



# ALENTEJO GLOBAL EXPORT Catalogue

Promoters



Co-financing





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# ALENTEJO GLOBAL EXPORT PROJECT

**NERBE-AEBAL, NERE** and **NERPOR**, promoters of the **ALENTEJO GLOBAL EXPORT project** intend to respond to a set of three critical factors of regional competitiveness in terms of the internationalization of the region's economic activities, namely:

- Prospecting, knowledge and access to new markets,
- Collaborative processes of internationalization, knowledge sharing and building capacity for internationalization,
- International promotion of tourist destinations and other products and resources associated with the Alentejo region.

The project aims to respond to these critical factors through the definition of internationalization strategies and market approaches, which allow the reinforcement of the respective competitive capacity and progression in the regional product value chain, promoting its international visibility of the offer and the reduction of the difference between the intrinsic quality of goods and services and the quality perceived by international markets.

The main objective of the ALENTEJO GLOBAL EXPORT project is to enhance the success of the internationalization of SMEs in the agri-food sector in the Alentejo region, in the markets of Germany, Spain and Benelux.

This is an operation that is expected to take on special importance for companies in the sector, as it is planned the creation of a **digital catalogue** of companies and products to support international actions, **prospecting actions** in the target markets, **reconnaissance visits** of international prospectors to the Alentejo region, the participation in international fairs and organization of **international roadshows**, creation of **market guides**, organization of an **international forum** and of **international marketing campaigns**.

# 02

## PROJECT PROMOTERS



nerbe/aebal





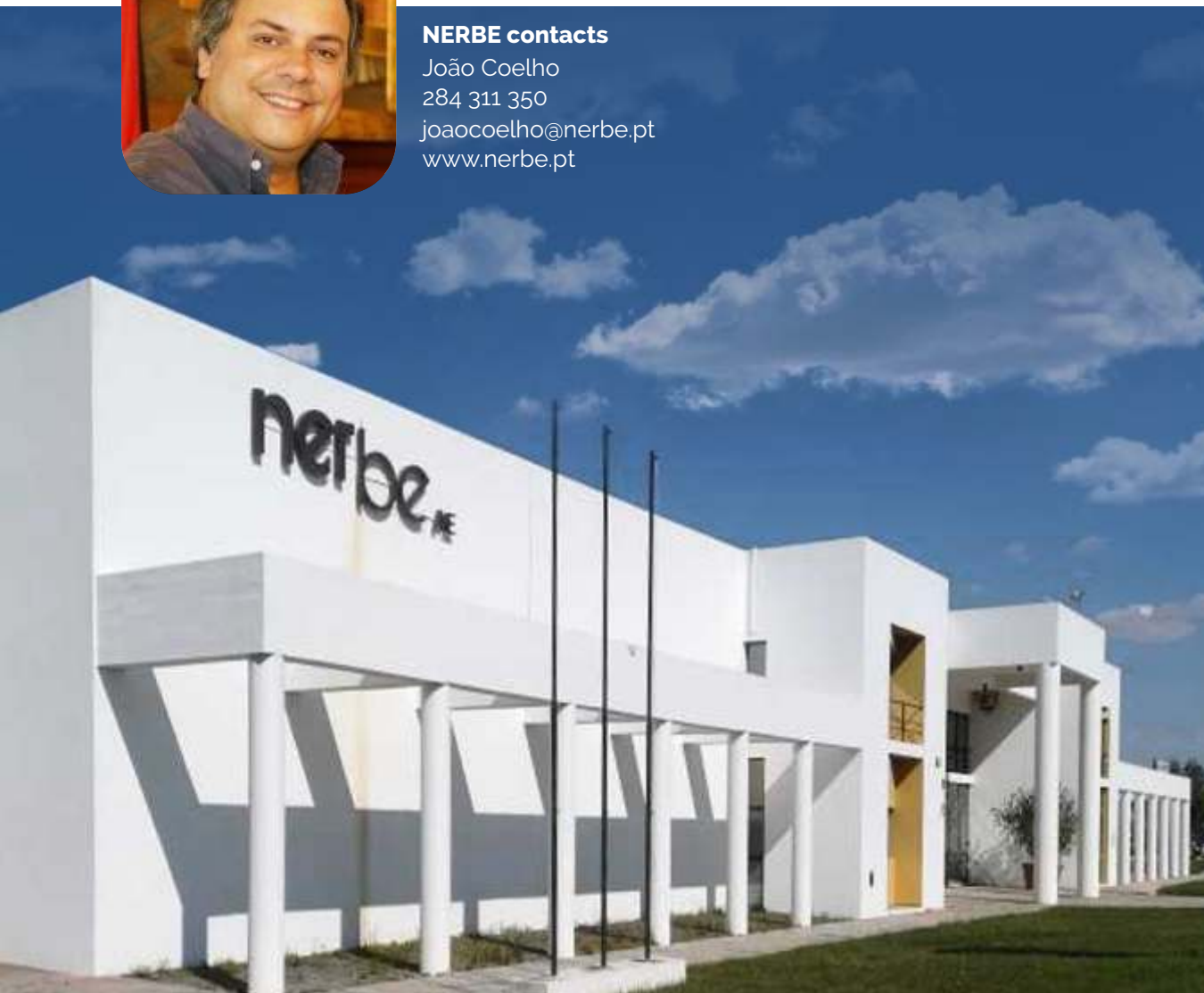


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## NERBE-AEBAL

Founded in 1987, NERBE / AEBAL – Associação Empresarial do Baixo Alentejo e Litoral is guided mainly by following objectives:

- Promote the study of all issues related to its objectives;
- Stimulate the associative activity in the region and increase the spirit of solidarity and support among its members;
- Contribute to the development of the regional companies and the various sectors of activity, essentially those considered strategic for the region;
- Organize and maintain services of interest to its members, providing adequate information, technical and consultancy support, namely in the area of training;
- Organize fairs, conferences, colloquia, courses or any other events that contribute to the achievement of its objectives;
- Cooperate actively with entities, public and private, national and foreign, in everything that contributes to the harmonious regional development;
- Affiliate with associations, confederations and similar national and international organizations in accordance with the needs to achieve its objectives.

<http://nerbe.pt>

# The city of Beja

Beja is a homely city where you can easily get around on foot or by bike, because everything is close and there is always time for everything.

At a short distance from the sea, the capital city and neighbouring Spain, Beja shortens distances.

Here, we know, above all, how to Live.

There are more than 2500 years of history and many more stories to live and tell. Ancient civilizations mark its past and fill the old houses with mystery, carefully whitewashed.

Mariana Alcoforado's love letters still inspire today the most romantic, who always find a good excuse to visit the city again and again.

Alqueva has made people dream, altered the landscape and paved the way for a new agriculture. The airport promises wings to make Alqueva's dreams come true. Beja, a window of opportunities.

<https://cm-beja.pt>





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## NERE

Founded in 1986, NERE – Núcleo Empresarial da Região de Évora is a non-profit Business Association of public benefit, established under the Civil Law, assuming itself as a representative structure of the business framework of the Alentejo Region.

