

ALHEIRA



The alheira is a sausage that is very typical of the North, and the most famous alheiras come from the regions of Mirandela, Vinhais, and Montalegre.

Traditionally, the alheira has as main ingredients pork, chicken, olive oil, bread and seasonings such as salt, garlic, and spicy or sweet paprika. There are also the real alheiras or alheiras of hunted, which may contain hare, pheasant, duck or partridge.

In the final stages of making alheiras, they will spend some time in the smokehouse where they will lose water and acquire flavor from the smoke. The diversity of combinations between ingredients and time in the smokehouse make the different type of alheiras quite distinct amongst themselves.

One of the particularities of the alheira is its doughy interior, that while not being homogenous, must really contain noticeable pieces of meat and bread.

The alheira should be grilled, fried or baked, and its texture and flavor should translate softness and creaminess, with the delicateness of the olive oil, a fair amount of salt and an aromatic smokiness. Although it may not be the most popular way to eat this portuguese sausage, it is very traditional to eat baked alheiras, sided with boiled potatoes and greens.