



Meet Delicato

Delicato Vineyards • Highway 99 • Manteca, CA 95336 • (209) 239 - 1215 • Vol. 5, No. 6

PORTUGUESE DOUGHNUTS

Filozes

Filozes are deeper in color than American doughnuts. The irregular shapes resemble brown leaves with upturned edges.

- 2 cups milk, lukewarm (105° - 115°)
- ½ cup sugar
- 2 teaspoons salt
- 1 package dry yeast
- 2 eggs
- ½ cup soft margarine
- 7 to 7½ cups sifted flour
- ¼ cup milk
- Oil for frying
- Granulated sugar or white corn syrup

Mix 2 cups milk, sugar and salt. Add yeast, stirring until completely dissolved. Add eggs and margarine. Add flour in 2 additions, kneading mixture until dough is easy to handle and does not stick to hands. Place in bowl and let rise until double. Punch down and let rise again.

Dip fingers in small bowl of milk, then pinch off about 2 tablespoons dough. Holding dough in both hands, use fingertips and thumbs to stretch dough into 4-inch circle. Avoid thick edges by stretching until circle is thin throughout. Don't worry about small tears. Holding dough in hands, poke hole in center of circle from underneath with middle finger.

Carefully place in 2 inches hot shortening. Brown doughnuts on one side, about 2 minutes. Using tongs, flip to other side until brown. Remove to drain on absorbent paper. While hot sprinkle with granulated sugar or drizzle with corn syrup. Eat the same day or freeze after baking. Makes 4 dozen.

PORTUGUESE BEANS

- 1 pound pinto beans
- 1½ quarts water
- 2 tablespoons parsley
- ½ teaspoon pepper
- 1 medium onion, finely minced
- ½ teaspoon cumin
- 1 can tomato sauce (8 ounces)
- 4 slices bacon
- Salt

Soak beans overnight in water. Add parsley, pepper, onion, cumin and tomato sauce. Simmer for about 3 hours, or until beans are soft, but not mushy. Fry bacon. Crumble and add to beans. Add salt to taste. Simmer for 30 minutes. Add more tomato sauce, if needed. Serves 6.

Dorothy recommends a *Delicato* red wine. "We often serve the beans with steak or barbecued mackerel," she adds.

Meet Dorothy



DOROTHY INDELICATO, the winery's treasurer, was born and spent her childhood within sight of the vineyards. Later, when she married Vincent Indelicato, Executive Vice President of Delicato Vineyards, she moved to her present home adjacent to the winery grounds.

Dorothy's father, Joe Cardoza, produced milk for the Indelicato's household use for many years. Today, he and his wife, Mary, still live nearby and help out at the winery during the busy crush season.

The Cardozas came to this country from the Azores and still cook many Portuguese dishes. Dorothy shares several with readers this month, including her mother's rendition of the Portuguese national soup - *Caldo Verde*.

KALE SOUP

Caldo Verde

- 2½ to 3 pounds beef with bones
- 2½ quarts cold water
- 1 medium onion, chopped
- 1 tablespoon minced parsley
- 4 large potatoes, quartered
- 5 cups kale (or chard), loosely packed
- 1 tablespoon wine vinegar

Place meat in cold water with onions and parsley. Simmer for 3 hours. Remove meat and bones. Add potatoes and kale and simmer for 45 minutes. Return meat and serve when hot. Serves 6.

PORTUGUESE STEW

Sopas

- Beef pot roast (about 5 pounds), cut in 3 pieces
- 4 cloves garlic
- 3 cans tomato sauce (8 ounces each)
- ½ cup chopped onion
- ½ cup chopped parsley
- 5 celery stalks, chopped
- 1 bottle *Delicato* Vin Rosé (750ml)
- 10 cups cold water
- 1 tablespoon pepper
- 3 tablespoons salt
- 1 teaspoon ground allspice
- ½ teaspoon cumin seeds
- 4 bay leaves
- 2 tablespoons wine vinegar
- 1 head cabbage, cored and quartered
- 1 loaf French bread, cut into 1½-inch slices
- 25 whole fresh mint leaves, with stem

Combine all ingredients except bread and mint in large pot. Bring to a boil. Cover and simmer for 6 hours. During last hour, uncover pot.

At serving time, cover bottom of large, shallow serving dish with bread slices. Lay lightly bruised mint leaves on top of bread so each piece is touched by mint flavor. Ladle hot *Sopas* on top and eat immediately with *Delicato* Zinfandel or Rosé of Cabernet. Serves 6.

