



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

PORTUGAL



**PORTUGAL  
FOODS**

From Knowledge to Change

BY



**aptece**

PORTUGUESE CULINARY  
TOURISM AND ECONOMY  
ASSOCIATION

QUALITY.  
 PORTUGUESE  
 SECRET INGREDIENT.



BIOLOGIC .....	3
CANNED FISH .....	6
CHEESES .....	8
EGGS .....	11
LIQUEURS .....	13
MARMALADES.....	16
OLIVE OIL .....	18
PATÉS .....	21
SAUSAGES .....	23
WINES .....	35





QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# BIOLOGIC

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Shiitake mushroom QUINTA DOS MOCHOS

You can find the shiitake Quinta dos Mochos in 3 commercial versions: fresh, dehydrated or in powder. Common to all is the underlying umami (5th flavor) and the juicy and tender texture of an exceptional mushroom.



The Shiitake mushroom is a high value food product and one of the most popular gourmet mushroom in the world (the second most consumed). Shiitake combines the nutritional qualities of an edible mushroom with the therapeutically advantages of a medicinal one and its use in the Portuguese cuisine is currently in great development. At Quinta dos Mochos we produce the shiitake organically in logs (from eucalyptus and oak trees), promoting environmental welfare while exploiting new food products for the Portuguese market.

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Shiitake and goji

# QUINTA DOS MOCHOS

The most common commercial version of goji is dehydrated berries, but at Quinta dos Mochos you can also find fresh berries and live plants that you can take home and start your own small goji orchard.

Quinta dos Mochos- Organic Farming. The farm produces goji berries on a 6 acres long organic orchard. Has biological certification, assuring high quality standards of the products, protection of the environment, animal welfare and promoting the sustainable dynamics of rural areas.

Although relatively new to Portuguese consumers, the interest in goji berries has really increased in recent years.

Goji berries (fresh): September- October

Goji berries (dehydrated): all year



 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# CANNED FISH

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



ALL KINDS OF CANNED FISH

## Canned fish A POVEIRA

Individual cans



A Poveira preserves the best fish. Combining traditional techniques to advanced manufacturing technology and quality control methods, A Poveira brands achieve a product of excellence. A Poveira is one of the oldest canned fish company in Portugal (1938), located in Póvoa do Varzim, a small city by the sea in the North of the country. Traditional manufacturing expertise, high quality standards and constant innovation are the characters of A Poveira. Their products have MSC Certification, Dolphin Safe Label, Kosher and Hallal Certification.

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# CHEESES

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

Quejaria  
**Almeida**

## Ripened sheep`s cheese of Castelo Branco QUEIJARIA ALMEIDA

Several sizes



This can be a normal ripened product or a prolonged ripened product. When the ripened is not extended, it possesses a sheep's typical aroma with a slightly acidulous taste. It presents a thin yellow crust and a soft, buttery paste inside. When ripening is extended, it possesses a moderate stronger flavor, and it presents a hard yellow crust and a hard paste inside.

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

Quejaria  
**Almeida**

## Ripened “Picante’s” Cheese of “Beira Baixa” QUEIJARIA ALMEIDA

Several sizes

Cheese Produced from raw sheep and goat milk, extended ripening, about 120 days, ripened in rye straw. Strong flavor, slightly spicy, given by the prolonged ripening. Greyed white color crust.



 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# EGGS

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Yarn eggs FABRIDOCE

Several sizes

No one knows the real origin of Fios de Ovos (Yarn Eggs), but they are known and appreciated abroad by many pastry lovers. They are used to decorate cakes or as an ingredient for other typical menus, sweet or salty like ham.



 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# LIQUEURS

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Aperitifs & Digestives NOBRE TERRA

The product is packaged in suitable containers for contact with food, glass made, with capacity to 200ml or 500ml, sealed with cork and retractable capsule.



Produced in our own factory, equipped with advanced technology and based on original recipes, our liqueurs only have natural ingredients (no artificial colors, flavors or preservatives). These ingredients - fruit, plant or spice - are manually collected, carefully selected and processed in Quinta do Pinheiro Manso (where the factory is located). The best natural and biological practices are strictly respected. The alcohol (aguardente vínica) ensures the neutrality of flavor, standing out the aroma and flavor of the fruit, plant or spice, also giving a better "body".

