

FROM THE GALLEY OF ... Anne Hammick, aboard *Wrestler*

CALDO VERDE (serves four)

A winter staple in Portugal, this substantial soup comes in many shapes and forms but all are variations on the following.

- Ingredients**
- 2 large potatoes, peeled and diced
 - 1 large onion, chopped
 - 1 or 2 garlic cloves, chopped or mashed
 - a generous handful of thinly sliced cabbage or kale. Available in every Portuguese *supermercado*, or chop it up yourself
 - 1 tbsp olive oil
 - chorizo
 - salt and freshly ground pepper
 - 1 litre water (more if it seems a bit thick)



Fry the onion and garlic in the oil until golden, add the potato and about half the water and simmer gently for at least an hour, until they disintegrate. (A blender would speed up the process, but a potato-masher works pretty well.) Add the rest of the water and stir well. This is the 'base', which keeps well in the fridge for several days.

Add the cabbage and bring back to the boil, or scale down – eg. half the base + half the cabbage, etc. Simmer for five or six minutes, add several slices of chorizo per person, check the seasoning and serve.

Don't add the cabbage and chorizo until the reheating stage if intending to keep some of the base for another day.

