

# Codfish – a Portuguese staple food worksheet

## Guidelines for educators

- **Context and the area of cultural heritage:** Intangible cultural heritage in Portugal
- **Description and justification:** The consumption of codfish, or “Bacalhau”, in Portuguese, has been a part of the Portuguese cultural heritage since the 14th century and today it is a symbol of the Portuguese identity and a staple food. With this worksheet, students can learn more about the reasons why codfish is so popular in Portugal, the history of its consumption in Portugal, as well as other interesting facts. Additionally, they will learn about several ways it can be cooked and also practice how to order in a restaurant.
- **Duration:** 45 minutes
- **Language level:** A2+ - B1
- **Prior knowledge:** The students should know the language at an A2 level, especially to understand the first section.
- **Thematic area, grammatical and syntactical phenomena (learning objectives):** In this worksheet students will learn vocabulary about History and food (ingredients and preparations), as well as the vocabulary/structures needed to make a recipe and order at a restaurant. The worksheet is focused on text comprehension and speaking.
- **Skills developed (or benefits for students):** At the end of this worksheet, students will develop their text comprehension skills and will have more knowledge of vocabulary related to History and food. Lastly, the students will improve their speaking skills by practicing how to order in a restaurant.
- **Material needed:** A computer/laptop/mobile phone with connection to the Internet, pen/pencil, copies of the worksheets

## ○ References and resources:

- Riobom, S. (December 21, 2015) Why are Portuguese obsessed with cod?! [Blog] 'Portoalities'. Available at: <https://portoalities.com/en/why-are-portuguese-obsessed-with-cod/>
- Interpretative Centre of Cod: <https://historiabacalhau.pt/en/bulk>
- National Geographic (February 11, 2021). A Origem do consumo de bacalhau em Portugal. Available at: <https://www.natgeo.pt/historia/2021/02/a-origem-do-consumo-de-bacalhau-em-portugal>
- Magalhães, M. (April 9, 2021). Os 12 pratos com bacalhau mais famosos em Portugal. 'Ncultura'. Available at: <https://ncultura.pt/os-12-pratos-com-bacalhau-mais-famosos-em-portugal/>
- Bastos, J. (December 13, 2020). History of cod in Portugal – why Portuguese eat so much cod? [Blog] 'Portugalthings.com'. Available at: <https://www.portugalthings.com/history-of-cod-in-portugal-why-portuguese-eat-so-much-cod/>

# Worksheet for the student

## EXERCISE 1:

(Duration: 10 min)

Codfish (or “Bacalhau”) is a Portuguese staple food, but it wasn’t always like this. Portuguese consumption of codfish dates back to the 14<sup>th</sup> century, when Portugal started to exchange salt for cod with England. Up until the 19<sup>th</sup> century, most of the cod consumed in Portugal was imported and was mostly consumed by the upper classes of Portuguese society. In the 20<sup>th</sup> century, it also became a part of the diet of the working classes, especially in the countryside, where it was easier to supply cod rather than fresh fish. Portuguese cod is easy to store and transport due to a curing process that involves salting and drying the fish.



Salted and dried codfish Source: pixabay.com

Portugal remained heavily dependent on importing codfish until the 1930s, with the start of “Estado Novo” (Portuguese dictatorship that spanned from 1933 to 1974), which launched the “Cod Campaign”, to decrease dependence on imports. Portuguese ships would set sail for Newfoundland, from Belém, in Lisbon. The campaign reached its peak in the 50s and 60s, when approximately 80% of the codfish consumed in the country was caught by Portuguese fishing boats. This campaign operated until 1974, which marks the end of the dictatorship in Portugal. Today, the Portuguese still love codfish, but 70% of the codfish consumed in Portugal comes from Norway. It is so appreciated in the country that Portuguese consumption represents 20% of the global catch.

