

ALENTEJO-STYLE CHICKPEA/BEAN STEW

Ingredients, for 3-4 people

- ✓ 500gr. Chickpea or White bean or Butter beans (leave in the water over night or 12 hours)
- ✓ Spinach or Chard (some leaves)
- ✓ 200gr. Squash or Gourd Pumpkin (orange)
- ✓ 1-2 Carrots
- ✓ 1-2 Turnips
- ✓ 1-2 Sweet potatoes (yellow)
- ✓ Radish (for decoration)
- ✓ 1 Onion
- ✓ 2 Garlic cloves
- ✓ Laurel leave
- ✓ Olive Oil
- ✓ Salt
- ✓ Hard bread, on the side (recommended the special bread of Alentejo).

Optional: some meat, as Lamb and Chorizo style sausage

In a pot or saucepan put the beans, onion roughly cut, garlic, laurel and salt. Fill in with water until the vegetables are covered. And the meat if done with meat. Let it to boil.

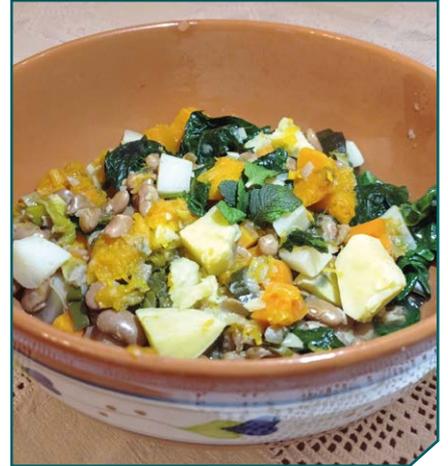
Add the pumpkin cut in rough pieces, sweet potato, carrot and the turnip. Add some more water, but not a lot as the vegetables have water in them already. Let it boil.

Add the greens. And let it boil.

Cut the slices of bread very thin and put it on the bottom of the soup dishes.

Decorate with mint, and radish on the side.

Suggestion: Serve with a good Alentejo wine, red or white.



ALENTEJO-STYLE DESSERT: SHEEP CURD CHEESE WITH ESTEVA BEE-HONEY & MINT

At the end of this rich stew, just add this last specialty!

