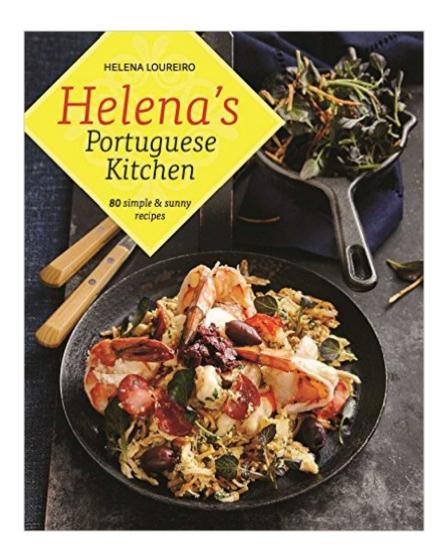
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# Helena's Portuguese Kitchen: 80 Simple & Sunny Recipes





## 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 combread-crusted cod or the classic Braz-style chicken. Youâ ™II 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. Â

## **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 Â See all reviews (1 customer review) Best Sellers Rank: #2,560,322 in Books (See Top 100 in Books) #70 in Books > Cookbooks, Food & Wine > Regional & International > European > Portuguese #737 in Books > Cookbooks, Food & Wine > Regional & International > European > Mediterranean #848 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fish & Seafood

#### **Customer Reviews**

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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