

Handshake home

::: Research
Document:::

What:

To Bridge the Gap and Start conversation between immigrants (Nepalese - Indian community)

Why:

After the financial recession, Portugal experienced a brain and labor drain. This led the government to ease up their policy and invite immigrants to fill this gaping gap. Immigrants saw this opportunity as a way into Europe and get access to the coveted 'Red Passport'. However, will their outsider status change with their citizenship? Can we create an inclusive society?

::: TABLE OF CONTENTS :::

- 1. Time spent in almada.*
- 2. Research on immigration and portugese economy*
- 3. Interview and analysis*
- 4 .Digital platfrom for immigrant collaboration. Including locals*
- 5. Focus on Indian/ Nepali historic trade relations with portugal. How did it start?*
- 6. Creating an interactive space/ game where people come together and learn about eachothers culture*

Introduction to my experience in Almada.
How I came across this topic through the
spaces that I visited.

::: Chapter 1 :::



Walking along the touristic streets of Almada, I entered an Indian - Nepali - Portuguese restaurant. I spoke to the staff in Hindi and we were able to communicate on a personal level. As an Indian student studying in Europe, the immigrant staff and I shared very similar experiences despite having different backgrounds. This project aims to invite locals into this conversation and engage with this blend of the East and West. .

WHY? A WIN WIN SITUATION

- 01 Lack of locals to take up jobs as the working demographic went abroad for a better life during the fiscal crisis
- 02 The country has returned to growth, notably thanks to a boom in tourism and FDI in real estate. It could be easily reversed by the lack of skilled labor
- 03 The immigrants are usually from France, Brazil, Italy, Spain, Angola, Ukraine, Congo, India, Nepal and Bangladesh



I SPENT A LOT OF MY TIME IN THIS CAFE RUN BY TRISHANA (A NEPALI IMMIGRANT). HERE I WAS ABLE TO CLOSELY OBSERVE THE LOCAL CUSTOMERS, INTERACTIONS AND THE LIFESTYLE.



A study of the Portuguese Economy post
recession to understand why immigrants
shift to Almada.

::: Chapter 2 :::

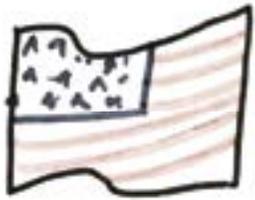
Portugal's Economy

42nd

GLOBAL COMPETITIVENESS REPORT 2017-18

1. HISTORY

FINANCIAL CRISIS 2007 -08



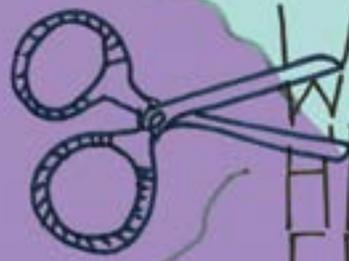
THE GREAT RECESSION



NOT ENOUGH HOUSING FOR LOCALS

'I am not against tourism. I'm against the exploitation of houses for tourism, that is pushing people born in Lisbon outside the city'

