

Guide to Food in Portugal

A

Abacate. Avocado
Abacaxi. Pineapple. Colloquially, a headache or pain!
Abatanado. Coffee with more hot water – effectively milder.
Abóbora. Pumpkin; may refer to any one of a number of variegates. Abóbora Chila (OR GILA?) is similar to spaghetti squash.
Abrótea . Azores region fish, a “fork-beard.” Moist white fish, often grilled or stewed.
Açafrão. Saffron. Used sparingly in Portuguese cooking.
Acelga . Swiss chard
À camponese. With vegetables; country style.
Açorda. A dish made with mashed bread, oil, and garlic, generally accompanied by shrimp or other seafood
Açucar. Sugar.
Adega. Wine cellar
Aagriões. Watercress. Used lavishly in Portuguese dishes as a garnish, also as an ingredient in soups or stews.
Água . Water. Bottled water is commonly served in restaurants; plain (sem gás) or fizzy (com gás).
Água tônica . Tonic water.
Aguardente. Distilled liquor, similar to eau de vie, grappa or marc, made from various fruits.
Aipo. Celery. Not common.
Alcachofra . Artichoke
Alcaparras. Capers
Alcatra. Rumpsteak
Alecrim. Rosemary. Not common.
Alface. Lettuce.
Alfacinha. Little lettuce – a nickname for Lisboans.
Alfarroba. Carob pods – used for dessert tarts for example.
Alheira caseira. Homemade sausage. Á santo huberto, or à caça: made with game.
Alho. Garlic. Key ingredient.
Alho-porro or alho Francés . Leek.
Almôndega . Meat ball.
Almonds. Amêndoas. Used widely in desserts, served with dry port.
Alperce . Apricot. Generally used dried for its more intense flavor.
À Madeirense. In the Madeira style, with tomatoes, onions, garlic, probably some Madeira wine.
À maneira. In the manner of....
Amêijoas. Clams

Ameixa. Plums. Elvas Preserved plums are famous.
Amêndoas . Almonds.
Amendoims. Peanuts. Traditionally used for oil, now may be used as a snack.
À Minhota. Minho region style, with bits of ham, perhaps vinho verde.
Amoras. Blackberries.
Ananás . Pineapple.
Anchovas . Anchovies.
Anchovies. Anchoas.
Anho. Lamb.
Anona. Custard apple, cherimoya.
À padaria. Cooked in an earthenware casserole (padeiro).
Aperitivo. Apéritif.
Apple. Maça.
Apricot. Alperce.
Arenque. Herring
Arroz. Rice. Served often as a side dish; rice is grown, especially short grain, in the west coast of Portugal.
Arroz de pato. Rich rice dish cooked with duck.
Arroz-doce. Sweet rice; rice pudding.
Artichoke. Alcachofra.
Asparagus. Espargo; Espargo bravo, or wild asparagus, is eaten in rural areas. Elsewhere you will likely be served fat white asparagus.
Assado (no forno). Baked (in the oven)
À Transmontana. In the style of the northeastern Trás-os-Montes region, perhaps with bits of sausage, always lots of garlic and onions.
Atum. Tuna
À vapor. Steamed.
Aveia. Oats
Avelãs. Hazelnuts
Aveludo de camarones. Creamy shrimp soup
Aves. Poultry.
Avocado. Abacate
Azeda. Sorrel. Frequently served in soups, or sauteed, with other greens such as turnip (gredos).
Azedado. Sour
Azedo.
Azeitão. Sheep’s cheese, made in small rounds, may be eaten with a quince paste. From the region south of Lisbon.
Azeite. Olive oil.
Azeitonas. Olives. Pretas - black, or verdes, green (less common).

B

Bacalhau. Dried salt cod. A favorite, indeed almost the national dish, for five hundred years.

