

MARANHO



The maranho is one of the most peculiar fresh Portuguese sausages, due to the use of goat's or sheep's meat instead of pork. Originally from Proença-a-Nova, it became a typical dish of the Beira Baixa.

It is encased in a goat's or sheep's stomach filled with meat of those, pork belly, chouriço, ham, rice, white wine, olive oil, and mint.

Its flavour is more intense than that of some other cold cuts due to the goat or lamb's meat, which is balanced by the aroma of mint. As it is a fresh cold cut, it should be eaten little after being produced. It is cooked by boiling and may be finished in the oven.