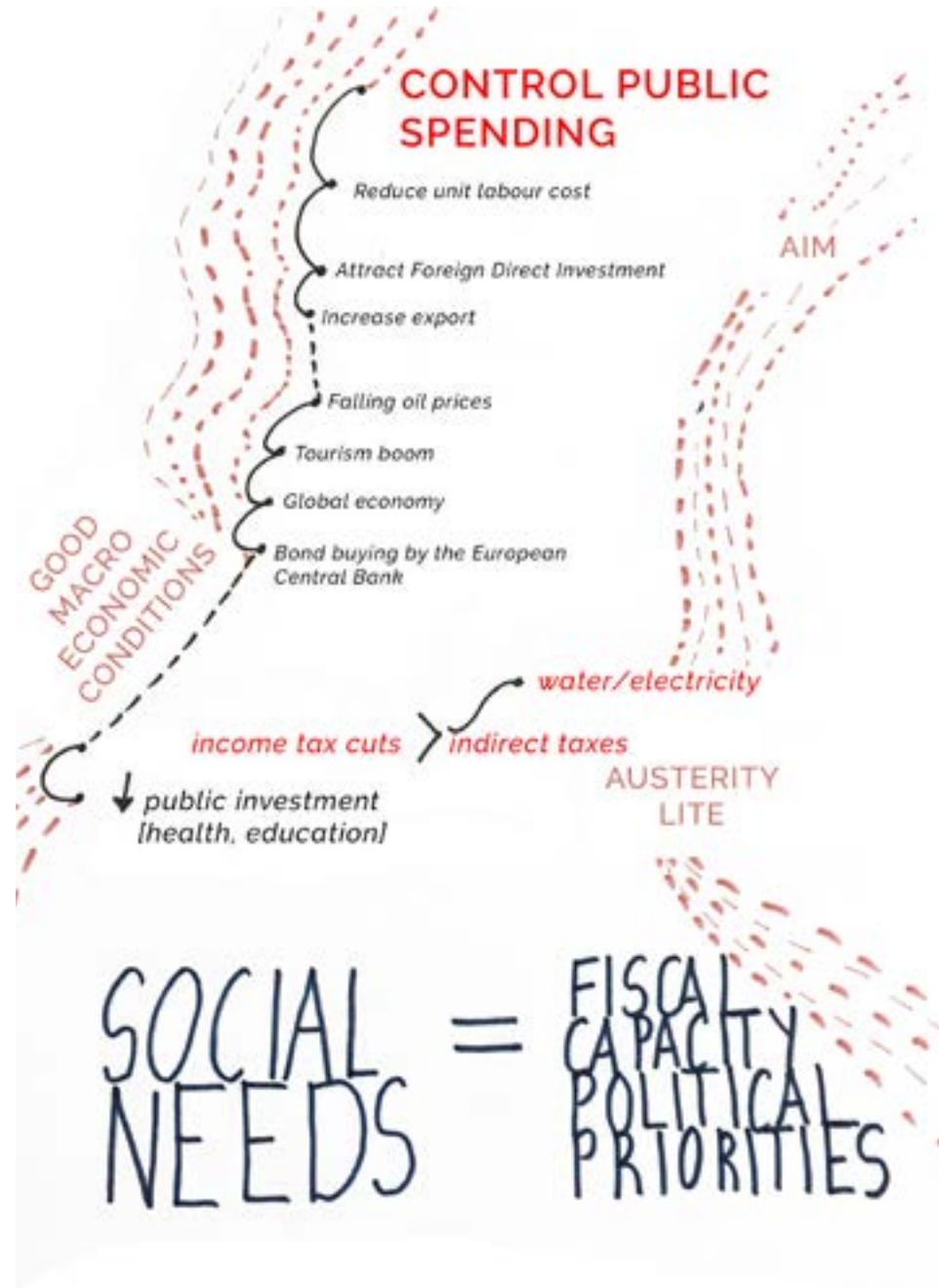
What are the direct consequences on the locals?