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Sour cherry liquor MARIQUINHAS

Bottle 0,5L, 0,7L, 0,2L



The ginja Liqueur is a natural product which we carefully select to produce our cherry liquor, the sour cherries are put in alcohol for approximately 12 months, we then add a syrup of sugar and water to finalize the liquor. We are left with a ruby colored liquor with a strong aroma of sour cherry and a slight hint of cinnamon, as it ages it's starts to lose the fruity flavor but gains a smooth sweet alcoholic taste.

PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# MARMALADES

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



## Mini Marmalades NOBRE TERRA

The product is packaged in suitable containers for contact with food, glass made, with capacity of 40gr, sealed with a metal cap and safety seal. Sale in 8 individual flavors or Box Set Pack (6 flavors)

Our marmalades are produced from original recipes, in our own factory, with the traditional knowledge adapted to the modern taste. In production, we only use natural ingredients (no artificial colors, flavors or preservatives). The fruits are selected one by one and manually processed in order to assure their integrity and high quality. This conjunction is essential to get a consistent and unique final result.



 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# OLIVE OIL

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## Clássico CARM

Serving Size 1 Tbsp (15 mL) Servings Per Container



The “Classico” CARM olive oil comes from CARM’s own olive groves, which are not included in the Trás-os-Montes and Alto Douro DOP - Denominação de Origem Protegida (Protected Designation of Origin) but are inserted in the heart of the Douro demarcated region for table and Port wines. CARM “Classico” olive oil also comes from olives bought from small farmers in the municipality of Vila Nova de Foz Côa who do not have enough production area to be able to follow all the stringent practices required by the AOTAD

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## Praemium CARM

Serving Size 1 Tbsp (15 mL) Servings Per Container



For the production of “Praemium” CARM olive oil we selected the best Madural and Verdeal olive varieties from our farms. ORGANIC FARMING IN “DOP-DENOMINAÇÃO DE ORIGEM PROTEGIDA” (Protected Designation of Origin) CARM was one of the pioneers of organic olive growing in Portugal. Control of the entire production cycle and its follow-up is ensured and certified by an officially recognized entity – Sativa, and CARM also adheres to the rigorous USDA NOP procedures and IMO certification in Switzerland.

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# PATÉS

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*Familia Roboredo Madeira*

## Gourmet (specialities & patés with olive oil) CARM

Several Sizes

Since we began growing our own wines and olive oils, we have sought to produce some other widely enjoyed products. This enables us to apply our experiences, our tastes and our tradition to a broad range of special products enhanced by our olive oil. We have the chance to share these pleasurable specialties with our friends, thanks to CARM olive oil.



 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# SAUSAGES

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Meat chorizo (with red wine) MINHO FUMEIRO

Individual package in modified atmosphere or vacuum. Or in bags with 1.500kg, 3 kg or 5kg.



Prepared with the best pieces of pork and “vinha-de-alhos” (a marinade with green wine, garlic, salt and spices). It is filled with tradition and centenarian habits. Smoked with holm oak. Made with natural casings. Ready to consume or it can be cooked in several recipes. Can be consumed raw, although its preparation on the grill or in clay spit with traditional “aguardente”.

Availability: all year

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

Salami

MINHO FUMEIRO

Individual package in modified atmosphere or vacuum. or in bags with 1.500kg, 3 kg or 5kg.



Salami filled with a refined and peppery flavor. The most tender and streaky meat after going through an extended curing. Smoked with holm oak. Made with natural casings.

Ready to consume or it can be cooked in several recipes. It should preferably be eaten raw and not very thinly sliced. It is an excellent appetizer or snack, always accompanied by good regional bread.

Availability: all year

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Onion chorizo MINHO FUMEIRO

Individual package in modified atmosphere or vacuum. or in bags with 1.500kg, 3 kg or 5kg.

