



The **milk** has a unique place in the parish of São Pedro Fins. With the application of new technologies, farmers have achieved higher yields using a system where each cow manages the need to remove its own milk. The process is even more advantageous for the animal as the robotic system is more delicate in milking.



In **Quinta do Torreão** can be found the planting and growth of different species of vegetables and fruits. What makes it special is that all production is biological. Here grow vegetables like chillies, peas, aubergines, green beans, lemons or red cabbages. In fruits, especially figs, apples, passion fruit or pomegranates. A place where respect for the environment is cultivated every day.



Discover a territory through the flavors of the earth.

The **production of strawberries and turnip greens** in the parish of São Pedro Fins is made using the semi-hydroponic system, an innovative way to promote growth. With an area of 3000 m² their growth occurs in a harmonious environment. Biological pest control is privileged.

Local and geographical conditions justify Maia's link to agriculture. Over time, it developed and became a supplier to Porto. Noteworthy are the production of vegetables ("penca" from Maia), strawberries, blueberries, kiwifruit (largest exporter), mushrooms and basil (largest national producer). Organic farming has gained ground, as it does in Quinta do Torreão, without the use of industrial pesticides. In Maia was reproduced a species of camellia, rare purple color, baptized with the name "Angelina Vieira".



MAIA

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flavors of the
earth and
gastronomy



Maiata Goat, like Lidador Cod, makes a difference in the way it is cooked. In this delicacy the goat should be placed on laurel sticks arranged in a grid over the rice when it is brought to the oven, preferably wood oven. This is said to be the secret. And also, that this little detail is what makes it a dish appreciated by many.

Maia’s gastronomy is largely due to its historical origins. This was a farming area and the production of ingredients was the starting point for cooking dishes that are still part of the gastronomic memory of the territory. Thus, it is natural to find a wide range of flavors, especially sweets, which show the heritage and the presence of monasteries and convents in the Maia Land. This type of candy, characterized by the profusion of eggs and sugar, was only made by large families and religious establishments.



The territory of Maia integrates this **Green Wine Demarcated Region** that goes from the Douro River to the Minho River. Created in 1908, it is the largest geographical area for wine production in Portugal, and one of the largest in Europe. The green wines, thanks to their acidity and low alcohol content, are perfect to harmonize with the Maia cuisine.



Quinta Santa Cruz is part of the Green Wine Route. The vineyard covers an area of about 3 hectares and has 3 types of production. In the "Vineyard from Above" the vines grow in spine, while in the "Vineyard from below" the plants grow in cord. Inside the farm, the central street is known for its flowers and intense green.

Lidador Cod may be one of 1001 ways to cook the distinctive ingredient. What sets it apart from others is the mode of preparation. The thicker pimples and skin are removed before confection. This fact demonstrates the dedication given to cod and the creativity of the maiatos in making true delicacies. A dish to taste on each visit to Maia.



Roast Veal dates back to the rural origins of Maia. Cattle were used for field work and for food (milk and meat). In the preparation of calf all skin and fat are removed, and it is rubbed with salt. As it roasts, the meat is turned and wet with a preparation of garlic, bay leaf, olive oil and vinegar. To do so, they use a bunch of parsley.



The **Onion Ball** is typical of Maia. A plant that in this territory has great importance. Proof of this is the Royal Gastronomic Confraternity of Onions, which aims to defend and publicize the qualities and virtues of onions in traditional gastronomy in various shows of the flavors of the earth, in Portugal and abroad.



Corn Bread is a very old bread. It is thought then that it was common above all for the less affluent families who could not access the wheat for its price. This typical bread is part of many recipes. In Maia, the bread is made according to tradition, in a ritual that can take up to 5 hours. To make the bread, two kilos of cornmeal are needed for a quarter of kilo of rye flour.



Maia’s Biscuits, of more than probable conventual origin, evoke, in their most used forms – the sword and the shield – the figure of Gonçalo Mendes da Maia, the Lidador, patron of Land of Maia, warrior of legendary feats, right arm of King D. Afonso Henriques at the Reconquista. This delicacy, of great symbolic value, is a sweet encounter between history and legend.

The Maia’s **Toucinho do Céu** is one of the ways to prepare this convent sweet, very traditional in Portugal. In Maia, this pudding gets a new flavor. The inclusion of orange juice introduces a complexity, which makes its difference compared to other ways of preparing the Toucinho do Céu. A sweet that has become indispensable on the table of the maiatos on special dates.



French toast is a sweet present on any Christmas table in Portugal. Maia is no exception. Typical and very common in this festive season, french toast can be found throughout the year in various pastry shops and restaurants. A perfect sweet to accompany a coffee on a terrace or to finish a great meal with the typical flavors of this territory.