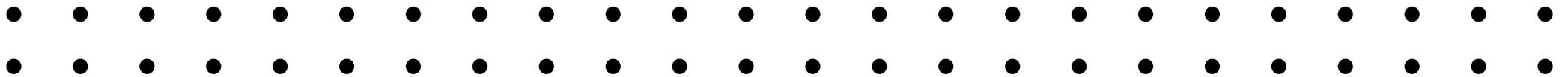
WELFARE
HEALTH
EDUCATION
STATE PENSIONS
BANK HOLIDAYS

↑ TAXES

Career Progressions
Minimum wage
Recruitment
Salaries



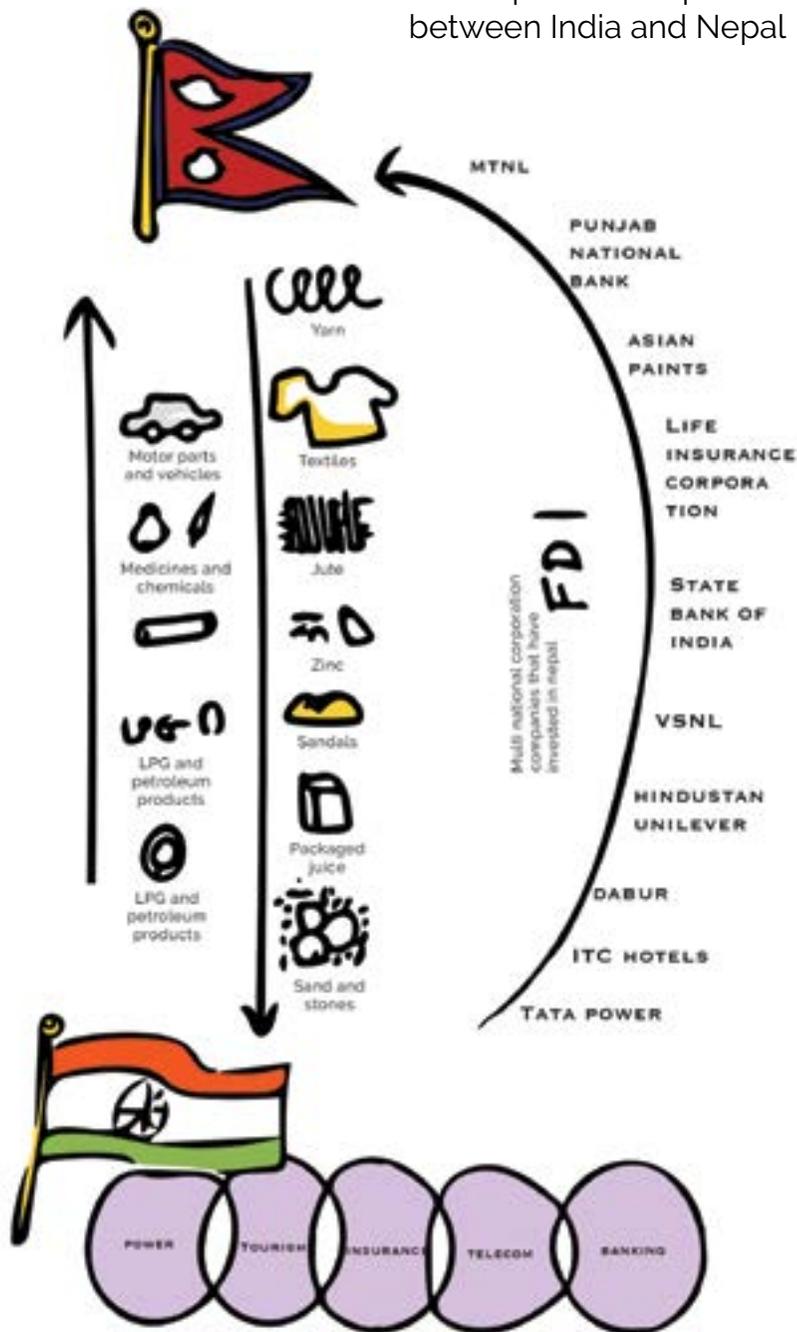
**An understanding of Portugese, Indian and
Nepali relations. What are my biases in this
research?**



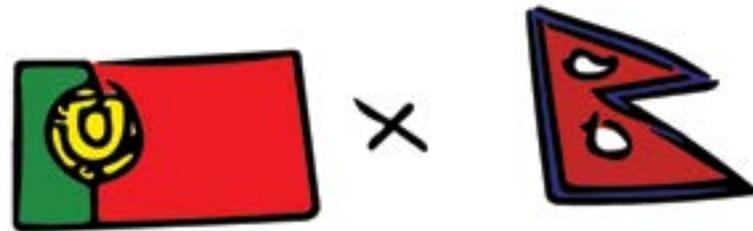
The import and export relations between India and Nepal



The import and export relations between India and Nepal



Portugal and immigration



The OECD report highlights an immigrant change to the immigration law concerning the regularization process for undocumented migrants. This law sees that migrants in employment and who had made social security contributions for at least one year maybe apply to be regularized on humanitarian grounds even if they are unable to show proof of legal entry into the country - which was previously a requirement

Interviews and analysis of the immigrants I interviewed. In my time in Almada, I struggled with the ethical dilemma of using their personal information for my research. I ensured to be totally transparent about my intentions. In order to protect their privacy, names have been changed. Pictures have not been used intentionally.

::: Chapter 3 :::

INTERPRETATION OF KEY TERMS IN THE CONTEXT OF THE PROJECT. THE SUBJECTIVE DEFINITION OF THESE TERMS

KEY WORD	INTERPRETATION
RED PASSPORT	The Red passport refers to the European passport. Immigrants leave their home country with an aspiration for it. While red in its literal sense has no superiority, it is its symbolic value of a stronger governmental backing and higher and easier prospects of employment in Europe.
MONEY	The starting motivation for most immigrants to leave their country is for higher education and salary. 'Money' is the material object they earn in exchange for their labour.
WAGES	Earning the salary of an immigrant for some varies from their local counterparts. This could be because of the added responsibilities and risk (incase of background checks, work hours previous employment).
ECONOMIC OPPORTUNITY	Despite some immigrants not completing their education, securing employment possessing the red passport is means for social mobility and increasing their income through various ways.