Typical from this region – Ponte de Lima. This chorizo is made of meat and fat of pork, onion, parsley, salt, blood and spices. Smoked with holm oak. Made with natural casings.

Consumed after cooking. In the fireplace there is a pot of soup with our sausage that gives it an irresistible scent and a distinctive flavor. It is essential with bean's rice, "cozido à portuguesa" (Portuguese stew) or heated on a hot plate or ember. Also dish it up as an appetizer.

Availability: all year



 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Blood chorizo MINHO FUMEIRO

Individual package in modified atmosphere or vacuum.

Prepared with streaky meats, much flavored and with its distinctive traditional taste. Its process of curing in smokehouses, with holm oak is long. This chorizo is made of meat and fat of pork, blood, green wine, salt and spices. Smoked with holm oak. Made with natural casings. Consumed after cooking. Serve in boiled or grilled, whole or sliced, with boiled vegetables or quite simply in recipes of your choice.  
Availability: all year



 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Black chorizo with rice MINHO FUMEIRO

Individual package in modified atmosphere or vacuum.



Morcela is a product of excellence in traditional Portuguese charcuterie. It has intense flavor and aroma. It is made with meat and fat of pork, rice, blood, spices. Smoked with holm oak. Made with natural casings. Consumed after cooking. Could be cooked or roasted at low heat and with boiled vegetables. Or could be more creative and cutting them into slices and serving them with various fruits or vegetables.

Availability: all year

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Flour chorizo MINHO FUMEIRO

Individual package in modified atmosphere or vacuum.



This typical chorizo is made with wheat flour, meat and fat of pork, water, salt and spices. We have a simple flour chorizo and, recently we create a new one that keeps traditional flavor with low fat (replaced by the introduction of ham) and salt (replaced by the introduction of olives). Became an article with distinguish taste. Both are made with without smoke, in natural casings. Excellent in a soup of beans, chopped to convey its flavor, great simply roasted or grilled. Exceptional garnish in Portuguese stew, or quite simply in a recipes of your choice.

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Bread Sausage MINHO FUMEIRO

Individual package in modified atmosphere.



Is a traditional Portuguese sausage, whose main ingredients are meat and regional wheat bread, everything seasoned with olive oil, salt, garlic and other spices. Made with natural casings.

Consumed after cooking. Serve whole or in thick slices. Drizzle hot olive oil over the sausage at a very low heat, or try it chargrilled or roasted in the oven. Serve whole or in thick slices. Enjoy it with boiled greens.

Availability: all year

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Smoked bacon/belly MINHO FUMEIRO

Whole piece or portions, in vacuum package.

Smoked, much flavored due to the streaky meat, it is very tasteful for the brine gives it the distinctive flavor of the region. It is made by selected parts of pork bellies, salt, green wine, garlic and spices. Smoked with holm oak. Used in many of the main dishes of Portuguese cuisine - It's excellent to stuff trouts from rivers and other fishes; perfect to add to bean's rice, together with our smoked pork sausage. As a part of traditional English breakfast with scrambled eggs. Can also be eaten without cooking - thinly sliced for appetizers or snacks.



 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Smoked loin MINHO FUMEIRO

Whole piece or portions, in vacuum package. Or sliced, in modified atmosphere.

It is a smoked meat of slow curing, much flavored by the typical marinade, made with selected pork loin, green wine, garlic, spices and salt. Smoked with holm oak.

Ready to consume or it can be cooked in several recipes. Must be thinly sliced for appetizers, snacks or as a fish complement. It can be served as main course with wide slices, grilled, fried or roasted.

Availability: all year



 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

## Smoked shoulder MINHO FUMEIRO

Whole piece or portions, in vacuum package.



Meat cut from the thigh of a pig without hide, bone and cleaned up. Time is one of the main condiments used in curing to which it should be added the traditional brine and the slow process of curing with holm oak wood. It is made by pork shoulder, green wine, garlic, spices and salt. Smoked with holm oak. Ready to consume or it can be cooked in several recipes. Serve it in lean slices in a way that each one has a part of fat in order to emphasize the homemade savor.

