

## WHY ARE THE PEOPLE FROM PORTO CALLED TRIPEIROS?

If you are familiar with Portugal you may have heard the nicknames given to the people in the main cities: the people of Lisboa are called **Alfacinhas** (little lettuces) and the people of Porto are called **Tripeiros** (tripe-eaters).

In Lisbon, the origin of the term *Alfacinha* has a few different theories, one reaching back into history to a 19<sup>th</sup> century book called “Viagens na Minha Terra” by famous Portuguese author and playwright Almeida Garrett, who called Lisbon natives *Alfacinhas*.

Another, much more ancient theory is that lettuce was introduced by the Muslims during their occupation in the 8th century.

A third theory speculates the nickname is based on sheer volume: lettuce remained plentiful even during lean times, and the people of Lisbon would gather in the outskirts of the city to consume great quantities of it with fish. No one will claim to know the origin for sure, though.

In Porto, one theory (probably the most popular and accurate one) is that the term *Tripeiro* originates from the time of the Discoveries in the 15<sup>th</sup> century. In 1415, the ships used to conquer Ceuta in the North of Africa were built on the banks of the Douro River but the purpose of the shipbuilding was kept a secret from the public.

As the story goes, meat was used to supply the fleet, leaving behind the offal for the inhabitants of Porto. When it became known that the voyage to conquer Ceuta was victorious and it led the way to the Age of the Discoveries, the people of Porto took their act of “taking one for the team” as a source of pride which

continues to this day. In fact, Porto recently celebrated 600 years of “*Tripas à Moda do Porto*” which claims the lowly tripe as a truly local dish.

But if the prospect of eating tripe on a visit to Porto makes you a little nauseous, do not despair! There are plenty of people in Porto who do not eat tripe, either, and opt for other Porto delights such as *francesinhas*. Of course, you could skip the land animals altogether and eat seafood every day instead.

**Example of a Menu**

<b>ENTRADAS</b>	Starters/Appetizers/Entrees/Hors D'oeuvres
Amêijoas à Bulhão Pato	Ameijoas à Bulhão Pato (clams cooked in vinegar, salt, garlic and parsley)
Bolinhos de Bacalhau	Bolinhos de bacalhau (fried pastry made with batter, codfish and parsley)
Chouriça Assada	Grilled Sausage
Manteiga	Butter
Pão e Azeitonas	Bread and Olives
Pataniscas	Pataniscas (fried pastry made with batter, codfish and parsley; differs from the 'bolinhos' in shape and density)
Pimento Padron	Padron Peppers (very hot peppers; usually cooked in salt)
Queijo	Cheese
Rissóis (de carne, de camarão ou de bacalhau)	Rissóis (small croquette, enclosed in pastry, rolled in breadcrumbs, usually baked or deep fried; it is filled with savoury ingredients, most often minced meat, shrimp or codfish)

<b>SOPAS</b>	Soups
Caldo Verde	Caldo Verde (traditional Portuguese soup with thinly sliced cabbage and slices of chouriço)
Canja	Chicken Soup
Creme de Legumes	Vegetable cream (a vegetable soup which is mashed)
Creme de Marisco	Shellfish cream
Papas de Sarrabulho	Papas de Sarrabulho (traditional Portuguese dish, typical from the Minho region, with pork and its blood, chicken, ham, sausages, bread and corn flour)
Sopa de Legumes	Vegetable Soup
Sopa de Peixe	Fish Soup



PRATOS PRINCIPAIS	Main Courses
<b>CARNE</b>	<b>Meat</b>
Arroz de Cabidela	Arroz de cabidela (rice made with the animal (usually chicken) and its blood)
Arroz de Pato	Duck Rice
Bife de Boi	Beef Steak
Carne de Porco à Alentejana	Carne de Porco à Alentejana (diced pork meat, cooked with clams and diced potatoes, previously fried, sprinkled with coriander)
Costeleta de Porco panada	Breaded pork chop
Cozido à Portuguesa	Cozido à Portuguesa (traditional Portuguese stew with beef, pork, several types of enchidos (different sausages), potatoes, carrots, turnips and cabbage)
Entrecosto grelhado	Grilled Spareribs
Francesinha	Francesinha (traditional Portuguese sandwich, originally from Porto, made with bread, ham, linguiça, fresh sausage, steak or roast meat and covered with cheese and a hot thick tomato and beer sauce; it is usually served with French fries)
Frango Assado	Roasted Chicken
Lombinhos de Vitela com Cogumelos	Veal loins with mushrooms
Posta à Mirandesa	Posta à Mirandesa (a heavy, thick steak)
Prego no Prato	Prego em Prato (beef steak served with fried eggs and French fries)
Rojões	Rojões (traditional Portuguese dish with pork, tripe, potatoes and blood; usually served with pickles – cauliflower and onions)
Tripas à Moda do Porto	Tripas à Moda do Porto (traditional Portuguese dish, typical from the north of the country, made with ham, pork, veal, chicken and white beans seasoned with cumin; it is usually served with white rice)



