5 Flavors to know before you go to Porto & the Douro Valley

1



PORTUGUESE TINNED FISH

Conservas de peixe

In Portugal, tinned fish is not something you keep for emergencies. It's an institution that took off in the 1850s, honoring a centuries-old fishing culture. Sardines, mackerel and tuna are the stars, cleaned and packed by hand, often the same day they arrive in port. The tins come wrapped in bright, illustrated paper, and today many are collector's items. A small piece of art, full of protein and omega-3.

2



PORTO'S ICONIC SANDWICH

Francesinha

It's the Portuguese word for "little Frenchie," and it is Porto's answer to the croque-monsieur: bread, ham, sausage and steak under melted cheese, often crowned with a fried egg. The soul of the dish is the sauce. Tomato, beer, a touch of spice and, depending on the kitchen, Port wine, simmered into something deeply savory. That is pure umami at work. Every kitchen guards its own recipe, and nobody gives it away easily.

3



PORT WINE

Tawny Port

Port was born from a problem: how do you keep Douro wine alive on the long sea voyage to England? The answer was to add a little grape spirit, which stops the fermentation and leaves a sweeter, stronger wine that travels without spoiling. It shipped out from the port of Porto, and that's where the name comes from. Tawny is the one that then rests for years in small oak barrels, slowly breathing, until it turns amber and tastes of caramel, toasted nuts and dried figs.

One more thing, between friends: every flavor here has a story, and the best way to understand it is to taste it where it began. During the trip, we've prepared the finest of Porto and the Douro Valley for you to discover, table by table. 😉

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4



DRY WINE

Douro table wine

The Douro is so famous for Port that its dry wines are one of wine's best-kept secrets. Today, over 45% of what the region produces is still, unfortified wine, and many of them are magnificent: deep, structured reds built on grapes like Touriga Nacional and Touriga Franca. It is also one of Europe's most beautiful places, with steep terraced vineyards along the river, little villages like Pinhão, and traditions that seem frozen in time, including grapes still trodden by foot in stone tanks at some estates.

5



SMOKED SAUSAGE

Alheira de Mirandela

A smoked sausage with a secret. According to local tradition, in the mountains of northern Portugal, Jewish families forced to hide their faith during the Inquisition had a problem: homes without sausages hanging in the smokehouse raised suspicion. So they made one without pork, from bread, poultry, garlic and olive oil, and hung it with the rest. Whether pure legend or partly history, it carries the memory of a people who kept their identity alive in silence for generations. Today it is traditionally served grilled, with a fried egg or sautéed vegetables.

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