Availability: all year

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

*Minhofumeiro*<sup>®</sup>

Reserve ham

MINHO FUMEIRO

Whole piece or portions, with and without bone. Variable weight. Or sliced, in modified atmosphere. Fixed weight.



Smoked ham, not salty and really flavored that result from the animal's feeding, done in an extensive breeding diet. Your genuine flavor is the result of a careful selection of raw materials and control patients in the salting process and healing.

Ready to consume. Must be thinly sliced.

Availability: all year

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

# WINES

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## Red 2011 CARM

(Wine aging 12 months, 50% Stainless steel and 50% in American and French barrels. Alcohol: 14.50%;  
Bottling: Nov 2012)



We selected grapes of the Tinta Roriz, Touriga Franca and Touriga Nacional varieties, all produced on our Estate farms, to create a balanced wine with the firm tannins of Tinta Roriz, the rock rose notes, the soft tannins of Touriga Franca, and the aromas of black fruits and berries, with strong fresh floral notes of Touriga Nacional.

CARM VT2011 (30% Tinta Roriz, 30% Touriga Franca and 40% Touriga Nacional) - VINEYARDS: CARM vineyards in the Douro Superior

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## White 2012 CARM

(Wine aging Stainless steel. Alcohol: 13%; Bottling: Feb 2013)



The grapes were grown in old vineyards in the Douro Superior and include the varieties: Códega do Larinho, Rabigato Viozinho. Wine aroma/nose: the 2012 harvest produced a very fresh wine with citrus fruit in harmony with slight floral nuances and strong mineral notes. The mouth-fill is surprising for this type of wine and it displays a fresh and long finish.

CARM VB 2012 (Codega, Rabigato e Viozinho) - VINEYARDS: CARM vineyards in the Douro Superior

 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*Familia Roboredo Madeira*

## Rosé 2012 CARM

(Wine aging Stainless steel. Alcohol: 13%; Bottling: Feb 2013)



For CARM Rose we select Touriga Nacional varietal grapes from our vineyards with Northhand East exposures where the grapes achieve greater freshness. CARM Rosé is endowed with a complex aroma that confers a truly gourmet character and allows it to accompany all Mediterranean cuisine.

CARM VR 2012(100% Touriga Nacional) - VINEYARDS: CARM vineyards in the Douro Superior

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



 PORTUGAL  
FOODS



*familia Roboredo Madeira*

## Red Reserve 2010 CARM

(Wine aging Wines were aged until April 2012 in stainless steel and wooden barrels (1/3 American and 2/3 French oak). Alcohol: 13,5%; Bottling: Jun 2012)

Wines are made from grapes of the varietals Tinta Roriz, Touriga Franca and Touriga Nacional, all produced in our vineyards.

The three varietals bring together the firm tannins of Tinta Roriz, the rock rose notes and soft tannins of Touriga Franca and the aromas of black fruits and berries and very marked fresh floral notes of Touriga Nacional.

CARM RT 2009 (25% Tinta Roriz, 25% Touriga Franca and 50% Touriga Nacional) - VINEYARDS: CARM vineyards in the Douro Superior

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



**CARM**

*familia Roboredo Madeira*

## White Reserve 2010 CARM

(Wine aging Stainless steel and barrels on fine lees. Alcohol: 13%; Bottling: Jun 2013)

CARM Reserva is made from grapes grown in very old vineyards of the Douro Superior from the grape varieties C3dega do Larinho, Rabigato and Viozinho.

CARM VBR 2012 (C3dega de Larinho, Rabigato and Viozinho)-  
VINEYARDS: Old vineyards in the Douro Superior



 **PORTUGAL  
FOODS**



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*família Roboredo Madeira*

## White Códega do Larinho 2010 CARM

(Wine aging Stainless steel. Alcohol: 12.5%; Bottling: May 2011)

We selected grapes of the Códega do Larinho varietal, grown in very old vineyards of the Douro Superior. Elegance and balance are the main characteristics of CARM Codega do Larinho.

