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Portuguese New England

7 Portuguese and Portuguese-American recipes from southeastern New England



Kale soup with chouriço, clams with chouriço, caldeirada fish stew and Fall River's shrimp Mozambique; bacalhau for Christmas Eve; and Portuguese sweet bread and malasadas from the bakery.

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Recipes

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SEAFOOD AND SALT COD

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BREADS AND SWEETS

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7. Malasadas (Portuguese Doughnuts)

Caldo Verde (Portuguese Kale Soup)

Total 1 hr · 6 servings · steakandseafood.com/caldo-verde.htm



INGREDIENTS

- 3 tablespoons olive oil, plus more for drizzling
- 1 large onion, chopped
- 4 cloves garlic, minced
- 2 pounds Yukon Gold or russet potatoes, peeled and cut into chunks
- 8 cups chicken broth or water
- 1 teaspoon kosher salt
- 12 ounces chouriço or linguiça, sliced 1/4 inch thick
- 1 pound kale or collard greens, stems removed, sliced into very thin ribbons
- 1 (15 ounce) can red kidney beans, drained (optional, New England style)
- Black pepper and crushed red pepper, to taste

INSTRUCTIONS

1. **Soften the onion.** Heat the oil in a large pot over medium heat. Cook the onion 6 minutes until soft, then the garlic for 1 minute.
2. **Cook the potatoes.** Add the potatoes, broth and salt. Bring to a boil, then simmer 20 minutes, until the potatoes are very tender.
3. **Mash or blend.** Mash the potatoes into the broth with a potato masher for a rustic soup, or blend half of it smooth with an immersion blender for the classic silky style.
4. **Brown the chouriço.** Meanwhile, brown the chouriço slices in a skillet 4 to 5 minutes. Add them to the soup with the beans, if using.
5. **Add the kale.** Stir in the kale and simmer 5 to 8 minutes, until tender but still green. Season with pepper and crushed red pepper.
6. **Serve.** Ladle into bowls, drizzle with olive oil, and serve with Portuguese rolls or sweet bread.

TIPS

- Roll the kale leaves into a tight cigar and slice crosswise into thin threads.
- Gaspar's and Amaral's are well-loved local brands of chouriço and linguiça; any good smoked Portuguese sausage works.
- It is even better the next day; thin it with a little broth when reheating.

Portuguese Fish Stew (Caldeirada)

Total 1 hr 5 min · 6 servings · steakandseafood.com/portuguese-fish-stew.htm



INGREDIENTS

- 1/3 cup olive oil
- 2 onions, thinly sliced
- 1 green and 1 red bell pepper, sliced
- 4 cloves garlic, sliced
- 1 1/2 pounds Yukon Gold potatoes, peeled and sliced 1/4 inch thick
- 1 (28 ounce) can whole tomatoes, crushed by hand
- 2 pounds firm white fish (cod, haddock, monkfish or hake), cut into 2-inch chunks
- 2 teaspoons kosher salt
- 1 tablespoon sweet paprika
- 1/4 teaspoon crushed red pepper
- 2 bay leaves
- 1 cup dry white wine
- 1/2 cup water or fish broth
- 1/2 cup chopped parsley or cilantro

INSTRUCTIONS

1. **Start the layers.** Pour half the oil into a wide, heavy pot. Spread half the onions, peppers and garlic in the bottom, then all the potatoes, seasoning each layer lightly with salt and paprika.
2. **Add the tomatoes and fish.** Spoon over half the tomatoes, then the fish in one layer, seasoning it with salt. Top with the rest of the onions, peppers, garlic and tomatoes, the bay leaves and crushed red pepper.
3. **Add the liquid.** Pour in the wine, water and the remaining oil.
4. **Simmer.** Bring to a simmer, cover and cook gently 30 to 35 minutes, without stirring, until the potatoes are tender and the fish flakes (145°F). Shake the pot now and then so nothing sticks.
5. **Serve.** Scatter with parsley and serve in wide bowls with bread for the broth.

TIPS

- Do not stir; shaking the pot keeps the layers and the fish whole.
- Add a dozen littlenecks or 1 pound of shrimp for the last 8 minutes.
- Use a firm fish that holds together; flounder and sole fall apart.