Bacalhau à Provinciana. Gratin of cod, potatoes and broccoli or grelos, with port wine. Not a tomato to be seen!
Banana. Banane. Grown in Madeira and the Azores.
Banha. Lard
Barbo. Barbel fish
Barley. Centeio.
Barrigas de Freira. “Nuns’ Tummies” - Extremely sweet dessert that originated in the convents.
Basil . Manjeriçã. The token of St. Anthony’s day in Lisbon. Not common in cooking.
Batata . Potato.
Batata frita. Potato chip.
Batata Palha . Matchstick potatoes.
Batata doce. Sweet potato.
Batatas à murro. Potatoes boiled with the peel, then mashed.
Batido. Milkshake
Baunilha. Vanilla. Not common in Portuguese desserts, which are flavored with the cinnamon of the East Indies.
Bay leaf . Louro. Very common flavoring.
Bean . Feijão. Branco -white, encarnado - red, preto - black, manteiga - butter, de frade - black-eyed, de vaca - cowpea, verde - green bean,
Bebidas. Drinks. Likely to be port, madeira, or wine.
Beef . Bife
Beer. Cerveja.
Beet . Beterraba
Beja. Cheese from the Alentejo, mild or semihard and piquant.
Beijinhas. Cookies
Bem passado. Well done
Berbigão. Type of clam
Beringela. Eggplant
Besugo. Sunfish; sea bream; may be called dourado...
Beterraba. Beet
Bica. Strong, espresso-like coffee.
Bica – fish?
Bicuda. Baracuda Shark.
Bifana. Pork sandwich.
Bife. Beefsteak. Pronounced “beef” Also “British”
Bife à café. Steak with a fried egg, creamy sauce, and french fries.
Bife de Alcatra. A spiced roast beef from the Azores, known for their cattle. Spiced beef is also prepared in Madeira, with black olives and Madeira wine.
Bifes. Steaks of pork, lamb, beef, or even fish.
Biscoito. Cookie.

Guide to Food in Portugal

Bitoque da vazia. Rumpsteak; alternatively, a chunky cut of meat
Blackberries. Amoras
Boar. Javali.
Boca negra. Rock fish.
Bodão. Parrotfish.
Boiled. Cozido. Also a "boiled dinner" consisting of many different meats and vegetables, with the broth of their cooking served as a separate course. A great country dish.
Bojes. Fritters.
Bolachas . Cookies
Bolacha de água e sal . Cracker
Bolinhos. Little balls (croquettes) of fish.
Bolo. Ball, or cake.
Borracho. Pigeon
Borrego. Lamb, up to young mutton.
Brains. Mioslos, mioleira
Braised. Guisado
Brasa. Coals - thus, grilled over the coals.
Bread. Pão
Breaded. Panado
Breakfast. Pequeno Almoço
Broa. Minho cornbread
Broas – miniature sweet –potato cakes, made with fine corn-flour
Brócolos. Brocoli
Bufinhos de vitela. Slices of veal in a Madeira sauce.
Bulhão Pato (Ameijas à). A preparation of clams sautéed in their shells with olive oil, garlic and coriander, named in honor of a 19th century Portuguese poet and scholar.
Buzio. Whelk.
Butter. Manteiga.

C

Cabbage. Couve. Widely used. Also called repolho
Cabidela. A chicken and rice dish
Cabreiro. Goat Cheese from Castelo Branco area, may be served young and "runny" or aged liked Parmesan.
Cabrito. Kid.
Cabrito montés. Roebuck
Caça. Game
Cacau. Cocoa
Caçao. Shark.
Cadelinhas. Shellfish
Cake. Bolo.
Caldeirada. Fish, may be cooked with shellfish, cooked with onions, tomatoes, garlic.
Caldo. Broth.
Caldo Verde. Green soup. Another national dish (see Cozido), soup made with a type of kale, or galega.

Camarão. Shrimp. Both large and small shrimp are common ingredients in Portuguese cooking.
Caneca. Pint
Canela. Cinnamon - the spice brought back by Vasco da Gama 500 years ago - widely used in desserts.
Canivetes. Razor clams.
Canja. Chicken soup with rice or seed pasta.
Capers. Alcaparras
Capão. Capon.
Carcaça. Small breads.
Carapaus. Small fish similar to sardines
Carcóis. Snails.
Caranguejo. Crab
Carapau. Mackerel
Caril. Curry powder.
Carioca. A bica, or espresso, cut with more hot water.
Carioca de limao
Carne. Meat
Carneiro. Mutton
Carpa . Carp
Carrots. Cenouras
Castanhas. Chestnuts
Cavala . Mackerel
Casa de chá. Tea room
Caseiro. Home made
Cataplana. Large copper casserole resembling a clamshell, generally used for cooking seafood; an Algarve specialty.
Cauliflower. Couve-flor.
Cavaco. Cigale – rock lobster.
Cayenne. Pimenta-caiena
Cebola. Onion
Cebolada. Onion confit
Cebolinho. Chives
Celery. Aipo
Cenouras. Carrots
Centeio. Barley.
Cereja. Cherry
Cerveja. Beer
Cervejaria . Beer parlor
Chá . Tea
Check. A conta
Cheese. Queijo
Chefe da mesa . Headwaiter.
Cherimoya. Anona.
Cherne. Stone bass – a lean white fish; or black grouper.
Cherry. Cereja; ginza
Chestnut . Castanha.
Chicharro. Horse mackerel or carapau.
Chicken. Young - frango. Stewing - galinha
Chickpea. Grão. Very common in country cooking
Chila. Type of pumpkin.