CARM RAB 2010 (Codega do Larinho) - VINEYARDS: Old vineyards in the Douro Superior



 PORTUGAL  
FOODS

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## Red Touriga Nacional SO2 Free 2011 CARM

(Wine aging Stainless steel, 50% light passage through French oak barrels. Alcohol: 15%; Bottling: July 2012)



We selected Touriga Nacional grapes from vineyards on four of our estates. Fresh in the mouth, full bodied with a slight chocolate character and a rare and powerful finish, this wine displays the primary aromas of black cherries and berries, typical of this grape varietal.

CARM RAB 2010 (Codega do Larinho) - VINEYARDS: CARM farms in the Douro Superior

 PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



PORTUGAL  
FOODS



*familia Roboredo Madeira*

## Red Grande Reserva 2008 CARM

(Wine aging The wine ages for 12 months in new extra-fine grain French oak barrels.. Alcohol: 14%; Bottling: May 2011)

We selected grapes of the varieties Tinta Roriz, Touriga Franca and Touriga Nacional, all produced in CARM vineyards. The use of three varieties brings together the firm tannins of Tinta Roriz, the rock rose notes and soft tannins of Touriga Franca and the aromas of black fruits and berries and with the very marked fresh floral notes of Touriga Nacional.

CARM GRT 2007 (5% Tinta Roriz, 10% Touriga Franca and 85% Touriga Nacional)- VINEYARDS: in the Douro Superior

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



*familia Roboredo Madeira*

## Maria de Lourdes Red 2008 CARM

(Wine aging 24 months in French barrels... Alcohol: 14%; Bottling: Mar 2011)

Selection of Touriga Nacional (70%) and Touriga Francesa (30%) from Quinta da Urze, superior parcel where we have a North exposition at 650 meters, to look for balanced maturations together with freshness.

CARM ML2008 (30%Touriga Franca and 70%Touriga Nacional)-  
VINEYARDS: Quinta da Urze



PORTUGAL  
FOODS



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



 PORTUGAL  
FOODS

  
CARM

*familia Roboredo Madeira*

## Maria de Lourdes White 2011 CARM

Wine aging: Stainless steel & French Barrels.. Alcohol: 13%; Bottling: Oct 2012)

The grapes were grown in very old vineyards in the Douro Superior and include the varieties: Códega do Larinho, Rabigato and Viozinho. The 2011 harvest produced a very fresh and complex wine with citrus fruit and grapefruit notes in harmony with slight floral nuances and strong mineral notes characteristic of the “terroirs”.

CARM ML2011(Codega, Rabigato Viozinho )- VINEYARDS: Quinta do Coa

QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.



PORTUGAL  
FOODS



**CARM**

*familia Roboredo Madeira*

Red CM 2007

**CARM**

Wine aging: 36 months in new extra-fine grain French oak barrels.. Alcohol: 14%; Bottling: Feb 2011)

We selected grapes of the varieties Tinta Roriz, Touriga Franca and Touriga Nacional (90%), all produced in CARM vineyards. Exceptional aromas, very fresh nose with a predominance of wild black fruit . Balance between seductive nuances of licorice and a complex aroma with notes of wood .

CARM CM 2007 (Tinta Roriz, Touriga Franca and Touriga Nacional (90%)-  
VINEYARDS: CARM vineyards at the Douro Superior



QUALITY.  
PORTUGUESE  
SECRET INGREDIENT.

FOR INFORMATION ABOUT THOSE PRODUCERS

TERESA@PORTUGAL-APTECE.COM

WWW..PORTUGAL-APTECE.COM







**PORTUGAL  
FOODS**

From Knowledge to Change

BY



**aptece**

PORTUGUESE CULINARY  
TOURISM AND ECONOMY  
ASSOCIATION

[www.portugal-foodstories.com](http://www.portugal-foodstories.com)



**COMPETE**

PROGRAMA OPERACIONAL FACTORES DE COMPETITIVIDADE



QUADRO  
DE REFERÊNCIA  
ESTRATÉGICO  
NACIONAL  
PORTUGAL 2007-2013



**UNIÃO EUROPEIA**  
Fundo Europeu  
de Desenvolvimento Regional