

EAT & WALKABOUT

Madeira Culinary Day Tour: Artisan Cheese Farm & Cooking Class

Starters...

Garlic butter:

Ingredients:

- 150gr Butter
- 5 Garlic cloves
- Parsley (as needed)

Method:

- Leave the butter at room temperature until soft.
- Peel and finely chop the garlic cloves.
- Chop the parsley.
- Mix the butter, garlic and parsley until well combined.

Poncha (Serves 2):

Ingredients:

- 1 glass orange juice
- 1 glass lemon juice
- 1 glass Madeira rum
- Honey

Method:

- Squeeze the juice from the oranges and lemon.
- Add 2 parts juice to 1 part Madeira rum.
- Sweeten with honey to taste.
- Mix well and serve fresh.

In collaboration with:





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Mains...

Coated Black Scabbard Fish:

Ingredients:

- Black scabbard fish (fillets)
- Eggs (as needed)
- Flour (as needed)
- Salt
- Cooking oil
- Lemon (to serve)

Method:

- Cut the fish into desired portions and season with salt.
- Place flour on one plate and beaten eggs on another.
- Heat oil in a pan over medium heat.
- Coat each piece of fish in flour, then dip into the beaten eggs.
- Fry until golden and crispy on both sides.
- Remove and drain on paper towel.
- Serve with a slice of lemon.

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Mains...

Madeiran Beef Skewer (Espetada)

Ingredients:

- Prime beef
- Bay leaves
- Garlic cloves
- Sea salt

Method:

- Chop the bay leaves and crush the garlic cloves. Mix with the salt.
- Cut the beef into cubes and thread onto skewers.
- Season generously with the prepared salt mixture.
- Cook over a wood fire until nicely charred and cooked to your preference.

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Dessert...

Cottage cheese tart:

Ingredients:

- Shortcrust pastry
- 400 g cottage cheese
- 5 eggs
- 250 g sugar
- Zest of 1 lemon
- 1 tablespoon flour

Method:

- Preheat the oven to 180–200°C.
- In a bowl, mix the cottage cheese with the sugar, eggs, flour and lemon zest until smooth and creamy.
- Line a pie dish with the shortcrust pastry and prick the base with a fork.
- Pour in the mixture.
- Bake for 30–35 minutes, until golden.
- Allow to cool before serving.

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