

POPULAR SAINTS

PORTUGUESE GASTRONOMY

They take place between June 13 (*Santo António* – Saint Anthony) and June 29 (*São Pedro* – Saint Peter).

They consist of street parties with a lot of dancing, eating and drinking, more precisely *St. António* in the city of Lisbon, *S. João* (Saint John) in the city of *Porto* and *S. Pedro* in Sintra.

A bonfire is the highest point in every evening of the celebrations: a fire is made on the ground and some brave people, especially men, try to jump over it.

In St. Anthony's night , the most celebrated - 12th to 13th June - and after the bonfire is lit the girls sing and dance around it and they slightly burn a globe artichoke they have chosen, and picked up in the fields .

After they have burnt it, they keep it at their window box getting the night air, so that the next morning they can see: if it flourishes again, it means that their beloved really loves them; if the globe artichoke flower keeps burnt and fades, the beloved boy does not love the girl.

The typical dishes in these festivals are:

-*Caldo Verde* (green cabbage broth)

Portuguese national plate, consisting of a soup prepared with olive oil, potatoes and green cabbage finely cut with garlic, and accompanied with corn bread, olives and red wine. The Portuguese-cabbage, green-dark and very scented, has to be cut very finely.



-Sardinhas assadas (Grilled Sardines)

The sardines are prepared in the simplest way: salted and roasted on the coal, accompanied by boiled potato and mixed salads (tomato, sweet pepper and lettuce).

As side dish, potatoes cooked with skin and corn bread.

These are a great tradition of the city of Lisbon and of the country. They were already eaten in the XV Century and today they are still traditionally grilled outdoors, due to the strong aroma that they free when roasting.



-Febras assadas (grilled Pork)

This meal usually substitutes the sardines when the option is meat instead of fish.

Just as the sardines they are cooked in the same way: salted and grilled in the coal, accompanied by the same mixed salads.

It is normal to accompany all these meals with Sangria that is composed by: red wine, gaseous lemonade and fruit of the season (apple, orange, pear, peach and etc.) and sugar.