PEIXE	Fish
Bacalhau à Lagareiro	Bacalhau à Lagareiro (grilled codfish with olive oil; usually served with potatoes served with their skin)
Bacalhau assado	Roasted Codfish
Besugo grelhado	Grilled Axillary Beam
Cantaril grelhado	Grilled Redfish
Carapau grelhado	Grilled Horse Mackerel
Cherne grelhado	Grilled Wreckfish
Chocos grelhados	Grilled Cuttlefish
Corvina cozida	Boiled Croaker
Dourada grelhada	Grilled Gilt Head Bream
Filetes de pescada	Hake fillets
Garoupa grelhada	Grilled Grouper
Lampreia à Bordalesa	Lampreia à Bordalesa (lamprey stew)
Linguado grelhado	Grilled Sole
Lulas grelhadas	Grilled Squid
Pargo grelhado	Grilled Couch's sea bream
Peixe-espada grelhado	Grilled Swordfish
Peixe-galo grelhado	Grilled John Dory
Petinga	Pilchard
Polvo – Arroz de	Octopus Rice
Polvo à Lagareiro	Polvo à Lagareiro (grilled octopus with olive oil; usually served with potatoes served with their skin)
Raia cozida	Boiled Skate
Robalo ao Sal	Robalo ao Sal (sea bass grilled in a salted coat)
Robalo grelhado	Grilled Sea Bass
Rodvalho grelhado	Grilled Brill
Salmão grelhado	Grilled Salmon
Salmonetes grelhados	Grilled Goatfish
Sardinha assada	Roasted Sardines
Sargo grelhado	Grilled White Bream
Sável Frito	Fried Shad
Tamboril - Arroz de	Monkfish rice
Tamboril – Espetada de	Monkfish in a stick



<b>MARISCO</b>	<b>Shellfish</b>
Açorda de Marisco	Açorda de Marisco (typical Portuguese dish composed of mashed bread with garlic, coriander, olive oil, water, salt and eggs; in this case, it also has shellfish)
Amêijoas	Clams
Arroz de Marisco	Shellfish rice
Camarão da Costa	Common prawn
Camarão grelhado	Grilled shrimp
Gambas	Prawns
Lagosta	Lobster
Lavagante	European Lobster
Maionese de Lagosta	Lobster with mayonnaise (cold dish)
Navalheira	Crab
Ostras	Oysters
Parrilhada de Marisco	Mixed of grilled shellfish
Percebas	Barnacles
Santola	Spinous Spider Crab
Sapateira	Edible Crab

<b>VEGETARIANO</b>	<b>Vegetarian</b>
Omeleta	Omelette
Omeleta de cogumelos	Mushroom omelette
Omeleta de queijo	Cheese omelette
Salada simples	Simple Salad
Salada verde	Green Salad (lettuce, tomato, carrot, corn, green bean)

<b>GUARNIÇÕES/ ACOMPANHAMENTOS</b>	<b>Side dishes</b>
Arroz branco	White rice (dry)
Arroz malandro (de grelos ou legumes)	Wet rice
Batata a murro	Batata a murro (potatoes cooked in their skin)
Batata cozida	Boiled potatoes
Batata frita	French fries or chips (depends on the shape)
Grelos salteados	Sautéed sprouts



Legumes cozidos	Boiled vegetables
Salada mista	Mixed salad

<b>SOBREMESAS</b>	<b>Desserts</b>
<b>DOCES</b>	<b>SWEETS</b>
Bola de gelado com Chocolate Quente	Ice cream ball with hot chocolate sauce
Bolo Brigadeiro	Brigadeiro cake (wet chocolate cake, sprinkled with chocolate chips)
Bolo de Bolacha	Bolo de Bolacha (cake made of layers of cookies dipped in coffee and butter cream)
Bolo de laranja	Orange cake
Gelado	Ice cream
Leite-creme	Crème brûlée
Molotoff	Molotff (pudding made of eggs and sugar)
Mousse de chocolate	Chocolate mousse
Pão-de-ló	Pão-de-ló (similar to sponge cake)
Pudim	Pudding
Quindim	Quindim (popular Brazilian baked dessert, made with sugar, egg yolks, and ground coconut)
Tarte de (morango, maracujá, amêndoa)	Pie (strawberry, passion fruit, almond)
Tarte de Limão merengada	Merengue lemon pie
<b>FRUTA</b>	<b>FRUIT</b>
Abacaxi	Pineapple
Laranja	Orange
Maçã	Apple
Manga	Mango
Morangos	Strawberries
Morangos com chantilly	Strawberries and cream
Pêra	Pear

<b>BEBIDAS</b>	<b>Beverages</b>
Água	Water
Batido	Milkshake
Café	Coffee



Cerveja	Beer
Chá	Tea
Licores	Liqueur
Refrigerantes	Soft Drinks
Sumo natural (laranja)	Fresh Juice (orange)

<b>LISTA DE VINHOS</b>	<b>Wine List (sometimes on a separate menu)</b>
Branco	White wine
Douro	
Duas Quintas Reserva	
Carm Reserva	
Alentejo	
Pêra Manca	
Esporão Reserva	
Dão	
Duque de Viseu	
Tinto	Red wine
Douro	
Barca Velha	
Collection (Ramos Pinto)	
Alentejo	
Pêra Manca	
Cartuxa	
Dão	
Duque de Viseu	
Verde	Vinho verde (a light fresh and sparkling wine)
Alvarinho Palácio da Brejoeira	
Ponte da Barca	
Rosés	Rosé wine
Mateus Rosé	
Sangrias	Sangria





Sangria Tinto	Red Sangria
Sangria Branco	White Sangria
Sangria Espumante	Sparkling Sangria
Whisky	Whisky
Champanhe	Champagne
Espumante	Sparkling