

How to Eat Healthily ...

With Traditional Cuisine from Alentejo



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The Unity

Title	How to eat healthy... with traditional cuisine from Alentejo
Area	Healthy Diets
Main Target Audience	<p>The end users of the module are:</p> <ul style="list-style-type: none"> • Students of the participant institutions • Adults interested in issues related to organic food, nutrition and healthy eating; • City residents. • Adult training centers
Description of the module and general aims	<p>This module allows the participant to understand:</p> <p>(1) The Mediterranean diet and its relation with traditional cuisine of Alentejo and</p> <p>(2) Alentejo traditional recipes.</p> <ul style="list-style-type: none"> - ingredients characteristics - their health benefits - how to plant a herb garden at home
Learning Time and Duration	<p>Learning time and maximum duration for the training related to the module:</p> <p>The maximum duration of training is 24 hours, distributed as follows - 8 hours of theoretical training;</p> <ul style="list-style-type: none"> - 8 hours for visits (farms, processors, markets) - 8 hours of practical work.
Learning Objectives	<p>Specific learning goals, i.e. what is going to be trained and will be learnt by the target after a successful completion of this module:</p> <p>In this module it is intended that participants increase their knowledge about healthy eating through the discussion and learning of traditional Alentejo recipes, heritage of the Mediterranean diet. This is aims to provide knowledge on foods and herbs of the region, as well as on the gardening of some ingredients on a "homemade eatable garden". The understanding of the whole process, from the soil to the table, will enable participants to get the most out of their food.</p>
Competences achieved	<p>Specific competences related to the project theme:</p> <ul style="list-style-type: none"> • knowledge about nutritional value of different ingredients of the Mediterranean diet ; • how to cultivate several vegetables and herbs organically in small scale • how to prepare healthy foods with traditional recipes
Pedagogical methods used (selfstudy, group work, distance learning, etc.)	<p>Type of activities considered useful for the training of this module:</p> <ul style="list-style-type: none"> • Theoretical learning /blended learning/: <ul style="list-style-type: none"> - face to face; - group discussions - online learning. • Practical learning: <ul style="list-style-type: none"> - workshop – cooking the recipes - self study – exercises and cooking

1. Abstract

This unit is structured into two main sections: (1) The Mediterranean diet and the traditional cuisine of Alentejo and (2) Traditional recipes.

In the first section the basics of a healthy diet based on the Mediterranean food traditions and on the traditional Alentejo cuisine and of the ancient wisdom associated with it are discussed. The second section consists on the presentation of various recipes of traditional Alentejo cuisine and on the discussion of the ingredients characteristics and their health benefits. Some guidelines on how to plant a herb garden at home are also given in this section.

Keywords: Alentejo Traditional Cuisine, Nutrition, Healthy Diet, Organic Products.

2. Introduction

Eating habits are always changing, and diets can be varied, from the healthiest to the most detrimental to health. These habits can be influenced by several factors, such as culture, religion, knowledge about food, food availability and economic situation and etc. However, one of the factors that weight more on our food choices is, without question, the knowledge that we have on the benefits and prejudicial properties of food products. Therefore, increasing this knowledge will definitely contribute to a healthier diet.

Since its establishment as a country there has been an evolution of the Portuguese diet, both in terms of food preparation techniques as well as of food products introduced over time. These changes occurred through the influence of other cultures, as a result of the Discoveries between the fifteenth and seventeenth centuries and, more recently, of the globalization and new the distribution systems. Nowadays, all year long consumers have at their disposal an enormous variety of vegetables, fruits, meat, and fish that come from different parts of the globe – people do not need to travel to sample flavours from all around the world.

Despite all this wealth, and of the food products from other countries that enter Portugal, there is a wisdom and immense richness in the traditional Alentejo cuisine. This in spite of, or even due to, major food shortages experienced in the last century, particularly by the rural population. Is this ancient wisdom that forms the base of this module, which, in its first section, briefly discusses the traditional Alentejo diet, closely linked to the Mediterranean diet and, on the second part, introduces several recipes for vegetable soups, bread soups and porridges? In this second section we also teach how to enjoy some of these food products in the comfort of your home, growing an authentic edible garden with pots filled aromas and flavours. In short, shall we learn, from farm to fork, how to eat in a healthy way with the traditional Alentejo cuisine!

