SABOREAL

RECIPE BOOK



SABOREAL MINI PIE

DICA: A massa poderá ser de industrializada ou fresca, feita em casa.

Ingredients

- 2 packages of Saboreal Petiscada
- 1 package of broken dough
- 1 egg (optional)



Cut 8 circles from dough. Place a few tablespoons of Saboreal Petiscada inside the dough. Cover the first circle with another layer of dough and press the tools to add the pie. Brush with beaten egg. Bake at 160º for 15 minutes. Serve with a green salad.

30 min Oven

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CODFISH PINTXO

Ingredients:

- Codfish Petiscada with organic olive oil
- Rustic bread or Baguette
- Onion
- Cherry tomato
- Watercress
- Toothpicks

Slice the bread and dip one of the surfaces in organic olive oil. Chop some watercress coarsely and place on bread. Cover with the chopped chickpeas you removed from the cod petiscada. Add some chopped onion and the cod on top. finish with cherry tomatoes, an olive and a toothpick to hold the pintxo.

Simple, tasty and delicious recipes with SABOREAL PETISCADA.



05 min N/A

It's not like you're going to be able to see it again.Serve with a good cold beer!

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SABOREAL MINI PEPPERS

Simple, tasty and delicious recipes with SABOREAL PETISCADA.



05 min

N/A

Ingredients

- Mini peppers
- Petiscada Saboreal (Tuna Algarvian)
- Olives

Wash the peppers and cut the top of the pepper to form a small lid. Remove seeds from peppers. Chop the olives and place a little inside each pepper. Fill the pepper with Saboreal Petiscada and it's ready to taste.

Optionally, you can accompany the peppers with watercress and season them with lemon for extra flavor.

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RUSSIAN SALAD RECIPE

Ingredients

- Sweet corn (green)
- Broccoli (one flower)
- Petiscada Saboreal
- Potato (2 medium)
- Cucumber (4 mini or 1 regular)
- Tomato / Cherry tomato (250 gr)

Cook the broccoli, and the potato in boiling water. Remove from the stove and allow to cool. Cut the potato, broccoli, cucumber and tomato and put everything in a bowl or plate.
Serve with your favorite Petiscada and if you prefer, add aromatic herbs.

A perfect recipe to take with you!
Try it out!



05 15 min Oven

SABOREAL

PETISCADA CAKE

Simple, tasty and delicious recipes with SABOREAL PETISCADA.



Ingredients

- 1 to 2 Saboreal Petiscada (Preferably Sardines)
- 3 eggs
- 1 cup of oil
- 1 cup of tomato sauce
- 1 teaspoon of salt
- ½ spoon of sugar
- Black pepper and oregano to taste
- 1 cup of oatmeal
- 2 cups of wheat flour
- 1 spoon of yeast
- 1 tablespoon of baking soda
- 3 tablespoons of Queijo de S. Jorge *
- Butter spreadable
- Cherry tomato to decorate

Then add the condiments and dry ingredients. Place half of the dough in a form previously greased with butter and flour. Place the Petiscada in an even layer. In the center place a line of grated cheese. You can cover with the rest of the dough and decorate with thin slices of cherry tomatoes. Bake at 150-180º for 30 minutes. Serve with salad.

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POTATOES STUFFED WITH TUNA À ALGARVIA

With SABOREAL RECIPES save time for what really matters!



Ingredients:

- 6 medium potatoes
- 2 Petiscadas Tuna à Algarvia
- Coriander
- q.b. salt
- q.b. Olive Oil

Siders:

- Lettuce
- Onion
- Broccoli

20 min N/A



Place the potatoes in a pan and cover with water and a pinch of salt. Cook until the potato comes off the fork. Remove the potatoes, let them cool and make a horizontal cut. Remove part of the potato inside. In a bowl, mix the excess of potatoes with the tuna Petiscada to Algarvia.

Mix the chopped coriander and put this potato salad back inside the potato. Season with olive oil and salt.

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SABOREAL TAPAS

With SABOREAL RECIPES save time for what really matters!

Simplify your life with Saboreal's Familiar range by creating appetizers and tapas in minutes.
Restaurants and private customers use this product to create different, tasty and quality dishes.

Serving suggestion: Tapas in Algarvia



Ingredients

- Green olives
- Carrots in Algarvia
- Familiar de Saboreal (Tuna with Tomato and Pepper, Mackerel with Tomato, Sardine with Tomato)
- Corn bread, Alentejo bread, rye bread.

02 min

N/A



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PIZZA WITH SARDINES

TIP: The dough can be industrialised or fresh, home-made. The aim is to simplify.

Base

- 110 ml of warm water
- 1/2 teaspoon of sugar
- 1/2 teaspoon of salt
- 15 gr of fresh baker's yeast
- 200 gr of T55 flour without yeast

Stuffing

- 1 tablespoon of oil
- 2 tablespoons of oregano
- 2/3 cup of tomato sauce
- 200 gr of sardine and tomato Petiscada
- Grated Parmesan cheese q, b,
- Olives qb
- Arugula qb



30 min Oven

Roll out the dough and place the tomato sauce, cheese and olives on top.

