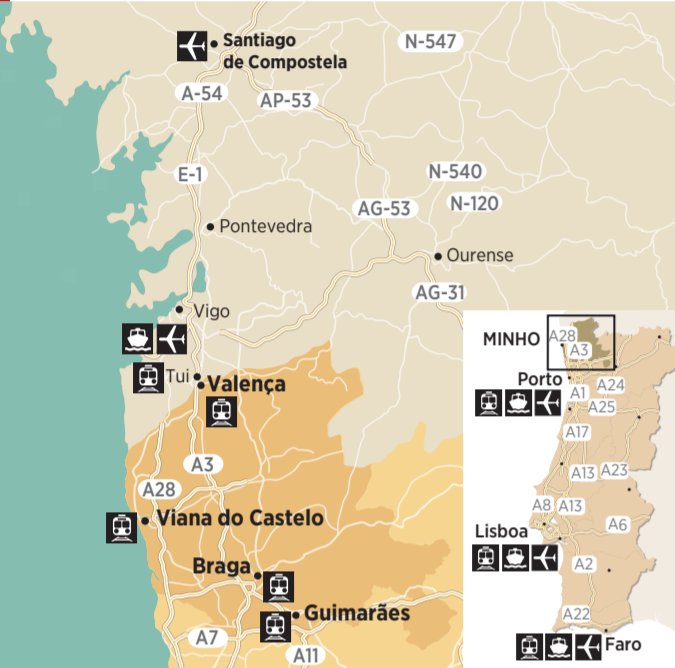




FOOD AND WINE



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A RICH AND APPETISING HARMONY

Minho food is characterised by its variety and particularities. It is a popular cuisine in everyday life, and a cuisine of opulence on festive days and celebrations. The quality and variety of endogenous products, grown in the fields and mountains, meadows and vegetable gardens, rivers, and sea of the region, provide unique flavours in accordance with the cycles of nature. Soups, vegetables, rice, pastry, fish from the river and the sea, goat, lamb, beef, pork, poultry, game, sausages, and sweets are the mainstay of the diet in the north-west of Portugal. Minho's gastronomy is rich and appetising, like the history and tradition.

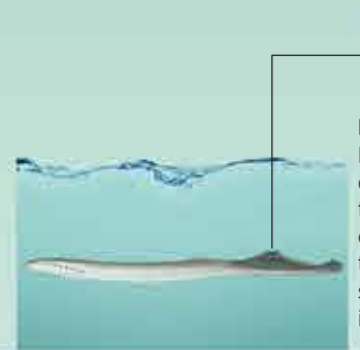
Typical Minho Ingredients



Vinho verde

There's a Green for every moment

The Denomination of Controlled Origin (DOC) for Vinho Verde is used for red, white, and rosé wines, sparkling wines, wine and grape spirits and white, red and rosé vinegars.



LAMPREY
Lamprey is fished with different gears from January to May. The genuine and excellent dish features the fish smoked and stuffed, pickled, baked in the oven or in soup.



FISH AND SEAFOOD
From the river, trout, sea bass, shad, and lamprey, from the sea, sardines, and cod. From fresh or salt water, spider crab, lobster, prawns, and octopus.



GOAT
The baby goat from the Minho Highlands is fed on its mother's milk and then by grazing until it is three months old. The tender and flavoursome Minho-style oven-roasted goat is served with rice, potatoes, and vegetables.



BARROSA MEAT
Cattle of the indigenous Barrosa breed are adapted to the mountain farming areas of Minho and Barroso. The marbled meat of the heifers and adult animals, pink to dark red in colour, is tender, juicy and tasty.



CACHENA MEAT
Native to the high mountains of Minho, Cachena cattle are raised outdoors and graze freely in groups. The meat, pink to red in colour, is distinguished by its low-fat content, tenderness, and juiciness.



HEN OF MINHO
The Galinha Amarela and Galo Capão are indigenous breeds from Minho, raised in chicken coops. They have red-coloured meat that is richer in protein and lower in fat.

Legend

- Information
- Monument
- Museum
- Religious Building
- Building of Interest
- Leisure area
- Beach
- Thermal waters
- Bridge
- Railway Station
- Maritime Station
- Airport

Vinho Verde demarcated region

Vine growing in the granite soils and microclimates of north-west Portugal dates to Roman times. Vinhos Verdes are mentioned from the 17th century onwards, the demarcated region was established in 1908 and is now one of the largest in Europe. Vinho Verde and its indigenous grape varieties are characterised in whites by the typical 'needle', freshness, and intense aromas. The reds are youthful with particular flavours. Discover wine tourism through the Vinho Verde Route and the Monção & Melgaço Alvarinho Route.

