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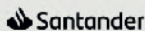


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## **Regional products and typical dishes in restaurants in the Autonomous Region of Madeira**

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### **Abstract**

Madeira's regional cuisine, which includes typical dishes and characteristic local foods, is an unmistakable attraction for tourism of this region.

The aim of this study was to evaluate the presence of dishes and typical foods of Madeiran gastronomy in the menus of restaurants in the Autonomous Region of Madeira.

For this study we used a search engine widely used by tourists, “Tripadvisor Portugal®” and made the search for “restaurants” and as a place “Madeira, Portugal”. From the results presented were searched in the menus of the restaurants that presented it online, the presence of the main typical local foods as well as the main dishes of the regional gastronomy.

Of the total of 100 restaurants presented, only 48 made the menu available online, which most were in the Funchal (92%).

Of the restaurants that provided the menu, we found that the most common typical food was the scabbardfish (52.1%) followed by passion fruit (41.7%), tuna fish (39.6%), banana (39.6%), sweet potato (37.5%) and avocado (29.2%)

Typical regional dishes include black scabbardfish fillet (52.1%), tuna steak (27.1%), “espetada” (27.1%), grilled limpets (27.1%) and tomato soup (25%).

Thus we find a good expression of local dishes and food in the menus of tourist restaurants, but we think they could be more present and with a greater variety, giving opportunity to those who visit the Autonomous Region of Madeira to know the regional gastronomy, which is a factor of cultural identity of this region.

**Keywords:** Typical dishes, Regional foods, Restaurants, Gastronomy, Tourism, Madeira.

### **Introduction**

The cuisine of the Autonomous Region of Madeira is characterized by its simplicity and portrays the soul of its people. It is possible to find a wide range of high quality regional products, which allow the elaboration of a diversified menu of regional gastronomic specialties (Direção-Geral de Agricultura e Desenvolvimento Rural, 2019) (Direção Regional do Turismo da Madeira, 2011) (Madeira Regional Tourism Board, 2019).

Given the proximity to the sea, there is no shortage of grilled limpets, octopus in its various forms, tuna steak and black scabbardfish fillet with banana (Camacho, 1992) (CSPSBRB, 2018) (Rodrigues, 2018).

Another local delicacy is the "Espetada" of beef on a skewer of bay leaf, accompanied by fried corn and the typical "Bolo-do-caco" bread, which delight many tourists (Modesto, 2018).

Also in demand are homemade couscous, wheat soup, house bread crushed with sweet potatoes and "Carne vinha-d'alhos" (Camacho, 1992) (Modesto, 2018).

The abundance of tropical fruits also lends its exotic palates to making the most varied desserts. Examples are mango, banana, avocado, custard apple and passion fruit, which can be eaten in puddings, mousses and ice cream (Madeira Regional Tourism Board, 2019).

The Autonomous Region of Madeira also has a rich confectionery. However, the most typical sweet of this region is the traditional "Honey Cake", considered as the true ex-libris of the Christmas confection, made with rich ingredients such as varied spices, dried fruits and sugar cane molasses (Direção Regional do Turismo da Madeira, 2011).

With regard to drinks, the famous Madeiran "poncha", made with sugar cane brandy, bee honey and lemon, which in recent times has been accompanied by other varieties of "poncha": passion fruit, tangerine, among others (Direção Regional do Turismo da Madeira, 2011).

The different varieties of the famous Madeira wine, to be enjoyed as an aperitif or at the end of a meal, are presented as historical choices. Chosen to celebrate US Independence on July 4, 1776, praised by Shakespeare in some of his plays, admired by kings, princes, generals and explorers, Madeira Wine is undoubtedly a precious nectar of the Gods. There are over 30 Madeira grape varieties, the most noble being Sercial, Boal, Verdelho and Malvasia (Direção Regional do Turismo da Madeira, 2011).

With all this gastronomic richness, the tourist restaurants of this region are undoubtedly places to enjoy these typical palates. The aim of this study was to evaluate the presence of dishes and typical foods of Madeiran gastronomy in the menus of restaurants in the Autonomous Region of Madeira.

## Methodology

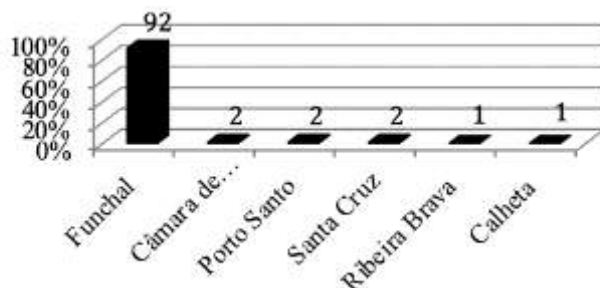
For this study we used a search engine widely used by tourists, "Tripadvisor Portugal®" and made the search for "restaurants" and as a place "Madeira, Portugal".

From the results presented were searched in the menus of the restaurants that presented it online, the presence of the main typical local foods as well as the main dishes of the regional gastronomy. This research was conducted during August and September of 2019.

## Findings/Results Discussion

A total of 100 restaurants was presented, but only 48 made the menu available online, which most of them were located in Funchal (92%) (Figure 1).

Figure 1 - Distribution of Restaurants by Municipalities (n=48)



Of the restaurants that provided the menu, we found that the most common typical food was the scabbardfish (52.1%) followed by passion fruit (41.7%), tuna fish (39.6%), banana (39.6%), sweet potato (37.5%), avocado (29.2%), among others, as can be seen in Table 1.

**Table 1 - Typical regional foods in the menus (n=48)**

<b>Typical food</b>	<b>n</b>	<b>%</b>
Black scabbardfish	25	52,1
Passion fruit	20	41,7
Tuna	19	39,6
Banana	19	39,6
Sweet potato	18	37,5
Avocado	14	29,2
Madeira wine	13	27,1
"Bolo do caco" bread	15	21,1
Couscous	8	16,7
"Honey cake"	6	12,5
Fennel	6	12,5
House bread	6	12,5
Sugar cane molasses	2	4,2
Pitanga	2	4,2
Yam	1	2,1
Sugar cane brandy	0	0
Custard apple	0	0
Sugar cane	0	0
"Poncha da Madeira"	0	0
Madeira rum	0	0
Tabaibo	0	0

Relatively to typical regional dishes, the most found were black scabbardfish fillet (52.1%), tuna steak (27.1%), “espetada” (27.1%), grilled limpets (27.1%) and tomato soup (25%) (Table 2).

**Table 2 - Typical regional dishes in the menus (n=48)**

<b>Typical dishes</b>	<b>n</b>	<b>%</b>
Black scabbardfish fillet	25	52,1
Tuna steak	13	27,1
"Espetada"	13	27,1
Grilled limpets	13	27,1
Tomato soup	12	25
Fried corn	8	16,7
Passion fruit pudding	5	10,2
"Açorda madeirense"	4	8,3
Wheat soup	4	8,3
"Carne vinha d'alhos"	3	6,3
"Picadinho"	2	4,2
"Prego no bolo do caco"	2	4,2
Grilled trout	2	4,1
Boiled corn	1	2,1
"Cozido madeirense"	0	0
"Queijada"	0	0

## Conclusions

Thus we find a good expression of local dishes and food in the menus of tourist restaurants, but we think they could be more present and with a greater variety, giving opportunity to those who visit the Autonomous Region of Madeira to know the regional gastronomy, which is a factor of cultural identity of this region.

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