**Task 1** Using the text from above, choose the correct option: (10 minutes)

1. The Portuguese started consuming codfish in the:
  - a. 14<sup>th</sup> century
  - b. 19<sup>th</sup> century
  - c. 20<sup>th</sup> century

2. Codfish is cured by:
  - a. Pickling and marinating
  - b. Drying and smoking
  - c. Drying and salting
  
3. The Portuguese “Estado Novo” launched the “Cod Campaign” to:
  - a. Increase exports
  - b. Lower the prices of cod
  - c. Lower dependence on imports
  
4. During the “Cod Campaign”, most of the cod consumed in Portugal came from:
  - a. Norway
  - b. England
  - c. Newfoundland
  
5. Nowadays, most of the codfish consumed in Portugal:
  - a. Is caught in Newfoundland
  - b. Is imported from Norway
  - c. Is caught by Portuguese boats



Traditional codfish drying rack in Norway Source: pixabay.com

## EXERCISE 2:

(Duration: 15 minutes)

### Task 1

Here you can see a recipe of Gomes de Sá-Style Cod, a traditional Portuguese cod fish dish. Match the name of the ingredient to the picture. (6 minutes)



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_



7. \_\_\_\_\_



8. \_\_\_\_\_

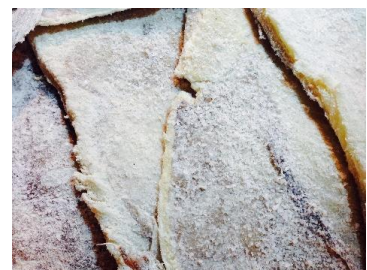


10. \_\_\_\_\_



11. \_\_\_\_\_

<b>Salted cod</b>	500 g
<b>Potatoes</b>	400 g
<b>Bay leaves</b>	3
<b>Black pepper</b>	As needed
<b>Olive oil</b>	150 ml
<b>Garlic</b>	3 cloves
<b>Onion</b>	2
<b>Salt</b>	1 tsp.
<b>Hard-boiled eggs</b>	4
<b>Black olives</b>	16
<b>Parsley</b>	As needed



9. \_\_\_\_\_

Image sources:  
Codfish: pixabay.com;  
Other foods: freepik.com

## Task 2

Now put the steps in the chronological order that is needed to make the recipe. (9 minutes)

Then, put the mix in a casserole dish, add the hard-boiled eggs and olives on top, then season it with salt and pepper	_____
After the cod is cooked, remove the skin and bones and shred it with a fork.	_____
Top the dish with fresh parsley and enjoy it!	_____
Boil the codfish with the potatoes in a pot with 3 litres of water, with a bay leaf and a pinch of black pepper. Hard boil the eggs separately.	_____
After shredding the cod, caramelize the chopped garlic and sliced onion in olive oil with bay leaves.	_____
Add the shredded codfish and the potatoes to the caramelised mixture and gently toss it.	_____
While the codfish and the potatoes are cooking, chop the garlic and slice the onion.	_____
Prepare the salted cod. Rinse it in cold water and place it in a bowl filled with water. Soak the cod for at least 16 hours, switching the water twice.	_____
Bake the dish in the oven for 10 minutes.	_____

This should be the final product:



Image source: Adriaio ([https://commons.wikimedia.org/wiki/File:Bacalhau\\_à\\_Gomes\\_de\\_Sá.jpg](https://commons.wikimedia.org/wiki/File:Bacalhau_à_Gomes_de_Sá.jpg)), "Bacalhau à Gomes de Sá", <https://creativecommons.org/licenses/by-sa/3.0/legalcode>

### EXERCISE 3:

(Duration: 20 minutes)

#### Task 1

Michael was in Portugal and went to a restaurant that specialises in codfish. Fill in the conversation he had with the waiter with the words from the box. (5 minutes)

help	vegetable soup	cheese	starter	change
main course	welcome	lunch	bill	Drink
				Codfish with cream

**Waiter:** Hello, Can I \_\_\_\_\_ you?

**Michael:** Yes, I'd like to have \_\_\_\_\_.

**Waiter:** Certainly. Would you like a \_\_\_\_\_?

**Michael:** Yes, I'd like a bowl of \_\_\_\_\_, please.

**Waiter:** And what would you like for your \_\_\_\_\_?

**Michael:** Let me see, how is \_\_\_\_\_ made?

**Waiter:** It's a dish made of sautéed cod covered with cream sauce and grated \_\_\_\_\_. Very delicious.

**Michael:** Sounds good, I'll have it.

**Waiter:** And what would you like to \_\_\_\_\_?

**Michael:** A Coke, please.

(After Michael has his lunch.)