Its objectives are:

- Ensuring better territorial intervention, through the creation of business dynamics in municipalities;
- Focus on business cooperation through the creation of informal networks of companies, which may or may not be sectorial;
- Enhance cooperation between different associations complementary to NERE's activities, aiming at offering a more global and specialized service to the companies;
- Contribute to a more entrepreneurial spirit among young people, supporting change;
- Develop joint initiatives aimed at increasing the competitiveness of the companies;
- Support in the internationalization processes of the companies;
- Design investment prospecting initiatives for the Region;
- Encourage innovation and differentiation, either through Innovation Networks or through direct consultancy to the companies;
- Stimulate NERE services, both in terms of the quality of information to be made available to its members and in terms of (physical, coworking and virtual) Incubation services.

NERE currently has a Technological Base incubator where more than 50 companies and 150 of their employees work daily.

[www.nere.pt](http://www.nere.pt)



# The city of Évora

Évora is the main urban centre of the region in terms of population and function. The social and economic dynamics of the city managed to counter the trend of the region as a whole, maintaining a growth identical to that of other medium-sized Portuguese cities until 2001, then reversing this trend, reflecting the influence of less expressive migratory movements, yet sufficient to offset the natural balance.

Due to its location, Évora is the hinge between the Alentejo coast and the Spanish Estremadura. In fact, the port platform of Sines ensures the maritime transport of cargo between southern and northern Europe, as well as road access (via IC33, IP2 and A6) to all of Europe, through the door city of Elvas. This dynamic should be reinforced in the future through the LTM (freight transport line) rail corridor.

Due to its dimension, centrality and visibility in the national context, Évora emerges as the centre with the best conditions to lead the hierarchy of the regional urban system. The city clearly assumes a heritage, cultural, university, and service vocation, with environmental quality, which aims to enhance the entire area surrounding the city itself. Thus, the development of the network of medium-sized cities in the Alentejo region, as well as of the urban centres of supra-municipal influence, is the main objective in the search for an integrated urban system. In conjunction with the national urban system, medium-sized cities in the Alentejo region, with special relevance for Évora, should contribute, jointly, to foster the harmonious development of the complementary regional network.

[www.cm-evora.pt](http://www.cm-evora.pt)







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## NERPOR

Founded in 1985, NERPOR – Associação Empresarial da Região de Portalegre, aims to:

- Collect, process and disseminate information of interest to companies in order to motivate their creation and modernization, to provide vital elements for their operation and development and to try to solve the problems and issues they face.
- Promote NERPOR-AE as a centre of meeting and privileged articulation between entities dedicated to economic and business development.
- Organize and implement training courses.
- Develop awareness-raising actions, seminars and meetings aimed at strengthening the associative movement at a general level and the cooperation both at the business level and at the level of associations and other entities.
- Publicize the region's potential in order to attract investments to the district of Portalegre.
- Organize fairs, participate in national and international events, and promote business missions abroad and foreign investors to Portugal.
- Conducting studies and providing technical assistance to companies.
- Articulate NERPOR-AE activities with organizations and other national and community associations in certain actions and establish cooperation ties.
- Represent, by the several entities and even the political power, the associated companies and the interests of the district.
- Support the technical and technological modification of companies as well as the creation of new units.
- Obtain the district's investment intentions in a timely manner and detect potential business creators by establishing protocols with appropriate entities.

[www.nerpor.pt](http://www.nerpor.pt)

# The city of Portalegre

The municipality of Portalegre is located in the North of Alentejo, in the heart of the Serra de S. Mamede Natural Park. It consists of seven parishes, one urban (Sé and São Lourenço) and six rural (Alagoa, Alegrete, Fortios, Reguengo and São Julião, Ribeira de Nisa and Carreiras and Urrea). It has an area of 464 km<sup>2</sup> and about 26 thousand inhabitants.

The city, with about 16 thousand inhabitants, developed mainly from the 16th century, when it became headquarters of Diocese and entered the category of City, which, together with the economic growth resulting from agriculture, commerce and also from industry, led to the existence of noble and bourgeois families that had houses built with a certain magnificence. For that reason, Portalegre has one of the best sets of manor houses in the country.

The city has a strong industrial tradition. The manufacture of woollen textile dates from the Middle Ages, but it had a remarkable development since the 18th century and, in the 19th century, with the foundation of the Real Fábrica de Lanifícios (Royal Wool Textile Factory), on the initiative of the Marquis of Pombal. In the 19th century, the Robinson Factory was created, dedicated to the preparation and transformation of cork, which is an integral part of Portalegre's memory, and which has a valuable collection of industrial archaeology. In 1947 the Manufacture of Tapestries appears, which quickly became the "ex-libris" of the city due to the originality and artistic value of its works.

[www.cm-portalegre.pt](http://www.cm-portalegre.pt)







# 03

## ALENTEJO

### A territory with recognized strategic potentialities

Alentejo is currently a low traffic, preserved and safe territory, with a history marked by the rich heritage and culture that give it identity and authenticity, and a potential for competitive, differentiating and sustainable affirmation, based on consolidated activities and the emergence of new local niches of productive specialization.

Alentejo has products of recognized worldwide excellence (cork, ornamental stones); pleasures with knowledge and flavour (handicrafts, gastronomy, wines, olive oils); timeless inheritances (heritage and culture).

1. We highlight the following characteristics: Hinge Position in the National, Iberian, European and Worldwide Space
2. Urban System for Cohesion Support and Territorial Sustainability Inducer
3. Infrastructures to Support the Modernization of Agriculture and the Development of Agro-Industry and Tourism
4. 170 km of the Most Preserved Coastal Area in Europe
5. The Dehesa as a Sustainable System, with Great Economic and Environmental Value
6. New Paths in the Internationalization of the Region
7. Industrial and Logistics Platform for Main Worldwide Maritime Shipping Routes

<https://webb.ccdr-a.gov.pt/index.php/ra-87821>

The target territory of the project includes the following NUT III of the Alentejo Region:

- 1. Baixo Alentejo - Beja
- 2. Alentejo Central - Évora
- 3. Alto Alentejo - Portalegre



Regarding 2018, the following are some of the most relevant aspects to take into consideration for the Territory of the Project:

		Area	Resident Population	Population Density
		Km²	Nr.	Nr./Km²
TERRITORY	Baixo Alentejo	8 543	116 557	13,6
	Alentejo Central	7 393	152 865	20,7
	Alto Alentejo	6 084	105 479	17,3
	Total	22 020	374 901	17,0
Alentejo		31 605	705 478	22,3
Portugal		92 226	10 276 617	111,4

Source: Statistics Portugal

The Territory of the project represents 23.8% of the entire territory of Portugal with 3.6% of the resident population.

		GDP	GVA	Total Employment	GPD per capita
		Million €	Million €	Nr.	€
TERRITORY	Baixo Alentejo	2 264,243	1 957,995	52 695	19 323
	Alentejo Central	2 736,777	2 365,991	74 745	17 806
	Alto Alentejo	1 642,829	1 420,254	45 449	15 459
	Total	6 643,849	5 744,240	172 889	-
Alentejo		13 101,713	11 326,656	320 476	18 847
Portugal		203 896,177	176 310,709	4 914 463	19 827

Source: Statistics Portugal





Both the GDP and the GVA of the Territory represent 3,3% of the value observed for the country.

