushed  
 2¼ fl oz [olive oil](#)  
 1 [Chorizo](#) sausage  
 6 large [potatoes](#)  
 2 pints good vegetable or [chicken stock](#)  
 salt and freshly ground [black pepper](#), to taste  
 2 [bay leaves](#)  
 large bunch of greens or [cabbage](#)  
 smoked paprika and [olive oil](#), for dressing



### Method

- Gently fry the onions and garlic in the olive oil until softened and translucent.
- Chop the sausage into small chunks and add to the pan with the onion.
- Fry the onions and sausage for a few more minutes and then add the diced potatoes. They will absorb all the flavor from the sausage.
- Transfer the mixture to a large pan, add the stock, seasoning and bay leaves, and cook until the potatoes are soft.
- Meanwhile, very finely chop the cabbage
- When the potatoes are ready, mash them into the broth to make a thick base. Blanch the greens in boiling water for one minute to take off any bitterness, drain, then add to the simmering broth.
- Add as much cabbage as the broth will support - if you want heavy soup add loads of greens, if lighter, add less.
- Simmer for a few minutes. The soup will go the color of jade. Mix the smoked paprika with some olive oil to make a dressing, and swirl this red magic into the vibrant green soup. Serve with some rustic country bread.

### Carrot Salad With Mint Vinaigrette

INGREDIENTS [SERVINGS 6 UNITS US](#)

12 medium [carrots](#), [salt](#)

1 ½ cups mint vinaigrette (below)

Mint Vinaigrette (makes about 1 ¾ cups)

¼ cup <a href="#">fresh lemon juice</a>	¼ cup chopped <a href="#">of fresh mint</a>
1 ¼ cups mild <a href="#">olive oil</a>	¼ cup <a href="#">red wine vinegar</a>
2 tablespoons <a href="#">fresh lemon juice</a>	½ cup firmly packed chopped <a href="#">of fresh mint</a>
1 teaspoon <a href="#">sugar</a>	½ teaspoon <a href="#">salt</a>

### DIRECTIONS

- Peel the carrots and cut into thin slices or julienne on a mandoline or by hand. There should be about 4 cups. Drop the carrots into a pot of boiling salted water and cook until crisp-tender, about 1-2 minutes.
- Drain the carrots and refresh them in ice water. Drain again, pat dry, and put in a large mixing bowl.
- Make the vinaigrette: Combine the 1/4 cup lemon juice and the 1/4 Celsius mint in a small saucepan. Heat to boiling and remove from heat. Let it steep about 10 minutes, then strain the infusion into a mixing bowl. There should be about 1/4 cup of infused lemon juice.
- Add the remaining vinaigrette ingredients to the infusion and whisk together.
- Add 1 1/2 cups of the vinaigrette to the carrots and toss to coat.

### Portuguese Roasted Potatoes

INGREDIENTS: [SERVINGS 6 UNITS US](#)

3 cups [water](#)  
 2 tablespoons [red wine vinegar](#)  
 3 tablespoons smoked paprika  
 1 teaspoon [sugar](#)  
 1 teaspoon [salt](#)  
 1 tablespoon [fresh ground pepper](#)  
 1 medium [Spanish onion](#), sweet onion, chopped  
 1 large [tomatoes](#), seeded and chopped  
 3 tablespoons [fresh parsley](#)  
 4 large [baking potatoes](#), scrubbed and cut into 2-inch chunks

### DIRECTIONS

- Preheat oven to 375 degrees F.
- Pour water into a roasting pan.
- Add vinegar.
- Sprinkle paprika and sugar over the water and mix, removing the lumps.
- Add salt, pepper, onion, tomato, parsley, potatoes. Mix well.
- Bake UNCOVERED at 375 1 1/2 - 2 hours. Stir once after 1 hour.

The potatoes will have a nice red color when they are done.

### Portuguese-Style Baked Fish

INGREDIENTS

[SERVINGS 4-6 UNITS US](#)

2 lbs fish fillets (cod, haddock or other white fish.)  
 2 tablespoons [olive oil](#)  
 1 [onion](#), chopped  
 1 [leek](#), cleaned and sliced (white part only)  
 4 [garlic cloves](#), minced  
 1 ½ cups [canned plum tomatoes](#) (about 1 medium sized can)  
 2 tablespoons [tomato paste](#)  
 1 cup [white wine](#)  
 ½ teaspoon [cumin](#)  
 ½ teaspoon [oregano](#)  
 ½ teaspoon [rosemary](#)  
 salt and pepper  
 1 [green pepper](#), sliced  
 1 [lemon](#), sliced  
 1 bunch [fresh parsley](#), minced



### DIRECTIONS

- In a skillet heat the olive oil. Add the onions, leeks, and garlic, and saute over medium heat till transparent (about 5 minutes).
- Add peeled tomatoes, tomato paste, and seasonings. Cook for about 15 minutes over medium heat.
- Preheat the oven to 350.
- In a baking pan pour about 1/3 of the sauce.
- Put the fish fillets on top of the sauce. Top with the sliced green pepper.
- Pour the wine over this and then top with lemon slices.
- Pour the rest of the tomato sauce over all and then top with minced parsley.

Bake this for about 25 minutes, or until the fish is done and the sauce is bubbly. Serve with pasta or potatoes. This is great!

### Crock Pot Portuguese Green Beans

INGREDIENTS

[SERVINGS 8 UNITS US](#)

¼ lb [lean salt pork](#), diced, 2 lbs [fresh green beans](#), cut in thirds  
 2 medium [tomatoes](#), chopped, 2 cups beef stock

½ teaspoon [salt](#), ½ teaspoon [sugar](#), ¼ teaspoon [black pepper](#)

### DIRECTIONS

- Spread salt pork over the bottom of a crock pot, top with beans and tomatoes.
- Combine stock, salt, sugar and pepper and pour over beans.
- Cover and cook on High 3-4 hours. Drain before serving.

### Arroz Doce- Portuguese Rice Pudding

*Makes 8-10 servings*

4 cups water  
 1 lemon peel  
 2 Tbsp Butter (salted or unsalted- I prefer salted)  
 1/2 Tsp salt  
 1 cup short grain rice (I like Italian style, but not arborio)  
 2 cups very hot milk  
 1 1/4 cups sugar  
 5 egg yolks  
 Cinnamon for garnish



In a saucepan, bring water, lemon peel, butter and salt to a boil. When it is boiling add the rice and reduce heat to a simmer for about 25 minutes or until almost all the water has been absorbed then add the hot milk. Continue to let simmer for about 5 minutes then add the sugar.

In a separate bowl, beat the egg yolks together and add a few tablespoons of the rice mixture to temper the eggs. Add the egg mixture quickly into the saucepan. Let the rice continue to simmer for about 10 minutes to allow rice to thicken. The rice should not completely absorb the liquid it should form a nice creamy consistency. Remove lemon peel and transfer to one large serving dish or ramekins and garnish with cinnamon.

Enjoy [jessica dasilva \(Portuguese Girl Cooks\)](#)