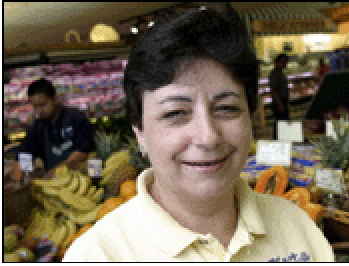


Chef from the Hood Recipes



Chef:

Lucia 'Lucy' Sousa Montero
Meatcutter at Fiesta Market

Recipe:

Sopa Portuguesa

Ingredients

1 lb. dried kidney beans cooked until tender, then pureed thru a cone sieve (skins discarded)
1/2 lb. salt pork (boiled in pot of water to cover for 20 minutes, salty water discarded)
Place bean puree & salt pork in a pot with:
4 or 5 large, peeled, quartered potatoes
1 medium head, chopped green cabbage
1 bunch cleaned, sliced fresh kale
1 peeled, chopped onion
black pepper (but no salt, salt pork is salty!)
1/4 to 1/2 lb. sliced homemade chourigo or andouille sausage (optional, see intro notes)

Add water to cover all, boil, then simmer just until potatoes are tender. Serve with warm cornbread!

Portugal was a dominant world power during the 15th and 16th centuries with fleets establishing colonies around the world. Seafaring explorers brought rice from the Far East, peppers from Africa, spices from India, potatoes from the New World, and cod from Newfoundland back to Portugal. Those ingredients feature prominently in Portuguese cuisine. Lucia's incredibly satisfying soup features kale, cabbage, potatoes and salt pork. A popular dish with Portuguese descendants in California, Hawaii and Brazil, its origins go back centuries to Lucia's home island of San Miguel in the Azores. Besides the salt pork, Lucia also adds her own homemade chourigo; she says Andouille sausage is an acceptable substitute. Lucia laughs, "When I'm in heaven I eat this soup with warm corn bread!" Lucia's recipe makes enough for 12 servings, so freeze some or better yet, offer a quart of soup to a neighbor! If you need any help with this recipe ask for 'Lucy' at Fiesta's meat counter.