Clams with Chouriço

Total 1 hr 5 min · 4 servings · steakandseafood.com/clams-and-chourico.htm



INGREDIENTS

- 4 dozen littleneck clams, scrubbed
- 2 tablespoons salt, for purging
- 2 tablespoons olive oil
- 8 ounces chouriço, sliced
- 1 onion, thinly sliced
- 4 cloves garlic, sliced
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon crushed red pepper
- 1 cup dry white wine
- 1 cup diced tomatoes (fresh or canned)
- 2 tablespoons butter
- 1/4 cup chopped parsley or cilantro
- Lemon wedges and crusty bread

INSTRUCTIONS

1. **Purge the clams.** Soak the clams in cold water with the 2 tablespoons salt for 30 minutes. Lift them out, rinse, and discard any with cracked shells or that stay open when tapped.
2. **Brown the chouriço.** Heat the oil in a wide pot over medium heat. Brown the chouriço 4 minutes, add the onion and cook 5 minutes, then the garlic, paprika and pepper for 1 minute.
3. **Add the liquid.** Pour in the wine and tomatoes and bring to a boil.
4. **Steam.** Add the clams, cover tightly and steam 6 to 10 minutes, shaking the pot, until the shells open. Lift out the clams as they open. Discard any that stay closed.
5. **Finish.** Stir the butter and herbs into the broth and pour it over the clams. Serve with lemon wedges and lots of bread.

TIPS

- Lift the clams out of the soaking water rather than pouring them into a colander, so the sand stays behind.
- Serve over linguine for a heartier meal.
- Mussels work the same way and steam in 5 to 7 minutes.

Shrimp Mozambique

Total 30 min · 4 servings · steakandseafood.com/shrimp-mozambique.htm



INGREDIENTS

Shrimp

- 1 1/2 pounds large shrimp, peeled and deveined
- 4 tablespoons butter
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 6 cloves garlic, minced
- 1 teaspoon sweet paprika
- Pinch of saffron, crumbled (or 1/2 teaspoon turmeric)
- 1 cup lager beer or dry white wine
- 1/2 cup chicken broth
- 1 to 2 teaspoons piri-piri or other hot sauce
- 1/2 teaspoon kosher salt
- 2 tablespoons chopped cilantro or parsley
- Lemon wedges

For serving

- Cooked white rice
- Crusty Portuguese rolls

INSTRUCTIONS

1. **Build the sauce.** Melt 2 tablespoons butter with the oil in a large skillet over medium heat. Cook the onion 5 minutes until soft, then the garlic, paprika and saffron for 1 minute.
2. **Simmer.** Add the beer, broth, hot sauce and salt and simmer 8 minutes, until reduced by about a third.
3. **Cook the shrimp.** Add the shrimp and simmer 3 to 4 minutes, turning, just until pink and opaque.
4. **Finish.** Stir in the remaining butter and the cilantro. Taste for salt and heat.
5. **Serve.** Serve over rice with lemon wedges and rolls to soak up the sauce.

TIPS

- Do not overcook the shrimp; take them off the heat as soon as they curl into a loose C.
- No piri-piri? Use 1/2 teaspoon crushed red pepper plus a dash of Tabasco.
- Saffron gives the classic golden color; turmeric is a common, less costly stand-in.

Bacalhau à Gomes de Sá

Total 49 hr 30 min · 6 servings · steakandseafood.com/bacalhau-gomes-de-sa.htm



INGREDIENTS

- 1 1/2 pounds thick salt cod (bacalhau)
- 1 1/2 pounds Yukon Gold potatoes
- 2 cups milk (optional, for poaching)
- 3/4 cup olive oil
- 2 large onions, thinly sliced
- 4 cloves garlic, sliced
- 1/2 teaspoon black pepper
- 4 hard-boiled eggs, sliced
- 1/2 cup black olives
- 1/4 cup chopped parsley

INSTRUCTIONS

1. **Soak the cod.** Rinse the salt cod and soak it in a large bowl of cold water in the refrigerator for 48 hours, changing the water 3 times a day. Taste a small piece; it should be only mildly salty.
2. **Cook the cod and potatoes.** Boil the potatoes in their skins until just tender, 20 minutes; cool, peel and slice 1/4 inch thick. Bring the cod to a bare simmer in the milk or fresh water and poach 8 minutes. Drain, remove skin and bones, and flake into large pieces.
3. **Cook the onions.** Heat the oven to 375°F. Warm 1/2 cup of the olive oil in a skillet and cook the onions and garlic gently 12 to 15 minutes, until soft and golden but not browned.
4. **Layer.** Oil a 9 x 13-inch baking dish. Layer half the potatoes, half the cod and half the onions, season with pepper, and repeat. Pour the onion oil and the remaining olive oil over the top.
5. **Bake.** Bake 20 to 25 minutes, until hot and lightly golden at the edges.
6. **Garnish.** Top with the egg slices, olives and parsley and serve hot, with more olive oil at the table.

