



Helena's Portuguese Kitchen: 80 Simple & Sunny Recipes

By Helena Loureiro

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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-crusted 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.

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Editorial Review

About the Author

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.

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