



et pluribus unum

VIII INTERNATIONAL ETHNOBOTANY SYMPOSIUM



FACULDADE DE
FARMÁCIA
Universidade de Lisboa

Proceedings



Edited by
O. Silva, R. Serrano and R. Chaves

3rd - 8th October 2010
Lisbon, Portugal

VIII INTERNATIONAL ETHNOBOTANY SYMPOSIUM

Proceedings

Edited by
O. Silva, R. Serrano and R. Chaves



et pluribus unum

Friends,
the University for Peace Foundation



Faculty of Pharmacy,
University of Lisbon

Book cover photographs: Olga Silva
Copyeditor and proofreader: Olga Silva and Rita Serrano
Indexing: Maria João Pereira da Costa
Editors: Olga Silva, Rita Serrano and Ronald Chaves

Faculty of Pharmacy, University of Lisbon and
Friends, the University for Peace Foundation

© 2011 by Olga Maria Duarte Silva,
Laboratory of Pharmacognosy,
Faculty of Pharmacy, University of Lisbon,
Av. Professor Gama Pinto, 1649-003 Lisboa, Portugal

First edition published 2011
e-Printed in Portugal
ISBN: 978-989-20-2789-0

All Rights Reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, mechanical, electronic, photocopying, recording or otherwise without the prior permission of the Editors, except for the communication authors, who may use their own communication for personal and academic use.

CO-17

Herbs and spices in traditional Portuguese culinary: A preliminary picture

DIAS A.S., DIAS L.S.

Departamento de Biologia, Escola de Ciências e Tecnologia, Universidade de Évora Ap. 94, 7002-554 Évora, Portugal; alxandra@uevora.pt; Tel: +351 266 760 881

Abstract

Aromatic plants of intense smell and taste known as herbs or spices are used worldwide and seem to be present as essential flavouring elements in almost all culinary traditions of settled people and also in nomadic herdsman cultures.

Nowadays the use of aromatic plants in national or regional characteristic culinary becomes in many places an auto-perpetuated traditional trait based on a culturally made taste.

The particular traits of the regional traditional culinary can reveal important aspects of the relationship of local cultures with nature and specifically with plants. The mixture of ingredients that make up the singular character of a regional traditional culinary can also reveal a complex history in a local level of the human relations with nature and also of the importance of commercial exchanges, poverty or wealth, need and luxury.

Although Portugal is a small country, it has a lot of distinct culinary regions that we intend to characterize based on the ingredients including herbs, spices and other seasonings present in the traditional recipes.

An inventory of regional recipe ingredients was built from books of traditional Portuguese cuisine that cover the whole country and consider its distinct regions. Here we examine the herbs, spices and other seasonings used in regional recipes looking for differences between regions and make a preliminary characterization of the distinct regional bouquets of condiments.

Pedidos de cópia desta publicação para Alexandra Soveral Dias, Departamento de Biologia, Universidade de Évora, Ap. 94, 7002-554 Évora, Portugal ou, de preferência, para alexandra@uevora.pt.

Reprint requests to Alexandra Soveral Dias, Departamento de Biologia, Universidade de Évora, Ap. 94, 7002-554 Évora, Portugal or preferably to alexandra@uevora.pt.