Chives. Cebolinho.
Choco. Cuttlefish.
Chops. Costeletas or Costoletas.
Chouriço. Spicy dry sausage
Churrasco. Grilled meats, generally on a skewer. Restaurants specializing in this are churrasqueiras.
Cidra. Cider
Cinnamon. Canela.
Clams. Amêijoas or berbigãos; razor clam, canivete
Cloves. Cravo-de-India or cravinhos.
Coco. Coconut. Not common
Cocoa. Cacau
Coelho. Rabbit (bravo - wild rabbit)
Coentro. Coriander. Widely used, in contrast to neighboring Spain.
Coffee. Café
Cogumelos. Mushrooms
Colher. Spoon.
Colorau. Hot paprika-type powdered pepper.
Colorau-doce . Sweet paprika
Com leite. With milk
Com limão. With lemon
Compota. Jam or conserves
Congro. Eel
Conta. The check
Cookie. Biscoito or bolacha
Copo. Glass.
Corado. Brownd.
Coriander. Coentro
Corn. Milho
Cornmeal. Farina de milho.
Cordorniz. Quail.
Corvino. Croaker
Costeleta or Costoletta . Chop
Couve. Cabbage
Couve-flor. Cauliflower.
Couves de Bruxelas. Brussels sprouts.
Cover (charge). Serviço
Cozido. Boiled; various boiled meat dishes
Crab. Caranguejo.
Craca. Barnacle.
Cravinho or Cravo-de-India . Cloves
Crawfish . Lagosta
Crayfish. Langostins
Cream. Nata
Crème. Cream soup
Cru. Raw
Cucumber. Pepino
Curry. Caril
Custard. Flan
Cutlet. Escalope or costeleta

D

Deer. Veado
Dessert. Sobremesa
Dinner. Jantar

Guide to Food in Portugal

Dobrada. Tripe (à galega - galician style)
Doce. Sweet - may be used in the sense of a dessert
Dose?
Doces de ovos. Egg-based desserts.
Doirado or dourada. Dolphin fish.
Duck. Pato
Duplo. Double

E

Eel. Eiró, congro, lampreia, moreia, or enguia
Eggplant. Beringela
Eiró. Eel
Empada. Small meat or fish pies.
Empado. Breaded.
Encharcada. Dessert. (??)
Enchareu . Guellyfish or guelly jack.
Enchova. Blue fish.
Enchido. Sausage
Enguia. Small eel.
Enrolado. Rolled.
Entrecosta. Rumpsteak or hearty ribs; depends on context!
Entrescosto no currasco - Grilled country-style pork ribs
Ervas. Herbs
Ervilhas. Green peas
Escalfados . Poached
Escalope. Scallop of meat or chicken.
Espada. Scabbard fish
Espadarte. Swordfish
Esparguete. Spaghetti
Espargo. Asparagus
Esparregado. Greens sauteed with garlic in
Espetada. Skewered, grilled meat or fish, a Madeira specialty.
Espinafres. Spinach
Esta bem. It's good.
Estrelados. Fried (eggs)
Entremeada. Streaky fat
Estufado. Stewed; or the stew itself
Évora. Alentajo — sheep's cheese, eaten either fresh or fully cured to a bite.