The total employment registered in the Territory is 3,5% of the total employment in the country.

As for the companies, we have:

		Business Density	Proportion of Individual Companies	Proportion of micro companies	Average number employees by company	Average Business Volume by Company
		Nr./Km <sup>2</sup>	%	%	Nr.	Thousand €
TERRITORY	Baixo Alentejo	1,8	73,37	97,8	2,0	160,4
	Alentejo Central	2,7	71,02	97,5	2,3	149,2
	Alto Alentejo	2,1	73,12	97,5	2,3	165,7
Alentejo		2,7	71,37	97,2	2,4	201,1
Portugal		13,5	68,22	96,3	3.1	298,9

Source: Statistics Portugal



Regarding international trade:

		Exports	Imports
		Thousand €	Thousand €
TERRITORY	Baixo Alentejo	801 737	174 555
	Alentejo Central	616 507	375 942
	Alto Alentejo	355 201	294 032
	Total	1 773 445	844 529
Alentejo		3 572 710	2 749 050
Portugal		57 806 517	75 363 915

Source: Statistics Portugal

The Territory exports twice as much as it imports. Its exports represent 3% of Portugal's exports, and 75% of these exports are to European Union countries, similarly to what is registered in the country; Alentejo's exports of food products and beverages represent 29.8% of its total exports.





# 04

## ALENTEJO PRODUCTS

- 30 Olive oil
- 38 Spirit drinks
- 42 Meat
- 48 Mushrooms
- 52 Canned foods
- 54 Confectionery
- 58 Fruit
- 62 Honey
- 64 Medicinal and aromatic plants
- 68 Cheese
- 70 Wine

# OLIVE OIL



## Alentejo olive oil An ancestral relationship

Não We do not know for sure when the olive oil started to be produced in Alentejo, but the tradition in Mediterranean countries is ancient. It was the Phoenicians and, mainly, the Romans who introduced improvements in planting, grafting and extracting olive oil. Writings by the Roman historian Strabo refer to Alentejo Olive Oil as a product of excellent quality, imported by Rome 2000 years ago.

The use of olive oil as a food, a means of lighting or as a reference product for medicinal and hygienic practices is very old. Just like today, the olive oil was one of the most used fats, replacing cow's milk butter, which was hardly used in the kitchen. In Alentejo, there is an ancient tradition of eating olives in bread after being seasoned with salt and oregano. Olive oil was also used as a means of paying taxes and rent.

Today, Portugal is the seventh largest olive oil producer in the world and the fourth biggest exporter. In 2016, international sales of olive oil amounted to 434 million euros and Brazil, Angola, Spain and Italy were the main destination markets. Olive oil is the most exported Portuguese product to Brazil.

It is in Alentejo, a region of southern Portugal, where more than 70% of the national olive oil is produced. In the 2015/2016 campaign, for example, the country produced 89.3 thousand tons of olive oil and 68 thousand tons were produced in Alentejo. Over the last 15 years, the Alentejo region has gained 50,000 new hectares of olive groves, contributing to the growth of national olive oil production.

Alentejo olive oil is extracted between the months of October and February from olives (fruit of the olive tree), in their ideal stage of maturity to obtain fruity and soft olive oils, solely by mechanical processes.





## The varieties that provide flavour

The four main traditional varieties in the region are Galega, Cordovil de Serpa, Verdeal Alentejana and Cobrançosa:

### Galega

This is the most widespread variety in Portugal, representing about 80% of the national olive grove area. As it is a medium-sized tree, its fruits are small and oval shaped, with great resistance to detachment. Olive oil of this variety, when grown in the Alentejo region, has different sensations. When harvested unripe it has a green apple fruitiness, with slightly bitter and spicy hints; when harvested ripe, it has an almond and nutty fruitiness, with considerable sweet sensations and total absence of bitter and spicy notes. It is considered an olive oil of great stability.

### Cordovil de Serpa

The olive oil extracted from Cordovil olives is usually bitter and spicy, with intense green leaf notes. It is appreciated for its high oleic acid content. The trees of the Cordovil de Serpa variety are usually medium-low in size with large fruit. Although it is a rustic variety, it has some sensitivity to cold and drought.

### Verdeal Alentejana

The Verdeal variety trees are medium-sized and have large fruit. It is a variety with great adaptability, namely, to cold or drought conditions, despite its low rooting capacity. It usually produces low and alternating yields, it's late coming into production, as it's the ripening of its fruits, which, by keeping the green colour until the end of the campaign, give the name to this variety. The olive oil extracted from this variety is characterised by considerable sensations of green, bitter and spicy.

### Cobrançosa

When it is produced in Alentejo, Cobrançosa Olive Oil (variety originating in Trás-os-Montes) usually presents itself as an olive oil of considerable bitter and spicy tones, with marked notes of green grass, combined with subtle sweet notes. The olive tree has a medium-low size, with medium-sized fruits, easy to detach, although its natural fall is rare..

## The olive grove where it all happens

In the Alentejo landscape, the olive tree plays a major role. There are three different olive grove management systems:

### Traditional Olive Grove

This is the traditional system, used for several centuries and which still represents most of the olive grove area in Portugal. The trees are planted in wide rows, from 60 to 200 trees per hectare, and can be maintained in rainfed or irrigated areas. They may take 15 to 20 years to enter production and there are productive olive groves that are more than a century old.

### Intensive Olive Grov

Trees planted in narrow rows, 285 to 415 trees per hectare, cultivated with irrigation. It usually comes into production five to seven years after installation and can produce for several decades.

### Super intensive Olive Grove

Trees planted in hedge, usually at a density of between 900 and 1200 trees per hectare. It is irrigated and comes into production two to three years after installation. The oldest olive groves known where this system is used are about twenty years old.



## Alentejo Olive Oil

### A sensory experience

Unripe or ripe? Too spicy or slightly spicy? Alentejo Olive Oil is a unique product that is born in the largest producing region in Portugal.

Its main organoleptic characteristics are the fruity aroma, the bitter and spicy sensations, subtle or even absent, with dominant notes of apple, nuts, tomato, herb or leaf.

How to taste and savour it.

The best way to get to know the flavours of the Alentejo Olive Oil is to taste it. In a technical tasting, a dark blue glass is used with a glass lid. The idea is not to see the colour of the olive oil so that it does not influence the taster's perception.

1. Put about 15 ml of olive oil in the glass and cover it immediately with the glass lid, since most of the sensations that the olive oil gives us come from its volatile compounds. Covering the glass prevents them from getting lost.
2. The olive oil should be tasted at a temperature of 28°, the perfect temperature to maximize the sensations it has to offer. Heat the olive oil by holding the base of the glass with your hand.
3. Using gentle, circular movements, swirl the olive oil in the glass so that it releases its volatile compounds.
4. Remove the glass lid and smell, slowly and gently. Inhale just two or three times, so as not to overload your sense of smell. Put the lid back again.
5. Wait a few seconds and taste. Identify the defects first - the most common are rancidity, fusty sediment, winy and musty flavour. The first is caused by the oxidation of the olive oil and the rest comes from fermentations. Then, the dominant aromas, flavours and notes.

Cleanse your palate between different olive oils by drinking water and eating a small slice of apple.

