



EASTER

PORTUGUESE GASTRONOMY



Christian religion on this day celebrates Jesus Christ's Resurrection.

Numerous culinary traditions mark this festivity.

On the whole side, hard eggs, natural or coloured are typical. The habit of offering coloured eggs or decorations starts in Portugal, in the 15th century.



Traditionally, on Easter Sunday, we have a meat plate: generally kid goat or lamb, but a lot of times also Pork (roasted pork or ham). In some areas they include in Easter menu a stuffed pie of several meats and eggs.



Roast kid goat (*cabrito assado*)



Codfish (*bacalhoadada*)



Lamb (*cordeiro*)



The desserts of Easter time show an entire variety of special sweet; the form of baskets with painted eggs of several colours, crowns with eggs, brioches and pies but above all the chocolate eggs and the almonds are the most representative.

Easter in Portugal is celebrated with sweet bread called “Folar da Páscoa”. The bread is usually served at breakfast on Easter morning but more often as a dessert after Easter dinner.



Folar



The story behind the *FOLAR*

Mariana, a young village girl, wished to marry. She prayed so much to Saint Catherine that two suitors appeared: a poor farmer and a rich nobleman. The girl was indecisive. Both the suitors pressured her and the young farmer established a final date: Palm Sunday. On this day, both the men got into a fight and Mariana finally chose the farmer named Amaro. Nevertheless, Mariana was uneasy because rumours were that the nobleman intended to kill Amaro.



Again, she prayed to Saint Catherine for help, who smiled at her, which made Mariana feel better and therefore offered the Saint some flowers. When she arrived home, Mariana found a bread with eggs on it and the flowers she had offered to the Saint. Mariana went to Amaro's house to tell him what happened but he too had received the same gifts. Both thought that it had been the nobleman who had offered the gifts and went to his home to thank him. But he too had received the same. *Folar* is, thus, a tradition which celebrates reconciliation and friendship.