F

Faca. Knife
Faisão. Pheasant
Farinheira. Thin pork sausage; Farinheira preta, blood sausage
Farófiás. Floating islands – an old-fashioned dessert of custard topped with egg-white merengues.
Fatia. Slice (of cake)
Fatias. Egg sweet
Fava. Broad bean
Feijão. Bean
Fennel. Funcho (Madeira's capital is named Funchal from the wild fennel found there)

Fiambre. Boiled ham
Figado. Liver
Figo. Fig
Filete. Fillet
Fish. Peixe
Flan. Baked custard
Folhado. Filo pastry
Fork. Garfo
Forno. Oven; na forno, oven roasted
Forte. Strong (coffee, tea)
Fraco. Weak (coffee, tea)
Frade ?
Framboesa . Raspberry - not common
Frango. Young chicken
Fresco - cold (water)
Frigideira. From the frying pan
Frio. Cold
Frito. Fried
Fruta deliciosa. Cerimar or philodendron fruit.
Frutas. Fruit; doce - preserved, sêca, dried
Fumado. Smoked; often smoked fish. Espardate fumado is a specialty of the Azeitão town of Sesimbra.
Funcho. Fennel

G

Galão. Coffee with a great deal of hot milk; may be claro or oscuro
Galega. Kale
Galinha. Stewing hen
Gambas. Prawns. If served a bowl on being seated, ask for them to be removed if you are not interested, or you will be charged - as you will be for other appetizers
Game. Caça
Ganso. Goose.
Garado. Skipjack fish.
Garfo. Fork
Garlic. Alho -widely used in cooking
Garoto (claro). Coffee with milk; garoto oscuro, with less milk
Garoupa. Grouper fish
Garrafa. Bottle
Gelado. Ice cream
Gelo. Ice - without ice, sem gelo
Gengibre. Ginger. Another of the spices brought by Vasco da Gama; not as common as cinnamon
Giblets. Miúdos.
Ginginha
Ginja. Cherry.
Goose. Ganso
Goraz. Bream (redbreem)
Grão. Chickpeas/garbanzos
Grapefruit. Toranja
Grapes. Uvas
Gratinado. Gratinéed

Grelós. Spring greens. Similar to turnip greens
Guardanapo. Napkin
Guisado. Braised

H

Hake. Pescada.
Ham. Presunto - raw cured - proscuitto type
Hare. Lebre
Hazelnuts. Avelãs
Herbs. Ervas
Herring. Arenque
Honey. Mel
Hors d'oeuvre. Acepipes
Hortelã. Mint
Horteliça. Fresh vegetables (i.e, not dried)
Hot. Quente.

I

Ice. Gelo
Ice Cream. Gelado
Iogurte. Yogurt
Iscas. Liver dish

J

Jam. Compota
Jantar. Dinner
Javali. Wild boar
Joaquinzinhos. Whitebait
Juice. Sumo

K

Kidneys. Rins
Knife. Faca

L

Lagartinho de porco.
Lagavante. Lobster
Lagosta. Lobster. Spiny lobster taken off Portugal; always expensive. May also mean crawfish.
Lagostim. Norway lobster; crayfish
Lamb. Anho, borrego
Lampreia. Eel
Lampreia de ovos. Egg sweet
Lanche. Snack, or high tea
Langostins. Crayfish
Lapas. Limpets; common in the Azores; flavorful and quite chewy.
Laranja. Orange
Lard . Banha
Lebre. Hare
Leek. Alho francês
Legumes. Vegetables
Leitão. Suckling pig. Assado - roasted. A specialty of Mealhada, north of Coimbra. Leitão a Bairrada – roasted.
Leite. Milk
Lentilhas. Lentils

Guide to Food in Portugal

Lettuce. Alfaca
Lima. Lime
Limão. Lemon
Limão verde. Lime
Lime. Lima or limão verde
Lingua. Tongue
Linguadinhos (del rio) Small fresh-water sole, fried (eat the whole thing like a potato chip)
Linguado. Sole
Linguiça. Thin spicy sausage
Lista dos vinhos. Wine list
Liver. Fígado
Lobster. Lagavante, the fullsize lobster, always expensive; lagosta or lagostim are smaller lobsters, also expensive. Rock lobster is cavaco.
Lombarda
Lombo. Loin of beef, pork, veal
Lombinhos. Small loin cuts
Loquat . Nêspera.
Lota . Monkfish
Louro. Bay leaf
Lucio. Pike
Lula . Squid
Lunch . Almoço

M

Maça. Apple
Maçapão. Marzipan
Macaroons. Massapães
Mackerel. Cavala
Mal passado. Medium rare; muito mal passado - really rare
Mamão. Papaya
Manga. Mango
Maracujá. Passionfruit
Manjeriço. Basil
Manteiga. Butter
Manteiga com salsa & alho. Butter flavored with parsley and garlic
Margarina. Margarine
Mariscada. Shellfish and rice dish
Mariscos. Shellfish
Marmelada. Marmelade, or quince paste
Marzipan. Maçapão
Massapães. Macaroons
Meat. Carne.
Meatballs. Almondegas.
Medronho. Strawberry tree fruit, one source of aguardente
Mel. Honey
Melão. Melon (perhaps com porto)
Melancia. Watermelon
Meluza??
Menu. Ementa (fixed meal)
Merendeiras. Fresh sheep cheese in olive oil
Mexilhões or Mexilhões. Mussels
Miga. Crumb