The best time to do a tasting is at the end of the morning, when our senses are at their peak. Avoid smoking or drinking coffee before the tasting. Also avoid the presence of strong odours or perfumes.



## How to choose and store

The Virgin Olive Oil, a 100% natural product, obtained without using any chemical process, can be classified into two categories:

### Extra Virgin Olive Oil

This is a superior category olive oil, obtained directly from healthy olives, solely by mechanical means. It is the noblest category, attributed only to impeccable, fruity olive oils without any sensory defect. It provides a touch of excellence to both raw and cooked dishes.

### Virgin Olive Oil

This is an olive oil obtained directly from olives, solely by mechanical means. It is a natural and healthy product, this category being attributed to quality olive oils, free from serious sensory defects. It is ideal for culinary use.

The olive oil is a dynamic product and cannot be stored in the bottle for a long time. Light and heat are two factors that accelerate its oxidation, as does air. Therefore, once opened, it is recommended to store the olive oil bottle in a dark, cool and dry place so that it can be kept in excellent condition for more than a year.

<http://azeitedoalentejo.pt>

Examples:

**Moura Olive oil PDO**

**Interior Alentejo olive oil PDO**

**Northern Alentejo olive oil PDO**

# SPIRIT DRINKS



## Aguardente de Medronho

The fruit of *arbutus unedo*, the strawberry tree, is harvested in October and November, being traditionally used to produce *arbutus aguardente* (spirit drink). The biological certification of this fruit is made from fruits collected by local producers. This fruit has innumerable potentialities in addition to the traditional distillation for aguardente, fresh. When dried it is a product with great innovative potential in the current market. This harvesting is made by hand and its processing is made on a small scale (distilleries), with no additives, in order to achieve a perfect flavour.

<https://alentejonaturalproducts.pt>

[www.alentejosilvestre.com](http://www.alentejosilvestre.com)



## Fedrisco

Liqueur prepared with wine spirit, alcohol, aromatic plants and sugar syrup. White colour, very specific aroma and taste, characteristic of the plants that compose it and that are its secret. Presented in transparent glass bottles, containing 1 litre, labelled with the name of the product.

White liqueur with specific flavour, slightly aniseed.

As a digestive, after meals.





## Granito Montemorense

Colourless liqueur, with a very characteristic anise flavour, presented in glass bottles, bulky, short, with a capacity of 0.75 litre.

Liqueur with an intense aromatic anise flavour.

As a digestive, after meals.

## Licor de Poejo (Pennyroyal liqueur)

Liqueur with yellow colour, prepared by alcoholic distillation of an infusion of dried pennyroyal (*Mentha pulegium*). It comes in either litre glass bottles or in a typical Alentejo bottle, covered with cork.

Évora pennyroyal liqueur; Montemor-o-Novo pennyroyal Liqueur.

Liqueur with a strong pennyroyal flavour.

As a digestive, after meals.

<https://tradicional.dgadr.gov.pt/pt>

# MEAT



## Carnalentejana PDO

Carnalentejana DOP is obtained from cattle of the Alentejo breed. It is a meat with uniformly distributed and not excessive fat, with a pH below 6. It has a red to dark red colour. Half carcasses, quarter carcasses, packed in a vacuum or in a controlled atmosphere, as well as their preparations, refrigerated or frozen, obtained from animals of the Alentejo Breed registered in the Cattle Breed Book of Alentejo..

**CERTIFIED BRAND**

## Standard of the Alentejo Cattle Breed

As described by Ralo (1987) and defined in the Regulation of the Genealogical Book, Alentejo Cattle Breed are morphologically characterized by their:

- Hair,
- Head,
- Neck,
- Back and loin,
- Rump,
- Legs.

Source: Association of Cattle Breeders of the Alentejo Breed; Directorate-General for Food and Veterinary (DGAV)

<https://tradicional.dgadr.gov.pt/pt/cat/carne/carne-de-bovino/72-carnalentejana-dop>





## PGI Alentejo Kid Goat

The PGI Alentejo Kid Goat meat is obtained from animals of the Caprina Serpentina breed or from a kid goat resulting from a cross with a Serpentina Breed father. It differs itself due to its organoleptic quality, namely palatability, tenderness and juiciness, being possible to establish a positive correlation with the concentration of linoleic acid (CLA) present in the fat of the PGI Alentejo Kid Goat. Commercially, it comes in whole carcasses, halves, quarters or any portion, refrigerated or frozen, mandatorily packed in foam trays (except in the case of whole carcasses and halves) and labelled.

**CERTIFIED BRAND**

## PGI Baixo Alentejo Lamb

PGI Baixo Alentejo Lamb comes from the crossing of the breeds Campaniça and Merino Branco with other non-native breeds.

## PGI Montemor-o-Novo Lamb

PGI Montemor-o-Novo Lamb consists of the carcass/meat from lambs of the Merino Branco breed, produced in a region with particular pasture characteristics existing around Montemor-o-Novo, using the traditional production method of this region.

## PGI Northern Alentejo Lamb

The PGI Northern Alentejo Lamb meat comes from lambs born of Merino Branco sheep, either of pure breed or crossbreed with improver breeds. It is a tender and juicy meat, with a smooth texture and some intramuscular fat, which gives it a characteristic and intense flavour. Commercially, the PGI Northern Alentejo Lamb can be presented whole, cut or sliced. Only lambs born, reared, and slaughtered within their defined geographical area can benefit from this geographical indication.

**CERTIFIED BRAND**

## PDO Alentejo Pork

PDO Alentejo Pork Meat is obtained from carcasses with a minimum weight of 50 kg and a maximum weight of 100 kg, from pigs of the Alentejo breed slaughtered between 8 and 14 months old. It is a very tasty and juicy meat, of fine grain, coloured between pale pink and dark pink and with a bright, firm, non-exudative fat and white in colour.

**CERTIFIED BRAND**

<https://tradicional.dgadr.gov.pt/pt/cat/carne>

## Traditional Sausage Products

Among many other examples from each part of the Project Territory:

### PGI Estremoz and Borba Meat Chouriço

PGI Estremoz and Borba Meat Chouriço is a sausage made from Alentejo pork meat and fat seasoned with garlic, ground pepper and salt.

### PGI Portalegre Chouriço

PGI Portalegre Chouriço is a smoked sausage, consisting of fresh meat and hard fats from the Alentejo breed pig in fragments larger than 1.5 cm, with salt, dried garlic, sweet pepper, red pepper paste and sometimes white wine from the Portalegre region. The casing is natural dried bovine and porcine intestinal casing.

### PGI Estremoz and Borba Farinheira

The PGI Estremoz and Borba Farinheira is a smoke-cured sausage in the shape of a horseshoe, with a length of 8 to 15 cm and a diameter between 2 and 4 cm, consisting of soft fats obtained from the cutting of pigs of the Alentejo breed, added with wheat flour (in a ratio of about 40% fat to 60% flour), salt, water, red pepper paste and dried garlic cloves. It has a yellow-orange colour, smooth and unbright appearance, semi-soft to pasty consistency. It has a pleasant, mild aroma and flavour, with a garlic and smoked flavour and a balance between sweet and salty. The fat is aromatic, with a pleasant taste and the texture is very smooth and not very fibrous.



