



## **Caldo Verde (Green Soup)**

### **Prego Rolls**

### **Rabanadas**

#### **CALDO VERDE**

##### **Ingredients**

- Chorizo sausage
- Potatoes
- Onions
- Fresh garlic
- Kale
- Olive oil

##### **Method**

- Boil water in a pot
- Add sliced Chorizo
- Add chopped onions
- Add peeled, chopped potatoes
- Add 3-4 cloves of garlic
- Allow to cook until potatoes are done, then mash or placed in a blender
- Wash kale very well and chop very finely. Add to soup.
- Add some olive oil

Serve

### **Prego Rolls**

##### **Ingredients**

- Tenderised steak
- Garlic
- Salt
- Butter/ Margarine
- Fresh Portuguese breadrolls



### **Method**

- Marinade steak with crushed garlic and salt
- Heat oil in pan (enough to make a sauce after)
- Fry steaks until they are medium to well-cooked (no blood)
- Sauce that the steak is cooking in should become bubbly
- When steak is done remove from the pan
- Use the container the steak was marinated in to mix the sauce
- Put some water, half a squeezed lemon and 2 teaspoons of butter into the container and then add this mixture to the pan with the leftover sauce from the fried steaks
- Allow to heat up and cook
- When done, pour the sauce over the steak

**Serve steaks and sauce on a bread roll**

### **Rabanadas (dessert)**

#### **Ingredients**

- French loaf (stale; not mouldy!)
- Fresh full cream milk
- Eggs (beaten)
- Sugar
- Vanilla essence
- Cinnamon and sugar mixed together

#### **Method**

- Slice French loaf
- Pour milk into a bowl and add 1 tablespoon sugar and 1 teaspoon vanilla essence
- Dip the French loaf slice in the milk quickly, then into the beaten eggs, then fry in a pan with a lot of hot oil (deep fry) until golden brown
- Place on a paper towel to absorb/ drain oil
- Dust in sugar and cinnamon mixture

#### **Serve**