Migas. Dish of breadcrumbs cooked in drippings, with bits of meat or egg
Milho. Corn
Milho frito. Fried corn bread
Milk. Leite
Minced. Picado
Mint. Hortelá
Miolos, Mioleira. Brains
Miúdos. Giblets
Mohlo. Sauce
Molotof. A merengue caramel custard dessert with several variations, such as ground almonds.
Monkfish . Lota or Tamboril
Moreia. Moray eel.
Morango. Strawberry
Morcela. Blood sausage
Morno. Warm
Mostarda. Mustard
Mushrooms. Cogumelos
Mussels. Mexilhões
Mutton. Carneiro

N

Nabiças. Turnip greens
Nabo. Turnip
Naco. Chunk
Naco de boi grelhado. Grilled beef.
Napkin. Guardanapo.
Nas Brasas. On the coals
Nata. Cream.
Natural. Room temperature (water)
Nêspera. Loquat.
Novilho. Young beef
Noz. Nuts, usually walnut
Noz-moscada . Nutmeg

O

Oats. Aveia
Octopus. Polvo
Olive oil. Azeite
Olive. Azeitona
Onion. Cebola
Orange. Laranja
Oregão. Oregano
Ostras. Oysters
Ovo. Egg
Ovo Estrelado. Fried Egg

P

Padaria. Bakery
Paio. Lightly smoked pork sausage
Panado. Breaded
Panela. Kettle
Pão. Bread
Pão-de-ló. Sponge cake
Pão da maíra. Sliced bread
Pão de São Antonio – a small roll like a ciabatta
Pão de São Lourenço –bread loaves larger than individual rolls

Pão-doce . Sweet bread
Pão torrado. Toast
Pãozinho. Roll
Papaya. Mamão or papaia.
Paprika. Colorau/doce
Pargo. Sea bream
Parsley . Salsa
Passionfruit . Maracuja
Pastéis. Egg pastries
Pastelaria. Pastry shop
Pataniscas. Salt cod fritters – an Algarve speciality but served all over Portugal, usually as a snack or appetizer.
Pato. Duck
Peach. Piessego
Peanuts. Amendoims
Pear . Pêra
Peas. Ervilhas
Peixaria . Fish market
Peixe. Fish
Peixe Galo
Pepino . Cucumber
Pepper. Pimenta, pimentão, or grão de pimenta
Pequeno almoço. Breakfast
Perceves. Barnacles
Perdiz. Partridge
Perna. Leg
Perú. Turkey
Pescada. Hake
Pescadinha. Whiting
Pêssego. Peach
Petiscos. Nibbles, generally with drinks
Pheasant. Faisão
Picada. Minced
Picanha. A Brazilian speciality - flavorful steak cut from the rump – no exact US equivalent.
Pigeon. Pombo, Borracho
Pimenta. Pepper
Pimentão. Generally a sweet red bell pepper
Pineapple. Ananás or abacaxi.
Piri-piri. Picante sauce from Angola; also peri-peri.
Plate. Prato
Plum. Ameixa
Poached. Escalfado
Polvo. Octopus
Pombo. Pigeon
Pomegranate. Roma.
Porco. Pork
Porco à alentejana. Pork served with clams, and fresh coriander.
Porco com castanhas. Pork with chestnuts - a northeastern dish.
Posta. In a single piece (meat)
Potato. Batata
Poultry. Aves
Prato. Plate

Guide to Food in Portugal

Prawns. Gambas
Pregado. Turbot
Prego de pão beefsteak sandwich
Presunto. Dry-cured ham
Púcara. Earthenware dish in which birds or game are cooked
Puchera. Variation of above; frango na puchera, stewed chicken.
Pudim. Creme caramel
Pumpkin. Abóbora; in the north, also jerimu

Q

Quail. Cordoniz.
Queijada. Egg sweet
Queijo. Cheese
Queijo da Ilha. Cheddar-like cheese from São Jorge; also called Queijo da Terra
Queijo da Serra. Brie-like cheese
Quente - Hot

