



Recipes Cooking Class



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Alheira Croquettes with Marmalade Mayo

Ingredients

1 alheira (poultry sausage)

2 eggs

Wheat flour q.s.

Breadcrumbs q.s.

Frying oil q.b.

Marmalade mayonnaise q.s.(50%quince marmalade +50%
mayo)



Directions

1. Remove the skin from the alheira and crush it with a fork.
2. Crack 2 eggs and beat them.
3. Form marbles with the mixture
4. Pass the alheira balls first by egg and then by the breadcrumbs.
5. Fry the alheira balls in hot oil until golden brown.
6. Drain the alheira croquettes on absorbent paper.
7. Serve croquettes with marmalade mayonnaise.



Bacalhau com Natas Salted Codfish & Cream



Ingredients

4 pieces of codfish (about 3lbs)

2 onions, peeled and diced

$\frac{1}{2}$ gallon cups milk

$\frac{1}{2}$ pound of potatoes, peeled and cut into one inch dice

$\frac{1}{4}$ cup of regular flour

3 tablespoons of margarine

$\frac{1}{2}$ tablespoon of pepper

1 whole nutmeg for grating (you will need about
 $\frac{3}{4}$ teaspoon) Portuguese olives to garnish



Directions

- Several days ahead of cooking the dish soak the cod pieces in fresh water for three days. Change the water at least once every day. Taste the cod (yes you can eat it raw as it has been cured with the salt) to see if it is the right saltiness for you. If not continue to soak for additional time until you are satisfied with the salt content.
- Cook the codfish in a pot with equal amounts of milk (enough to just cover the fish) until the codfish is cooked through.
- Remove the codfish and reserve the milk. Drain the codfish and let cool.
- Once the codfish is cooled skin and debone the fish. As you set aside the codfish meat break it up with your hands along the same way you would do with pulled pork. The consistency should be a rough shred and not a fine shred.
- Meanwhile fry the potatoes in vegetable oil and set aside.
- Take the diced onion and sauté it with the olive oil until it is translucent. Melt the butter. Add the flour and make a roux.
- Add salt, pepper and ground nutmeg and then add reserved milk mixture and cook until a béchamel cream is formed. Add half the reserved liquid at the beginning then add more to reach the right consistency. Remember you can always add liquid but you cannot remove it.
- Combine the béchamel, cod fish, potatoes. consistency. It can vary by the water content of the fish, temperature and humidity. You don't want it to be liquidy.
- Sprinkle with shredded cheese
- Place into an oven proof casserole (or individual ramekins if you want to freeze it for weeknight use) and cook in the oven until a brown crust forms on top.
- To serve garnish with roasted red peppers and Portuguese olives.

Puff Pastry



Ingredients

- 75-150ml (2.53 fl oz) water
- 250 g (0.55 lbs) all-purpose flour
- 200 g (8.8 oz) plain salted butter (with at least 82% fat content)

Notes

- For the dough folding: 3 turns is the norm but you can do more if you like.
- Dimensions for the folding of the dough: a rectangle of 45 cm / 17.7 inches long by 15 cm / 5.9 inches wide



Directions

- Sprinkle the butter cubes over the flour and then rub butter into the flour until it is well incorporated, but not to the extent that it resembles bread crumbs. It should be roughly incorporated so that the butter is in flakes and little balls.
- Add a little water to the mixture a little at a time and blend it in by hand until a ball of dough is formed that does not stick to the bowl (depending on the flour used, a little more water than the quantity set out in the ingredients description may be required).
- Form the dough into a rectangular shape, wrap it in cling wrap and rest it in the fridge for 30 minutes or longer.
- Dust the work bench lightly with flour.
- Roll out the rectangle of flour lengthwise until it measures 45 cm (18 inches) by 15 cm (6 inches). I recommend that you use a tape measure or ruler.
- Brush off any excess flour and fold 15 cm (6 inches) of the dough back towards yourself and then fold the remaining 15 cm over the top so that the piece of dough will be 15 cm square.
- Flatten the parcel a little by hand and then turn it 90 degrees (a quarter turn).
- Again roll the parcel out (if necessary, dusting with flour) until the parcel is 45 cm (17.7 inches) by 15 cm. (in the process it may be necessary to push in the sides of the strip of dough so as to maintain the 15 cm width).
- Again, brush off any excess flour, fold 1/3 of the dough back towards yourself and fold the remaining 1/3 over the top to form a 15 cm square.
- Again flatten the parcel a little, lightly dust with flour and turn it 90 degrees, ensuring that the direction of the turn is the same as before, and roll out to a 45 cm by 15cm rectangle.
- Fold as before into a parcel one last time.
- The pastry should then be rested in the fridge for 15 minutes and is then ready to be rolled out into any desired shape.



Custard Cream

Ingredients

≥ 27 Natas

Sugar 300g
water 150ml lemon zest 2 strips
cinnamon 4 sticks
egg yolks 8
cornflour 80g
milk 500ml
ground cinnamon to serve



Directions

1. Use flour to dust the work surface. Roll the pastry out to make a 45 x 30cm rectangle. Roll up lengthways to create a long sausage shape.
2. Cut the pastry into 24 wheels, about 1-2cm thick.
3. Apply the little rolls inside the tins with the spiral facing up. Use your thumbs to spread the dough inside until it reach the limits.
4. Press the pastry into the tins and mould into the tins to make thin cases. Chill until needed.
5. Heat the oven to 260C°/500F. Make a sugar syrup by bringing the sugar, 150ml water, lemon zest and cinnamon stick to the boil. Reduce until syrupy, then remove the cinnamon and lemon. Separate 8 egg yolks from the whites, until there's none of the white on the yolk Whisk the yolks.
6. On another pan heat the 500ml of milk (medium heat). Separately combine 2 heaped tablespoons of cornstarch with a bit of milk to mixed together until its well dissolved. Add now the mixture of cornstarch on the heated milk and keep stirring until you have a creamy consistency. Sugar syrup to the cream you just create and whisk until is well combined. Egg yolks its to be added at last minute but first you need to temper them with a bit of the hot mixture and incorporate slowly back at the cream. Keep stirring until everything is smooth. Leave it to cool at room temperature before adding on the pastry. Custard is done!
7. Pour the custard through a sieve. Pour into the pastry cases and bake for 10-12 minutes until the pastry is golden and the custard has darkened.
8. Cool completely in the tins then sift over icing sugar and ground cinnamon to serve.