**Waiter:** Can I bring you anything else?

**Michael:** No thank you. Just the \_\_\_\_\_.

**Waiter:** Certainly.

#### The House of Codfish Restaurant

Starters	Price
Vegetable Soup	1.50 €
Cod cakes	2 €
Cod ceviche	5 €
Olives	2 €
Main Course	
Gomes de Sá-Style Codfish	9 €
Codfish Rice	8.50€
Codfish with Cream	8 €
Bras-Style Codfish	9 €
Baked codfish with potatoes	8.50 €
Beverages	
Water	1.20 €
Apple juice	1.20 €
Coca-Cola	1.50 €
Dessert	
Chocolate ice-cream	2.50 €
Caramel pudding	2.50 €



(Waiter comes back)

**Michael:** Here you are, keep the \_\_\_\_\_. Thank you very much.

**Waiter:** You're \_\_\_\_\_. Have a good day.

**Michael:** Thank you. Same to you.

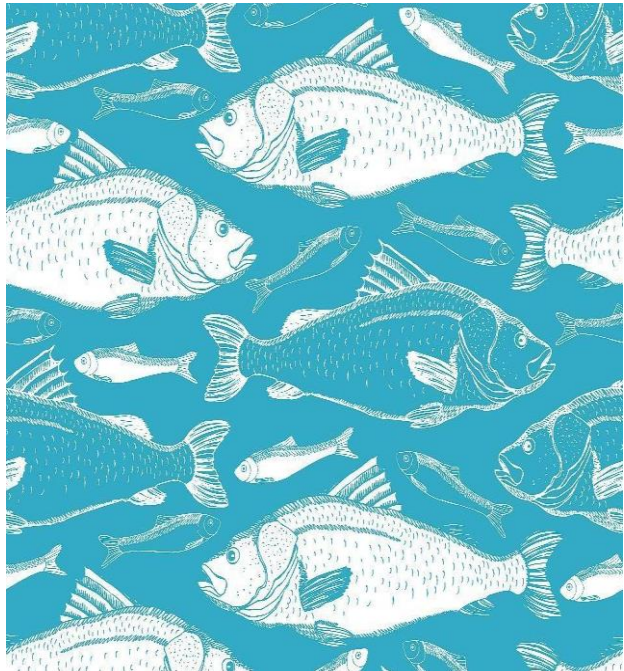
## Task 2

Use the menu from the previous exercise. Let's do some roleplaying! We need two people for this activity: (15 minutes)

- Person A will be the **client** and order a meal.
- Person B will be the **waiter/waitress** and will take the order.

You can follow the structure of the dialogue from the previous exercise for guidance.

Take a couple of minutes to Google search the dishes on the menu. Perform the dialogue, then switch roles.



Source: Designed by Nenilkime, available at [www.freepik.com](http://www.freepik.com)

## ANSWER KEY

### Exercise 1

#### Task 1:

1 – a ; 2 – b ; 3 – c ; 4 – c ; 5 – b

### Exercise 2

#### Task 1:

- |                     |             |
|---------------------|-------------|
| 1. Olive oil        | 7. Potatoes |
| 2. Hard boiled eggs | 8. Garlic   |
| 3. Black Pepper     | 9. Codfish  |
| 4. Onion            | 10. Salt    |
| 5. Black olives     | 11. Parsley |
| 6. Bay leaves       |             |

#### Task 2:

Then, put the mix in a casserole dish, add the hard-boiled eggs and olives on top, then season it with salt and pepper	7
After the cod is cooked, remove the skin and bones and shred it with a fork.	4
Top the dish with fresh parsley and enjoy it!	9
Boil the codfish with the potatoes in a pot with 3 litres of water, with a bay leaf and a pinch of black pepper. Hard boil the eggs separately.	2

After shredding the cod, caramelize the chopped garlic and sliced onion in olive oil with bay leaves.	5
Add the shredded codfish and the potatoes to the caramelised mixture and gently toss it.	6
While the codfish and the potatoes are cooking, chop the garlic and slice the onion.	3
Prepare the salted cod. Rinse it in cold water and place it in a bowl filled with water. Soak the cod for at least 16 hours, switching the water twice.	1
Bake the dish in the oven for 10 minutes.	8

### Exercise 3:

#### Task 1:

- |                       |             |
|-----------------------|-------------|
| 1. help               | 7. cheese   |
| 2. lunch              | 8. drink    |
| 3. starter            | 9. bill     |
| 4. vegetable soup     | 10. change  |
| 5. main course        | 11. welcome |
| 6. codfish with cream |             |

#### Task 2:

Students' own answers