

EATING OUT

Lunch time's usually good from 12:30 and slows down at 14:00. In the evening people eat out after 19:30 near the coast it's later so things generally warm up after 21:00. Most bars have a restaurant area hidden at the back. Don't be put off by the men with flat caps.

Locally the fare is usually very simple and delicious. If you like pork and fish you're in luck. Salads are likewise simple and delicious. Just about everything you'll be served will be locally produced and you'll rediscover your taste-buds. If you enjoy red wine plump for a jug of the house 'vinho tinto da casa' This is a wine growing area, the wine is extremely good value and in 4 years we've never had a duff one.

Local Dishes

Porco Alentejo – pork with clams is one of our favourites.

Porco Preto (black pig) just melts. "Secrotos" is the ultimate cut.

Bacalau a bras (Cod with potatoes) is worth a try.

Bitoc (not sure of the spelling) = pork, salad, egg chips and often rice is fab especially for kids.

BBQ Chicken (Frango)

The Olives and local cheeses are magnificent

Dessert:

Mousse is popular and usually stunning – don't be put off by the simplicity.

A 'Pastel de nata' (sort of custard cream with puffed pastry) with a 'cafe duplo' (double espresso) is heaven.

'Madronho' pronounced 'madronya' is a locally distilled spirit made from the fruit of the 'strawberry tree' it reminds me of Irish Poteen and a perfect end to a meal - the best will be served from a plastic water bottle.

'grande (garrafa de) água' will get you a large bottle of water

'Café duplo' = a large espresso. The coffee is pretty good wherever you go.

'Ceveja' = beer. Sagres is the most popular beer bottled or on tap



Places to Eat

In **Santa Luzia** we've only tried the restaurant 'Café Ratos' on R Da Portela it has a large airy back room for serving food. It serves a fine good value lunch 12 noon to 14:30. If you want an evening meal you need to ask Fatima the owner, she'll happily do you something special. Go through the bar to the right, the restaurant room is left of the space with the table football and pool table. (photo is children of family friends not locals)





The other place in Santa Luzia is the sports bar. I've heard that it has started doing food but I've not tried it yet. If you do, please add a comment in the mill guest book.

On the road to (N623) Odemira (5 to 10 min drive 5km) - just before the traffic lights at a tiny place called **Barreiros** there's a lovely little place called 'Adega do Barreirinho' tucked away off the main road to the left. There's a clear 'restaurant' sign on the main road. They speak English and German and have a menu in English and the food is good. Always ask about the plate of the day 'prato do dia'.

For wine wherever we go we get a chilled jug of the house red wine: a "jarro de vinho tinto frio da casa". always very good value, light, good and refreshing. The Alentejo is a wine growing wine and it is nigh impossible for find a poor wine. Even wines at less than €2 a bottle are very drinkable.



Colos

Colos (pronounced Colosh) has another favourite evening restaurant of local fare, the Eira da Lagoa.

At the end of the drive from the mill turn right, away from the roundabout, towards Colos, (Circal and Sines) Colos is the first little town on the road the other side of the hill. It's a 5 minute drive once on the road. Keep on the main road, pass a roundabout, a bank with cash point on the right and a couple of hardware shops and the restaurant is on the corner just next to the little petrol station. Go in through the bar and through the mirrored doors to find the eating room.



Eira da Lagoa Menu Selection

Peixe	Fish
Bacalhau à Lagareiro	Cod cooked with olive oil
Bacalhau com natas	Cod with cream
Bacalhau à Casa	Cod of the House
Polvo à Lagareiro	Octopus cooked with olive oil
Choco Frito	Choco Frito
Peixe Fresco Grelhado	Grilled Fresh Fish
Cataplana de Peixe	Cataplana Fish
Cataplana de Bacalhau	Cataplana Cod
Arroz de Marisco	Seafood with Rice
Arroz de Tamboril	Monkfish with Rice
Massa de Peixe	Plate of Fish
Massa de Sapateira	Plate of Crab
Carne	Meat
Carne de porco à Alentejana	Alentejo Pork (with clams)
Peintinhos de frango com natas e cogumelos	Chicken breast with cream and mushrooms
Costeletas de Porco Preto	Black Pig Chops
Mista de Porco Preto	Mixed Black Pig
Febras	Pork
Escalopes	Scallops
Bife à Eira	Steak Eira (house)
Picanha acompanhada de fruta	Sirloin Steak with fruit
Bife de Vazia Grelhado	Grilled Steak Empty
Costeleta de Novilho	Veal Cutlet
Puddings	Chocolate Moose (understood by all)

Casa

I can't remember its full name but it's the house moose thing in a glass (looks like custard with biscuits and cream on top). Very refreshing on a cold day. Kids love it and adults will indulge with a coffee and Medronho.

