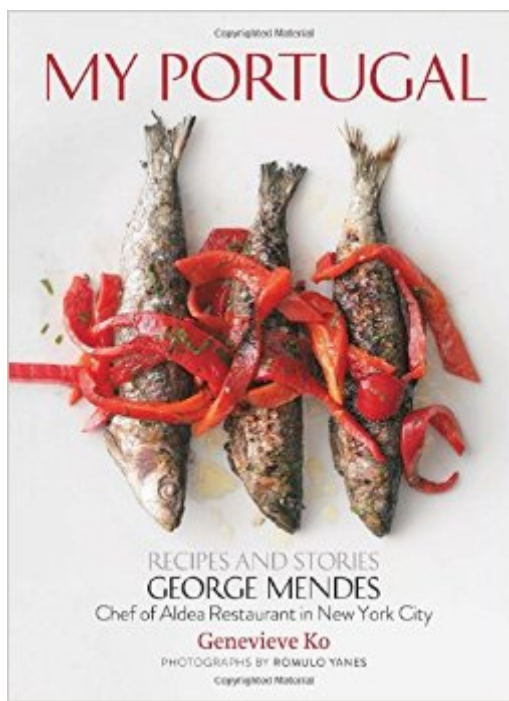


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# My Portugal: Recipes And Stories



## Synopsis

In *My Portugal*, George Mendes, chef and owner of Michelin-starred Aldea, introduces us to the world of Portuguese cuisine, offering 125 mouthwatering recipes that showcase the wide range of dishes that come from this coastal country. The collection balances Mendes's popular restaurant recipes, such as his signature Duck Rice and Garlic Seared Shrimp, with his takes on classic Portuguese dishes, such as Salt, Cod, Potato, and Egg Casserole; Mozambique Shrimp and Okra with Piri Piri; Eggs Baked with Peas, Linguíça, and Bacon; Butter Cookies; and more. His stories illustrate the wealth of culinary resources in Portugal—fresh seafood, savory meats, and crisp vegetables. With delicious recipes and stunning photographs of the country, *My Portugal* takes the reader on an unforgettable journey.

## Book Information

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## Customer Reviews

I purchased the kindle edition, and it is formatted much better than a lot of other cookbooks for kindle, but the photographs are quite small. There are a lot of photos, although there seem to be more of the people and places from Mendes' life and around Portugal, rather than of the actual dishes. Quite a bit of this cookbook is focused on Mendes' life and path towards becoming the chef he is today. Mendes presents "modernized" takes on classical Portuguese cooking here, although some of the basics like caldo verde are left the same. He has gone to substantial trouble to ensure that everything is accessible for the home chef. The layout of each recipe is clear and easy to follow. The instructions are concise but very precise, and measurements are given by cup and the metric system. Each recipe starts with a few sentences of introduction and a special equipment

section (if required). Additionally, every recipe requiring special equipment has a variation at the bottom for how the dish can be made without the "elevation". I love that Mendes gives a double set of instructions, so that I can choose to make the fancy version of bacalhau À brãis (as an example) requiring special kitchen equipment (siphon with an NOÃÇÂ Â converter) or the same dish more simply. It looks like there are a few places where there is not an explicit note, but workarounds are stated directly in the instructions (as with the duck rice). It is a bit of a shame that he suggests discarding the chicken breast meat because it gets too dry and stringy for the canja, but I'm sure I can think of my own workaround. You should like fish and pork to fully utilize this cookbook, but there is also a substantial vegetarian section here, all of which sound delicious (coconut-saffron cauliflower and broccoli, goan eggplant curry, smoked baby beets, etc). The roasted squash soup is the only thing I've had the chance to make so far. It is quite tasty, and perfect for fall.

This is an outstanding cookbook. Period. Here's why..... Chef George Mendes takes the time to share his history and answer the question "why?" as it relates to Portuguese cuisine. Through his personal journey growing up in the US to his extensive travels throughout Portugal, you get the essence of his passion and the food of Portugal. He covers all the bases. There are simple preparations that you will find in every Portuguese kitchen and you will also find sophisticated, restaurant quality dishes designed to impress even the most discriminating palate. Having traveled to Portugal for years, being a fan of Portuguese food, I had a mental checklist in mind before I opened the book. Chef George Mendes nailed it. Whether you are an avid fan of Portuguese food or you like soulful cooking with finesse, this is a great book to not just add to your collection, but to keep at your fingertips.

I love this cookbook because it's George Mendes' personal story combined with wonderful and approachable recipes. It's a beautiful book but should be used in the kitchen, not just left to look good on the coffee table. I've made several recipes and love the fact that there's an attention to detail in the instructions as well as the chef's notes and comments on the side. The arroz de pato is well worth the effort.....delicious.

Being Portuguese-American myself and growing up in Hartford, CT I currently reside in Newark, NJ. After three years of living in Brooklyn, I vowed to myself that I would never again live farther than 10 minutes away from a Portuguese bakery. George Mendes' book is a comprehensive panorama of the Lusitanian cuisine, drawing from influences of former colonies and neighboring Spain. Truly the

best Portuguese cook book that is available in the U.S. with dishes that evoke memories of many summer lunches with my grandparents underneath the grapevines. Traditional yet progressive, contemporary but not trite, the recipes in this book truly reflect the spirit of Portuguese cuisine but constructed with Mr. Mendes' visionary panache. My favorite recipe so far has to be his rendition of "Ervilhas e Chouriço" or Peas and Eggs with Portuguese Chorizo. Such a treat. Senhor Mendes muito obrigado por nos ter dado esta maravilha de um livro.

I'm thrilled with these recipes. Many are similar to what my family prepared and there are several new ones that I am looking forward to trying like the Brussels sprouts with quince and bacon, etc. The book is well-written and the photographs are fantastic.

Pretty good book of mostly Portuguese style food, not unlike the creative expressions offered by some of Portugal's top chefs such as Jose Avillez and H. Sa Pessoa. Food trends in Portugal are tending to reject this "Alta Cozinha" recently in favor of the traditional, unequaled cuisine (cozinha do povo).

Appears to be a fine publication. Thumbed through it because it is a Christmas present and not used right away. Has multiple chapters on different groups of entrees. Also has very good photography of Portugal and of the entrees.

Given as a gift, my son and daughter-in-law love it.

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