

PAIO



The paio of pork loin is a sausage that is very popular in South, especially in Barrancos and Beja. It is mainly composed by pork loin, although some varieties also contain pork leg.

The use of salt, pepper, and garlic is expected, and red pepper paste is an optional addition to the recipe.

Another particular variety is the white paio, which is typical of the Alentejo, and differs due to its light colour and coating. This paio is made up of pork loin seasoned with only salt and garlic, which is then coated with boiled pork peritoneum and is then air dried, without any smoking.

The first varieties are usually consumed raw and with bread, where they present a soft, firm texture, with little fat and some saltiness.