In Colos there is another place if you turn right at the roundabout down into the village you'll see it on the right. It serves at lunchtime and again fare is good value and local. And like most places it's a room at the back of the bar.



There is also a handy little supermarket which is better equipped than the butcher and shop in Santa Luzia close to the bar, just turn left at the bar and it's 50 yards on your right.



Amoreiras Gare

6km from mill

N263 towards Odemira and clearly signposted on the left after about 3km. Turn left and follow the road and turn left into the village immediately after going under the railway bridge. There are 2 places to eat here. Both restaurants are on the second street on the right and both of these are great.

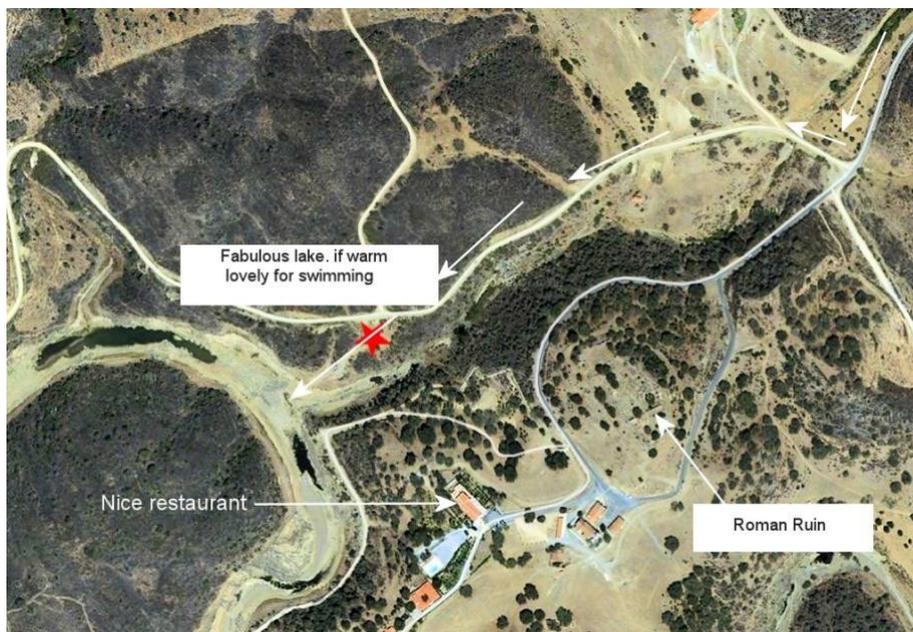
The first one you'll see is known as 'the 2 fat ladies' I can't remember its real name. The place is basic, very good value and friendly and worth a visit if you want to experience true Alentejo local rural fare. Best at

lunch time and get the plate of the day 'prato do dia'. It will be local produce and the owners will probably be on first name terms with anything served. No-one speaks English but it's easy to get by with hand signals.

The second place on the same street with a red awning is friendly, popular, good and great value. It is also a very good place to buy local wine. You can buy 5 Litre boxes of wine here produced by a local cooperative 5 – most enjoyable at about €9.

Castro de Cola

Castro de Cola is about 34 km from the mill. 8km South of Orique on the IC1 and past the petrol station. It's clearly signposted on the right. Just follow the 'main' road. There's a good restaurant there, ruins of some ancient fortress and a lake for swimming, taking a picnic and exploring. The area is known for being a site for one of the earliest known Neolithic settlements. To get to the lake take the dirt track just before the 1 wayroad.



There are three places close together on the IC1 south of Orique, just past the petrol station. All of them are good. The Novo Coimbra is very popular and is renowned for its steak and pork. Ourique, Cercal and Odemira are the closest towns and all have a selection of places to explore...

