

SANTA MARIA DA FEIRA PORTUGAL

2021

加入網絡年份

YEAR OF DESIGNATION

葡萄牙

聖瑪麗亞達費拉

城市介紹 | INTRODUCTION OF THE CITY

The gastronomic heritage - strongly linked to the ancient identity of Santa Maria da Feira, greatly influenced by its Celtic, medieval and convent roots - led to the creation of the sweet bread Fogaça da Feira, which in 1500 gave rise to the secular Fogaceiras Festival and the fulfilment of the vow to S. Sebastião, recreated annually on January 20th.

Santa Maria da Feira is a borderland, privileged by its geography, which allows you to enjoy, to the north, the wines and fish farming of the Douro; to the south, the algae, salt, fish, cockles and crabs of the Ria de Aveiro; to the west, the quality and diversity of Atlantic fish; and to the latter, excellent quality autochthonous Arouquesa meat.

This diversity of products of recognized and proven quality, and the proximity to their origin, favor the development of an identity, rich and differentiating gastronomic offer, whose gastronomic creations reveal a clear influence from the region, intertwining tradition and innovation.

The Fogaça da Feira is an inspiring and driving force of the gastronomic affirmation of Santa Maria da Feira, by mixing sweet and savory taste, and giving rise to new gastronomic offers in Santa Maria da Feira.



廚師介紹 | CHEF INFORMATION

A distinguished portuguese Chef, Elísio Bernardes excels in blending tradition, sustainability, and innovation.

With origins in São João de Ver – SMF, he began his professional journey at the Hotel Management School of Santa Maria da Feira. His career is marked by prestigious awards, including "The Ambassadors of Taste for the Global Gastronomy®" Gold Medal in 2021 renewed in 2022.

The Chef had a significant role in Santa Maria da Feira's designation as a UNESCO Creative City for Gastronomy.

His expertise extends to high-performance food consulting for athletes and training the next generation at tourism schools across Portugal. Recognized globally, he represents Portugal in the Disciples of Escoffier International and serves as Ambassador for Chefs Sans Frontieres, demonstrating his commitment to humanitarian work.

Elísio Bernardes

菜品 | DISHES

Octopus, Cauliflower And Coriander – Flavors Of Portugal

Santa Maria da Feira, a charming town in the north of Portugal, is renowned for its rich cultural and gastronomic heritage. The region is famous for its fresh produce and authentic flavours, which reflect the tradition and passion of its inhabitants for cooking. Among the dishes that highlight the richness of the local gastronomy, octopus is a standout ingredient, often used in a variety of recipes that combine freshness and creativity.



In this recipe, we will explore a delicious combination of octopus, cauliflower and coriander, which not only celebrates the flavours of the sea, but also the freshness of the produce of the land. The cauliflower, a versatile and nutritious vegetable, perfectly complements the succulent texture of the octopus, while the coriander brings an aromatic touch that elevates the dish to a new level. Together, these ingredients create a gastronomic experience that is a true reflection of the identity of Santa Maria da Feira, where tradition meets innovation in the kitchen.

Get ready to enjoy a recipe that is not only delicious, but also a tribute to the rich culinary culture of this region. Let's get started!



Mushrooms, Cumin And Potatoes – A Sustainable Combination.

Santa Maria da Feira, a city rich in traditions and flavours, has seen an evolution in its gastronomy, reflecting new trends that value sustainability and healthy eating. Vegan cuisine, which is gaining more and more followers, is a way of celebrating local and seasonal produce, promoting a conscious and environmentally friendly diet.

In this recipe, we will explore the delicious combination of mushrooms, cumin and potatoes, ingredients that are not only abundant in the region, but also offer a palette of flavours and textures that delight the palate. Mushrooms, with their unique characteristics, are an excellent alternative to meat, while cumin adds an exotic and aromatic touch. Potatoes, versatile and nutritious, complete this dish, making it comforting and satisfying.

By choosing local and sustainably produced ingredients, we are not only supporting the region's farmers, but also contributing to a greener future. This recipe is a celebration of the gastronomy of Santa Maria da Feira, combining tradition and innovation, and showing that it is possible to cook deliciously and responsibly. Let's discover together how to prepare this dish that is a true tribute to the richness of our land!