SÃO TEOTÓNIO-STYLE CODFISH

São Teotónio-style codfish is a dish with a genuine flavour, named after the first Portuguese saint, a native of Valença.

All year round



Valença

ALLIS SHAD RICE

The smaller slices of fish from the River Minho are marinated and then cooked with rice served in broth. The larger slices, thin and fried, are served with it.

Spring



COURA-STYLE TROUT

Once the trout have been thoroughly cleaned, they are seasoned with salt, a slice of fatty ham is stuffed down their throats and they are grilled on the hob. Once grilled, they are placed on a platter and topped with a slice of raw ham. They are served with green sauce (made from onion, parsley, vinegar, olive oil and a little refined salt) and boiled potatoes.

Summer

Paredes de Coura



ROAST GOAT, STEW AND SARAPATEL IN THE SERRA D'ARGA STYLE

The goat in garlic vines is roasted in the oven or stewed with potatoes. The offal is used to make a stew with blood, served in a bowl or on slices of bread.

Spring

Serra d'Arga Natura Network



VIANA-STYLE CODFISH

The cod loin is roasted in olive oil. It is accompanied by onions, boiled potatoes cut into slices and served with cornbread and olives.

All year round

Viana do Castelo



CACHENA MEAT AND TARRESTE BEANS

The beef of protected origin is seasoned and grilled. It's accompanied by rice with sausages, bacon and Tarreste beans.

Spring

Arcos de Valdevez



BARROSA STEAK

This recipe originated in the cattle fairs of the Minho region. The veal of protected origin is grilled without seasoning. Sprinkled with salt, it is served with potatoes and sprouts.

Spring

Ponte da Barca

Ponte de Lima

SARRABULHO RICE, PONTE DE LIMA STYLE

Made with various types of meat (pork, beef and chicken). Shredded meat, pork blood and spices are added to the rice, and it is served with a broth.

All year round

Terras de Bouro

North Coast Nature Park

Lima wine sub-region
Municipalities of Viana do Castelo, Ponte de Lima, Ponte da Barca e Arcos de Valdevez

In an intermediate position in the demarcated region, the altitude is variable and the relief uneven. The microclimates are mild with higher rainfall. The Vinhos Verdes are made from the Loureiro, Arinto and Trajadura grape varieties and the reds from the Vinhão and Borraçal grape varieties.

Serra da Cabreira

The eggs have better conformation and physical balance, higher quality and freshness and a more yellow colouring

FOOD AND WINE

Authentic flavours and sensations

The star of Minho's gastronomic reference is the recipe, whose ingredients and methods of preparation reflect the gastronomic culture of the Religious Orders. The focus is on the use of pork, the valorisation of sea and river products and the conservation of salt. The region's typical dishes, with family roots, tell stories and harmonise with the most appropriate wine, offering enogastronomic experiences.



CÁVADO WINE SUB-REGION
Municipalities of Esposende, Barcelos, Braga, Vila Verde, Amares and Terras de Bouro
The vineyard is located throughout the Cávado river basin, exposed to the sea winds, in an area of irregular relief and at a low altitude. The mild climate is suitable to produce white Vinho Verde, from the Arinto, Loureiro and Trajadura grape varieties.

Ave wine sub-region
Municipalities Vila Nova de Famalicão, Fafe, Guimarães, Póvoa de Lanhoso, Vieira do Minho and Vizela
The vineyard is located in the Ave river basin, an area of irregular relief and low altitude, exposed to sea winds. The climate of low temperature variations and average rainfall favours the production of white Vinho Verde from the Arinto, Loureiro and Trajadura grape varieties.

Basto wine sub-region
Municipalities Cabeceiras de Basto and Mondim de Basto
Further inland, the sub-region lies at a high average altitude and is sheltered from the sea winds. The cold, rainy winter and hot, dry summer favour white Vinho Verde from the Azal variety and reds from the Espadreiro and Rabo-de-Anho varieties.