PORTUGUESE SWEET BREAD

Massa Sovada

- 2 cups milk, lukewarm (105°-115°)
- 1 cup sugar
- 2 teaspoons salt
- 1 package dry yeast
- 2 eggs
- ½ cup soft shortening
- 7 to 7½ cups sifted flour
- 2 eggs, hard boiled
- 1 egg yolk

Mix milk, sugar and salt. Add yeast, stirring until completely dissolved. Add 2 eggs and shortening. Add flour in 2 additions, stopping when dough is easy to handle and no longer sticks to hands. Knead about 15 minutes and divide into 2 equal portions.

From each portion, tear off dough to form 2 balls: one the size of a golf ball, and one the size of a walnut. Place these 4 balls on a pie plate to rise. Shape large dough balls into 2 oblong loaves and place in well greased loaf pans. Pat flat on top. Cover and let rise until double (about 30 to 40 minutes).

recipes continued on back

Make a small indentation on top of each loaf, about 3 inches from one end, and place a whole, uncooked egg in it. Create a cross on top of each loaf by rolling walnut-size balls into 5-inch strips and rolling golf ball-size balls into 9-inch strips. Lay shorter strip over egg, moistening dough with water to aid sticking. Lay longer strip lengthwise, forming the cross. Place in preheated 375° oven and bake until browned, about 30 to 40 minutes. Remove loaves from pans, cooling slightly before slicing. The egg will be delicious.

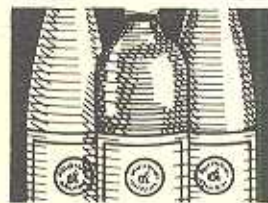


SOPAS FOR A CROWD

Pour 5 gallons cold water into a 100-gallon pot. Add cheesecloth spice bag containing: 4 large handfuls bay leaves, 3 large handfuls cinnamon sticks, 2 pounds slivered bell peppers, 3 pounds pickling spice, 2½ pounds Italian Seasoning.

Add one 1200 pound cow (400 pounds dressed weight. Reserve steaks for a later barbecue.) Fill pot with cold water to within 12 inches of rim (about 25 gallons). Add: 6 pounds salt, 5 gallons *Delicato Vin Rosé*, 23½ pounds chopped onion, 1 pound dehydrated onion, 5½ ounces vinegar, 1½ pounds garlic, ¼ pound each ground oregano, pepper, nutmeg, ¼ pound each ground rosemary, allspice and cumin seed, 15 large heads cabbage (halved and cored), 3½ gallons tomato paste, 3½ gallons tomato ketchup, 5 ounces Worcestershire sauce.

Cover and simmer for 15 hours. When serving, place slices of day-old French bread and several whole mint leaves in large serving pan. Ladle hot *Sopas* on top. (Two hundred loaves of bread and 400 sprigs of fresh mint are needed.)



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Mantecans Celebrate Traditional Portuguese-Style Festa

Each summer, Portuguese-Americans in the Manteca area observe a traditional festival that means good food, good times and most important—a chance to honor their common heritage.

The *Festa* (fesh-ta) commemorates the charity of Portugal's Queen Isabel, who asked the nobles of her kingdom to dedicate one day a year to the Holy Ghost. On this feast day, she proclaimed, they would give food and money to the poor.

Today the festival is celebrated not only in Portugal, but also in many California towns where the Portuguese have settled.

The holiday begins with a parade led by the prior year's queen and her attendants, from the festival grounds to the local Catholic church, where a mass is celebrated. Among the bands and parade marchers is a float with

a young lady portraying Queen Isabel. Dressed in lavender and pink, she rides the decorated float while carrying a basket of sweet bread buns, with young children kneeling at her feet. The sweet bread buns are handed out to children after the parade by the young Queen Isabel.

This year's Queen of the *Festa* and her two maids, chosen from the community, walk at the end of the parade.

During the mass, the traditional crown, emblematic of Queen Isabel's reign, is blessed. After the religious service, townspeople and Portuguese from the surrounding communities enjoy a feast of traditional Portuguese foods: *Sopas*, sweet breads and *Tremocos* (lupine beans).

Following the custom established by Queen Isabel, local citizens donate money and food so that everyone may

eat without charge.

The first Manteca *Festa* was celebrated in 1919. This year, Mantecans will stage two festivals: July 1 and July 8.

Joe Teicheira, one of the renowned chefs who will cook at the July 1 festival, shares his *Sopas* recipe with *Meet Delicato* readers. If you're entertaining a crowd, this recipe will feed 640. If your party is smaller, try Dorothy Indelicato's recipe (inside) for 8 persons!

Joe Teicheira



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