

## Podcast Transcript

### Visiting a restaurant and learning about Portuguese gastronomy

Welcome to Learn Portuguese by Travel & Learn. I am Nalini Elvino de Sousa, your host, and here today with me is my friend Marina Nédio to talk about food.

As I told you before, Marina is in Aveiro and I will soon join her there. We are going to be colleagues in the same university. How fun is that! I am doing an Mphil and she is doing a PhD.

This is Episode 28!

Vamos lá começar!

(mogo)

Before we start, let me remind you that we can all meet on every third Saturday of the month for a quiz in Portuguese. All the past quizzes are on youtube and you access them on our website: [www.ctngo.org](http://www.ctngo.org)

But let's change to food! – Olá Marina!

**Marina** – Olá! Tudo bem?

Nalini - Tudo. As we promised in the last episode, we are going to talk about Portuguese food.

**Marina** – Yes, that is right and we have quite a number of suggestions for you depending on the region you are living or visiting in Portugal.

Nalini – Since Marina lives in the north and I will soon join her, we will start from there. Portugal is divided into many regions. We will consider 7 and we will repeat it together. First me, then Marina and then you. I will suggest, on a later stage, to get a map of the regions so that you will be able to pinpoint them. Ready?

Entre- Douro e Minho

**Marina** - Entre- Douro e Minho

Entre- Douro e Minho

Trás-os – Montes e Alto Douro

**Marina** - Trás-os – Montes e Alto Douro

Trás-os – Montes e Alto Douro

Beira Litoral

**Marina** – Beira Litoral

Beira Litoral

Beira interior

**Marina** – Beira Interior

Beira Interior

Estremadura e Ribatejo (pay attention to the R in Ribatejo. It's a strong R. Estremadura, you don't pronounce the e, even though you write it with e. It is Estremadura.)

**Marina** - Estremadura e Ribatejo

Estremadura e Ribatejo

Alentejo (one of my favourite regions)

**Marina** – Alentejo

Alentejo

Algarve (Tourist favourite region. You know why?)

**Marina** – because of the beaches!

Yes.

**Marina** – Algarve

Algarve

Marina, which is your favourite region?

**Marina** – Hum! It depends, but Alentejo is my favourite region.

Mine too is one of my favourites.

Would you like to repeat it with me? I will keep a few seconds after I repeat the region. Let's do this:

Entre- Douro e Minho

Trás-os – Montes e Alto Douro

Beira Litoral

Beira Interior

Estremadura e Ribatejo

Alentejo

Algarve

Let's discuss now, what we can eat in each region. I will give you two options for each region.

Do you remember which is the first region we talked about?

(5sec) Entre Douro e Minho

Will start with a soup which is not only famous in this region, but in the whole of Portugal and even outside Portugal. You come to Goa and ask the name of the traditional Portuguese soup and all Goans will reply:

**Marina** – Caldo Verde

Yes, Caldo verde (x2)

Now, A dish that you probably didn't hear before: Arroz de Sarrabulho

Notice the strong R. I have a student from Hong Kong who always stresses on these R's to say: See, I can do it?

**Marina** - Arroz de Sarrabulho

It's a meat dish that can be prepared with pork, chicken or beef and makes use of pork's blood and of course, it has rice.

Arroz de Serrabulho

Do you remember our second region?

**Marina** - Trás-os – Montes e Alto Douro

Trás-os – Montes e Alto Douro

I would suggest:

Alheira de Mirandela

**Marina** - Alheira de Mirandela

Alheira is a type of Portuguese sausage, made with meat and bread. It was invented by the Jews who in 1497 were given the choice of either being expelled from the country or converting to Christianity. Even though they were converted and secretly maintained their beliefs avoiding eating pork which is forbidden in Judaism.

Now, all Portuguese sausages are made of pork so what did they decide to do? They created sausages using other kinds of meat like chicken and mixing it with bread for texture. With time, this dish spread to the remaining population and became a synonym of a traditional Portuguese dish even though today you are free to use whatever meat you want in the alheira.

It is often the cheapest item in restaurant menus so if your pocket is kind of empty, go for it. Usually it is accompanied with a fried egg and potato chips.

Alheiras is often associated with the city of Mirandela, a region of Beira Alta and Trás-os-Montes.

A dish from one of my favourite cities: Porto and that is....

**Marina** – Francesinha?

Yes, francesinha

If you eat it for lunch, I don't think you can have dinner because it is a very very heavy

**Marina** – Yes, I agree with you.

Why the name Francesinha – because it comes from França – the country.

