



PORTUGAL THE COOKBOOK



Caldo Verde

PHAIDON

Kale Soup

Caldo Verde

☐ Minho

Found across Portugal, from city restaurants to remote farmhouses, this green soup is homey, eaten throughout the year, but especially during the winter months. Originally from Minho, there are variations of *caldo verde* across the country (page 429). Its main ingredients are potato and onion purée, collard greens and *chouriço*, but the way the broth is made varies – sometimes meat bones and hocks are added for flavour – as does the cooking of the collards (from crunchy to soft). Different types of *chouriço* and bread can be used (corn, rye, or wheat and rye mixture).

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Preparation time: 20 minutes

Cooking time: 50 minutes

Serves: 6

800 g/1 lb 12 oz waxy potatoes, peeled and quartered

1 onion, peeled and quartered

3 garlic cloves, peeled and halved

400 g/14 oz flat-leaf kale or January King cabbage

130 ml/4½ fl oz (½ cup) olive oil

1 large chorizo, cut into medium slices

sea salt

6 slices cornbread, to serve

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Put the potatoes, onion and garlic into a large saucepan. Pour 4.5 litres/152 fl oz (18 cups) water into the pan and add a pinch of salt. Cook over a medium heat for 20 minutes, or until the potatoes are soft. Transfer the soup to a blender or food processor and, working in batches, blitz until smooth. Return the soup to the pan and bring to the boil.

Separate the kale or cabbage leaves, arrange them into small piles, roll them up and slice them as thinly as possible. Add the shredded leaves to the soup and cook for 30 minutes, or until soft.

Stir in the olive oil, taste and adjust the seasoning.

Arrange the chorizo slices in the bottom of six individual soup bowls, then ladle the soup on top. Serve the soup with slices of cornbread.