KEY WORD	INTERPRETATION
SECURED FUTURE	<p>The main goal is to use this passport to earn enough money in euros. When/if they return home they will have a higher standard of living. If not, they can live a slightly harder yet beneficial life.</p>
INDEPENDENCE	<p>From my interactions, traditional societies like India, Nepal and Bangladesh are also more patriarchal. Securing the red passport is a sign of autonomy and independence to travel, work and explore individual desires; away from societal expectations</p>
WEALTHIER COUNTRY	<p>The red passport belonging to members of the EU offers a chance of high quality of life without a high economic status - in terms of health care, social benefits, insurance, education, transport, citizen rights</p>
NATIONAL IDENTITY	<p>It is a sacrifice to give up the green Nepali passport for the red European one. However, the identity, mother tongue, culture, loyalty remain Nepali.</p>

KEY WORD	INTERPRETATION
TRAVEL	<p>Having the permanent citizenship card already allows for benefits when traveling. With the red passport, they will be able to find employment easily in their desired European country under a local employer or set up their own business. It creates more flexibility.</p>
PROFIT	<p>Currently, since they are earning in euros and spending in euros (including taxes) there is no monetary profit for them, living in Portugal. The only gain is reside in Europe for 5 years (naturalisation) and get the Red Passport.</p>
TRADE	<p>While there are benefits for immigrants, there is a profit for the European country too. Specially Portugal since they lost a lot of local working youth during the financial crisis. They are in need of cheap skilled and unskilled labor.</p>
NETWORK	<p>Although immigrants are able to adapt themselves to Portugal, they are yet outsiders. They have a strong local community of Nepali that help each other with rent, food, friendship, festivals, news etc.</p>

KEY WORD	INTERPRETATION
<p data-bbox="346 418 431 435">FAMILY</p>	<p data-bbox="679 331 1148 526">Sometimes, immigrants already have a family member that have a red passport. Hence, they are aware of the benefits and procedures. In some cases, are first generation red passport bearers and want their children to avail all its benefits.</p>
<p data-bbox="316 734 461 751">INTEGRATION</p>	<p data-bbox="679 647 1148 933">Through my observations, the immigrants are able to integrate into Portugal via the language, clothing and behavioral norms. A lot of them have already spent a lot of time in Europe before they arrived in Almada. However, I did notice a gap where they socialized most and were the most comfortable around they Nepali/ Indian colleagues.</p>