TIPS

- Thick, center-cut salt cod is worth seeking out at Portuguese markets; thin pieces turn stringy.
- Do not salt the dish until you taste it; well-soaked cod still carries some salt.
- Keep the soaking cod in the refrigerator the whole time.

Portuguese Sweet Bread (Massa Sovada)

Total 4 hr · 2 round loaves · steakandseafood.com/portuguese-sweet-bread.htm



INGREDIENTS

Dough

- 1 cup whole milk, warmed to 110°F
- 2 1/4 teaspoons (1 packet) active dry yeast
- 3/4 cup sugar, divided
- 3 large eggs, at room temperature
- 6 tablespoons unsalted butter, softened
- 1 teaspoon salt
- Zest of 1 lemon
- 1 teaspoon vanilla extract
- 5 to 5 1/2 cups all-purpose flour

Glaze

- 1 egg beaten with 1 tablespoon milk
- 1 tablespoon sugar, for sprinkling

INSTRUCTIONS

1. **Proof the yeast.** Stir the yeast and 1 teaspoon of the sugar into the warm milk and let it stand 5 to 10 minutes, until foamy.
2. **Mix the dough.** In a large bowl or stand mixer, beat the eggs with the rest of the sugar until pale. Beat in the butter, salt, zest, vanilla and yeast mixture, then add the flour a cup at a time until a soft dough forms.
3. **Knead.** Knead 8 to 10 minutes by hand or with a dough hook, until smooth, soft and only slightly tacky. Add flour sparingly; the dough should stay soft.
4. **First rise.** Place in a buttered bowl, cover and let rise in a warm spot 1 1/2 to 2 hours, until doubled.
5. **Shape.** Punch down and divide in half. Shape each into a smooth round and set in buttered 9-inch round cake pans. Cover and let rise 1 hour, until puffy and nearly doubled.
6. **Bake.** Heat the oven to 350°F. Brush the loaves with the egg wash and sprinkle with sugar. Bake 30 to 35 minutes, until deep golden and 190°F in the center. Cover loosely with foil if they brown too fast. Cool on a rack.

TIPS

- Warm milk should feel like a warm bath, about 110°F; hotter milk kills the yeast.
- For Easter, press a whole raw egg (in its shell) into the top of each loaf before baking, as Portuguese families do.
- Wrapped well, the loaves keep 3 days and freeze for 3 months.

Malasadas (Portuguese Doughnuts)

Total 2 hr 50 min · About 20 malasadas · steakandseafood.com/malasadas.htm



INGREDIENTS

Dough

- 3/4 cup whole milk, warmed to 110°F
- 2 1/4 teaspoons (1 packet) active dry yeast
- 1/3 cup sugar, divided
- 4 large eggs, at room temperature
- 4 tablespoons unsalted butter, melted
- 1/2 teaspoon salt
- 1 teaspoon lemon zest
- 3 1/2 to 4 cups all-purpose flour

Frying and coating

- Vegetable oil, for frying
- 1 cup sugar, for rolling
- 1 teaspoon ground cinnamon (optional)

INSTRUCTIONS

1. **Proof the yeast.** Stir the yeast and 1 teaspoon of the sugar into the warm milk; let it stand 5 to 10 minutes, until foamy.
2. **Make the dough.** Beat the eggs with the remaining sugar, then the melted butter, salt and zest. Add the yeast mixture and stir in the flour a cup at a time until a soft, sticky dough forms. Beat 5 minutes with a wooden spoon or dough hook.
3. **Rise.** Cover and let rise in a warm spot 1 1/2 to 2 hours, until doubled.
4. **Heat the oil.** Heat 2 inches of oil in a heavy pot to 350°F. Mix the sugar and cinnamon in a bowl.
5. **Shape and fry.** With oiled hands, pull off golf-ball pieces of dough and stretch each into a rough 3-inch round. Fry 3 or 4 at a time, 1 to 2 minutes per side, until deep golden and puffed. Drain on a rack for a moment.
6. **Coat.** Toss the hot malasadas in the sugar and serve warm.

TIPS

- Keep the oil at 350°F; hotter oil browns them before the inside cooks.
- Cut the first one open to check that the center is cooked.
- Best eaten the day they are made, ideally warm.