

# FOODS OF THE AZORES ISLANDS

By  
**Deolinda Maria Avila**

Thousands of Portuguese immigrants and descendants live all over the U. S. and Canada, the majority being from the Islands.

Although the Azores Islands are part of Portugal, there are many differences in cooking between the two, and when I first wrote this book in 1977 there was no cookbook about Azorean cooking on sale.

I have collected 210 recipes from family and friends, all good cooks, and many of these recipes have been handed down over the generations by word of mouth.

The recipes include soups, fish, meats, vegetables, breads, cakes, sweets, jams and cheese.

The amounts have been changes from grams to cups, and the recipes tested with American products. Using modern ways of cooking you will find these recipes easy and delicious.

## ABOUT THE AUTHOR

Deolinda Carvalho was born and raised in Horta, Faial, Azores. At the age of 15 she came to the United States with her parents and brother. Now Deolinda Avila has her own family and resides in California with her husband.

Deolinda attended Liceu Nacional da Horta, completing the 5<sup>th</sup> year in Literature, and has attended San Jose City College and Foothill College graduating with AA degree in Social Studies.

The memories of her childhood and her interest in learning, as well as sharing with others the cooking of her native land, has led her to write this book. She found out the only way to learn how to cook the delicious foods of the Azores is to ask family and friends; but when there is no one around, a cookbook can be very helpful.



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by Deolinda Maria Avila

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