

# Sunvil Supper Club

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January 2013 - Portuguese Caldo Verde



## Ingredients

4 tablespoons olive oil  
1 onion  
1 clove of garlic, finely pressed  
6 potatoes  
4 pints cold water  
120g chorizo sausage  
2½ teaspoons salt  
Pinch ground black pepper to taste  
450g kale, rinsed and sliced

In a large saucepan over medium heat, cook the onion and pressed garlic in 3 tablespoons olive oil for 3 or 4 minutes.

Peel and thinly slice the potatoes, stir them in and cook for 5 minutes more. Stir regularly during this cooking time.

Pour in the water and let it boil gently for about 20 minutes, until potatoes are soft. Next, mash the potato slices.

Thinly slice the chorizo and stir it into the soup, along with the salt and pepper. Return to a medium heat, cover and simmer for 5 minutes.

Just before serving, stir the kale into soup and simmer for another 5 minutes, until kale is tender and jade green. Add the remaining tablespoon of olive oil and serve immediately.

At its simplest, this dish is a heart-warming Portuguese classic. Based on an old traditional recipe for when times were hard, this potato-based soup has become a favourite seasonal dish in Portugal. This kind – which has onions, garlic and chorizo, in addition to the potatoes and kale – is often part of traditional celebrations, like birthdays and religious festivals. It is also served at traditional weddings, earning its other title: wedding soup.