R

Rabaçal. Sheep and goat's cheese, semi-soft
Rabanetes. Radishes
Rabbit. Coelho
Rabo de boi. Oxtail stew
Radishes. Rabenetes
Raia. Skate
Rancosa. A dessert (???)
Raspberry. Framboesa
Reacheado. Stuffed
Recheio. Stuffing
Refogado. Refrito of onions and garlic in olive oil
Refrigerante. Soft drink
Repolho. White cabbage
Requeijão. White farmer's cheese, may be eaten with cinnamon, or with honey and nuts, as dessert
Rice. Arroz
Rins. Kidneys
Rissóis. Deep fried pastry cases
Robalo. Sea bass (lubina)
Rodvalho. Turbot
Rojões. Chunks of meat stewed with garnish of vegetables Minho/Tras-os-Montes area.
Roma. Pomegranate
Rosemary. Alecrim or rosemaninho
Roupa Velha. Stew; literally, "old clothes."
Ruivo. Rainbow trout.
Rumpsteak. Alcatra.

S

Saffron. Açafraão
Sal. Salt
Salame de chocolate. Yes, Chocolate
Salame – a thick roll of chocolate

mixed with sugar, butter and cookie crumbs, and sliced like salame.
Salgado. Salty
Salada. Salad
Salmão. Salmon
Salmonete. Red mullet
Salpiçao. Pork, more akin to pickled than smoked meat
Salsa. Parsley
Salsichas. Sausages
Salva. Sage
Sande. Sandwich
Sandwich. Sande
Santola. Spider crab
Sapoteira. Large crab like Dungeness
Sarda. Mackerel
Sardinha. Sardine
Sargo. Various translated as porgy; white seabream
Sarrabulho. A rice stew, generally with pork but may be made with seafood;
Sausages. Salsichas
Sável. Shad
Scallops. Vieiras
Secretos de porco. Bits of lean pork belly
Sericaia. Egg yolk and cinnamon dessert.
Serpa. Alentejo Cheese similar to Beja and Évora
Serviço Incluído. Service charge included, whether so stated or not.
Shark. Bicuda is baracuda. Caçao also seen.
Shellfish. Mariscos
Shrimp. Camarão
Snails. Caracóis
Sobremesa. Dessert
Soft drink. Refrigerante
Sopa. Soup
Sopa de Pedra. Stone soup; a rich vegetable soup
Sorrel. Azada
Spinach. Espinafres
Spoon. Colher.
Stew. Estufado
Strawberry. Morango
Stuffing. Recheio
Suckling pig. Leitão
Sugar. Açucar
Sumo. Juice
Suspiros. Merengues.
Sweet potato. Batata doce.
Sweetbreads.
Syrup. Xarope

T

Tábua. Tabla - plate - of cheeses.
Tainha. Grey mullet
Tamalho. Thyme
Tâmaras. Dates
Tangerinas. Tangerines

Tamboril. Monkfish
Tasca. Tavern
Tea. Chá
Tenro. Tender
Tomar. Tiny sheep cheeses, fairly dry and nutty
Tomatada. Tomato sauce, or tomato spread for bread as appetizer
Tomate. Tomato
Tongue. Lingua
Toranja. Grapefruit
Torrado. Toast
Torresmos. Lardons.
Torta. Torte or cake
Tosta. Toasted sandwich; Tosta Mista, ham and cheese sandwich, similar to the "croque monsieur."
Toucinho. Bacon
Toucinho do Céu. "Bacon from Heaven" – a rich dessert of eggs, sugar and ground almonds, generally flavored with cinnamon. Egg sweet
Tremoços. Salted gourd seeds
Tripas. Tripe
Trufa. Truffle
Truta. Trout
Tuna. Atum
Turbot. Pregado, Rodvalho
Turnip. Nabo
Turnip Greens. Nabiças

U

Uva. Grape

V

Vaca. Beef
Vagens. Green or runner beans
Vanilla. Baunilha. Not common
Veado. Deer
Veal. Vitela
Vegetables. Legumes
Vermicelli. Aletria
Vieiras. Scallops
Vinagre. Vinegar
Vinho. Wine; da casa, House wine
Vitela. Veal

W

Warm. Morno
Water. Água. Some labels: Luso (still), Castello (com gas) Monchique (still), Vimeiro (both), Carvalhelos (sparkling) and Vidago (sparkling).
Watercress. Agriões
Watermelon. Melancia.
Whelk. Buzio.
Whitebait. Joaquinzinhos

X

Xarope. Syrup

Guide to Food in Portugal

Y

Yogurt . Iogurte

Coffee

Uma bica. A café solo, or espresso.

