

# A Taste of Macao



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## African Chicken Galinha à Cafreal

(serves 4-6)

### INGREDIENTS

- 1 small chicken 1 kg (approx. 2-1/4 lb.)
- 75 g (1/3 cup) butter, softened
- 12 cloves garlic, finely chopped
- 1 teaspoon salt
- 2 bay leaves, crushed
- 4 small chilies, chopped
- 165 ml (3/4 cup) can coconut milk
- 1 teaspoon corn flour (optional)
- 1 tablespoon chicken stock (optional)

### DIRECTIONS

1. Using a sharp knife, cut through the backbone of the chicken lengthways. Score the breastbone lengthways. Score the breastbone lengthways until you can press the chicken flat on a plate.
2. To prepare the marinade, mix 50 g butter, 8 cloves of chopped garlic, salt, bay leaves and chilies into a paste. Spread paste over the chicken, cover and leave to marinate overnight in the refrigerator.
3. To make the basting sauce, combine the remaining butter with the other 4 cloves of chopped garlic, add the coconut milk and stir well.
4. Place the chicken in a roasting tin and set under the oven grill for about 1 hour. Baste regularly with the coconut milk mixture. When ready, the chicken should be blackened on top but still soft underneath. Before serving, stir sauce thoroughly and, if necessary, thicken with corn flour dissolved in a little chicken stock.

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## Coconut Milk Custard

### INGREDIENTS

- 1 Cup cornstarch
- 3 Cups milk
- 2 or 3 Cups coconut milk
- 2 Cups sugar
- 6 Egg yolks
- Lemon grind

This is one of the sweet versions of a dish designated as “bebinca”. Obtains its characteristic flavor through the addition of coconut milk, which is a basic ingredient in many Southeast Asian cuisines.

### DIRECTIONS

1. Mix the cornstarch with cold milk, sugar, coconut milk and heat.
2. When the mixture comes to boil add the lemon grind.
3. As soon as mixture thickens, remove from flame, mix in egg yolks.
4. Bring to boil in low flame for a few minutes.
5. Pour into greased mould and place in oven to toast; and serve cold.

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## Golden or Macanese Codfish

### INGREDIENTS

- 4 Slices dried salted codfish
- 4 Cloves garlic minced
- 2 Shallots minced
- 2 Teacups coconut milk
- Saffron as much as needed.
- Olive oil as much as needed.
- Pepper & Salt as much as needed.
- Chili oil as much as needed.

This codfish dish is an excellent example of the fusion between Portuguese and Asian cuisines. The use of coconut milk and saffron give it a milder taste and a distinctive color.

### DIRECTIONS

1. Soak the codfish for a while; Remove the skin and bones; and dry with cloth and flake in cloth.
2. Allow the olive oil to simmer with the saffron in a pan. When aroma is released, add the chopped shallots with garlic and the coconut milk.
3. Add the codfish flakes and season with salt and pepper; stir-fry everything quickly under low flame, mix well with a spoon, and add the chili oil.
4. When dry, well toasted, spicy and loose, serve hot with butter rice and spring greens, or salad.

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## Lacassá Soup

### INGREDIENTS

- 1.10lb Medium size shrimps
- 0.1lb Balichão (Shrimp paste)
- 1 Pack rice flour vermicelli
- 0.80lb Onion chopped
- 1 Spring onion chopped
- 2 us fl oz. Olive Oil
- 2 pcs bay leaf
- Pepper & Salt as much as needed

This soup is traditionally eaten on Christmas Eve, which used to be a day of abstinence and fasting for the Catholics, because there is no meat used in its preparation. The soup, as well as its name, derives from Malacca.