Bake at 230º for 15 minutes. Remove the pizza from the oven and cover with petiscada and arugula.

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SPAGHETTI WITH HORSE-MACKEREL PETISCADA

Simple, tasty and delicious recipes with SABOREAL PETISCADA.



15 min Stove

Ingredients

- 400 gr of Spaghetti
- 200 gr of Horse Mackerel Petiscada with Carrot and Coriander
- 150 gr of Mushrooms
- 200 gr of Peas
- 4 tablespoons of olive oil
- 1 tablespoon of fresh thyme leaves
- Salt
- Pepper

Start by cooking the spaghetti in salted water and 1 tablespoon of olive oil.
Cook the peas in a saucepan with salt water.
Put a skillet with the remaining oil and the thyme leaves on the stove. Add the laminated mushrooms and sauté for 5 minutes.
Place the dough on a serving platter.

Then mix the mushrooms and peas. Serve with mackerel, carrot and coriander Petiscada.



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PANCAKE WITH SABOREAL SNACK

A perfect recipe to take with you!
Try it out!



20 min

Oven

Ingredients

- 4 eggs
- 2/3 cup milk
- 2/3 cup flour
- 1/2 teaspoon salt
- 3 tablespoons cheese
- 2 tbsp chopped chives
- Plucked tomatoes to taste
- 3 tbsp olive oil
- 1 lime
- 2 tbsp butter
- 100 gr of Mackerel with Habanero Petiscada

Place a pan with the butter in the centre of the oven while the oven heats up to 230 degrees.

Whisk the eggs with the flour, milk, salt, cheese and chopped chives. Place in the pan in the oven and bake for 20 minutes. Season the tomato with olive oil and salt and bake it for 10 minutes. You can serve it with a spoonful of Saboreal Petiscada.

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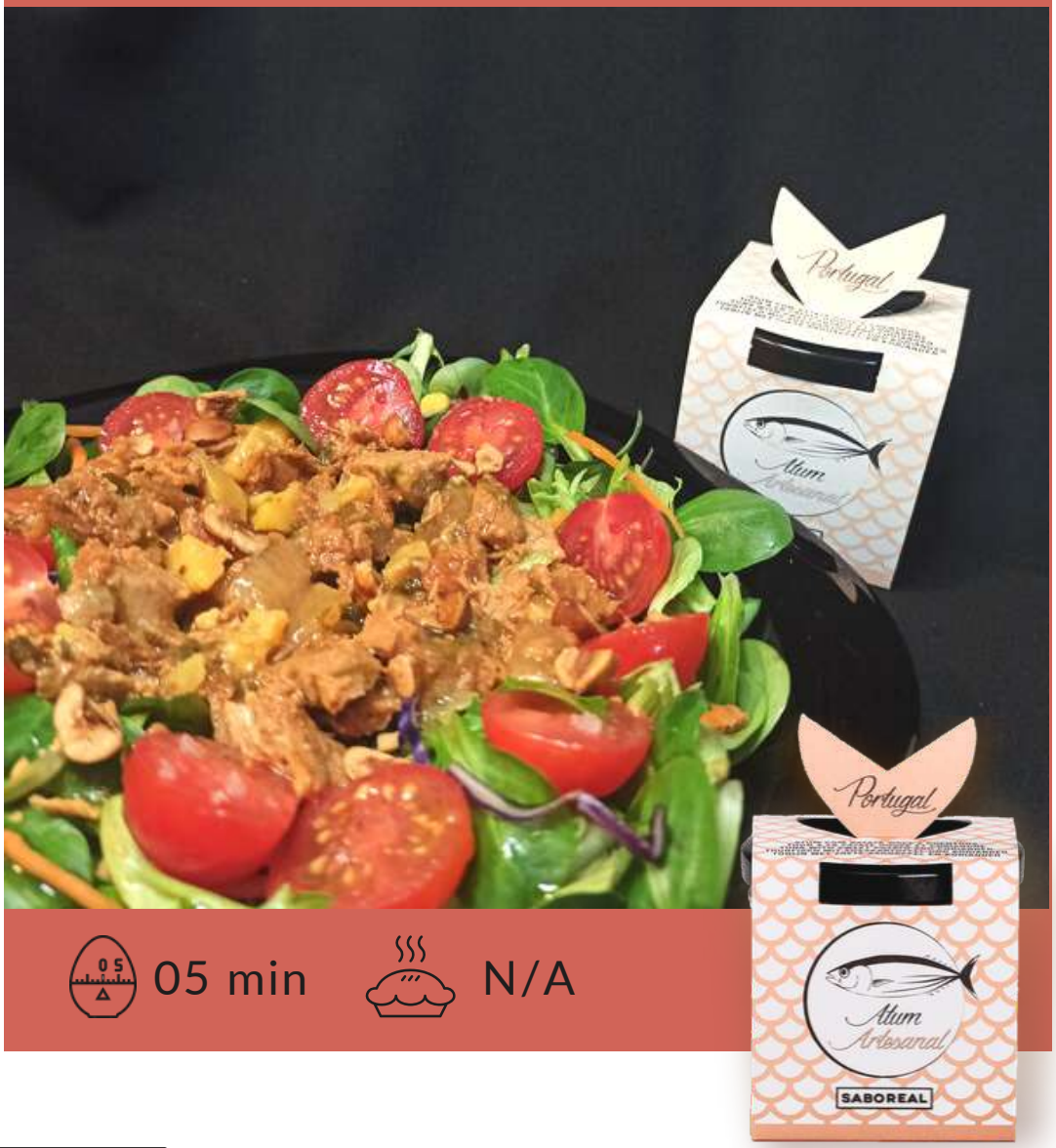
FRESH SALAD WITH PETISCADA

