

Community Cookbook

Portuguese Sopas

Submitted by Kathleen Castillo

Ingredients (Serves 8):

1/2 tsp. allspice
1/2 tsp. cumin
1/2 tsp. ground cloves
4 lbs. beef chuck, preferably with bones
2 pounds of linguiça
3 cloves garlic, peeled and chopped
2 bay leaves
1 large yellow onion, peeled and chopped
1 cup tomato sauce
1 cup tomato purée
3/4 cup red wine
1 tsp. ground cinnamon
Salt (To Taste)
Large head of cabbage cut into 8 pieces
16 slices day-old soft French or Italian bread
Leaves from 3 sprigs mint



Directions:

1. Preheat oven to 350 degrees
2. Rub allspice, cumin, and cloves generously on both side of beef chuck roast meat, add garlic, bay leaves, onions, tomato sauce and purée, wine, 1 cup of water, and salt to taste into a large heavy baking dish. Add Linguiça, cover with foil and put into a 350 degree oven for approximately 3-4 hours.
3. Transfer meat with all pan drippings into a large stew pot. Add enough water to fill pot 1/2 full to mixture, bring to boil, add cabbage and simmer until cabbage is tender, but do not overcook cabbage. Discard bay leaves.
4. Arrange bread in large serving bowls and scatter mint on top. Ladle broth over bread and mint and set aside briefly to allow bread to swell and absorb broth before serving. Serve meat and broth-soaked bread together.

