

# portuguese TRIBUNE

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Communities since 1979



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Portuguese restaurants in New Jersey and Florida:

## Traditional Portuguese food in untraditional places

Whenever I travel within the United States, I look for the Portuguese connection, that is, restaurants where I can enjoy the delicious Portuguese culinary art.

Some of the most recent visits included a surprise discovery in Terminal C (after passing security) at Newark Liberty International Airport. Terminal C is

dish took 35 minutes to prepare, which is unacceptable for hurried travelers. The dish described on the menu as a national delicacy of Portugal was well seasoned, but had a heavy cream sauce (instead of the traditional white wine sauce) and was served with yellow rice. The best of the meal was the nice white wine, *Muralhas de*

The red wine sangria was well prepared on a large pitcher. The *mariscada à Costa Verde* (seafood stew) was delicious, abundant in variety of seafood and large enough for two people to share. The *camarão ao vinho* (shrimp in wine sauce) was also well prepared and tasty. The entrees came with rice and freshly fried crispy potatoes (round, chip style).

The homemade chocolate mousse was simply divine. Creamy and rich, it was the perfect ending to a delicious Portuguese meal.

Among the other dishes served at Costa Verde are: *paella marinheira* (seafood paella), *camarão grelhado à Matosinhos* (grilled shrimp Matosinhos style), *arroz de marisco* (mixed shellfish in rice), *filhetes à portuguesa* (Portuguese style fried seafood platter), *bacalhau assado* (barbecued codfish), *pargo grelhado* (grilled red snapper), *bife à Costa Verde* (steak Costa Verde style), *costeletas de porco em molho de alho* (pork chops in garlic sauce), *vitela à Costa Verde* (veal Costa Verde style), *costeletas de carneiro grelhadas* (grilled lamb chops), *arroz de frango* (chicken with rice), among dozens of other choices.



Dining Room at Costa Verde Restaurant [photo courtesy of the restaura-

open kitchen, chef Teixeira masterfully prepares traditional Portuguese dishes.

The *chouriço assado* (Portuguese sausage) cooked in alcohol on the traditional terra cotta pot was a great appetizer. The *sardinhas assadas* (grilled sardines) were cooked to perfection accompanied with boiled potatoes and salad. The *polvo estufado à Dom Saul* (octopus) contained large, but extremely tender octopus chunks in a tomato and bell pepper sauce served with boiled potatoes.

The low points of the meal were the desserts — *pastéis de nata*

**About these restaurants:**

### Rio Douro Café

Terminal C  
Food Court (after security)  
Newark Liberty International  
Airport  
Newark, NJ 07114  
(973) 961-6000 (main number for airport)

### Costa Verde Restaurant

US Routes 9 & 35 South  
Sayreville, NJ 08879  
(732) 727-7070  
www.costaverde.us



*Paelha Marinheira* at Costa Verde Restaurant [photo of the restaurant]

served mostly by Continental Airlines. Another discovery was in the town of Sayreville, about 45 minutes south of Newark, New Jersey. The last for this review is located closer to home, Old Lisbon Restaurant in Coral Gables, Florida, about 20 minutes southwest of downtown Miami.

### *Nem tudo o que é D'Ouro é de ouro!*

Rio Douro Café at Newark Liberty International Airport's Terminal C (inside security) is a welcomed addition to the food selection at that airport. The presence of Portuguese food at any major location where millions of people gather every year can only add publicity to our own delicious culinary delights. I had been craving *carne de porco à alentejana* (pork with clams) for several months. Unfortunately, I only had 45 minutes for lunch, but as an airport restaurant, I was sure that the Rio Douro would cater to individuals like me. I was wrong. The salad was a bland combination of iceberg lettuce, tomato, and onion covered with airline-style Italian dressing. The main

### *Monção Vinho Verde.*

It is fine to deviate from traditional recipes, but not to describe something as traditional on the menu and serve something different.

Overall, Rio Douro Café needs some refining on the recipes, a newly printed menu (too many spelling errors), but deserves a chance to serve great Portuguese food to world travelers who pass through Newark International's Terminal C.

### A little Northern Portugal treasure in Sayreville, NJ

Located 26 miles south of Newark's Ferry Street, we find Costa Verde Restaurant on the town of Sayreville. The website states "conveniently located on routes 9 and 35 south." Well, not if you're coming from the south where you need to make an awkward U-turn to get to the restaurant. But well worth the effort.

The restaurant has a large bar where appetizers and small dishes are also served. The large dining room is separate from the bar and therefore much quieter.



Old Lisbon Restaurant in Coral Gables, FL [photos by Miguel Valle Ávila]



### Traditional Portuguese dishes conquer South Florida

The university town of Coral Gables, of University of Miami fame, just south of Miami, serves as the host to not just one, but two Portuguese restaurants — Old Lisbon Restaurant and Tapas Bar and Lisboa Antiga Restaurant. And what else is more Portuguese than where they are located — within 1 block of each other on the same street and with the same name (one just a translation of the other). According to our waiter at Old Lisbon, the chef had a disagreement with the owners and decided to leave and open his own restaurant. But it seems that Old Lisbon only gained with current chef Teixeira. The master and commander of the

(custard pastries) and *delícia de Fátima* (custard in cookie dough). These were not the freshest and the *pastéis de nata* had been re-heated.

Nonetheless, Old Lisbon deserves follow up visits for their ambiance — a cozy and very traditional décor — and chef Teixeira's mastery of Portuguese traditional dishes.

### Old Lisbon Restaurant

1698 Coral Way  
(SW 22nd Street at SW 17th Avenue)  
Coral Gables, FL 33145  
(305) 854-0039

'Literal translation: "Not everything from the Golden River is gold"



Lobsters at Costa Verde Restaurant [photo courtesy of the restaurant]



*Pargo Grelhado* at Costa Verde Restaurant [photo of the restaurant]