



# Eating habits in Portugal

Portugal is characterized by **Mediterranean cuisine**, it consists mainly of fish (especially **cod**, but also sardines, mackerel and tuna), seafood, coffee, wine, olive oil, cheese, and aged sausage.

They can prepare many fish dishes.

They believe that they **can prepare cod in 365 ways** or a **thousand and one ways**.







Meal times usually mark the time of day and are very important to the Portuguese.

- **Breakfast** is usually eaten on the way to work - usually coffee and something sweet.
- **Lunch** is often eaten out during a break.
- The whole family eats **dinner** together, it's the most important meal for them.

Coffee is often drunk after every meal.



# Breakfast



## Breakfast- “Pequeno almoço”

Breakfasts are modest and not very plentiful. Usually **coffee and something sweet** like “pastel de nata”.

They may consist bread, jams, ham and cheese.

Portuguese breakfast is usually eaten at home or in local cafes.

**“queijo fresco”** is a fresh, white cheese with a delicate flavor.

**“Pastel de nata”** is a traditional Portuguese cookie. It's a small, crescent-shaped cookie with a delicate vanilla cream.







**Lunch**





## Lunch- “Almoço”

Most dishes consist of fish and seafood.

The most famous dishes are:

**Bacalhau á gomes de sá**- roast with potatoes, onion, olives and hard-boiled eggs,  
**Bolinhos de bacalhau**- cod croquettes,  
**Bacalhau com cerveja**- cod with beer,  
**Sardinhas assadas**- grilled sardines,  
**Polvo a lagareiro**- octopus with potatoes.  
**Porco à alentejana**- pork cooked with molluscs.



“Bacalhau”- dorsz



# Dinner



## Dinner- “Jantar”

Dinner is usually eaten at **home**, but when the weekend comes, restaurants are filled with locals. **No one should eat alone**, so the nicest dinner is spent in a large group, among family and friends.

Dinner is eaten late, around **9 p.m.**

**Fish and meat, vegetable or fish stews** are often eaten here for dinner. **Soups with a light consistency** also often appear on the menu. At the end, of course, **coffee**, despite the late hour.



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**Wine**



## **Porto**

It is the most famous Portuguese wine.

Sweet, strong, fortified wine, can be white, red or rosé.

At the appropriate moment of fermentation, brandy is added to it.

## **Madera**

Produced in a similar way to port wine.

Distilled alcohol is added in the grape fermentation process.

## **Vinho verde**

Green wine.

Young, light, with lower alcohol content, slightly sparkling, clearly acidic and very fresh in taste.

It can be white, red or pink.

Perfect for hot days.



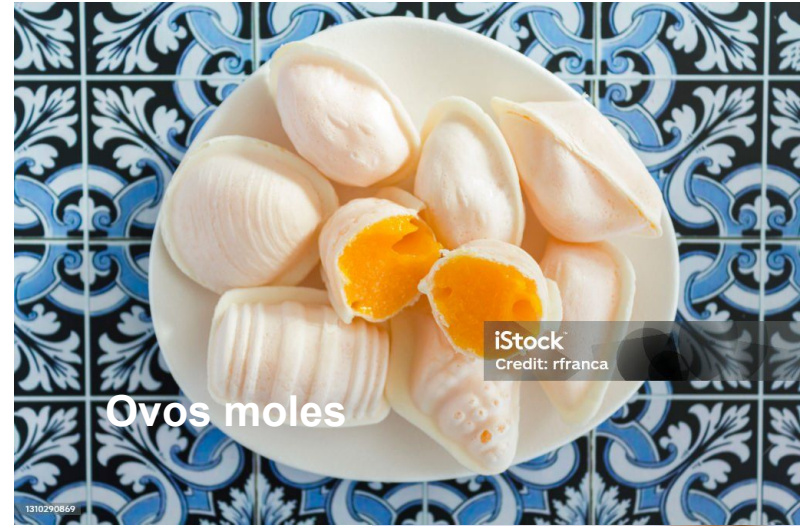
# Desserts



Portugal is famous for its delicious pastries. Most of them are made from **egg yolks and sugar**.

Depending on the dessert, **cinnamon, almonds, lemon or orange** are also added.

Some desserts also include fruit, especially **strawberries, pineapples, oranges and grapes**.



A row of wine glasses filled with red wine, with a white text box overlaid on the right side. The glasses are arranged in a perspective line, receding into the background. The lighting is warm, highlighting the amber tones of the wine and the reflections on the glass. The text box is a white rectangle with rounded corners and a slight drop shadow, containing the text "Thank you for your attention" in a bold, black, sans-serif font. The text is centered within the box and spans across several of the glasses.

**Thank you for  
your attention**



# Sources

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