ESPOSENDE SEA BASS POACHED ON THE GRILL
The fish is slowly grilled over charcoal and brushed with butter sauce. It is served with mashed and roasted potatoes and sautéed greens.
Spring

PICA NO CHÃO RICE, VILA VERDE STYLE
The traditional recipe includes free-range chicken (male), rice and the chicken's blood, to which red vinho verde vinegar and other ingredients should be added. It should be served in the pot in which it is cooked or transferred to a dish, platter, or tureen with a lid.
Autumn/Winter

ORGANIC GOAT FROM SERRA DO GERÊS
The young goats are fed on mountain pastures. The certified meat is roasted with potatoes and served with giblet rice and vegetables.
Spring

SARRABULHO PORRIDGE FROM AMARES
Broth made from meat (beef, pork, and chicken) that has been shredded and cooked with suã bone (pork spine). Pieces of wheat bread and boiled blood are added.
Autumn/Winter

CABBAGES WITH BEANS
It's a typical example of utilising endogenous products to make delicious dishes. They are made after the pig has been slaughtered and the hams and sausages have been dried and cured.
November to March

PORTO D'AVE PILGRIMAGE STEAK
A slice of seasoned beef is fried in olive oil and bay leaves, to which onion and wine are added. It is accompanied by boiled or fried potatoes and onions.
All year round

BARROSÁ STEAK
Typical dish from Cabeceiras de Basto, made with Barrosá meat, a Certified Product of Protected Origin.
All year round

BARCELOS STYLE ROAST ROOSTER
The bird is stuffed with a seasoned paste and the giblets are boiled. Baked with potatoes. Served with sautéed greens and giblet rice.
All year round

CODFISH BRAGA STYLE
The recipe was created in the 1930s in the Minho restaurant Narcisa. The cod steak is fried in olive oil and garlic and accompanied by potatoes fried in the same oil and onions.
All year round

FAFE-STYLE ROAST VEAL
Prepare the veal "bed" in an earthenware dish. Drizzle the meat and potatoes with the marinade sauce. Roast slowly in a wood-fired oven.
All year round

STUFFED PORK BELLY
Stuffed pork belly is one of Guimarães' most typical and original dishes. Made from pork and its flavourings, it fits in perfectly with Minho cuisine.
All year round

MOORISH CHICKEN
The recipe appears in the first Portuguese recipe book, from the 16th century. The bird is cooked with bacon and herbs (parsley, coriander, and mint) and served with poached eggs and slices of bread.
All year round

BOLINHOL
A rectangular sponge cake covered in crunchy sugar syrup. The traditional recipe dates to the 19th century.
All year round

Sousa wine sub-region
Municipalities of Vizela, as freguesias of Vizela and Barrosas
A transition zone with little relief. The climate is mild, and rainfall is below average for the demarcated region. The main grape varieties are Arinto, Loureiro and Trajadura for white Vinhos Verdes, Borraçal, Vinhão and Amaral for reds, and Espadreiro for rosés.

MARONESA STEAK
The slice of beef of protected origin is seasoned only with salt. After being grilled over the coals, it is served with a side of fried potatoes.
All year round

Typical regional cuisine

ABADE DE PRISCOS PUDDING
A creamy convent sweet created by the religious superior Manuel Rebelo (1834-1930). It is made in a brass mould with egg yolks, sugar, fresh bacon, and Port wine.
All year round

MINHOTA STYLE STEW
The genuine Minho stew is tasty and comforting. It's made with a wide variety of meats (beef, pork, and chicken), sausages and vegetables typical of the region, especially varieties of cabbage.
Autumn/Winter

CREAM MILK
Egg yolks, milk, sugar, and wheat flour make the sweet of the Minho festivities. In the region, a toasted biscuit is placed at the bottom of the dish and the custard is poured on top.
All year round

LAMPREY RICE
The preparation of lamprey rice Minho style begins with marinating the fish. After sautéing and cooking, it is served with soupy (we call it caldosos) rice.
Winter/Spring

YOLK SWEETS
Eggs, sugar, and flour are baked in a baking tray to make the fluffy dough for pilgrimage cakes. For the crunchy topping, pour sugar syrup.
All year round

CHORA
The Minho soup was born among the fishermen who fished for cod. Fresh cod heads, rice and ripe tomatoes are used. After cooking, a few drops of vinegar are added.
All year round

Caramelised sugar syrup
lines the mould and serves as a topping.

From the smokehouse comes the ham, the salted "orelheira" and the meat sausage.

The sugar coating is burnt to make it caramelised and crunchy.

The lamprey is cut up to be marinated in its blood with red Vinho Verde.

Finger drawings are made on the top of the yolk cakes.