

BELOURA



The beloura is a specialty from Minho that is not often seen outside of the region. It is not really a proper cold cut or a cured meat, but more of a forbidden son between a blood sausage and a loaf of bread.

The recipe requires rye, corn and wheat flour, kneaded with yeast, blood, and cooking water, alongside pepper and cumin. It is left to leaven, molded and cut, to then be boiled in water that is seasoned with garlic, salt, and bay.

The beloura should be cut into fine slices and fried in lard, to then make its way onto a plate of Minho.