Bica llena. A little more coffee to fill up the espresso cup.

Uma carioca. With a bit more water added to the bica llena.

Uma italiana. Really strong bica.

Uma meia (my-yah) de leite. Half coffee, half milk.

Um garoto escuro. Coffee with a dash of milk.

Um garoto claro. Coffee with more milk.

Um galão. A glass of mostly milk with coffee. Again, can be claro or escuro.

Food by Region: Character and special dishes

The North. In the Minho, fish from both river and sea; in the Tras-os-Montes, pork predominates. Bacalhau à Transmontana, cooked with cured pork or chouriço, white wine, garlic, parsley, and tomatoes; in Porto, a Gomes de Sá, with onions, boiled potatoes and garlic, garnished with hard-boiled eggs and olives. In the South, seafood - tuna, sardines; inland, goat, lamb and pork - acorn-fed pigs. Almonds, oranges, figs, and olives abound. In the central area, cheeses, melons, shellfish, kid and lamb.

Wine

Portugal is the world's sixth-largest wine producer in the world, despite its small size. The world's first wine region, the Douro, was designated in 1756.

Portuguese wines offer tremendous value for their price. Several are unique to the country: **Port** and **Madeira**, both in various forms, and the **vinho verde**, or young slightly sparkling wine of the north. Quality has improved since the entrance into the EU in 1986, and there are several DOCs. Portugal's many microclimates and its many indigenous grape varieties (over 200) make for a wide range of wines to be sampled and enjoyed by wine-lovers here.

The regions and their wine

The North. The Minho is the home of the vinho verde, usually white but sometimes red. Grapes are grown high on stakes 6 ft tall or more and are picked while still immature. Fermentation occurs in the bottle. Much of the wine is blended; good producers include Casal Garcia, Vinha Verde, Tamega and Gatão. Estate bottlers include Casa de Sezim, Solar das Bouças, Quinta de Azevedo, Quinta de São Cláudio, Tormes, Paço do Teixeira and Quinta de Luou. Quinta da Avelada offers verdes from specific varieties. In the very northern-most part of the region are the alvarinho grapes (akin to the Albariño of Galicia), with good ones from Palácio de Brejoeira, Quinta da Pedra, Morgadio da Torre, Quinta de Alberiz, Forum Prior do Crato and Soalheiro. The red Verde wines are excellent with spicy food.

Along the Douro river is the oldest designated region, or região demarcada, the first such denomination in the world. Fer-

reira produces the Barca Velha, long matured and the most expensive of Portuguese wine. Quinta do Côtto "Grande Escolha" is a competitor. Sogrape, the originator of Mateus, has several new labels, including Mateus Signature. Quinta da Rosa and Alta da Guia (white) are also fine choices. In Lamego Raposeira makes sparkling wines, and Schramsberg is producing a sparkling wine in Alijó, called Vértice.. Portas Dom Dinas was excellent.

Below Porto is the granite soil Dão region, which produces a full-bodied red, and a small amount (10 percent) of white, which should be drunk young. Sogrape is at work here at Quinta das Carvalhais, and Duque de Viseu and Grão Vasco are good. Look also for Casa da Insua, Casal de Tonda, Quinta da Seradp and Quinta de Saes. Grapes include Encruzado, Assario, Cerceal, Touriga Nacional, Tinta Roriz, Alfródheiro and Jaen. Pí-pas reserva 92 (Sogrape) was excellent.

The Center. Bairrada wine comes from the Beiras area, which has been producing wine for hundreds of years. Its red grape is the Baga, an intense red rivalling the Dão. Whites are less common and not particularly recommended (excluding a sparkling version). Sogrape and Aliança are the main producers. Look for estate wines of Luis Pato and Quinta do Carvalinho.

Bucelas, a white, is produced northwest of Lisbon, using the Arinto grape to turn out a flinty wine that many writers compare with Chablis. Thomas Jefferson was a fan of this wine, as was the Duke of Wellington. Colares is a small area west of Lisbon, which produces both reds and whites in sand dunes; the former are full-bodied and high in tannin while the whites are dry maduro wines. The reds were once considered the finest of Portugal, and efforts are underway to revitalize this area. A fortified wine, Carcavelos, also was once a sensation, and producers are investing in this again as well. Finally, Quinta de Pancas is growing Cabernet and Chardonnay just north of Lisbon in the Alenquer.

