

PORTUGAL / OCTOBER 4-11, 2026



From our table to yours

Da nossa mesa para a vossa

Recipes and little memories
from our week together



A little of our kitchen. A memory of your week.

Um pouco da nossa cozinha

Dear friends,

It was a pleasure to cook for you during your retreat in Portugal. Your wish to take a few recipes home is what inspired this little book.

We have gathered eight recipes from our table: the chicken and its coconut pepper sauce, the fragrant vegan curry, desserts and afternoon cakes.

Make them for someone you love, share a slice, and remember your week here. We hope these pages keep a little of that feeling close.

Thank you for letting us be part of your time in Portugal.

With love,

Jonathan & Joana

AT OUR TABLE

- 03 Golden chicken
- 04 Vegan curry
- 05 Chocolate mousse
- 06 Panna cotta
- 07 Oat custard
- 08 Carrot cake
- 09 Orange cake
- 10 Yogurt cake



Golden chicken

Lemon herb butter and coconut pepper sauce

Frango com manteiga de limão e ervas

The golden crust is only the beginning. At the retreat, this chicken was served with the coconut pepper sauce you enjoyed so much.

INGREDIENTS

Serves 4

800 g boneless chicken thighs
Salt and black pepper
2 tbsp olive oil
40 g butter, softened
Zest of 1 lemon
Juice of 1/2 lemon
1 small garlic clove, finely grated
2 tbsp chopped parsley
1 tbsp chopped mixed herbs
Thai pepper coconut sauce:
1 medium onion, sliced
2 garlic cloves, sliced
1 yellow pepper, sliced
1 red pepper, sliced
400 ml coconut milk
1 kaffir lime leaf
Salt to taste

To serve: roasted potatoes,
roasted vegetables and fresh
salad

IN YOUR KITCHEN

- 01 Season the chicken thighs with salt and black pepper.
- 02 Heat a cast-iron pan with the olive oil. Place the chicken in the pan and press it down with a heavy pot or weight so it cooks evenly and develops a deep golden crust.
- 03 Cook until richly colored, turn and finish cooking on the second side.
- 04 Meanwhile, mix the softened butter with lemon zest, lemon juice, garlic, parsley and herbs.
- 05 Sweat the onion, garlic and peppers in a little oil until soft. Add the coconut milk and blend until smooth. Add the lime leaf and salt, simmer gently, then remove the leaf before serving.
- 06 Finish the hot chicken with the lemon-herb butter so it melts over the meat.
- 07 Serve with roasted potatoes, roasted vegetables, fresh salad and the warm Thai coconut sauce.

A NOTE FROM JONATHAN

Do not move the chicken too much. Let it build color in the pan — that golden crust is the secret.

A fragrant vegan curry

Tofu, chickpeas, vegetables and apple

Caril vegan de tofu, grão e maçã

Comforting coconut, tender vegetables and apple. Finish with fresh herbs and let everyone add their favorite toppings at the table.

INGREDIENTS

Serves 6–8

700–800 g firm tofu, cubed
500 g cooked chickpeas, drained
1 medium eggplant, diced
500 g potatoes, peeled and diced
300 g carrots, thinly sliced
2 apples, diced
1 large onion, sliced
3 garlic cloves, chopped
30 g fresh ginger, chopped
120–150 g yellow curry paste
(check it is vegan)
1.5 L coconut milk
250–350 ml vegetable stock or
water
4 kaffir lime leaves
2 tbsp soy sauce
Juice of 1 lime
A small handful of Thai basil or
fresh basil
Fresh cilantro, to finish
Oil, salt and a pinch of sugar if
needed
To serve: basmati rice, naan,
toasted cashews, chutney and
lime wedges

IN YOUR KITCHEN

- 01 Pat the tofu dry and sauté it until lightly golden. Reserve.
- 02 Cook or sauté the eggplant separately until tender. Reserve.
- 03 In a large pot, sweat the onion, garlic and ginger in a little oil. Add the yellow curry paste and cook for 2–3 minutes.
- 04 Pour in the coconut milk and stock. Add the kaffir lime leaves, potatoes and carrots. Simmer until almost tender.
- 05 Add the chickpeas, tofu, eggplant and apple. Cook until the vegetables are tender but the apple still holds a little shape.
- 06 Season with soy sauce, lime juice and, if needed, a pinch of sugar to balance the flavors.
- 07 Finish with basil and fresh cilantro.
- 08 Serve with basmati rice, warm naan and bowls of crunchy toppings.

