Caldo Verde / PORTUGAL

Caldo Verde is a traditional Portuguese soup made with potatoes, chouriço sausage, and thinly sliced kale or collard greens. This humble soup is one of the most beloved staples of Portuguese cuisine. The strips of dark leafy greens give the soup a green tint, hence the name "caldo verde", which literally translates to "green broth".

INGREDIENTS / Serves 4

- 10oz or 300g of kale or cllard greens, stem discarded
- 1 large yellow onion, chopped
- 3 or 4 potatoes, peeled and thinly sliced
- 3 garlic cloves, minced
- 6-7 cups (about 1.5l) of water, vegetable or chicken broth
- 4 tbsp olive oil, plus more for serving
- 4 slices of Portuguese chouriço
- Salt and pepper

PREPARATION

1. Start by cutting the greens. Stack the leaves, three at a time and roll them. Cut crosswise into very, very thin strips (1-2mm wide). Set aside.
2. In a large pot over medium heat, add 3 tablespoons of olive oil and cook the onions until tender and translucent. Add the garlic and cook for 2 more minutes.
3. Stir in potatoes and add water or broth and bring to a boil.
4. Reduce the heat and let the soup simmer. Cook until the potatoes are tender.
5. Mash the potatoes using a hand blender until smooth.
6. Add the greens, stir and cook for a few more minutes until the soup turns bright green. Do not overcook, the greens should be slightly crunchy.
7. Season with salt and pepper to taste.
8. Remove from the heat, drizzle with 1 tablespoon of olive oil. Ladle the soup into bowls topped with a slice of chouriço.

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Bifanas / PORTUGAL

The bifana is a traditional Portuguese sandwich - papo seco (a Portuguese bread roll) stuffed with thin slices of pork marinated and simmered in white wine, garlic, and paprika. It can be eaten at all times of the day and liberally topped with plenty of yellow mustard and piri-piri sauce.

INGREDIENTS / Serves 4

- 21oz or 600g thinly sliced pork, trimmed of fat (you can use top round, cutlets or boneless pork chops)
- 1¼ cup or 300ml white wine
- 6 garlic cloves, sliced
- 2 bay leaves
- 1 tbsp white wine vinegar
- 1 tbsp sweet paprika
- 1 tsp salt
- 3 tbsp olive oil
- 4 papo secos or crusty rolls, to serve
  Yellow mustard and piri-piri sauce, to serve (optional)

PREPARATION

1. Start by putting the meat between two pieces of plastic wrap, pound it with a meat tenderiser or rolling pin until it's very thin but not torn.
2. In a small bowl, stir together the wine, garlic, bay leaves, vinegar, paprika, and salt.
3. Add the pork slices to a shallow pan and pour the marinade on top. Stir, making sure the slices are fairly submerged in the marinade. Refrigerate for about 2 hours.
4. Remove the meat from the marinade, and reserve it.
5. Heat a large skillet over medium-high heat until very hot, then add the olive oil. Fry the meat quickly until cooked through, about 1 minute per side. Add more olive oil if the pan feels too dry. Transfer the cooked bifanas to a plate.
6. Pour the reserved marinade into the skillet, discarding the bay leaves, and scrape up any bits. Let the mixture boil until reduced by about a third, 4 to 6 minutes.
7. Add the bifanas back to the skillet, reduce the heat to low, and simmer to warm them through.
8. Slice the papo secos in half. Spoon some of the sauce over each half, pile in the pork, and, if desired, serve with the mustard and piri-piri sauce.

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