Ingredients

- Petiscada Saboreal
- Pre-washed salad (can be lettuce or mixed)
- Cherry Tomato
- Toasted Dried Fruits
- Olive Oil
- Lemon and Salt

Place the salad on the plate together with the cherry tomato. Arrange the contents of the snack on the vegetables and sprinkle with dried fruits to taste.
Season with olive oil, lemon and salt.

With SABOREAL RECIPES save time for what really matters!



05 min N/A

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PETISCADA OF COD WITH HUMMUS

A perfect recipe to take with you!
Try it out!



30 min

N/A

Ingredients

- Petiscada of cod with bio olive oil
- Chickpeas
- Tahini (sesame paste)
- Lemon
- Pepper
- Salt
- Olive oil (use Petiscada's olive oil)

Place the chickpeas, garlic, salt, lemon, the olive oil from the petiscada, a glass of water from cooking the chickpeas and grind until a smooth and homogeneous mixture is obtained. Adjust the salt and lemon.

Serve your hummus with Petiscada Saboreal Cod and with green vegetables or salad.

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SABOREAL PIE

With SABOREAL RECIPES save time for what really matters!

Ingredients

- Petiscadas Saboreal
- Mashed potatoes

Prepare the mashed potatoes and arrange in layers interspersed with your favourite petiscada. Brush the last layer with egg and bake in the oven until golden brown.



30 min Oven

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WRAP SABOREAL

A perfect recipe to take with you!
Try it out!



05 min Cold

Wrap:

- Habanero Mackerel Petiscada
- 1 pack of wraps
- Lettuce
- Tomato
- Cucumber
- Avocado
- Red cabbage (optional)

Dressing

- Natural yogurt (1 cup)
- Lemon
- Salt
- Mint (2-4 sprigs leaves)
- Garlic (optional)

For the Sauce: Put the sauce ingredients together in a glass and blitz with a hand blender. Adjust the seasoning and place in the fridge. For the Wrap: Place the vegetables on the wrap, add two generous spoonfuls of the Olhalvo or Mackerel with Habanero Petiscada.



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SABOREAL BURGER

With SABOREAL RECIPES save time for what really matters!

Ingredients

- A good hamburger bun (or similar)
- Lettuce or rocket to taste
- A tuna and sweet potato Petiscada
- Chips to taste



02 min Cold

Open the bread in half, place the lettuce and the Saboreal snack. You can serve it with fries and that's it!
A meal in less than 2 minutes!

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POKE SABOREAL

Ingredients

- 1 Saboreal Snack
- Rice (cooked)
- Beetroot
- Radishes
- Cucumber
- Broccoli
- Sesame seeds
- Soy sauce

Place the rice in the bowl, and in the centre place a few spoonfuls of Petiscada Saboreal. Continue filling the spaces with the vegetables of your choice. Season the vegetables with a little soy sauce or other sauce to taste, and sprinkle everything at the end with the sesame seeds.

Simple, tasty and delicious recipes with SABOREAL PETISCADA.



15 min Oven[1]

1- Just the cooking of the vegetables and rice.

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WRAP SABOREAL

A perfect recipe to take with you! Try it out!



Wrap:

- Olhalvo Petiscada
- 1 pack of wraps
- Lettuce
- Tomato
- Cucumber
- Avocado
- Red cabbage (optional)

Dressing

- Natural yogurt (1 cup)
- Lemon
- Salt
- Mint (2-4 sprigs leaves)
- Garlic (optional)

05 min

Cold



For the Sauce: Put the sauce ingredients together in a glass and blitz with a hand blender. Adjust the seasoning and place in the fridge. For the Wrap: Place the vegetables on the wrap, add two generous spoonfuls of the Olhalvo à Xalapa Petiscada.

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