questions for the interview



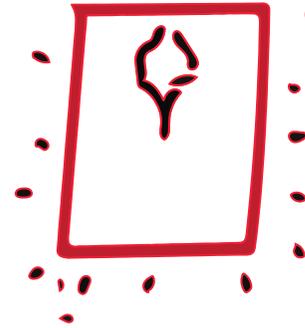
PAST

PRESENT

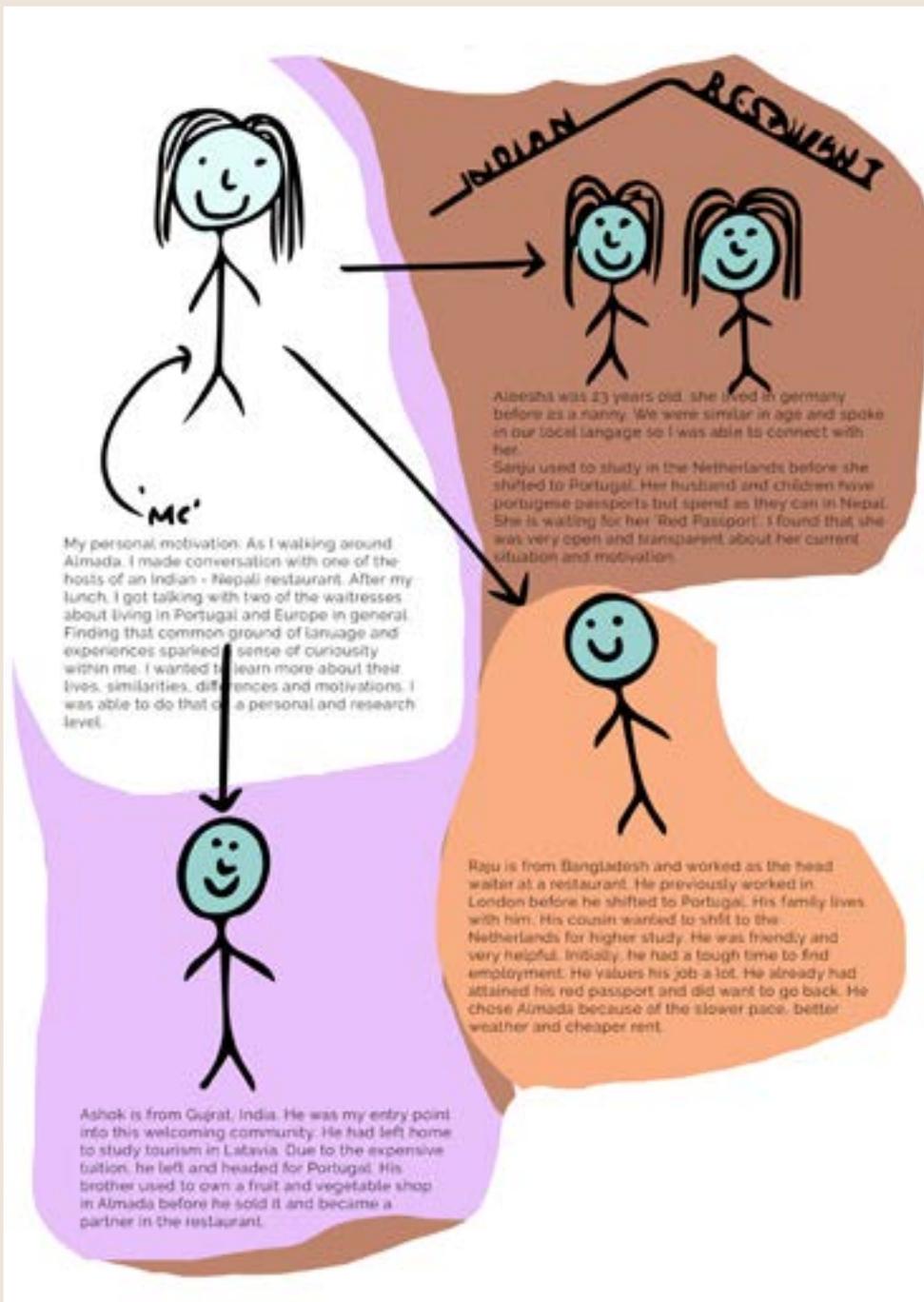
FUTURE

- What did you do before? (job/study) For how long?
- Why did you leave it?
- What are you doing now?
- Why are you doing it?
- How did you choose it?
- What are you going to do?
- Why will you do it?

RED PASSPORT



- 1) What does the red passport mean to you?
- 2) What do you have to do to get the red passport?
- 3) Why do you want/need it?
- 4) How much does it cost?
- 5) How would you feel with it?
- 6) Where can you get it from?
- 7) Would your future/ present change with the passport? Ho





POLITICS OF IDENTITY

Celebrate reduced communities and see how they relate to their environment, motivations. Uniformity x Individuality

Subquestions -

How are they creating/ discovering their Identity?

How is it different to the identity in their home country?

Are they able to expand upon what they are looking for?

What is most appreciated/ adapted/ misunderstood/ rejected

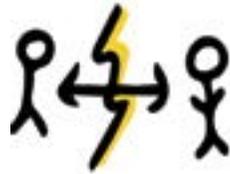
A road map for Nepali children born in Portugal to navigate

A balance between adapting to western culture without losing their roots. It should not be adaption till camouflage or stay within the Nepali community

Benefits and motivations of the 'Red Passport'



