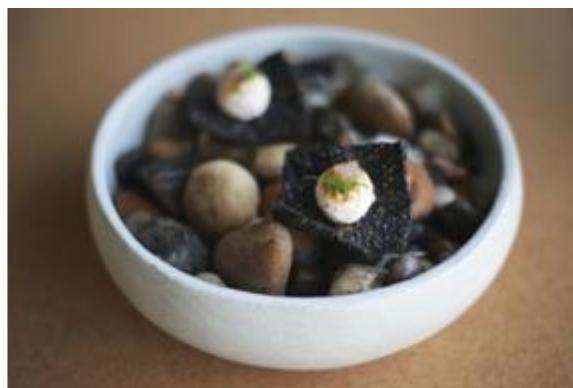


Seasonal innovations on Herdade do Esporão's restaurant menu

Esporão Restaurant: The Time of the Land continues in Pedro Pena Bastos' cuisine

#istoéesporão #thisisesporão #esporaoworld



High resolution images at: <http://bit.ly/2bBjKJt>

Chef Pedro Pena Bastos may be at the helm of Herdade do Esporão's restaurant, but it's actually nature who's in charge. What dictates new dishes here is the seasonal character of the ingredients, whether wild or produced at the Herdade, as well as their storage during times of greater abundance and flavour, so they can be enjoyed now. The menu maintains the same four options – 'Vinha', 'Montanheira', 'Tempo da Terra' (Time of the Land) and Vegetarian – but the protagonists are prone to change.

The Time of the Land concept focusses on simple flavours, high quality and the cycles of ingredients. This harmonious relationship with nature allows Chef Pedro Pena Bastos to frequently present new dishes and make changes to the menu. It's not a new menu, but rather adaptations that take the seasonal character of ingredients into account, which means that diners can look forward to rediscovering the restaurant every time they visit. As such, the current menu offers the seasonal flavours of summer truffles, lemon verbena, apricots, peaches, strawberries and wild garlic, while some of the harmonious combinations that the Chef suggests include mackerel, Iberian pork, turbot and Alentejo lamb.

The culinary experience begins with homemade bread and butter, as well as a range of Esporão extra-virgin olive oils. Then come chickpea scratchings with algae and cod roe mousse, as well as pig trotters in shiso gelatine, inviting you on a tour de force of flavours.

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ESPORÃO RESTAURANT MENU

Vinha Menu

Mackerel, avocado, ice plant and smoked broth
Turbot, green asparagus, quinoa and homemade lardo
Or
Iberian pork, turnips, greens and coffee and almond mix
Citrus fruit and toasted oats
Price: €40
Cheese: €10

Montanheira Menu

Mackerel, avocado, ice plant and smoked broth
Blackbelly rosefish, summer courgettes, crayfish and mussels
Alentejo lamb, artichokes and apricot and homemade *requeijão* cheese
Or
Beef entrecôte, toasted celery root and a potato and onion mille-feuille
Green almonds, lime and dill
Peach, lavender and lemon verbena tart
Menu: €55
Wine flight: €20
Cheese: €10

Tempo da Terra (Nature's Pace) Menu

Squid, nasturtiums and green strawberries
Sea bass, broccoli, seaweed and fennel
Fermented cereals, egg and mushrooms
Suckling lamb, honey, peas and lovage sauce
Wild duck, rhubarb and juniper sausage
Green almonds, lime and dill
Strawberries, sheep's milk, marjoram and black pepper
Menu: €70
Wine flight: €30
Cheese: €10

Vegetariano Menu

Green garlic and hay, peas and cornflowers
Artichokes, apricot, shiso and homemade *requeijão* sheep's cheese
Toasted celery root, spring onion, Echalion shallots, *noisette* and *da terra* broth
Green cereals, egg and wild mushrooms
Green almonds, lime and dill
Peach, lavender and lemon verbena
Menu: €45
Cheese: €10

ADDRESS	HERDADE DO ESPORÃO / Apartado 31, 7200-999, Reguengos de Monsaraz
TELEPHONE	+351 266 509 280
TYPE OF CUISINE	Signature Mediterranean
E-MAIL	reservas@esporao.com
WEBSITE	https://www.esporao.com/pt-pt/experiencia/restaurante/
AVERAGE PRICE	€50
GROUPS	Yes
SMOKING AREA	No
PARKING	Yes
DISABLED ACCESS	Yes
CAPACITY	40 people
OPENING HOURS	12:00 (midday) to 3:00 pm The restaurant closes between 14 th and 28 th November.

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About Pedro Pena Bastos: Pedro Pena Bastos (23/07/1990) is the chef at Restaurante Esporão. Originally from Porto, with roots in the Ribatejo region, he is a promising young talent who, after having begun his career in 2007 at the Cafeina restaurant in Porto, began studying at the Escola Superior de Hotelaria e Turismo do Estoril. During his course (2012-2014), he had various stints training at establishments with a both national and international reputation, as well as 1 and 2 Michelin stars.

Whilst studying, he also set up his own project, "Revolta do Palato", a consultancy and exclusive catering company that saw him work abroad for the Grupo Muthu - MGM in places like Asia.

Between 2013 and 2014, he was in head chef at "Grémio Literário", a private club in Lisbon, where he restructured the menu and altered the type of food served at this charismatic spot in the Chiado neighbourhood.

In October, 2014, he took up the position of chef at Restaurante Esporão, where he implemented an approach based on local ingredients supplied by small producers and daily work in the Herdade's own kitchen garden. Pedro Pena Bastos creates and develops Restaurante Esporão's menu respecting the seasonal nature of each ingredient and its availability.

Currently, his greatest inspiration is Portuguese cuisine, the most ancestral of origins, with particular focus on and affection for the Alentejo region, where Restaurante Esporão is located and which inspires him each and every day.

About Esporão: Founded in 1973 by José Roquette and Joaquim Bandeira, Esporão's is one of the most important wine companies in Portugal. It is a key factor in making the Alentejo an important name in both national and international markets, Esporão is also an ambassador of Portuguese culture, operating in a sustainable way, while building close ties with customers and consumers the world over. Esporão is based in the Alentejo region, where it produces iconic wines, such as Esporão Reserva and Monte Velho, as well as extra-virgin olive oils. Herdade do Esporão also boasts an excellent wine tourism project on the same site as the wineries. The company's project now also extends to Quinta dos Murças, an estate in the Douro region that produces wines with terroir and the company's same guarantee of quality. Esporão sells its products in a range of shops and restaurants in over 50 countries in the world. The company's holistic approach in adapting a wide range of innovative sustainable practices led to the attribution of the coveted and prestigious "Sustainability of the Year Award" at the "The Drinks Business Green Awards 2013". In 2014, Esporão won an award at the "European Business Awards for the Environment" in the "Products and Services" category.

Find out more about Esporão at:

<http://www.esporao.com/>

<https://www.facebook.com/esporaoworld>

<http://www.youtube.com/esporaoworld>

<http://instagram.com/esporaoworld>

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