

Cultural Daily

Independent Voices, New Perspectives

Eating your way through the Camino Portugues

Our Friends · Friday, November 8th, 2024

Walking the Camino Portugues is a brilliant way to stay active during your holiday and challenge yourself while exploring a new destination. But, for all the foodies, there is one more huge benefit – the delicious foods and drinks you get to try along the way!

The Portuguese Way

The Camino Portugues is the second most popular Camino de Santiago route. The original way stretches from Lisbon to Santiago de Compostela, covering over 600 kilometres. However, there are many shorter alternative **Camino Portugues routes** available now too, including Camino from Porto, from Coimbra, from Santarem, and from Tui. Each of these will take you through UNESCO heritage towns and beautiful scenery, as well as present great opportunities for trying the delicious Portuguese cuisine.

Must-try Portuguese dishes

Here are some Portuguese foods that you simply cannot miss during your trip!

Pastéis de Nata

Starting with a sweet treat, Pastéis de Nata are one of the most popular snacks in Portugal. These iconic tarts in crisp shells are filled with creamy custard and pair beautifully with a coffee. There are different versions of it available, including slightly caramelised top and a perfectly flaky crust. Most bakeries along the route will have a version of it available fresh each morning!

Bacalhau à Brás

Bacalhau, or a salted cod, is a beloved dish in Portugal, appearing in different variations across the route. This version is a shredded cod combined with crispy potatoes and eggs, topped with black olives. With a side of some fresh veggies and a drizzle of local olive oil, it is the perfect comfort food after a long day of walking.

Caldo Verde

Caldo Verde is a traditional Portuguese soup that is made with potatoes, collard greens, onion, and often chorizo. This warming dish often comes with crusty bread, and it's the perfect choice for the colder days.

Fresh seafood

If you love fish and seafood, then the **Camino Portugues coastal route** is the place to be! The country is well-known for its quaint fishing villages and fresh seafood. There are many different dishes you can find, including arroz de marisco (seafood rice), sardinha assada (grilled sardines), polvo à lagareiro (baked octopus), and many others!

Francesinha

Francesinha is Porto's signature sandwich that layers roasted meat, sausage, cheese, and a special tomato-beer sauce. For any meat eaters, this is the sandwich of your dreams, providing lots of energy for the long journey ahead.

Alheira

Originally created by Jewish communities in Portugal, Alheira is a unique Portuguese sausage that is filled with various different meats other than pork. This may include poultry, duck, veal, or rabbit, and it is typically served with grilled eggs and potatoes.

Vinho Verde

The direct meaning of Vinho Verde is "green wine", however, it translates as "young wine". This slightly sparkling wine from northern Portugal is like no other wine you have tried before – it is light and refreshing, complementing seafood dishes beautifully.

Booking your Camino trip

If your mouth is watering, and you cannot wait to go on your Camino adventure, you may book your trip with **Santiago Ways**. It is a travel agency specialising in Camino de Santiago routes, including the original Camino Portuguese and the coastal route. Santiago Ways will handle all accommodation bookings and transportation for you, as well as recommend the best places to stop for an authentic meal!

Conclusion

If you love going on adventures and trying new foods, then Camino Portugues is the ideal holiday for you! Whether it's the coastal route or the traditional path, mouth-watering dishes are available at every turn.

[CLICK HERE TO DONATE IN SUPPORT OF OUR NONPROFIT COVERAGE OF ARTS AND CULTURE](#)

This entry was posted on Friday, November 8th, 2024 at 5:03 am and is filed under [Check This Out](#). You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.