Section I

3. Core contents

3.1. The Traditional Cuisine from Alentejo

Some say "Tell me what you eat, tell thee who thou art," and that is not something that strays far from reality. People's diet can not only give indications of their culture, as of the place where they reside, the influences to which they are exposed and of their physical condition. Proof that the type of diet can indicate where someone resides, is the fact that in Portugal, for example, there is a wide variety of diets in the various regions of the country, from north to south. The Alentejo is a region where the diet is quite characteristic and of which we will examine the benefits it can bring to your health. This diet is deeply rooted in the Mediterranean diet, even if the country is not in the Mediterranean coast.

"We have adopted and embraced, we Portuguese, culturally Mediterranean embedded in Atlanticism, a reinvigorating and superbly gluttonous broth coming from far away. But we knew how to transform it in the Mediterranean way: First, we added small pasta or noodles, and then rice; We coloured it with mint leaves; we tamed it with a few cloves of garlic and some onion rings."

Emílio Peres

The traditional Alentejo cuisine is full of influences from other cultures that occupied the Portuguese territory, as it was the case of the Arab civilization. The Greek culture and diet also had great influence on the Portuguese gastronomy, particularly in Alentejo. The ancient Greek diet has been adapted and enhanced with aromatic herbs that are grow spontaneously on the farm lands, the fish of the Alentejo coast, and vegetables who arrived in Portugal, accompanied by spices, brought by the navigators that went to discover the world during the fifteenth to the seventeenth centuries. All these influences have contributed to enrich the diet of the people of Alentejo and build knowledge that became tradition.

Diets are constantly changing, and is not intended to return to the past, but understand that the food practices of the past, although the result of necessity, can nowadays be beneficial and contribute to the reintroduction of recipes that are quick and

easy to prepare and also very healthy. They are rich in nutrients, vitamins, and with unique flavours and aromas.

3.2. Ancestral wisdom for food equilibrium

The food habits on 40s to the 60s of the twentieth century are a good example of the connection of the Portuguese diet to the Mediterranean diet and of the principles of healthy eating. Unfortunately, this reality did not come out, always, for the best reasons. Those were years were of great food shortages, especially for the most humble people of the rural Portugal, as was the case of the landless wage earners, who suffered food deficiencies, particularly with respect to food products of animal origin. However, that situation, led to a search for food that grew spontaneously in the field, for products that they could grow in small scale such as vegetables and fruit, and for vegetables that could best replace the protein from the meat they didn't have. Many of the decisions were based on experience and not on the scientific knowledge to which we have access today. Still, judgments were based on the health of the individuals and in the power and energy they could get out of the food in order to work on the fields. The fact is that current science and nutrition knowledge confirm the choices of those times as correct and beneficial to health. Due to the economic and social conditions, the diet of that time is full of principles that are now believed as the key to healthy eating. Obesity, which is becoming an alarming problem of our time, was not frequent in 40-60s, it just happen in affluent families with resources well above the common people. As such, the diet was regulated as follows:

- ◆ Small portions per person;
- ◆ A breakfast that nowadays we would call lunch;
- ◆ Low prevalence of sweets and deserts;
- ◆ High consumption of fruit, vegetables, legumes, and fish;
- ◆ Highly water consumption during the day, and the usual glass of wine with a meal;
- ◆ Boiled food or cooked through and other simple methods;
- ◆ Low consumption of fats, being olive oil the more common fat (even if scarce).

It is necessary to take into account the very wide knowledge that people had about the plants and herbs that constitute the typical landscape of the cork habitats of the region. Those plants and herbs set the tempo of landscape throughout seasons, leading to variations in food habits during the year, and to the search for plants and herbs that fulfil specific nutritional needs and also help in fighting and prevention of particular diseases.