A NOTE FROM JONATHAN

Add the apple near the end so it softens gently without turning into purée.

Chocolate mousse

Dark chocolate, Moscatel and a little fleur de sel

Mousse de chocolate

The finishing touches make this one special: a little crumble, red berries, Moscatel and just a few flakes of salt.

INGREDIENTS

Serves 6

220 g 70% dark chocolate

150 g butter

6 pasteurized eggs, separated

A pinch of salt

To finish: vegan crumble,
Moscatel or another liqueur,
fleur de sel and fresh red berries



IN YOUR KITCHEN

- 01 Melt the chocolate and butter together over a bain-marie or very gently in the microwave.
- 02 Whisk the egg yolks lightly and temper them with the warm chocolate mixture. Stir until smooth.
- 03 Whisk the egg whites with a pinch of salt until they hold soft to medium peaks.
- 04 Fold one third of the whipped egg whites into the chocolate mixture to lighten it.
- 05 Fold in the remaining whites in two additions, gently, until no white streaks remain.
- 06 Divide into glasses or bowls and chill until set.
- 07 To serve, top with vegan crumble, a few drops or a small spoon of Moscatel, fresh berries and a tiny pinch of fleur de sel.

A NOTE FROM JONATHAN

The mousse should feel light, not dense — fold gently and stop as soon as the mixture is uniform.

Vanilla panna cotta

With a red berry topping

Panna cotta com frutos vermelhos

A dessert to prepare the day before. Keep the cream smooth and the berry topping bright, then bring the two together at the table.

INGREDIENTS

Serves 6

500 ml heavy cream

200 ml milk

80 g sugar

1 vanilla pod or 2 tsp vanilla paste

8 g powdered gelatin or equivalent weight of sheets

Red berry topping: 250 g mixed berries, 40–50 g sugar, 1 tsp lemon juice

IN YOUR KITCHEN

- 01 Heat the cream, milk, sugar and vanilla until the sugar dissolves and the mixture is hot but not boiling.
- 02 Bloom the gelatin according to its package instructions. Remove the hot cream mixture from the heat and stir in the bloomed gelatin until fully dissolved.
- 03 Pour into molds or glasses and chill for at least 4 hours, ideally overnight.
- 04 For the topping, cook the berries with sugar and lemon juice for a few minutes until glossy and lightly syrupy. Cool completely.
- 05 Serve the panna cotta with the berry topping spooned over the top.

A NOTE FROM JONATHAN

Do not boil the mixture once the gelatine is added — gentle heat keeps the texture smooth and delicate.



Brûléed oat custard

Oat milk, lemon and cinnamon

Leite-creme brûlé de aveia

A spoon breaks through the crisp caramel into a soft, citrus scented cream. This oat milk version contains egg yolks.

INGREDIENTS

Serves 6

1 litre oat milk
160 g sugar
40 g cornstarch
6 egg yolks
Peel of 1 lemon
1 cinnamon stick
A pinch of salt
Extra sugar for caramelising



IN YOUR KITCHEN

- 01** Heat 800 ml of the oat milk with the lemon peel and cinnamon stick until hot and fragrant.
- 02** In a bowl, whisk the sugar, cornstarch, egg yolks and remaining 200 ml oat milk until smooth.
- 03** Remove the lemon peel and cinnamon from the hot milk. Gradually whisk some of the hot milk into the yolk mixture, then return everything to the pan.
- 04** Cook over medium-low heat, stirring constantly, until thick and creamy.
- 05** Divide into ramekins or bowls and chill.
- 06** When ready to serve, sprinkle a thin layer of sugar on top and brûlée with a torch.

Carrot cake

Vegan, with a glossy chocolate topping

Bolo de cenoura vegan com chocolate

For the coffee table, or a quiet afternoon at home. Whipped aquafaba gives the cake its lift; chocolate provides the finishing touch.