future ambitions



socialabilty with portugese counterparts



family reunifications



citizenship



school integration



housing



language



feeling of belonging



x 15

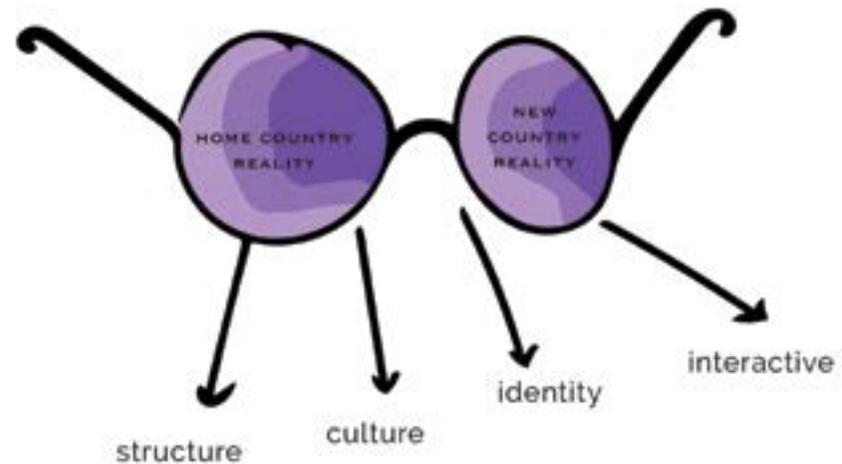
fifteen fold increase in income



decrease in child mortality



increase in school mortality



Paradoxical realities

Chapter 3 - Interview and analysis of situation

	TRISANA	ALEESHA	SANJU
RED PASS-PORT	The red passport does not hold a lot of significance for Trishana right now. There are still 4 years for her to apply. She eventually wants to go back to Nepal to raise her kids.	Aleesha started working in Portugal 4 months ago. It is easier for the documentation and procedural formalities. She has not given the Red Passport so much thought.	Sanju gave birth to both her children in Portugal. Since she did not have citizenship, she had to an expensive hospital bill. Her husband who works in Nepal has a European Passport. The Red Passport is important to Sanju so she can travel to a Northern Europe (Holland, Germany, Denmark) and earn higher wages.
MONEY	Trishana owns a cafe/mini Mercado which she rents from owner of the Nepali Restaurant. She is on good terms with an Indian man who rents her room to her hence she is not worried of eviction in case of a dire situation. Her husband works at a local butcher shop which adds to the income.	Aleesha works long shifts at the Nepali Indian restaurant (11am to 3pm and 6pm to 11pm). She lives with her aunt (mother's sister) who works as a caretaker for an elderly Portuguese lady.	Sanju works the same hours as Aleesha. She shares the expenses with her husband. Having a child has added financial pressure which is why Sanju wants the Red Passport.
WAGES	Having spent a lot of time at Trishana's cafe, I observed an influx of customers who would start their day with a glass of wine at 8:30am. In the evening, almost all the tables were full with men watching the news/latest football match. However, she worried about closing her cafe due to Corona Virus.	Aleesha had just started working in Portugal 4 months ago. Her salary is steady despite it being off season and not having a lot of customers in the restaurant. She was looking forward to her first summer in Almada. I did not interact with her regarding the income during the virus. However, her aunt would surely still be employed during this time.	
ECONOMIC OPPORTUNITY	Shifting to Europe offered Trishana great economic opportunity. From quitting her study in Poland, to working as a waitress in a restaurant to finally owning her own small cafe/mercado. It has been a journey of upward mobility.	Aleesha used to work as a nanny for a Moroccan - French family in Germany before she shifted to Portugal. She found employment as a waitress at the Indian - Nepali Restaurant.	Sanju used to work as a waitress at an Indian Restaurant in Amsterdam while studying as a student. Due to the high tuition fees, she quit her study and continued to work till her visa expired. She then shifted to Portugal and acquired a residence card with the help of the restaurant owner.

ANALYSIS OF THE INTERVIEWS AND CONVERSATIONS I HAD WITH THE NEPALI IMMIGRANTS. - IN THE CONTEXT OF THE RED PASSPORT AND LIVING IN EUROPE