3.3. The Mediterranean diet

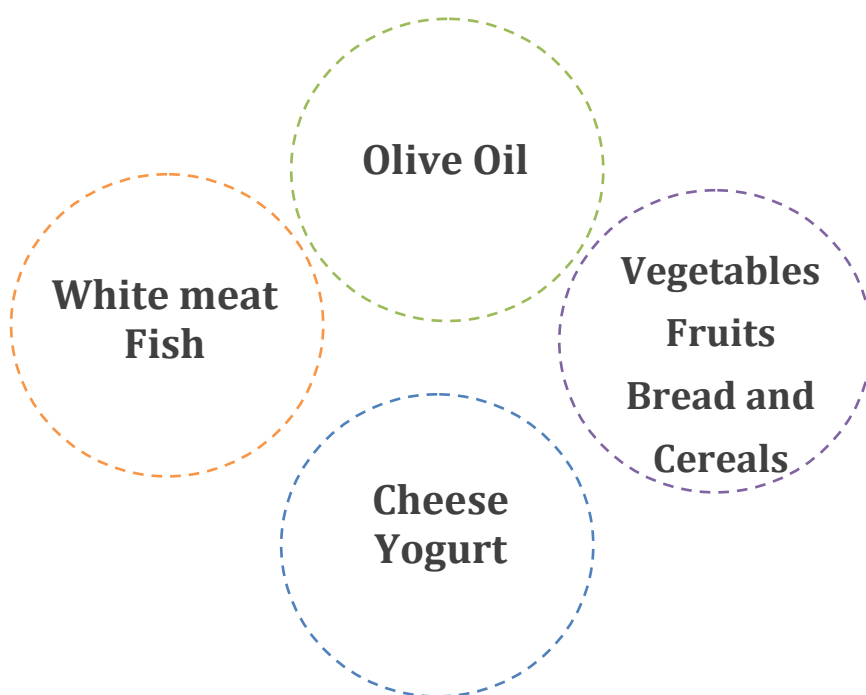
The Mediterranean diet is recognized as Intangible Cultural Heritage of Humanity by UNESCO. This distinction reveals not only its importance on the healthy diet issue but, mostly, its importance as popular knowledge transmitted orally that is important to preserve and share. This module is a contribution to this goal with the presentation of traditional food recipes from Alentejo very rich in the components of that diet.

The traditional Alentejo cuisine reflects the principles of healthy eating, rooted in the Mediterranean diet. In this case traditional refers to the dietary patterns of Crete and many other regions of Greece and southern Italy. Several studies show that the average life expectancy of adults in these regions was of the highest in the world. These were also the regions in Europe with the lowest rate of coronary heart disease and of certain types of cancers.

This diet is rich in food products with high concentrations of complex carbohydrates, fibre, vitamins and minerals and numerous antioxidants that protect the health of the heart. At the same time there is a low consumption of food products high in saturated fats and of high-caloric foods, which is fundamental in the prevention of cardiovascular diseases.

3.4. The basic ingredients

Foods products that make up this diet are part of the local landscape. The gastronomy is based on what is available in each season in the fields and on what can be locally produced. That is the case of the basic ingredients of Alentejo Cuisine:



Section II

4. Put into practice

4.1. From Theory to Practice

Once discussed the principles of traditional Alentejo cuisine, we will deal with the practical component of the module where we want to speak more in depth about some traditional recipes from Alentejo, focusing on vegetable and bread soups, and the typical bread porridges. The plethora of existing soups in Portugal results from several adaptations to the cultural and territorial environment, the legacy of people who passed through the region and of the herbs and other edible wild resources, which provide unique flavours to soups in different areas of Portugal. Soups are part of the Alentejo food identity, along with wheat bread, it's structuring element. Bread soups, gazpacho, broths, bread porridges, stews and vegetable soups are all based on those components (soup and bread) and good representatives of that identity

In most cases the concept of soup may be associated with its ancestral meaning, in that the term referred to "bread soup", which means the bread soaked in a "seasoned broth." The use of the broth makes a more digestible, tasty, enjoyable, and most nutritionally rich dish. Its distinctive flavour comes from the herbs used, leading to an easy distinction of the Alentejo cuisine from the cuisine of other regions of the country.

The recipes presented here are based on two key principles that contribute to enhance the quality of the food products used and provide a wealth of flavour and aroma that helps reduce the amount of salt on dishes, making for light and pleasant flavours to the palate.

Principle 1

Cooking times reduced, and above 70 °C, temperature at which the food should be cooked safely. The boiling point that is used in the preparation of soups allows keeping a constant boiling temperature to prevent degradation of fats and nutrients.