## PGI Baixo Alentejo Linguiça or Meat Chouriço

PGI Baixo Alentejo Linguiça is a sausage made of meat and hard fats obtained from the cutting of carcasses of Alentejo pig breed (*Sus ibericus*) whose parents are registered in the Portuguese Swine Genealogical Book - Section of the Alentejo breed. It is basically smoked with holm oak firewood. To the pieces of meat and fat are added salt, red pepper paste, crushed dry garlic, white wine from the region, powdered clove, paprika and pepper. The casing used is natural salted pork casing (small intestine). The transformation, maturation, cutting and packaging of the PGI Baixo Alentejo Linguiça take place in the geographical area defined below.

## PGI Beja Paio

PGI Beja Paio is a sausage obtained from the pork meat of the loin, leg and shoulder and fat from the Alentejo breed, in a proportion of 70-90% of lean components to 10-30% of fat components.

## PDO Barrancos Presunto/Paleta

The PDO Barrancos Presunto/Paleta is obtained from the posterior or anterior legs (respectively) of pigs from the Alentejo breed, salted, dried, cured and non-smoked. Its weight is more than 5 kg (presunto) or 3 kg (paleta). The PDO Barrancos Presunto/Paleta can be sold whole, in pieces or sliced, with or without bone.

<https://tradicional.dgadr.gov.pt/pt/cat/salsicharia-fumados-presuntos-e-paletas>



# MUSHROOMS

Edible Wild Mushrooms can be found all over this region of Alentejo. In Baixo Alentejo we can find, among other species, the silarca, the tortulho (*Amanita ponderosa* Malençon & Heim spn) or the tuber (*Choiromyces gangliformis* Vittad). These macrofungi occur mainly in the spring in the southwest of the Iberian Peninsula and Morocco. These species are widely consumed in Baixo Alentejo, namely in the Municipalities of Mértola, Beja, Castro Verde, Serpa and in some provinces in the south of Spain. They are sold mainly fresh in the local market and are consumed in various preparations, being very popular in the local gastronomy.

**Morphology:** Mushrooms are fungi with a simple structure, with no roots, leaves or flowers. As they are deprived of chlorophyll (a group of photosynthetic pigments present in the chloroplasts of plants), they have no capacity to produce organic substance, so they do not survive autonomously. Although they are low in calories, they are very rich in protein and minerals.

**Species:** There are thousands of species of mushrooms in nature, such as:

## Agaric

Agaric: It is a widely cultivated species, commonly called champignon. It is a whitish mushroom with a fleshy cap and dense, dark lamellae, and it has white flesh that, after being cut, acquires a reddish colour, with a delicate perfume and a pleasant flavour, and it can be eaten cooked or raw.



## Shiitake

Of Asian origin (China, Japan, Korea), it is currently one of the most produced mushrooms worldwide. It grows on wood and it is very tasty and fragrant. It has an amber colour, dark edges and a mild flavour. It is good for preventing high blood pressure and heart problems, as well as helping to control cholesterol and improving the immune system. It is currently sold as a food and medicinal / pharmaceutical product.

In Baixo Alentejo we can find, among others, species such as the silarca, the tortulho (*Amanita ponderosa* Malençon & Heim spn.) or the tuber (*Choiromyces gangliformis* Vittad), namely in the municipalities of Mértola, Beja, Castro Verde and Serpa. These species can also be found in some southern Spanish provinces.

<https://alentejonaturalproducts.pt>

[www.adraLpt.pt/rrsilvestres/recursos/Paginas/Cogumentos.aspx](http://www.adraLpt.pt/rrsilvestres/recursos/Paginas/Cogumentos.aspx)



# CANNED FOODS



In terms of canned foods, you can find numerous products, namely, among others: olives, roasted bell peppers, bell pepper mustard, dehydrated dried tomato, tubers (known as Mértola Truffles, or tubers in local language, these delicious white truffles are harvested in the Guadiana Valley, where they grow spontaneously) and chutneys.

Example:

## PDO Canned Olives from Elvas and Campo Maior

The PDO Canned Olive from Elvas and Campo Maior is the fruit of the olive tree (*Olea europaea sativa* Hoffg Link), of the varieties Azeiteira, Carrasquenha, Redondil and Conserva. Most of these varieties have a low yield in olive oil, but a high production of olives, ideal for canning.

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# CONFECTIONERY



## Alentejo, a paradise for convent confectionery

In addition to being the source of a good part of sweets and cakes with the greatest reputation in Alentejo, the Portuguese and, in particular, Alentejo convent confectionery, comes from a secular heritage. In its genesis were the female communities living in convents that, with great secrecy, have refined and developed this art with refinement. Along with other activities and tasks in monasteries and convents, confectionery was a way of spending time, experimenting and innovating multiple possibilities, whenever there were no divine tasks. From the varied recipes, enriched by sugar from Brazil in the 19th century, together with flour, eggs, almonds and olive oil, regional confectionery became a true source of revenue for its institutions (SARAMAGO, 1997). The nuns even competed with confectioners, by selling to individuals and to male convents (BRAGA, 2015). However, the production of these authentic gifts, their display and delight had other purposes as stated by CONDE (2013) "The confectionery produced was relished not only by the community: it worked as gifts, in special boxes, both for the Abbots and for the monarch himself, as happened with the offerings from the monastery of S. Bento de Cástris to D. João V. Also D. Maria II, visiting Évora, visited the convent of Calvário, of reformed clarisses, famous for its Pão de Rala."

In Alentejo, and as a great reference, the Communities of Conceição de Beja, Paraíso and Santa Clara in Évora, Maltezas de Estremoz and Chagas de Vila Viçosa (CONDE, 2013) stood out. And it is precisely from the Santa Clara Convent, in a manuscript written by Inês Maria do Rosário and made under the orders of Abbess Sôror Maria Leocádia do Monte do Carmo (1729), that the first Portuguese compilation of female convent recipes arrived: Book of Confectionery and Various Dishes from this Convent of Santa Clara d'Évora (BRAGA, 2015). This book includes: Broas de Milho de Santa Clara; Barriguinhas de Freiras; Alfitetes de Santa Clara; Queijinho do Céu; Manjar Celeste, etc. (1).

Monasteries and Convents kept the secrets of the confectionery recipes, but with the extinction of Religious Orders they were forced to leave their walls, lasting until today to sweeten our mouth. Bolo Podre Conventual, Bolo de Mel de Santa Helena, Coalhada do Convento, Encharcada de Santa Clara, Sericá, Pão de Rala, Tiborna de Ovos, Bolo Fidalgo, are some of the examples that can be tasted throughout the Region.

[www.tribunaalentejo.pt/artigos/alentejo-um-paraiso-da-docaria-conventual](http://www.tribunaalentejo.pt/artigos/alentejo-um-paraiso-da-docaria-conventual)



## Boleima

It is presented in the form of a square (or rectangle) of golden-brown dough and sprinkled with cinnamon. It is made with wheat dough, sugar, olive oil, lard and cinnamon. Boleima Rica has apple chunks.

Eaten at breakfast and as afternoon snack or during the day as a food supplement, especially in rural areas where bread is still handmade.