### DIRECTIONS

1. Wash and peel the shrimps, boil the shells in 169 2 us fl oz. of water and season shrimps with salt and some pepper.
2. Drain broth when shells are boiled. Scald the vermicelli.
3. Stir the onion, bay leaves and “balichão” in olive oil and add shrimps, broth and finally the vermicelli in a gradual way, in order to maintain consistency of soup.
4. Boil for about half an hour, adjust the seasoning.
5. Remove the bay leaves and sprinkle the chopped spring onions before serving.

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## Minchi

(serves 4-6)

### INGREDIENTS

- 250g of beef
- 250g of pork
- 2 garlic cloves (finely chopped)
- 2 large onions (finely chopped)
- 1 tbs. dark soy sauce
- 2 tbs. light soy sauce
- 1 ts. cornstarch
- oil
- a pinch of sugar
- salt and pepper
- dice potatoes (to garnish)

### DIRECTIONS

1. Trim the fat of both the beef and the pork. Mince and season separately with a pinch of sugar, pepper, light soy sauce and cornstarch.
2. Heat oil in a saucepan (or wok) fry garlic and then fry the minced pork stirring well.
3. Minutes later add the minced beef, stirring, turning and pressing the meats on the pan until it is evenly cooked and crumbly.
4. Add the onions and cover the pot to simmer in medium heat, stirring occasionally to prevent it from sticking and burning. Add dark soy sauce and let it soak in thoroughly, just before taking it off the heat.
5. Deep-fry diced potatoes and drain well. Either serve as garnish or mix with the Minchi.

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## Portuguese Tart Pastéis de Nata (serves 30)

### INGREDIENTS

#### Dough:

- Cake flour 2kg (4-1/2 lbs)
- Salt 15 g (1/2 oz)
- Sugar 80g (3 oz)
- Water 4 cups

#### Butter Mix:

- Butter (unsalted) 1.5 kg (3-1/2 lbs)
- Cake Flour 200g (7 oz)

#### Filling:

- Egg yolk 18 pieces
- Sugar 300g (10-1/2 oz)
- Whipping cream 4 cups
- Milk 2 cups

### DOUGH AND BUTTER MIX

1. To make the dough, mix the flour, salt, sugar and water in a mixer for a few seconds. Roll into the shape of a ball and store for 30 minutes in the fridge.
2. To make the Butter Mix, mix the unsalted butter with the flour and roll it flat into a square shape about half an inch thick.
3. Lay the Butter Mix on the top fold of the dough, roll out and treat like puff pastry (3,4,3 folding).
4. Roll out the whole dough into 1/8 inch thickness and roll it inwards like you would roll a rug. Cut this long cylinder into 1 foot long pieces. Place in the fridge for 30 minutes.
5. Cut the 1 foot long cylinders into discs of about half an inch thick, press the dough with your fingers and mould it into your egg tart mould, covering completely the insides of the mould.
6. Store in the fridge for 20 minutes.

### EGG TART FILLING

1. In a large bowl, whisk the sugar and egg yolks together and then add the rest of the ingredients.
2. Pass the whole mix through a strainer and allow mix to sit for 20 minutes.
3. Pour filling into tart moulds and bake at 230 degrees for 20 minutes.
4. Sprinkle with some cinnamon powder (optional) about half an inch thick, press the dough with your fingers and mould it into your egg tart mould, covering completely the insides of the mould.
6. Store in the fridge for 20 minutes.

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## Sweet Potato Cake

### INGREDIENTS

- 0.4lb Sweet potato or regular potato mashed
- 0.15lb Condensed milk
- 0.22lb Butter
- 0.3lb Sugar
- 0.33 us fl oz. Coconut milk
- 0.3lb Flour
- 3 Egg yolks
- 1 Egg

### DIRECTIONS

1. Cook the potatoes in little water, then mash into fine purée.
2. Cream the butter and sugar until soft and fluffy; gradually beat in the egg a little at a time.
3. Add the flour, the potato purée and the coconut milk. Finally, add the condensed milk, mixing well until blended.
4. Place in buttered, floured mould and put it to bake in an oven of 392°F for about 1 hour.

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