	TRISANA	ALEESHA	SANJU
SECURED FUTURE	Trishana is well settled in Almada with her husband and family. She is happy with her new entrepreneurial venture.	Aleesha has not thought that ahead into her future in Europe. Her main goal is to earn money.	For Sanju, a secured future would mean a better life for her children which she has started to establish. They have Portuguese citizenship and go to a neighborhood school.
INDEPENDENCE	Trishana mentioned to me that when she was in Nepal, her mother took care of all her needs such as finances, cooking, laundry etc. When she started living independently, she learnt to fend for herself. With her cafe/mercado she is able to take accountability for her own profit/losses.		Sanju said that it is hard for her to adjust to Nepali society when she goes back after all the freedom she has experienced in Europe. Since her husband works in Nepal, she has no restrictions set upon her personally or professionally.
WEALTHIER COUNTRY	Trishana's brother and his working were working in Portugal. When she left Poland, she chose to come to Almada.	Aleesha's mother is working in Israel with a German passport. She already had some family working in Lisbon. Hence her destinations for employment seem quite logical.	In Nepal, especially after the Earthquake, the country was in need to regain its footing. Similar to the situation in Portugal, those who could leave for a better life, did that.
NATIONAL IDENTITY	Trishana was integrated into a strong Nepali community. The owner of the restaurant handled her documents and rented the space to her. She had learnt Gujarati and taught one her colleagues Nepali. Her husband was Nepali. I would often go to her cafe for breakfast and we would chat.	Aleesha had a strong connection with Nepal. I met her at the restaurant and we are able to connect because of speaking in Hindi. What pleasantly surprised me the most was that she asked me not to pay for my meals at the restaurant anymore. When she invited me over to her home, I noticed that most of her furniture,	Sanju had a strong connection with her Nepali roots. It was almost her mission to save her culture from fading away when it came to her children who grew up in Portugal. Every summer vacation, she sends them to her husband in Nepal to experience the culture.

	TRISHANA	ALEESHA	SANJU
	<p>She would always ask me if I wanted to drink tea/coffee with bread. She was almost offended when I offered to pay. When she invited me over for lunch for vegetarian momos, she called up a Nepali woman who made them and sold it at a subsidized rate. She was part of a facebook group of the Nepali community in Almada where she received most of her news.</p>	<p>photographs and show pieces were symbolic to Nepal. We even saw a Nepali film together. I interacted with her aunt in Hindi who spoke to me about her experiences in Portugal and rent inflation. On our last in Portugal, I saw Aleesha dressed in traditional Nepali clothes to celebrate a festival.</p>	<p>It was only because I was Indian that she had opened up herself and experiences to me. When speaking to me about the Red Passport, she defended herself saying that just because she is giving up a piece of paper, (passport) it is not possible to give up her identity.</p>
TRAVEL	<p>Trishana traveled from Poland. She was quite settled in her life in Almada. She spent most of her time in the shop. She goes to Lisbon at times for recreation when she has time.</p>	<p>Aleesha traveled from Germany to Portugal. She goes to Lisbon quite often. She plans to acquire the Red Passport and travel to a different European country for employment.</p>	<p>Sanju traveled from Amsterdam to Portugal. Her children had traveled to Nepal with her husband who resides there. She wants to travel out of Portugal once she completes 3 years here (for the red passport)</p>
PROFIT	<p>Trishana recently opened her shop. Since it is off - season, she mentioned that the shop is not yet profitable to her.</p>	<p>Aleesha works at the restaurant so she not worried about professional profit as long as her salary remains consistent.</p>	<p>Aleesha mentioned that living in Europe itself is not profitable economically due to overheads and taxes. (earn and spend according to Portugal expenses). However there is potential to earn in the future and she intangible profit.</p>
TRADE	<p>Trishana left her education and chose to be unemployed to take care of her aunt. She worked as waitress before investing in the shop. She traded all her free time to be good professional.</p>		<p>Sanju traded a life with her husband and family (away from her culture and home) to secure a better life for herself and children. In exchange, she is providing cheap labour and long hours.</p>

INTERVIEW: TRANSLATED FROM HINDI

(NAMES CHANGED)

LOCATION: RESTAURANT DELICIOUS, ALMADA

My name Krishna . I had a college business in Nepal. Also an agriculture one. That is still going on. It is an import and supply. 40% of Portugal is involved in the agri business. There is good short term income. The scope is high. In the future, I want to work for another company. I am still planning it. It is in supply and traveling. Let's see.

The Nepalese passport is not as strong as the European one. With it, I can easily travel to multiple countries. Also work in them. The economy is also much more strong. There are more opportunities with it.

Afterwards, it is also easier to bring my family to Europe and make the European passports for them.

I have lived for 4 years now. I have 2 years left. Then I will apply. I want to live here forever so it more convenient to do it this way. It is not so expensive since I have been paying taxes to the government for 4 years.

I can get it from Coservadi. It is the financial and social office in Almada. I just have to collect all the documents and submit it.

Since transitioning from one country to another can be a painful process for an immigrant, I explored the idea of strengthening the immigrant community. Creating an accessible and simple dossier of information, points of collaboration, a forum for mentorship and frequently asked questions. It was a guide to help them navigate through the culture shock and administrative issues. A section of the platform invites locals to get in contact with an immigrant based on similar interests.