## Bolota de Chocolate

Relatively soft, dark in colour and about 4 cm long. It is made with almonds, sugar and chocolate. It weighs about 50 g.

As a treat, after meals.

## Lampreia de Portalegre

Cake made with sugar and almonds (for marzipan) and eggs (for egg threads and egg custard). The fish-shaped cake is presented on a round plate, decorated with egg threads to fill the gaps. Small balls of candied fruit are placed as the eyes and as the mouth a strip of the same kind of fruit, usually green in colour.

Eaten as a dessert. Presented at wedding parties, baptisms, etc., in this region. It is a traditional Christmas dessert.

## Pão de Rala

Cake made with sugar, almonds, egg yolks and some water to form a dough called "species" that is the "bread" (pão) wrapper. This is then stuffed with egg threads, ovos moles and fig-leaf gourd jam. It also takes lemon zest and, sometimes, chocolate. Flour is used as a handling aid.

Eaten as a dessert of great magnificence, on big celebratory days. A set of cakes consisting of Pão de Rala and an olive bowl with sweet olives and a sweet chouriço, made with the same dough as the Pão de Rala, and also a queijinho-do-céu is called merenda (a snack).

## Queijadas de Requeijão

Cakes consisting of a very thin dough box, made with flour, egg, butter and lard, filled with sweet curd made of requeijão (ricotta-like cheese), eggs, sugar, butter and flour. They are round, generally fluted, and have a diameter of about 7 cm and a height of 3 cm.

In the Queijadas de Évora and Queijadas de Estremoz options, the requeijão is replaced by sheep queijo fresco ("fresh cheese") and the proportions vary slightly.

Eaten as a treat and as a dessert in family homes and in traditional cuisine restaurants.

## Rebuçados de Ovos

Made with sugar, almond and ovos moles, they have the shape of a sphere with about 3 to 4 cm in diameter and internally a glossy yellow colour and externally a whitish colour.

Eaten as a treat at any time of the day. Indispensable at wedding parties, baptisms, etc.



# FRUIT



## Prickly pear

### Fresh fruit

One of the most widespread forms of eating prickly pears is as fresh fruit. To guarantee a better quality of the fruits, they must be harvested when they reach 14 ° Brix and early in the morning, while the temperature is still relatively low. After harvesting, the prickly pears must be subjected to a processing to remove the spines. Prickly pears can be stored at temperatures between 6 and 9°C (very low temperatures cause spots caused by the cold) up to a maximum period of 2 months, and in certain cases up to 60 days of storage at 10°C (Sáenz, 2006). An alternative to the commercialization of the whole fruits, taking advantage of trends that already occur in the commercialization of other fruits, combined with traditional ways of selling in other countries, is the sale of unpeeled fruits, whole or in pieces, packed in polyethylene or in boxes suitable for this type of consumption.

### Agro-industrial transformation of the prickly pear

The prickly pear has numerous applications regarding the possibilities of transformation and application in vast areas of the industry, making it an attractive crop from an economic point of view.

### Fruit-based food products

In addition to fresh consumption, it can also be preserved through canning, freezing, dehydration, etc.

### Juices, beverages and concentrates

Prickly pear juice fruit is a product of excellent quality, widely used in Chile, for example. Like most fresh fruit juices, it should be consumed as soon as it is produced. The consumption of this fruit increases the appetite for juice ready to consume. A syrup can also be produced by adding sugar. This syrup can then be used for culinary preparations or in cocktails.



## Frozen products

The product that is required almost immediately for freezing is the pulp of the prickly pear. Given the perishability of the juice, this process guarantees the preservation of the pulps for later use in a variety of culinary processes.

## Dehydrated products

Given the high seed content of the prickly pear, the best process for producing dehydrated fruit is the use of pulp.

## Jams and jellies

In countries where the production of prickly pears is more rooted, there is a strong tradition of producing jam from prickly pears.

## Fermented products

In Mexico - a country where the tradition of using prickly pears is most complete - a drink, the colonche, is produced, resulting from the fermentation of prickly pear juice. It is a low alcohol drink, 4 to 6%. Another type of product that can be obtained through fermentation processes is vinegar, and the existence of fruits of various colours would make it possible to obtain different types of vinegar, taking advantage of the existing trend towards the use of "different" vinegars.

<https://alentejonaturalproducts.pt>

[www.agronegocios.eu/noticias/a-figueira-da-india](http://www.agronegocios.eu/noticias/a-figueira-da-india)

## Acorn

Brown oval shaped fruit, whose edible part is the almond. This one is also oval in shape, yellowish-white in colour and has two cotyledons. The acorn, very rich in oil, weighs about 10 g and measures 5 cm in length.

Eaten as a complement to diet, especially for rural populations, and as a snack after roasting. The importance of the acorn in the eating habits of rural populations was so great that it is still used today as a decoration element for various sweets in Alentejo, not to mention its

appearance in the municipal heraldry.

## PDO Marvão - Portalegre chestnut

PDO Marvão-Portalegre Chestnut is the fruit obtained from the chestnut tree (*Castanea sativa* Mill), of the varieties Bárea, Clarinha or Enxerta, and Bravo. Dried chestnuts can also benefit from the use of the denomination.

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## Amareleja raisins

Raisins are produced from the traditional D. Maria variety. They are dark brown in colour and large. They have a high sugar content and a characteristic flavour to raisined grapes.

Eaten as an appetizer and, mostly, at Christmas time and at the Pão por Deus celebration (All Saints' Day - 1st November).

## Strawberry tree fruit

The strawberry tree is an important element of this unique landscape. In combination with the cork oak it forms the ideal environment for the development of several wild species such as myrtle, gum rockrose, cistus populifolius, heathers, and many medicinal and aromatic herbs and edible wild mushrooms and many species of fauna rare and of interest to the conservation.

The strawberry tree fruit is harvested in October and November.

<https://alentejonaturalproducts.pt>

[www.alentejosilvestre.com](http://www.alentejosilvestre.com)



# HONEY



## PDO Alentejo honey

PDO Alentejo honey is produced by local bees, *Apis mellifera* (sp. Ibérica).

There is monofloral PDO Alentejo honey (Lavender, Purple viper's-bugloss, Eucalyptus and Orange blossom) and multifloral. It is a light coloured honey, whose tone is characteristic of the region and due to the respective pollen composition, that is, the flora that serves as pasture for bees. The production area of honeys to be protected for "PDO Alentejo honey" consists of the limits of the following municipalities: Alandroal, Alvitto, Arraiolos, Barrancos, Beja, Borba, Cuba, Estremoz, Elvas, Évora, Ferreira do Alentejo, Fronteira, Montemor-o-Novo, Mora, Moura, Mourão, Portel, Redondo, Reguengos de Monsaraz, Serpa, Sousel, Vendas Novas, Viana do Alentejo, Vidigueira, Vila Viçosa.

<https://alentejonaturalproducts.pt>

<https://tradicional.dgadr.gov.pt/pt/cat/mel/1017-mel-do-alentejo-dop>





# MEDICINAL AND AROMATIC PLANTS



The richness of the Alentejo flora has always been one of the fundamental elements of its landscape, as well as of the population's ways of life, taking from this richness the main elements that characterize the region's gastronomy and from its medicinal properties home remedies for the cures of various diseases. And that richness has been proven by new investigations. One example is the Green Lavender (*Lavandula viridis*), an endemic species that has considerable potential in medicine due to its antifungal properties. Studies are being implemented to investigate the potential of other herbs that grow in this unique territory.