Well the man who invented it, Daniel David da Silva, worked for many years in Belgium and France and decided to create this alternative to the famous croque-monsieur. Now, our friend Daniel loved women and had a huge admiration for liberal French women so the name:

francesinha which in English can be translated to “little French lady” which became the name of a famous dish.

It’s a kind of a sandwich packed with calories. Marina, do you want to guess how many calories?

**Marina** – Calories? I don’t know....

Try, try

**Marina** – Should be a lot. I cannot imagine.

No? 1300 calories!

**Marina** – oh my God! It’s a lot! You cannot eat many times!

So don’t have too many francesinhas!

**Marina** – No, you cannot. Twice a year.

Let’s go now to the next region. The next region will be, Marina:

**Marina** – Beira Litoral

Beira Litoral

This is one of my favourite dish and it is Leitão à Bairrada

**Marina** – Leitão à Bairrada

And there is our strong R – Bairrada! (x2)

Leitão à Bairrada

Leitão means a small pig which is then roasted on a stick. Usually it is accompanied with potato chips and salad.

Also from Beira Litoral we have: Arroz de Marisco

**Marina** - Arroz de Marisco

If you like seafood, you can't go wrong with this one. It has shrimps, clams, squids and mussels.

Personally this is one of my all time favourites because I love seafood. What about you, Marina?

**Marina** – Yes, me too. Maybe because I live near the sea and I love all kinds of seafood and grilled fish. So this is my favourite dish: seafood and grilled fish.

Let's move to the next region which is:

**Marina:** Beira Interior

It's known for its goat meat dishes. One of them is the:

Chanfana

**Marina** – Chanfana

Chanfana is a goat meat dish which traditionally is cooked in an earthen pot and with firewood. What is special about it is that it is cooked adding red wine to the preparation. Do you remember how to say red wine in Portuguese?

(5sec) vinho tinto

**Marina** – vinho tinto

And another very very famous dish is the

Cabrito assado which is served many times during Christmas time. It is served with roasted potatoes.

**Marina** – Cabrito assado

Next region!

**Marina** – Estremadura e Ribatejo!

Estremadura e Ribatejo. We have been talking about meat for quite a while so let me give you an example of a dish with fish: Migas de Bacalhau

**Marina** -Migas de Bacalhau

You probably know that Portuguese people cannot live without bacalhau (codfish). They say there are 1001 ways to prepare it and this is one of them. I chose this dish because it's not so known outside Portugal for the very fact that it uses bread in it. Usually when one speaks about Bacalhau abroad the first dish, rather snack that comes to mind is pastéis de bacalhau, also known as fofos de bacalhau.

The second fish is sopa de pedra

**Marina** – Sopa de Pedra

Now, you might think: pedra is a stone. Why is the stone important in the soup? Well, this dish is associated with a legend.

Many years ago, a poor friar was walking door to door asking for food and came out with an ingenious plan.

An old couple opened the door and let the friar come in. He explained that he only had a stone but he could prepare a delicious soup for all. The couple was very curious. A soup with only a stone? Yes – said the friar.

First boil some water. In the middle put the stone. The couple followed the orders. After a few minutes he asked the couple: - will you have by any chance a little bit of sausage? The couple said, yes we have.

Friar – Ah! Add it. The soup will be even better.

After a few minutes he asked: Would you have by any chance, a little bit of carrot? The couple said yes and that went into the pot.

Like this, the friar went on asking for different ingredients. Finally the soup was ready. He served the family first and then himself. Everyone enjoyed it.

He thanked his hosts and walked away not without washing the stone carefully and putting it into his pocket for the next household. And the next...and the next...and soon every household in the village was cooking the soup.

Let's continue travelling. Let's move now to Alentejo!

Marina, your favourite region?

**Marina** – Alentejo. Yes, yes. I have been there just now. I love Alentejo.

Me too. What were you doing in Alentejo?

**Marina** – What I always do in Alentejo. I like the beaches there because they are more calm and it's a beautiful region. It's different from Algarve – Algarve is full of tourists and Alentejo is more quiet. I love the beaches and the people – the people there are also very nice!

Yes, I also have this idea. People in Alentejo...I don't know. They are special.

**Marina** – Yes, for sure.

Let's try something different and this time it is ensopado de Borrego

**Marina** – ensopado de Borrego.

Borrego means lamb. Have you tasted any dish with lamb? Here is your chance. This dish usually is accompanied with sliced bread and boiled potatoes.

