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Maria Dias

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Taste Portugal, 101 easy Portuguese recipes from Tia Maria's Portuguese Food Blog by Food Blogger Maria Dias and her daughter Lisa Dias will bring you a taste of classic Portuguese cuisine into your home. The recipes contained in this cook book are easy for the everyday home cook to prepare, they're made with simple ingredients, and they require basic equipment that most home cooks have in their kitchen. Portuguese cuisine is a simple and healthy Mediterranean style diet which consists of fresh fish and seafood, fresh meats, fruits and vegetables, cheese, wine, olive oil, and egg rich desserts. In Portuguese culture, food has always been a central part of hosting social gatherings creating a welcoming atmosphere which makes even a stranger feel like family. These recipes will let you create your own special moments and fond memories with your family and friends. What began for Maria and Lisa as a challenging labor of love by simply sharing recipes on Tia Maria's Blog, has now transformed into a commitment of preserving the rich Portuguese food culture, promoting the nation's cuisine, and inspiring people to learn how to cook these recipes so they can pass them on to the next generation. Come along, and learn how to cook 101 easy Portuguese recipes and taste Portugal!

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