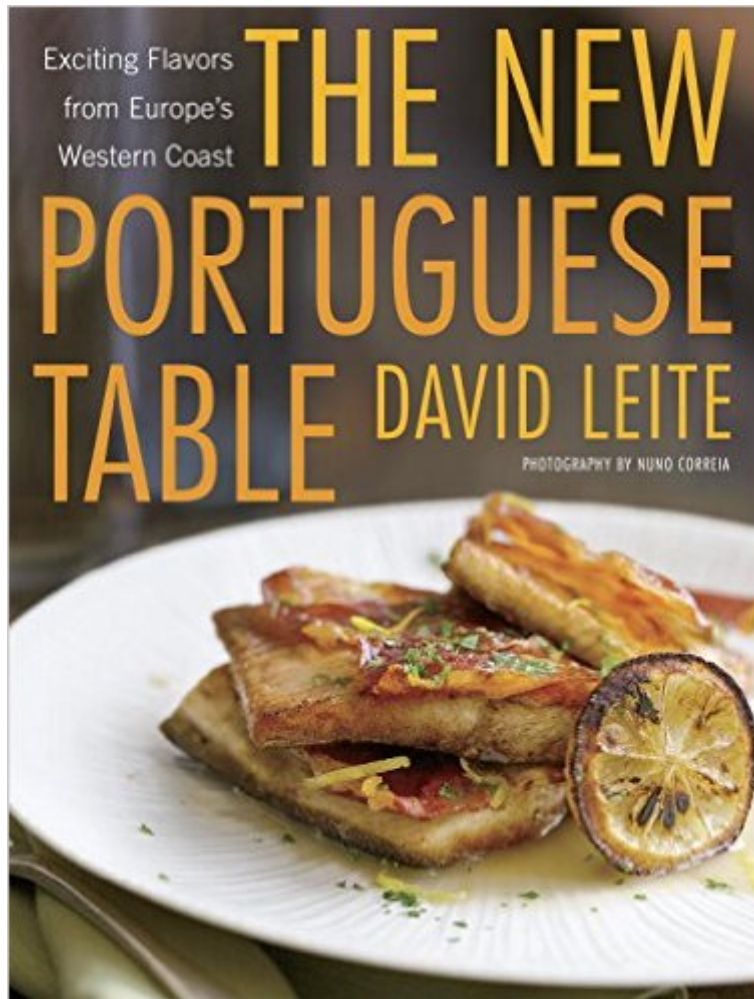


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# The New Portuguese Table: Exciting Flavors From Europe's Western Coast



## Synopsis

Winner of the IACP 2010 Julia Child Award for First Book Nestled between the Atlantic Ocean and Spain, Portugal is today's hot-spot vacation destination, and world travelers are enthralled by the unique yet familiar cuisine of this country. The New Portuguese Table takes you on a culinary journey into the soul of this fascinating nation and looks at its 11 surprisingly different historical regions, as well as the island of Madeira and the Azores, and their food culture, typical dishes, and wines. This book also showcases Portugal's pantry of go-to ingredients, such as smoked sausages, peppers, cilantro, seafood, olive oil, garlic, beans, tomatoes, and bay leaves—all beloved by Americans and now combined in innovative ways. In The New Portuguese Table, David Leite provides a contemporary look at the flavorful food of this gastronomic region, sharing both the beloved classics he remembers from cooking at his grandmother's side, such as Slowly Simmered White Beans and Sausage, as well as modern dishes defining the country today, like Olive Oil Poached Fresh Cod with Roasted Tomato Sauce. With full-color photographs throughout and a contemporary perspective, The New Portuguese Table is the handbook to the exciting cuisine of Portugal.

## Book Information

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## Customer Reviews

I can tell you that this is a beautifully photographed cookbook replete with fabulous information about Portuguese food - which is absolutely true. Allow me to give you my reasons for recommending this cookbook above others you may be pondering. 1. There are several good solid Portuguese cookbooks that focus on traditional mainland recipes. (I have most of them.) This is the

only one I know of that a) focuses on the lighter, brighter, modern flavors of Portugal, and b) addresses and gives equal weight to trends in both mainland and Azorean cuisines.<sup>2</sup> The recipes work. I made four recipes from the book, and all were delicious. The instructions are simple, clear, and solid. The photographs are accurate. (The recipes for lemon-mint chicken soup, lamb meatballs, and fried cornbread alone are worth the price of the book. Don't be scared by the lemon and black olive cookies, either; they are wonderful with tea.)<sup>3</sup> You will not be hunting down obscure or expensive ingredients. There are some ingredients particular to Portuguese cooking which can be hard to obtain unless you live in New Bedford or the CA Central Valley. This book has something I haven't seen in any other Portuguese cookbook: an entire chapter explaining the main ingredients of Portuguese cuisine AND what commonly-available substitutes will work in the recipes. If you want the most authentic ingredients possible, a source list is included also. I live in a small town, and for the four recipes I've made so far, all ingredients were available in my local grocery. David Leite not only knows food and Portugal, but also is a talented writer. Each recipe has a brief story that entices the cook's imagination.

Anyone who has ever read any of David Leite's food writings must have hoped he had a cookbook of his own doing a slow simmer on his foodie horizon. This man has a way with words, as evidenced at his award-winning web site, [...] and now he has revealed he also has a way with "slivers of whisker-thin kale" and "slices of sausage" as well. It was just a matter of time before he served up "The New Portuguese Table", and that he has now done! Born of Portuguese immigrants and raised in the US, it wasn't until he lost his Grandmother that he began to pay attention to the food being cooked in his Mother's home. He was concerned that when she passed on as well, so would all the Portuguese recipes he grew up enjoying. He knew he did not want that to happen so went on a quest to watch her cook and document her recipes. To get in touch with his ancestral culinary heritage, he visited Portugal on vacation several times through the years before deciding to live there for a year to experience the food and the country. While becoming friends with local chefs and learning their secrets of improving old, traditional flavors with exciting new ones, he translated these techniques into how he could take his own recipes to culinary heights achievable by all cooks. It was during that year in Portugal that his cookbook began to come together and he found that even though his mother's recipes had the same names as those he experienced in Portugal, they didn't taste quite the same. There was a food revolution going on and he was in the middle of it -- in the right place, at the right time and Leite had the finesse to convey it to all of us in "The New Portuguese Table". The recipes he captured and preserved are excellent!

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