Principle 2

The cooking in water causes the release of a certain amount of starch which the broth thickens, conveying and concentrating the flavors generated during cooking using the different elements diluted in water

Alentejo Bread Soups

Bread porridges

Season: All year long
Region: Low Alentejo

Ingredients:

1 bunch of
coriander (add
pennyroyal)
2 to 4 garlic cloves
1 tablespoon of sea
salt
4 tablespoons of
olive oil
1.5 l of boiling
water
400 g of homemade
bread (hard)
4 eggs

Preparation:

Step in a mortar, reducing them to soft
pulp , coriander (or pennyroyal or both)
with the cloves of garlic and coarse salt .
Pour this soft pulp in the terrine or bowl .
Watering up with olive oil and scald with
boiling water, where previously coddled
eggs and where withdrew. To serve put
up this broth over the bread into slices or
cubes. Eggs are laid on the plate or on the
soups in terrine.



	<i>Health Benefits</i>	<i>How to Plant: Coriander</i>
<i>Coriander</i>	<ul style="list-style-type: none"> • Contributes to better control of blood glucose levels • Hold relaxing and calming properties , improving the quality of sleep • • antiseptic and antifungal agent • 	<p>Choose a flower pot or container which has at least 46 cm wide and 20 to 25 cm deep . This does not like to be moved, then the pot needs to be large enough to contain the adult plant.</p> <p>Plant the seeds. Fill the pot with some soil and fertilizer. Moisten the soil with a little water . Sprinkle the seeds on the soil lightly to disperse uniformly. Cover with plus 0.6 cm of soil .</p> <p>Place the pot in a sunny location . Need direct sun to grow, then place it on a parapet of a sunny window or greenhouse. The seeds should germinate in 7-10 days. Keep the soil moist by using a spray bottle to spray the soil. If you pour water on the ground , you can move the seeds.</p>
<i>Garlic</i>	<ul style="list-style-type: none"> • Help in the prevention of cardiovascular disease • • contains sulfur which facilitate blood flow • • Help reduce the presence of triglycerides in the blood 	

Bread Soup de Peixe da Ribeira

Season of the year : Between June and March

Region: Alentejo Central

Ingredients:

2 large barbel (1.5 kg total)
4 tablespoons olive oil
1 mint sauce river
1 bunch of pennyroyal
2 bay leaves
1 onion
4 garlic cloves
1 medium glass of white wine
1 vinegar stroke
3 ripe tomatoes
½ green pepper
2 wheat flour
Coarse salt qs
water
regional bread

Preparation:

After arranging the fish salt it a while before cooking . Fry the spices in the oil , together with the chopped garlic , onion, bell pepper slices and the sliced into thin flakes . Add the white wine and peeled and chopped tomatoes . Leave fry a little. Add enough water and let boil . Add the previously undone flour in water, stirring well to not crumble and cook . Add the fish , leaving it cook without letting undo . Correct the salt. Serve pouring the broth in a bowl on the finely falquejado bread.

The fish is served on platter apart



	<i>Benefit for Health</i>	<i>How to plant: Mint</i>
<i>Fish</i>	<ul style="list-style-type: none">• Rich Source of Omega -3• Reduction of Inflammation• clots Prevention• Cholesterol Reduction	The Mint is a plant resistant to high and low (max. 5 ° C) temperatures , but does not tolerate frost . Can be purchased at supermarkets and transplanting the plant to a larger vessel.
<i>Green pepper</i>	Large concentrations of vitamin C and beta-carotene that prevent cataracts	Should water the mint plant constantly , but it is also very important that the roots are not flooded . Place a drainage system on the vessel to prevent water be accumulated , keeping it moist to the touch compound , it grows better in wet conditions . Remove the upper leaves and stems so that the light reaches the other leaves growing.

Clamps Bread Soup

Ingredients:

500 GRAMS of
clamps
1 liter and Water
Environment
1 coriander
branch Or
pennyroyal
qs salt
garlic
olive oil
2 eggs

Preparation:

Open 500 grams of clamps in half liters of boiling water. Make a floor with coriander or pennyroyal , salt and garlic. Pour two per person tablespoons of olive oil . Beat two whole eggs on the floor. When pouring the water over the floor , stir well so that the eggs do not get into yarn .

