



CATAPLANA

We sincerely hope that you will be so pleased with our traditional Cataplana that you will want to enjoy recipes as special as the ones given below. Bon appétit...

A word of warning: be very careful opening the Cataplana when cooking, since the trapped steam can be intense.

Remember: you only need to add very little liquid. To recreate authentic flavours of the Cataplana, just add white wine to a Cataplana of chicken or fish, and red wine to meat.

CLAMS IN THE CATAPLANA

Brown many slices of onion, crushed garlics in margarine or butter, good white wine and red pepper without peel, chopped parsley, olive oil and some malagueta pepper. After the onion is browned, add the parsley, garlics, wine, clams and cold meats (jam, smoked pork, sausage and italian sausage). Leave 5-10 minutes on heat. Grease the two sides of the Cataplana with margarine and put all these ingredients inside it. Add 1 bay leaf, parsley, slices of onion and fried pork meat. Cook it during ¼ hour.

COD IN THE CATAPLANA

Everything in layers following this order:

Many tomato and onion, parsley and garlic, sliced potatoes and red peppers. The Cod previously steeped, olive oil and margarine and ¼ of good white wine. Close the Cataplana and bring it to heat approximately ¼ hour. It is very good to add clams when it is almost ready.

PARTRIDGE WITH CLAMS IN THE CATAPLANA

Fry the partridge in margarine or butter and crushed cloves of garlic. 1 bay leaf. After fried add Port wine or some other old wine; put the clams, close the Cataplana and bring to heat 5 minutes more. Who wants can put malagueta pepper which gives a wonderful taste.

ROAST MEAT WITH ALMONDS IN THE CATAPLANA

Brown the meat with margarine, fat or olive oil with many small onions. After this, add some butter and Port wine or any other old wine and let it cook for a while for getting some flavour. Add grinded almond, some water and close the Cataplana. Bring to heat 20 minutes more if the meat is tender. If the meat is tougher let it cook some minutes more and add some more wine.

SQUIDS IN THE CATAPLANA

2 kg of squids, 1 onion, pepper or malagueta pepper, paprika, 1 tablespoon of margarine. After the squids are cleaned, cut them in fine slices. Cut also the onion in slices and put them all around the bottom of the Cataplana. Then, put the slices of squids, salt, pepper or malagueta pepper, paprika and 1 tablespoon of margarine.



CATAPLANA/WOK

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ROAST MEAT WITH ALMONDS IN THE CATAPLANA

Brown the meat with margarine, fat or olive oil with many small onions. After this, add some butter and Port wine or any other old wine and let it cook for a while for getting some flavour. Add ground almond, some water and close the Cataplana. Bring to heat 20 minutes more if the meat is tender. If the meat is tougher let it cook some minutes more and add some more wine.

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