Currently, different Mediterranean species and some local varieties are produced. Herbs are processed, dried or distilled to produce essential oils, on farms right after harvest, to obtain superior quality. Of the main species used, produced or collected from spontaneous herbs, for the production of essential oils we can mention thyme (*Thymus mastichina* L. spp. *mastichina*, *Thymus vulgaris* L., *Thymus x citriodorus* Pers.), sage (*Salvia officinalis* L.), oregano (*Origanum vulgare* L. spp. *virens*), pennyroyal (*Mentha pulegium* L.), lavender (*Lavandula luisieri* (Roseira) Rivas Martinez.), green lavender (*Lavandula viridis* L'Hér.), a Hart's pennyroyal (*Mentha cervina* L.), dog rose (*Rosa canina* L.), rosemary (*Rosmarinus officinalis* L.), gum rockrose (*Cistus ladanifer* L.), sageleaf rockrose (*Cistus salvifolius* L.); rue (*Ruta graveolens* L.), winter savory (*Satureja montana* L.) and fennel (*Foeniculum vulgare* Mill.). The production of plants for drying essentially uses species such as pot marigold (*Calendula officinalis* L.), field marigold (*Calendula arvensis* L.), lemon balm (*Melissa officinalis* L. ssp. *altissima* Sibth. & Sm. Arcang), lemon verbena (*Lippia citriodora* Kunth.), St John's wort (*Hypericum perforatum* L.), winter savory (*Satureja montana*), lemon grass (*Cymbopogon citratus* DC. Ex Nees Stapf.), basil (*Ocimum basilicum* L.), marjoram (*Origanum majorana* L.), fennel (*Foeniculum vulgare* Mill.),



shrubby everlasting (*Helichrysum stoechas* Mill.), and species of the genus *Thymus* sp.; *Salvia* sp.; *Satureja* sp.; *Origanum* sp.; *Mentha* sp.; *Rosmarinus* sp., *Lavandula* sp., previously identified.

<https://alentejonaturalproducts.pt>

[www.alentejosilvestre.com](http://www.alentejosilvestre.com)





# CHEESE



## PDO Serpa cheese

PDO Serpa cheese is a cured cheese, with a semi-soft, buttery consistency with few or no holes, obtained by slowly draining the curd after coagulation of pure raw sheep's milk, through an infusion of cardoon (*Cynara cardunculus* L.).

## PDO Évora cheese

PDO Évora cheese is made from raw sheep's milk, of the regional Merina Branca breed. It is a cured cheese, hard or semi-hard and yellowish in colour. It has a characteristic flavour and aroma, slightly spicy and acidic, more pronounced in hard cheeses.

## PDO Nisa cheese

PDO Nisa cheese is obtained from raw sheep's milk, of the regional Merina Branca breed. It is a cured cheese, semi-hard and yellowish white colour.

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# WINE



There is something profoundly refreshing and liberating about the Alentejo landscape, the endless space, the vastness of the rolling plains, the wide and immaculate blue sky, the infinite horizon and the people, the peaceful and proud people of Alentejo. The landscape runs smoothly between the vineyards and the cereal fields, painted sometimes an intense green at the end of winter, other times straw-coloured at the end of spring, other times ochre in the hot summer months. The unmistakable appearance of the cork and holm oaks marks the horizon, identity features of the region that occupies more than a third of the area of the continental territory.

The characteristic plains of Alentejo and the corresponding lack of orographic barriers prevent moisture condensation from the sea, subtracting any Atlantic expression in Alentejo. But it is precisely the few orographic accidents in the Alentejo landscape that condition and individualize the different sub-regions, providing unique conditions for the vineyard culture throughout the region.

The Serra de S. Mamede located in the north of Alentejo, the highest mountain range of the south of the river Tagus, is the flagrant example of this individuality, providing the refreshing freshness that only altitude can provide. Redondo, protected by the natural barrier of Serra da Ossa, as well as Vidigueira, sheltered by Serra de Portel, also benefit from the complicity of nature to guarantee unique wines.

Alentejo wines offer endless pleasure, white, rose and red, with full and strong aromatic exuberance wines, round and smooth wines, with a unique ability to be drunk early knowing how to age with distinction.





## Borba

Borba is the second largest sub-region of Alentejo, spreading along the axis that joins Estremoz to Terrugem, extending through Orada, Vila Viçosa, Rio de Moinhos and Alandroal, lands punctuated by unique soils, colossal deposits of marble that mark indelibly and decisively the viticulture and the character of the wines of this sub-region.

The extended patches of red schist, heterogeneously distributed over poor and austere lands, constitute Borba's striking alternative typology, in what is one of the most dynamic sub-regions of Alentejo.

Borba's special microclimate ensures slightly higher than average rainfall rates, as well as insolation levels slightly lower than the Alentejo average, providing especially fresh and elegant wines.

## Évora

In a distant past, during the final years of the 19th century, Évora enjoyed an unimaginable prestige, having been recognized as one of the most spectacular and admired sub-regions of Alentejo, the birthplace of many of the region's most coveted wines.

The phylloxera first, soon followed by the stigma of the cereal campaign of Estado Novo, suppressed almost entirely the vineyard in this sub-region, relegating Évora to a forced oblivion.

It was necessary to wait until the end of the eighties of the last century to witness the rebirth of Évora, the capital and an integral part of central Alentejo. The landscape is dominated by Mediterranean brown soils, in a warm and dry landscape that is home to some of the most prestigious wines in Alentejo..

## Granja-Amareleja

Granja-Amareleja spreads through the area of the stripe, side by side with the Spanish border, around the town of Mourão, conditioned by one of the most arid and inclement climates in Portugal.

The very poor soils are covered with clay and schist, offering very low harvests and yields, betrayed by the recurrent lack of water, the almost absence of organic matter and the superficiality of the vegetation cover.

It is an area of extremes that gives wines full of personality. The very hot and dry summers mean early maturations, resulting in hot and soft wines, of high alcohol degree.

The Moreto variety, one of the most characteristic varieties in this sub-region, has adapted especially well to this region.

## Moura

The climate reveals a strong continental trend, with expanded thermal amplitudes, cold and severe winters and torrid, dry and prolonged summers.

The soils are especially poor, with clay and limestone alternating in the landscape, shallow, hard and inclement soils for the vineyard but with good water retention capacity.

The Castelão variety dominates the landscape entirely, well adapted to the rigours of such an extreme climate.

Moura wines have a warm and soft profile, with consequent alcoholic grades.

## Portalegre

Portalegre is a very different sub-region from the remaining seven. It is the one that diverges the most by originality and condition.

Everything is different in Portalegre, not according to the traditional reality of Alentejo, from the soils to the vineyards, from the altitude to the age of the vines.

The vineyards, mostly arranged in the foothills of the Serra de S. Mamede, in escarpments whose peaks reach over a thousand meters of altitude, benefit from the climate moderated by the altitude, much cooler and more humid than the heat of the southern plains, providing fresh and elegant wines, but equally powerful.