And my second suggestion for this region is Açorda à Alentejana.

**Marina** – Açorda à Alentejana.

Açorda is made of bread with garlic, chopped coriander, olive oil, vinegar, water, white pepper, salt and poached eggs. One of those rare vegetarian dishes, you can say so. If you don't like meat, this is a good option.

And finally we reach to the south of Portugal We reached to:

**Marina** – Algarve!

Algarve is a synonym of holidays, relaxation. I don't think many people will think of work when they think of Algarve, unless you really work there in the tourism industry.

The sea water is warm comparatively to other parts of the country and many Portuguese have a holiday home in this region. I chose two dishes from this region, the first one being:  
Ensopado de enguias

**Marina** – Ensopado de enguias

I chose this dish because not many people have tasted eel or might not know how to cook it, but in Portugal it is quite of common use.

To prepare it you need of course the eels, bread, tomato, onion, garlic, olive oil and herbs.

If you have never tasted it, this is your chance: ensopado de enguias.

And I kept for last a dish with a long name: Papas de Milho com Sardinhas.

**Marina:** Papas de Milho com sardinhas. You can also have: Papas de Milho com Mexilhões



Papas de milho can be translated to *corn porridge* and sardinhas are *sardines*. Mexilhões are *mussels*.

What is interesting in this dish is the use of bread again but made of corn.

In the past corn was very important in this region and used to be the staple food of the peasants. Not anymore. Today, everyone eats papas de milho so next time you visit Algarve try this dish.

Shall we try a dialogue in a restaurant? Last episode we were in a café, The beginning and end won't be different.

We will introduce two new words:

Uma dose

**Marina** – uma dose, means 1 portion

Meia dose

Marina – meia dose, means half portion

Like last time, I am the waitress (empregada de mesa) and you Marina, the client (a cliente)

**Marina** – vamos lá!

(mogo)

### **Diálogo**

Cliente – Por favor!

Empregada – Sim, diga

Cliente – Queria uma dose de arroz de marisco e para a minha amiga, meia dose de leitão à bairrada.

Empregada – e para beber?

Cliente – um vinho tinto da casa

Empregada – Muito bem. Mais alguma coisa?

Cliente – Não, é tudo.

Let's listen one more time:

Cliente – Por favor!

Empregada – Sim, diga

Cliente – Queria uma dose de arroz de marisco e para a minha amiga, meia dose de leitão à bairrada.

Empregada – e para beber?

Cliente – um vinho tinto da casa

Empregada – Muito bem. Mais alguma coisa?

Cliente – Não, é tudo.

You are ready to taste Portuguese food!

It is time for our listeners to try and order the food in a restaurant. So my dear listener, I will tell you in English and wait for some time. Marina will say it but after a few seconds so that you have time to frame the sentence on your own. Agree? Let's go:

Good evening. I would like a portion of papas de milho com sardinhas and half portion of ensopado de enguias, please

**Marina:** Boa tarde, queria uma dose de papas de milho com sardinhas e meia dose de ensopado de enguias, por favor

So, did you get it? Let's try one more:

Good afternoon. I would like a portion of migas de bacalhau and 2 portions of cabrito assado, please

**Marina:** Boa tarde, queria uma dose de migas de bacalhau e duas 2 doses de cabrito assado, por favor

Well, now ask for the bill. Do you remember how to ask?

**Marina:** quanto é?

I am sure you were able to get it all correct!

Do revise the drinks that we have seen in our last episode.

We would also love it if you can leave us a review on our website. Only with your support can we move forward.

In [travelnlearngo.com](http://travelnlearngo.com) you will find all our learn Portuguese podcasts but also the youtube channel where we have Portuguese lessons as well.

Remember that you can also find some practice material on our website: [www.ctngo.org](http://www.ctngo.org)  
I will keep the link in the show notes and if you really want to practice your speaking skills, then we suggest you try:

Italki! Italki is the most loved language marketplace that connects students with the most dedicated teachers. There are more than 130 languages available at Italki and thousands of teachers to pick from. I am leaving a link in the description, which will take you directly to the italki page. This is also a way for you to support our channel since now we are affiliated to italki!

Another fun way to practice Portuguese is to join our quizzes. We organize a Portuguese quiz every third Saturday of the month. If you want to watch the previews quizzes you will find it in [www.ctngo.org](http://www.ctngo.org)

Bye for now. Adeus!

**Marina** – Adeus!