Use the water in which the clamps have opened . The clamps are served in shell .

Serve breaking bread sliced putting them in the bottom of a bowl and basting with broth and clamps.

Época do Ano: all year
Região: Alentejo Litoral



	<i>Benefit for Health</i>	<i>How to plant: Pennyroyal</i>
<i>Olive Oil</i>	<ul style="list-style-type: none"> • Fat monounsaturated , not contributing to the increase in " good" cholesterol (HDL) • It has anti -inflammatory properties • Strengthens nails and moisturizes hair 	<p>Just need a place that has an average exposure to sunlight and holding on situations enough shade.</p> <p>Need a place with these characteristics, a vessel and a mixture of garden earth, sand mixed with a land, the land ratio of two parts to one part of sand and fertilizer.</p> <p>The spread of pennyroyal is by cutting , taking advantage of the fact that this plant naturally emit roots along the stem.</p> <p>Even in sprigs of pennyroyal that can be bought, it is common to bring these white roots and these are the stems one to use as cutting, arranging them horizontally on the surface of the earth, only the roots within this .</p> <p>In other situations in which more favor the stem that provision may also burying them in the ground leaving out one or two nodes with leaves.</p> <p>Do not miss it with water for the first few days and will soon begin to see the new plants to form , not delaying having your pennyroyal vessel ready to harvest when needed scissors to avoid damaging the roots and always continue to produce .</p>

Soups

Tomato Soup

Ingredients:

1.5 kg of ripe tomato
2 onions
3 cloves garlic
1/2 green pepper
1 bay leaf
2 dl olive oil , stale
bread qs
1 bunch of parsley,
mint and oregano
water q.s.
qs salt
4 eggs

Preparation:

Peel the garlic and onions . slice the onion to half moons and pokes up the garlic. Peel and chop - the tomatoes into small pieces . Get yourself up the peppers into strips . In a pan is made a stew with olive oil , onions , garlic and bay leaf, joins the tomato pepper the bouquet garni , salt and water and allow to cook. Finally , the eggs escalfam and lies down the prepared covers the toasted bread sliced and lox.

Season: Summer
Region: High Alentejo



	<i>Benefit to Health</i>	<i>How to Plant: Tomato</i>
<i>Onion</i>	<ul style="list-style-type: none"> • Contributes to the increase in HDL • Relieves congestion 	<p>Choose a cool, well in direct sun location. Ideally tomato plants have at least 4 hours of sunlight per day, to enhance the quality and quantity of fruit. The vessels should be about 40 cm.</p> <p>They must be sown from early spring (April, May and June), in the final vessel. They need plenty of water. It is important that between waterings, let the earth dry on the surface, so it does not get too wet, allowing the fungus and other diseases. Avoid wetting the leaves and flowers.</p> <p>We recommend frequent use of fertilizer throughout the growth of tomato plants. Once the tomatoes have branches with flowers, the upper main stem should be cut to stimulate the ripening of fruits. Accompanying the growth of the plant, secure the tomato to a stake, to help support the weight of tomatoes without bending.</p> <p>To harvest the tomatoes , without damaging the tomato stems, should run the tomatoes until they loosen.</p>
<i>Tomate</i>	<ul style="list-style-type: none"> • Power supply and vitality • Contains lycopene which acts as an antioxidant (concentrated in the prostate may help prevent diseases in this body) • Large amounts of Vitamin C and A and potassium 	

Dogfish soup

Season: All year
Region: High Alentejo

Ingredients:

8 slices of dogfish
2 L of water
3 garlic TEETH
1 onion
1 tablespoon vinegar
1 tablespoon paprika
tea
1.5 dl olive oil
1 bunch coriander
50 g of wheat flour
Crusty bread
qs salt

Preparation:

Prepare the dogfish and slice in to pieces. Peel the onion and garlic and cut the up. Slice the bread and place it in a bowl. In a pan sauté the onion and garlic in olive oil, Join bay leaf, paprika and water. When it starts boiling gather the dogfish. Dissolve the flour in a little water and mixed with the vinegar in the soup - rectify the seasonings added with chopped coriander or in branches. Serve by pouring the boiling broth over the bread.



