



Cuba's Traditions and Costums



Cuba is a fascinating town and municipality, located only 18 kilometers away from the city of Beja, in Alentejo, in the south of Portugal.



Food



- Portuguese gastronomy is naturally connected to the capacity to integrate the products nature gives us;
- Alentejo's food is based on bread, wine and olive oil;
- The use of aromatic herbs, like oregano, coriander, parsley, rosemary and bay leaf is very important;
- Spices like black pepper and cumin and seasoning like garlic cloves complete the flavors.

SOME ALENTEJO'S RECIPES:

Lamb Stew



Ingredients:

1 small - Lamb
3 dl - Olive oil
1 - Onion (unpeeled)
2 - Cloves of garlic
2 - Bay leaves
Salt and pepper
1.5 kg - Homemade bread

Preparation:

Cut the lamb into small pieces and season it with salt.
Pour olive oil in the bottom of a pan and put in the onion, the garlic and the bay leaf. When the oil is hot, add the meat and season it with salt and pepper.
Cover and bake it on a very low heat, shaking the pan occasionally and adding water raindrops. Check the seasoning and water.
Cut the bread into thin slices to a dish and cover it with the stew.

Migas Alentejanas (seasoned smashed bread and ribs)

Ingredients:

500 g - Ribs;
250 g - Pork loin or ribs (boneless);
150 g - Salted bacon or rasher;
800 g – a Day-old rustic- style bread;
3 - Garlic cloves;
3 - Tablespoons of Alentejo's red pepper
paste
Salt



Migas Alentejanas (seasoned smashed bread and ribs)

Preparation:

Cut the ribs into regular pieces. Season with garlic and pepper paste. Refrigerate overnight. Cut the bacon into small pieces. Heat some olive oil or fat in a clay pot over medium heat; add the meat and cook, stirring occasionally. Add some water if needed. Cut the bread into slices. Place the bread in the clay pot, drizzle with boiling water stirring immediately and rapidly with a wooden spoon, smashing it. Season with the necessary sauce. It should be well seasoned but not too fat. Cook, tossing until bread is golden. When “migas” are golden and thick as an omelet, put them on a platter, grease and decorate with meat.

Azevias (hard dough pastries with sweet chickpea filling)

Ingredients:

For the dough:

500 g - Flour;

3 to 4 - Tablespoons (lard or margarine);

1 cup - of Brandy, salt

For the filling:

1 kg – Chickpeas;

750 g - of Sugar;

2 - Lemons;

1- Tablespoon ground cinnamon

3 - Egg yolks



Azevias (hard dough pastries with sweet chickpea filling)

Preparation:

Cook the beans with a pinch of salt and pass it through a sieve. Boil the sugar with 2 dl water and let it boil for 1 or 2 minutes. Mix the mashed beans, the cinnamon and lemons zest. Boil this prepared, stirring until you see the bottom of the pan. Take it off from the burner the yolks and the preparation and take it to boil again to sew the yolks. Let it rest overnight.

Sieve the flour into a bowl and make a hole in the middle where you drain the hot fat. Mix it. Mix in the brandy and then crumple it up, joining drops of warm water seasoned with salt. Make dough and leave it to rest at ambient temperature. Stretch the dough with the rolling pin until it is very thin, and fills up with a little of the prepared chickpea paste. The flounder is cut in half moon or triangle or rectangle and fry in hot oil. Sprinkle with sugar or sugar and cinnamon

“Cante”: traditional singing from Alentejo



- Cante Alentejano is a musical expression from the South of Portugal;
- It is awarded as Intangible Cultural Heritage of Humanity by UNESCO in 2014;
- Some state its origin in Gregorian chant, others support that it came from the Arabs;
- Its is related with the working class;
- The workers sang while working in the fields;
- Sung in chorus and without the use of musical instruments by groups of men and women;
- The singing is maintained by choral groups, some of which have been around for more than a century.



https://www.youtube.com/watch?v=u79dVYmrzbw&ab_channel=Casa-MuseuQuintadaEsperan%C3%A7a

<https://www.facebook.com/watch/?v=308565554042903>

Wine Making in Alentejo



- Wine making in Portugal goes way back, from the Phoenicians and the Romans, that brought the vines and the process of wine making to the Iberian Peninsula;
- In Alentejo, the wines were always acclaimed;
- Talha winemaking in the Alentejo has prompted some modern wineries to experiment with using clay vessels;
- Alentejo Wine is known worldwide nowadays.

Talha Wine making



HOW TALHA WINE IS MADE?

The procedures have changed little in the last two thousand years.

The grapes are crushed and then are put inside the clay amphorae, or talhas, where fermentation spontaneously takes place.

The grape pulp and skins come to the surface and form a solid mass. This is punched with a wooden plunger and is pushed back down into the must to give more color, aroma and flavor to the wine. When fermentation is complete, the mass settles to the bottom of the talha where it serves as a filter.

Traditional Clothing from Alentejo



The women in Alentejo wore a shirt, a skirt, an apron, a scarf, a hat, socks, and shoes.

The local females worked in the fields a lot, so they needed a simple and comfy outfit that allowed them the freedom of movement. When they were working, they tucked their long skirts at the waist or made some kind of improvised trousers by pinning the hem between the legs.

The shirts were made from cotton, with a floral or striped print.

The scarf was worn to cover the head and neck from the hot sun, with a brimmed hat on top.

The women in this region liked brightly colored socks and high, laced leather shoes.

Thank you for your attention!



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