



To talk about **CODFISH** in Portugal is to talk about family, dinners with friends, the Christmas night; but also the Portuguese discoveries! The first records of Portuguese fleets fishing cod off the coast of Newfoundland date from the 16th century. In Portugal, the oldest technique for preparing cod is natural drying, where the fish is exposed to the wind and sun, being spread out in the morning and collected at the end of the day. This process is repeated until the fish has the degree of humidity allowed by law (less than or equal to 47%). It is sold salted but has to be drawn in cold water for days to get the salt out so that you can cook it. There are 365 different ways to cook Bacalhau, one for each day of the year! Portugal is the biggest consumer of cod in Europe! It is considered the "Faithful Friend" of Portugal, this popular saying comes from the fact that the delicacy is an essential part of Portuguese cuisine. Cod is the real king in Portuguese family meals.

From the sea ...



To the plate!

MOLICEIRO is a type of boat unique to the city and they've subsequently become one of the most widely recognizable symbols of the region and throughout Portugal. These long, narrow boats are easily distinguished by their painted exteriors and curly fronts. Traditionally, they were used for hauling seagrass, or *moliço*, which was used as fertilizer for farming. Nowadays, they're used for tourism. The artwork on the moliceiros are typically very colorful, often have flowers and other ornaments and their subjects can range from religious imagery of the Virgin Mary to more vulgar artwork with rude puns. But do not confuse the moliceiros with another traditional boat you can find in Aveiro: the *mercateiro*. Mercatelos are wider and their bows don't curl up the way the moliceiros do. Mercatelos were used for transporting salt and other merchandise. So when you go to Aveiro next, you can impress all the tour guides with your insider knowledge!



Visiting Aveiro and not tasting **OVOS MOLES** is a real sin! This regional sweet, like much of the Portuguese pastry, was born in convents around the 15th and 16th centuries. And it fits perfectly with that old story of using the white of the egg to iron the clothes of the religious people, while the yolk, its leftover, became a delicious sweet. In Aveiro, this dough composed of yolk and sugar is wrapped in a thin film – similar to a wafer – with marine themes, such as fish and shells (there are 22 official different designs in total) and turns into *Ovos Moles*. To take as a souvenir they are placed in boxes or in wooden barrels hand-painted with local motifs, displaying, for example, the Moliceiro boats.



AVEIRO



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WHY AVEIRO?

Located on the west coast of Portugal, Aveiro is known for the canals that cross it, traversed by the traditional and colourful Moliceiro boats, and for the various buildings built in the Art Nouveau style, which gave it the name of Art Nouveau city-museum in Portugal as well as Portuguese Venice!

BARRA LIGHTHOUSE is the tallest lighthouse in Portugal, overseeing the barrier beach and exposed to Atlantic storms. The lighthouse tower including the beacon apparatus dome, stands 66 metres (217 ft) high and the light beam has a range of 23 nautical miles (43 km). The round stone tapering tower rises from a two-storey rectangular building housing the lighthouse keeper living quarters and is painted externally in red/white broad hoops, while an internal spiral staircase of 271 stone steps (followed by an additional 20 metal steps) reaches the top and the elevator moves through the middle of the spiral stairway.



THE HAYSTACKS OF COSTA NOVA are famous and authentic striped houses on the beach with the same name, originally in shades of red ocher and black, used as old warehouses for fishing utensils.

Until the beginning of the 19th century, Costa Nova was an extensive uninhabited beach, but after the settlement of the Harbour, fishermen from the fishing village of Ílhavo moved to Costa Nova and began to build “palheiros” to store their nets and other materials associated with fishing.

These were initially wide and without any interior divisions and later divided with wooden partitions that were “decorated” with oyster shells. Simultaneously, the families of its partners, clerks and associates from other companies were being attracted to the area in the summer and autumn months, transforming them into the current “palheiros”, with colorful stripes, in the “bourgeois fashion of going to baths” of the second half of that century, so that they could serve as housing in the bathing season.



lightly cooked in a machine. Traditionally, it is served hot and on a napkin, plain or filled with chocolate or the traditional soft eggs, and sprinkled with cinnamon.

TRIPAS DE AVEIRO

or sweet crepe, are a specialty of Portuguese desserts, typical of this region and more specifically of Costa Nova. The tripe consists of a flour-based dough,

SALT PANS

It is believed that salt began to be used about 5,000 years ago, having been prominent in countries such as Babylonia, Egypt, China and in pre-Columbian civilizations. In the primitive societies of Europe, its extraction occurred in the Bronze Age, however, its use was restricted to coastal populations. The reserves were subject to periods of scarcity, determined by adverse weather conditions and periods of rising sea level, making access difficult. Salt was considered a scarce and precious product, being sold at the weight of gold. On several occasions it was used as currency for purchases and sales. Among the oldest historical examples, the best-known names the Roman custom of paying part of the soldiers' remuneration in salt, which gave rise to the word salary.

Working in the salt pans of Aveiro is an ancient art. Initially used only as a seasoning or preservative, today salt has many other applications. In Aveiro, salt is still harvested by the marnoto with centuries-old artisanal methods, conserving what nature has offered us.



Curiosity: Directly from the crystallizers and with graduations close to 20‰, through interior channels, the water reaches the beach. As if diving in waters with these salinities wasn't the only one, the experience increases with the lining of the pool being made with the mud with which the marine is built. Its waters and muds are rich in various nutrients and minerals that are beneficial for blood circulation, skin hydration and is indicated for people with acne, allergies, psoriasis, joint problems and many other pathologies.