	<i>Benefits for health</i>	<i>How to plant: Bay</i>
<i>Vinegar</i>	<ul style="list-style-type: none">• Can be used to reduce the amount of salt , or replacement• Helps reduce glucose , contributing to the prevention of diabetes	<p>Ideally, a mild climate. Can withstand low temperatures protected from wind and frost. Farm with direct sunlight, but can grow well in partial shade, provided that the light is good.</p> <p>Get a small plant , or use a branch.</p> <p>Transplant and keep the soil moist until the plant root, and go composting frequently.</p> <p>When the plants are well developed leaves can be harvested when necessary. In late summer or early fall, some of the leaves can be harvested and left to dry in the shade. Dried leaves have a stronger flavor, but this will fade with time.</p> <p>The berries can also be harvested and left to dry in the shade.</p>
<i>Bay Leaf</i>	<ul style="list-style-type: none">• Very rich in vitamins A, B , C and D• Very rich in minerals: calcium, iron , potassium and magnesium• The strong smell stimulates the production of saliva and other digestive enzymes• has antibacterial properties and acts as a cleaning agent	

TIPS

To make this soup more healthy skip the sauté, opting to gather all the ingredients in very low heat, simmer

Purslane Soup

*Season of the Year: Autumn
Region: Lower Alentejo*

Ingredients:

purslane
qs oil
1 large onion
Garlic qs
1 bay leaf
2 fresh cheese
(sheep)
4 eggs
fresh tomato
2 cutlet cod
coriander
potatoes

Preparation:

The purslane are gathered in the field, are chosen and washed. Next, put in a pan an oil portion, bay leaves, chopped garlic, chopped fresh tomato, chopped coriander and chopped onions. It is left to simmer for about 8 minutes. Once sautéed, join the purslane and leave for about 5 minutes. then joins some water, 2 sliced potatoes, fresh cheese and cod and let it cook for about 20 minutes. Once you have prepared confecionado, are cut the bread slices to a bowl, in which lies the prepared.



	<i>Benefit for Health</i>	<i>How to pick: Pursulane</i>
<i>Fresh cheese</i>	<ul style="list-style-type: none"> • Rich in minerals such as phosphorus and calcium • Low fat 	<p>The purslane (Portulaca oleracea), also known as common - purslane, purslane - of -gardens and veldorega, is an uncertain source of plant that grows wild today. However, you can have it in your garden.</p> <p>Grows between 15 °C and 35 °C. Does not support very low temperatures and frost. Need direct sunlight.</p> <p>Sow in a pot and cover with a light sieved soil or thin layer of sawdust. When transplanting the seedlings have 4 to 6 leaves.</p> <p>The harvest of the branches and leaves of purslane can be made from 60 to 80 days after planting. Remove the branches or leaves individually when necessary or crop monthly cutting branches approximately 10 cm above the ground.</p>
<i>Pursulane</i>	<ul style="list-style-type: none"> • The succulent leaves are rich in omega -3 • High in fiber, vitamins and minerals 	

NOTA HISTÓRICA

A relatively inexpensive recipe, since many locals had sheep, gardens and manufactured cheese. Purslane were caught in the field this time of year (in the fall). olive oil was a product with a certain abundance since they are harvested olives and exchanging them for a few mills in the oil bottles. The bread were also made in their homes was passed many times as staple food in Alentejo dishes. this recipe can be made without cod and without potatoes. (in Charter Gourmet Alentejo, page 691)

Cold Bread Soup

Ingredients:

Cucumber
Olive oil
salt
onion
vinegar
homemade bread
fresh water
tomato
cod

Preparation:

The preparation has two variants:

- I. Cold Bread Soup for the poor, pokes the onion and cucumber and these joins salt, oil, vinegar, homemade bread soup and fresh water;
- II. Cold Bread Soup rich, the preparation mentioned above also adds up niggling sliced tomato and shredded raw cod.



