



(Surrey Books)

***Porto: Stories and Recipes From Portugal's Historic Bolhão Market***

By Gabriella Opaz and Sonia Andresson Nolasco

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With summer representing the height of travel season, the natural inclination for those interested in visiting Europe is to look at popular cities like London, Paris, Madrid, Rome, and Berlin. But for the more adventurous traveler, the city of Porto in northern Portugal might be a worthy and fascinating discovery. The second largest city in the country after Lisbon, Porto is known for its historic and lively open-air Bolhão Market, which has been around since 1914 and is where vendors sell a rich variety of produce and foods. A new book, *Porto*, by co-authors Gabriella Opaz (an American now living Portugal) and Sonia Andresson Nolasco (a native of Portugal who grew up in New Jersey's Ironbound section, which is known for its Portuguese population) tells the story of Bolhão through the eyes of its longtime vendors who spent their lives working in the open air market; the lively and photographs capturing the scenes of daily life at the market, with the proud vendors showcasing their wares. Among the many and interesting food items distinct to Portuguese culture referenced in the book include the paezinhos (a breakfast sweet roll); sardinhas (sardines); frango no churrasco (chargrilled chicken); and leite creme (a custard pudding); recipes are littered inside *Porto* as well. More than just a market, Bolhão is a vital community that faces an uncertain future with more modern ways of producing and selling food. As the authors write: "For decades, this market was the communal playground for the city, the place where everyone came for fresh fish, juicy gossip, and courting cards for beautiful young vendors. It was a village unto itself, a self-sustaining organism that breathed excitement. It pumped with life, coursed with activity, and drew in people from across the entire region. It was the place to be, a magnet of hope and the heartbeat of Porto." One definitely feels that sentiment after reading this lively and sumptuous travel and culinary book.