



# My Portuguese Kitchen

**José Avillez**

The traditional Portuguese cookbook of José Avillez, who is widely known as the best chef in Portugal.

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Immerse yourself in a culinary journey through Portugal, a country with a rich and diverse history that has left a unique mark on the world gastronomy. From the influence of the Celtic peoples to the maritime expansion of the 15th century, Portuguese cuisine has been enriched with flavors, ingredients and traditions from all over the world. Discover the variety of landscapes that have shaped regional dishes, from the long coast to the mountains in the north, and explore the fusion of cultures that has given rise to this cuisine, as different as it is exciting.

This book invites you to taste the authentic flavors of Portugal, revealing the gastronomic legacy of each region through traditional recipes and historical stories that will transport you to the table of this fascinating country.

For José Avillez, author of this book and one of the most important and renowned Portuguese chefs, this work is a tribute to the rich culinary tradition of his homeland and the creativity that has led to Portuguese gastronomy being recognized internationally. From broths, sauces, appetizers and starters to rice dishes, the emblematic cod and other fresh fish, this book will guide you through the culinary delights that make up the essence of Portuguese cuisine at the hands of the best Portuguese chef in the world.

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