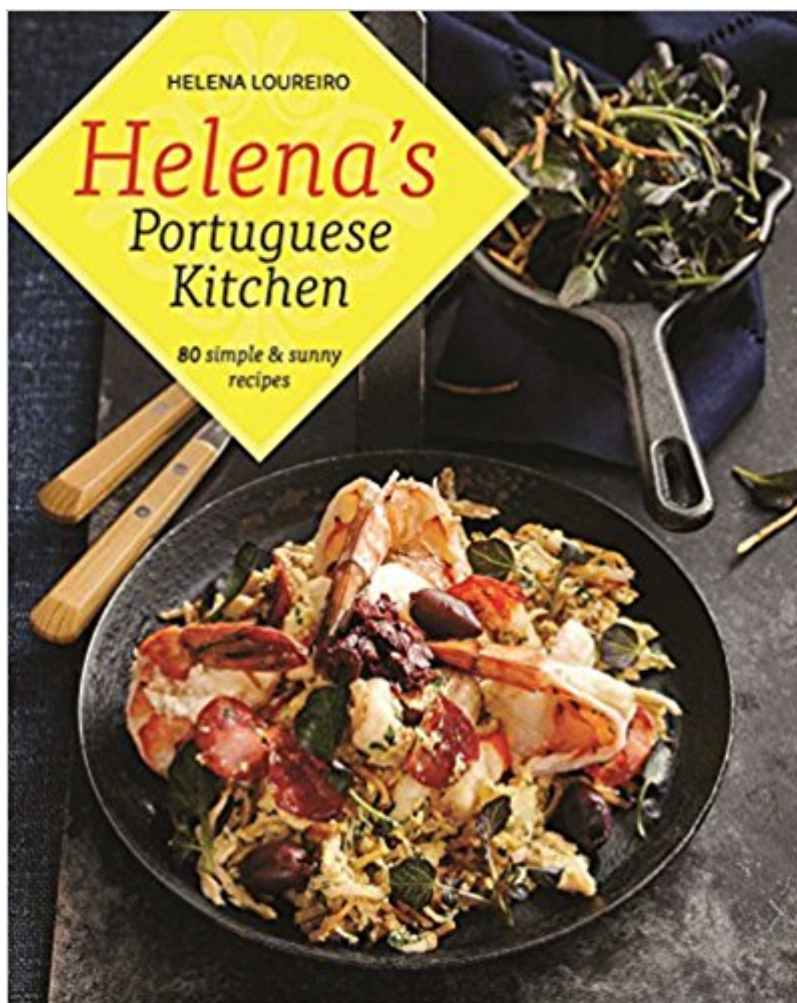




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# Helena's Portuguese Kitchen: 80 Simple & Sunny Recipes



## Synopsis

The top Montreal Portuguese chef Helena Loureiro invites you to share her fascination with the flavours of her native land and explore its delicacies. Let her guide your discovery of fish- and seafood-based specialties and of dishes spotlighting fire-grilled or slow-simmered meats and poultry. Indulge your cravings: enjoy a black cod gravlax, a grilled potato or marinated sardine salad, shrimp in port wine sauce, chorizo clams, the signature cornbread-crust cod or the classic Braz-style chicken. You'll be delighted with the simplicity of these recipes that use only minimally processed ingredients. Take off on a gastronomic journey through 80 recipes, feasting on the very best that Portuguese cuisine has to offer.

## Book Information

Hardcover: 216 pages

Publisher: Juniper Publishing (April 5, 2016)

Language: English

ISBN-10: 198800215X

ISBN-13: 978-1988002156

Product Dimensions: 8.4 x 0.7 x 10.5 inches

Shipping Weight: 2.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #2,320,227 in Books (See Top 100 in Books) #85 in Books > Cookbooks, Food & Wine > Regional & International > European > Portuguese #783 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #796 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

## Customer Reviews

Helena Loureiro has lived in Quebec for over 20 years but remains deeply attached to her heritage. Her restaurants – Portus Calle, Restaurant Helena and the charming Cantinho de Lisboa eat-in and take-out market – have become Montreal institutions, and through them she shares the riches of Portuguese culture.

An amazing Portuguese cook book. There are very few as good as this one and it has been decades since the last good Portuguese cookbook was published.

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