INGREDIENTS

Serves 8

250 g finely grated carrot
100 g vegetable oil
100 g plant-based milk
10 g lemon juice
220 g all-purpose flour
30 g cornstarch
12 g baking powder
3 g baking soda
A pinch of salt
140–160 g aquafaba
160–180 g sugar
Chocolate topping: 150 g dark chocolate, 120 g plant cream or coconut cream, 10 g neutral oil or vegan butter

IN YOUR KITCHEN

- 01 Whip the aquafaba with the sugar until it reaches a firm meringue-like consistency.
- 02 In another bowl, mix the carrot, oil, plant milk and lemon juice.
- 03 Add the flour, cornstarch, baking powder, baking soda and salt.
- 04 Fold one third of the whipped aquafaba into the batter to loosen it, then gently fold in the rest in two additions.
- 05 Bake at 170°C / 340°F for 35–45 minutes, until a skewer comes out clean.
- 06 For the topping, heat the cream and pour it over the chopped chocolate. Add the oil and stir until glossy. Spread over the cooled cake.

A NOTE FROM JONATHAN

Fold the aquafaba gently — it is what gives the cake its light texture.



Orange cake

Moist crumb and warm orange syrup

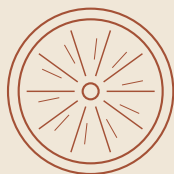
Bolo de laranja húmido

One to share in generous slices. The syrup goes on while the cake is warm, giving it time to soak into the crumb.

INGREDIENTS

Serves 8

200 g fresh orange juice
120 g vegetable oil
3 eggs
180 g sugar
240 g all-purpose flour
10 g baking powder
A pinch of salt
Zest of 1 orange
Orange syrup: 200 g fresh orange juice, 50 g sugar



IN YOUR KITCHEN

- 01** Whisk the orange juice, oil, eggs, sugar and salt together for 2 minutes.
- 02** Fold in the flour, then the baking powder and orange zest.
- 03** Bake in a 22 cm round tin or similar at 180–190°C / 355–375°F until golden and cooked through, about 35–40 minutes.
- 04** Meanwhile, simmer the orange juice and sugar for the syrup for 4–5 minutes.
- 05** When the cake comes out of the oven, prick it gently and pour the syrup slowly over the top while still warm.

A NOTE FROM JONATHAN

Pour the syrup gradually, allowing the cake to absorb it little by little.

Yogurt cake

Vegan, with oat milk and aquafaba

Bolo de iogurte vegan

Simple enough to bake just because. Serve it plain, add a light citrus glaze, or bring it to the table with fresh fruit.

INGREDIENTS

Serves 8

250 g all-purpose flour
160 g sugar
125 g plain plant-based yogurt
90 g oat milk
80 g vegetable oil
120 g aquafaba
8 g baking powder
3 g baking soda
A pinch of salt
1 tsp vanilla
Zest of 1 lemon or orange
(optional)



IN YOUR KITCHEN

- 01 Whisk the aquafaba until lightly foamy and airy.
- 02 In another bowl, mix the yogurt, oat milk, oil, sugar and vanilla.
- 03 Add the flour, baking powder, baking soda and salt.
- 04 Fold in the aquafaba gently, followed by the citrus zest if using.
- 05 Bake at 170–175°C / 340–350°F for 35–40 minutes, until risen and golden.
- 06 Cool before slicing.

A NOTE FROM JONATHAN

This cake is lovely plain, but it also works beautifully with a light lemon glaze.

Keep these close to hand

Pequenas notas para levar convosco

01 Measure with care

Use a kitchen scale for cakes and desserts. Grams and milliliters keep measurements consistent. Oven temperatures are also shown in Fahrenheit. One tablespoon is 15 ml; one teaspoon is 5 ml.

02 A little aquafaba

Aquafaba is the liquid from cooked or canned chickpeas. Choose unsalted where possible and use a clean, grease free bowl when whipping it.

03 Portuguese finishing touches

Moscatel is a sweet wine: add a little when serving the mousse, or leave it out. Fleur de sel is a delicate finishing salt. A few flakes are enough.

04 For the vegan recipes

Choose dairy free chocolate, yogurt and cream. Check curry paste for fish or shrimp ingredients, and choose vegan naan to accompany the curry.

05 Get to know your oven

Preheat the oven, grease and line your cake pan, and check at the shorter baking time. Ovens and pans vary; the cake should be set in the center and a skewer should come out clean.

UNTIL WE MEET AGAIN

The recipes are yours now.

As receitas agora são vossas

Make them your own.
Gather around a table.
And think of Portugal, now and then.



Jonathan & Joana



Jonathan & Tigas

With love,
The O.Meu Chef team



Find us again

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omeuchef.pt

by Chef Julian
OMEU CHEF
O CHEF. A EXPERIÊNCIA. EM SUA CASA.

Thank you for sharing our table.

Obrigado por partilharem a nossa mesa.

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