	<i>Benefit for Health</i>	<i>How to plant: Cucumber</i>
<i>Pepino</i>	<ul style="list-style-type: none">• Composed of silica and large amount of water, which promotes healthy skin• rich in fiber, vitamin C, potassium and magnesium• Contains steroids that contribute to reducing the "bad" cholesterol	<p>Opting for creeping plant, can transplant the plant for a large pot, as this suit up. Make sure, in the purchase, that does not have yellow leaves. Choose an airy place, a soil rich in nutrients and direct sun. It should be planted in late spring and with a distance of about 30 cm between each plant.</p> <p>Care: requires a lot of water, preferably warm, avoid wetting the leaves. If you see yellow leaves, place fertilizer and keep the earth moist. In the summer will be ready to eat!</p>

Bread Porridge

Season of the year: All Year
Region: Lower Alentejo

Ingredients:

1 cup olive oil
2 cloves garlic
bread
qs salt
q.s wat.

Preparation:

Pour the olive oil in a frying pan and cup chopped garlic cloves. Cut the bread into thin slices and join olive oil and garlic. After the garlic alourarem a little, add a little water and let it cook on low heat, stirring occasionally with a wooden spoon. When the bread is toasted, gives up the back and pokes up with the spoon until into small pieces. Migas curl-swinging frying pan until very consistent. Serve / display usually serve up accompanied by coffee.



Benefits for Health

Salt

Consumed in moderation and daily doses indicated, this ingredient not harmful to health. However, it should be done right choice with regard to the type of salt. Ideally, the use of unrefined salt:

- Sea salt: it dry naturally in the sun, not suffering any process of refining. Provides very important minerals to the body, especially iodine.
- Salt Flower: are the first crystals that form and remain on the surface in saline. Never plays in the background not containing impurities. It is natural source of iron, zinc, magnesium, fluoride, sodium, iodine, calcium, potassium and copper

Bread Porridge off asparagus

Ingredients:

300 g of wild asparagus
200 g lean meat
200 g of bacon
300 g ribs
8 garlic cloves
2 dl olive oil
Paprika qs
Qs white wine
150 g of bread crumbs
qs salt
4 eggs
water q.s.

Preparation:

Peel the garlic and chop. Chop the asparagus. Fry- the meat (previously seasoned with garlic, salt, paprika and white wine) in olive oil and reserves. Fat frying of meat, join the chopped garlic and let browned, mix the asparagus, let it simmer, and add the bread and lean meat chopped very drizzling and eggs and engages well. Serve / submit .They found themselves on a platter and serve with the remaining meat around.

*Season of the year: Spring
Region: High Alentejo*



	<i>Benefit for Health</i>	<i>How to pick: Asparagus</i>
<i>Asparagus</i>	<ul style="list-style-type: none">• Rich in amino acids and minerals (potassium, phosphorus and calcium), responsible for their regenerative properties and nutritious• Rich inulin which contributes to development of microbial flora, bifidobacteria and lactobacilli responsible for the good functioning of the large intestine	<p>The Wild Asparagus (<i>Asparagus Lenuifolius</i>) develop at the time of spring during the rainy season.</p> <p>These can be found in the concave land areas, typically wet and cold.</p> <p>It should be collected with the aid of scissors or a knife.</p>

TIPS

The crumbs can be prepared without the meat, using only olive oil, healthy and enhancing both the taste of wild asparagus. It should be added for lemon juice to a balance of flavors.

Although the traditional recipe is accompanied fried meat, this may be replaced by meat stuffed previously seasoned with pepper mass.

Questions

1. The knowledge about the food and its properties contribute to a more correct nutrition.
 - a. True
 - b. False

2. O Alentejo is not washed by the Mediterranean, so it can not be the diet of this region a 'Mediterranean diet'.
 - a. True
 - b. False

3. The traditional cuisine from Alentejo, although healthy, has the disadvantage of only present confection dishes quite time consuming.
 - a. True
 - b. False

4. Herbs are a supplement that helps to decrease the amount of salt in cooking.
 - a. True
 - b. False

5. Indicate the **two key principles** that contribute to enhance the quality of food used and provide a wealth of flavor and aroma that helps reduce the amount of salt dishes:
 - a. _____

 - b. _____

6. Name 8 key ingredients of the Mediterranean diet:
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
 - g. _____
 - h. _____

Are you interested?

5. Further readings

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