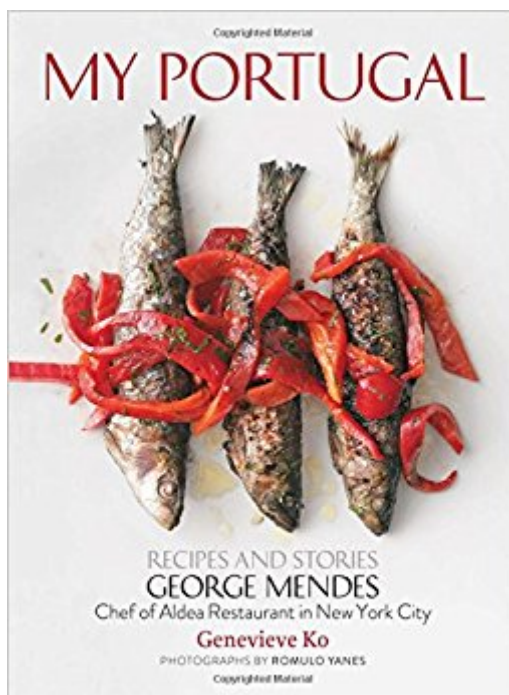


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# My Portugal: Recipes And Stories



## 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

“One of my favorite chefs has at last written a delicious tome that evokes the delicate balance between fantasy travel to the western Mediterranean and local farming in the USA. The poetic recipes and the mellifluous prose inspire me to shop, to sing fados, and to celebrate and cook these alternately exotic and recognizable simple and evocative dishes for my family. This book makes me hungry for a visit to both Aldea in NYC and the Algarve [in Portugal] and will immediately join my kitchen library on the shelf. Use now and forever.” (Mario Batali, chef/entrepreneur)

“I have long admired George's thoughtful, evocative cooking at Aldea. The stories and recipes in *My Portugal* show the passion, warmth, and generosity of spirit that make his food so delicious.” (Daniel Patterson, chef of Coi Restaurant in San

Francisco)“George is a creative genius whose culinary talent shines through each and every one of his dishes. His passion and love for Portuguese cuisine is inspiring and evident in all that he does! His recipes are simply delicious and will leave readers with a strong appreciation for Portugal and its cuisine! (Eric Ripert, chef of Le Bernardin in New York City)“George is an amazing chef, and we share the common approach of bringing our own personal food heritage to New York City. His cuisine is filled with the intensely satisfying flavors of a casual Portuguese feast •updated with a beautifully modern presentation and technique du jour. I can see you trying these recipes at home while sipping a nice chilled glass of vinho verde! (Daniel Boulud, chef/owner, The Dinex Group)“This book is a perfect example of an amazing chef cooking the cuisine that flows through his veins. George is cooking the food that is embedded in his DNA and it just so happens to be gorgeous and delicious! (Sean Brock, chef of Husk Restaurants in Charleston and Nashville)“In this book, George Mendes takes us with him to Portugal: He travels the small Iberian country to visit family, to investigate the origins of favorite dishes, and to understand the village where his parents lived before he was born. (Food & Wine)

George Mendes is a Michelin-starred chef and owner of Aldea in New York City. Named one of Food & Wine magazine’s ten “Best New Chefs” in 2011, Mendes is regularly featured in national newspapers, magazines, and websites, along with television appearances, including a run on Bravo’s Top Chef Masters. Genevieve Ko is a food writer who has coauthored cookbooks with several internationally renowned chefs. Ko is currently the contributing food editor at Health.

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 brás (as an example) requiring special kitchen equipment (siphon with an NO<sub>2</sub> 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.

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.

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).

I found the most of my favourite Portuguese recipes in that book!

Beautiful photography

very good recipes

COD Fish Never Read So Good

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