The South. Setúbal on the Arrábida peninsula produces a fine Moscatel dessert wine. The grape from which it is made is thought to have been brought by the Phoenicians two thousand years ago. Periquita red grapes are used by Fonseca for an excellent light red. J.P. Vinhos is also producing a number of wines with cutting-edge technology.

Further east are the Ribatejo and Alentejo areas, along the banks of the Tejo. Ribatejo grows both red and white wines. Reds are soft and fruity; look for Coruche area producers. Quinta da Lagoalva de Cima and Falcoaria are good choices; Seradaye - Mountain Air - is pleasantly light. Alentejo wines are among Portugal's best, and newly high-tech. Redondo, Moura and Borba all are good sources. Quinta do Carmo has drawn Rothschild investment and is one of the many good estate wines. Try also the José de Sousa "Tinta Velho, Tapado do Chaves, and Mouchão. Finally, in the Algarve on the south coast, Lagoa wines are the newest DOC, with whites best drunk on the spot with local seafood.

Guide to Food in Portugal

The Azores. In the Azores, new wine technology is producing some very nice whites in the volcanic soils of the islands. Terras de Lava from Pico is one denomination worth trying.

Madeira. Best known for the fortified wines of the same name, but now also producing some table wines

Port and Madeira

Port is both aperitif and dessert wine. It is bottled young, or left in the cask to lose fruitiness and color. Vintage Port is the best of the first type, bottled two years after the harvest in the best years. This may last for a hundred years or more. Some good years: 1970, 1975, 1997, 1978, 1980, 1982, 1983, 1985, 1991, 1992, 1994, 1995, 1997, 1999, 2000 and 2003. The younger ones can be bought and held for years, to reach their full peak.

· Late-Bottled is released after four to six years. In the second type, Tawny is the best. Indications of age are given: 10, 20, 30 or 40 years old. Colheita is Tawny from only one year. If no age is given, it is generally 3 years old. White port is usually dry or medium-dry (apertif) or sweet (Lágrima dessert wine).

Madeira wines are named after the grapes. Driest is Sercial. Drink chilled as aperitif or with shellfish. Verdelho, medium, also good with soup. Bual, medium sweet, for chocolate. And Malmsey, for desserts. You may also see Finest, Choice, Rich and Rainwater classes. These wines are given a special ageing process, intended to duplicate the effect of long sea voyages through tropical climates, which gave the wines their special character. A vintage Madeira is aged for at least twenty years.

Reading the Label

Adamado or doce - sweet

Adega - winery

Branco - white

Bruto - dry, sparkling

Casta - Grape variety

Clarete - bordeaux-style wine.

Claro - new or nouveau wine.

Colheita - vintage or harvest year.

Doce - sweet.

Denominação de origem controlado (DOC) - appellation controlled; may also be seen as região demarcada, or R.D. Includes Porto, Douro, Dão, Vinho Verde, Bairrada, Madeira.

Encorpado - Full bodied

Engarrafado na origem - estate bottled. Generoso. Stronger aperitif or dessert wine

Escolha - Choice/Selection

Espumante - sparkling.

Estágio. Bottle aged.

Garrafa - Bottle

Garrafeira - aged in cask at least two years, in the bottle at least one year. Also a wine shop

Indicação de Proveniência Regulamentada (IPR) another control for origin, by smaller region. Alenquer, Borba, Reguengos, Portalegre are typical.

Ligeiro - light

Licoroso - fortified

Maduro - vat aged

Quinta - estate (single vineyard wines)

Reserva means a wine from an outstanding year

Rosado - Rosé

Seco - dry

Tinto - red

Vinha - Vineyard

Vinho Espumante - Sparkling Wine

Vinho Espumoso - Artificially carbonated sparkling wine

Vinhos de Qualidade Produzidos em Regiões Determindas - VQPRD. An EU term identifying wines prototypical of their region, and often seen on IPR wines as an additional indicator of quality.

Vinho Regional - Also indicative of typical character for a region, generally broader than the PQPRD. Alentejo, Ribatejo, Extremadura.

Vinho da Mesa. Table wine. No vintage year.

See www.viniportugal.pt for more information on Portuguese wines.