The predominantly granitic soils are intercut, in the lower areas, with small schist patches. In the vineyards of the mountain chain, the land is very fragmented, divided into numerous small lands with very old vines, with up to seventy years.

Interestingly, Cinsault and Grand Noir grape varieties have always been part of the grapevine varieties, another one of Portalegre's many eccentricities.



## Redondo

Serra d'Ossa, one of the biggest orographic accidents in Alentejo, rises to about 600 meters of altitude, dominating and delimiting the sub-region of Redondo, protecting the vineyards to the North and East, providing cold and dry winters offset by hot and sunny summers.

The soils, although heterogeneous, as is the rule in Alentejo, favour granite and schist outcrops arranged on smooth slopes with predominance in the exposure to the South.

It is one of the most consistent sub-regions regarding the protection that Serra da Ossa offers.

## Reguengos

It is the largest of the sub-regions of Alentejo, landed on poor and rocky terrain, full of rocky outcrops that dramatically mark the landscape of Reguengos.

The schist soils and the deeply continental climate, with very cold winters and extremely hot summers, condition viticulture, offering full-bodied and powerful wines, with good aging capacity.

Despite its size, Reguengos is one of the sub-regions where the land is most fragmented, with small average vineyard areas compared to the traditional Alentejo references.

Reguengos is home to some of the oldest vineyards in Alentejo, unique reserves of clones and varieties that are almost lost today.

## Vidigueira

The fault of Vidigueira, which marks the division between Alto and Baixo Alentejo, determines the reason for the existence of Vidigueira, the sub-region of Alentejo located further south.

The escarpments of the fault, oriented East-West condition the climate of Vidigueira, making it, despite its location so south, into one of the most moderate climate sub-regions of Alentejo.

The soils are not very productive, and predominantly of granite and schist origin. Vidigueira is home to Tinta Grossa, one of the most mysterious varieties in Alentejo that some point to as heteronymous for the Tinta Barroca variety.

Despite its location so south, Vidigueira has been a privileged stage for Alentejo white wines for years, thanks to the moderate climate of the sub-region.

## Alentejo Geographical Indication

The vast and differentiated territory of Alentejo is administratively divided into three districts: Portalegre, Évora and Beja, which together make up the natural borders of Alentejo Regional Wine.

Despite the clear regional differences, despite the multiplicity of grape varieties present in the grapevine varieties, despite the evident heterogeneity of soils that characterizes Alentejo, with scattered outcrops of clay, schist, granite, pebbles and limestones, there are numerous common features in the wines of the great Alentejo plain.

The abundant and seductive fruit, the softness, the full and thick body, and, above all, the enormous consistency that remains harvest after harvest, kindness of such a prodigal nature for the culture of wine.

Alentejo Regional Wine which, by granting more liberal rules and greater autonomy in the choice of grape varieties, with the presence of some foreign varieties in consortium with traditional varieties from Alentejo, allowed varieties and recommended varieties, welcomed, in addition to the producers whose vineyards are located out of the eight sub-regions entitled to a designation of origin, a high number of classic producers.

Conditions that justify the enviable dynamism, the consistency and the unique quality to which Alentejo regional wines have accustomed us.



## Grape Varieties

The grapevine is a climbing plant with a relatively long life span. Each grape variety has a distinctive foliage, with different bunches in size and shape, offering different flavours that originate unique musts and, necessarily, wines with different profiles, flavours and aromas. Although wines rarely smell or taste exclusively to grapes, the grape varieties from which each wine is made, either a varietal or blended wine, are the main influence on the style and character of each wine.

There are more than 4,000 grape varieties catalogued worldwide. Portugal presents itself as the second country in the world with the largest number of indigenous varieties, unique and exclusive varieties, non-existent in any other part of the world.

In Alentejo, in addition to the many indigenous varieties that have a strong regional character, varieties perfectly adapted to the geography and conditions of the Alentejo landscape, there are other foreign varieties of relatively recent introduction, varieties of recognized value that reinforce the wine leadership of Alentejo.

[www.vinhosdoalentejo.pt](http://www.vinhosdoalentejo.pt)



## Alentejo products with protected origin – PDO, PGI

The Alentejo region has 47 food products with protected origin, PDO or PGI, namely:

01. ELVAS PLUM – PDOP
02. MOURA OLIVE OIL – PDO
03. ALENTEJO OLIVE OIL – GI
04. INTERIOR ALENTEJO OLIVE OIL – PDO
05. NORTHERN ALENTEJO OLIVE OIL – PDO
06. CANNED OLIVES FROM ELVAS AND CAMPO MAIOR – PDO
07. ALJEZUR SWEET POTATO – PGI
08. MONTEMOR-O-NOVO LAMB – PGI
09. BAIXO ALENTEJO LAMB – PGI
10. NORTHERN ALENTEJO LAMB – PGI
11. ALENTEJO KID GOAT – PGI
12. CACHOLEIRA BRANCA DE PORTALEGRE – PGI
13. CARNALENTEJANA – PDO
14. CHARNECA MEAT – PDO
15. CARNE DE BRAVO DO RIBATEJO – DO
16. ALENTEJO PORK MEAT – PDO
17. MERTOLENGA MEAT – PDO
18. MARVÃO – PORTALEGRE CHESTNUT – PDO
19. S. JULIÃO – PORTALEGRE CHERRY – PDO
20. ESTREMOZ E BORBA MEAT CHOURIÇO – PGI
21. PORTALEGRE CHOURIÇO – PGI
22. CHOURIÇO GROSSO DE ESTREMOZ E BORBA – PGI

23. CHOURIÇO MOURO DE PORTALEGRE – PGI
24. FARINHEIRA DE ESTREMOZ E BORBA – PGI
25. FARINHEIRA DE PORTALEGRE – PGI
26. LINGUIÇA DE PORTALEGRE – PGI
27. LINGUIÇA DO BAIXO ALENTEJO – PGI
28. LOMBO BRANCO DE PORTALEGRE – PGI
29. LOMBO ENGUITADO DE PORTALEGRE – PGI
30. PORTALEGRE APPLE – PGI
31. ALENTEJO HONEY – PDO
32. MORCELA DE ASSAR DE PORTALEGRE – PGI
33. MORCELA DE COZER DE PORTALEGRE – PGI
34. MORCELA DE ESTREMOZ E BORBA – PGI
35. PAIA DE LOMBO DE ESTREMOZ E BORBA – PGI
36. PAIA DE TOUCINHO DE ESTREMOZ E BORBA – PGI
37. PAINHO DE PORTALEGRE – PGI
38. PAIO DE BEJA – PGI
39. PAIO DE ESTREMOZ E BORBA – PGI
40. BARRANCOS PRESUNTO – PDO
41. CAMPO MAIOR E ELVAS PRESUNTO AND PALETA – PGI
42. SANTANA DA SERRA PRESUNTO AND PALETA – PGI
43. ALENTEJO PRESUNTO AND PALETA – PDO
44. ÉVORA CHEESE – PDO
45. NISA CHEESE – PDO
46. MESTIÇO DE TOLOSA CHEESE – PGI
47. SERPA CHEESE – PDO

Fonte: Carta Gastronómica do Alentejo