::: Chapter 4 :::

HOW?

DIGITAL PLATFORM

1) STRENGTHENING IMMIGRANT NETWORK AND CREATING A DOSSIER OF INFORMATION



इमिग्रान्ट कोलाबोरेशन्

the immigrant collaboration

बातचीत शुरु करने वाला

a conversation starter

नेटवर्क खाना भाषा

network

food

language



experience



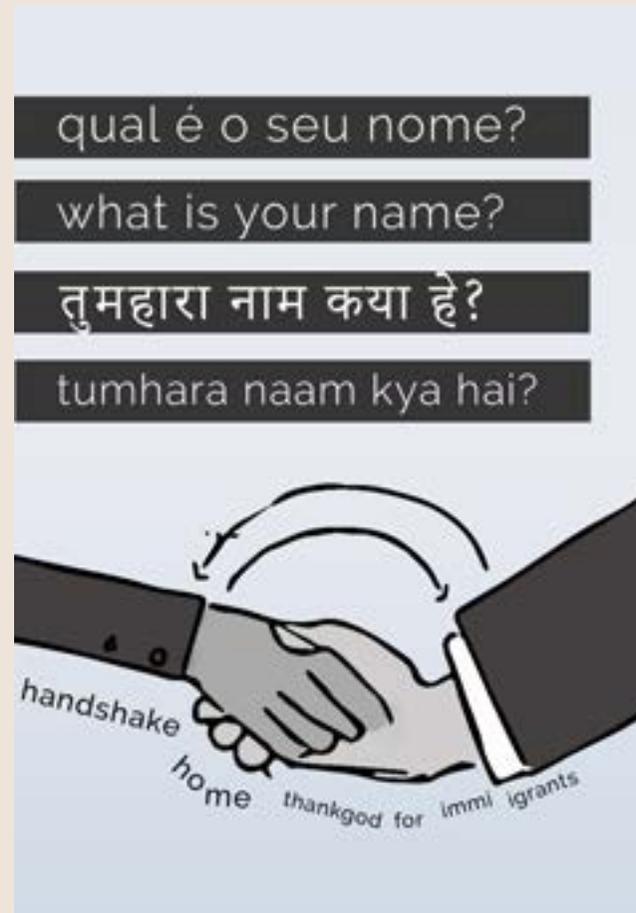
administrative help



Once the research was completed on how to strengthen the immigrant community, I realized that locals need to be more involved within the conversation. I started focusing on similarities and stark contrasts between Indian/ Nepali cultures and Portuguese cultures. I then chose to only focus on Indian culture as it is more logical to delve deeper into a one known and one unknown culture instead of struggling in uncharted territory for both. In this project, as a designer, I have intentionally opted to subtract my opinion as I do not belong to either community I am attempting to design for. (Immigrant and Portuguese)

::: Chapter 5 :::

EDUCATE AND SPARK CURIOSITY VIA POSTERS



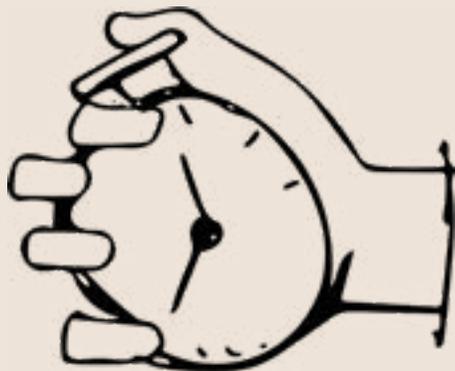
LANGUAGE

फीता fita	गरिजा igreja	कमरा câmara
दुवधि dúvida	चाबी chave	अलमारी armário
	आलपीन alfinete	अनन्नास ananás
	बालटी balde	LANGUAGE

		
		
		
		LANGUAGE

BEHAVIOUR

Portugese people are often laid back and chill. it is common behavious to that whenever you book a meeting with a portuguese mate, show up 30 minutes later than the given time. both of the parties will reach at the same time. similarly, in indian culture - we operate on our own clock. weather we blame it on traffic or being rejected by auto drivers - 30 minutes is good to keep spare.



HISTORICAL RELATIONS

Relations between India and Portugal date back to over 500 years when the Portuguese explorer Vasco da Gama led a sea-faring expedition to Calicut (Kozhikode) in Kerala in May 1498, making him the first to discover a direct sea route between Europe and South Asia, across the Atlantic Ocean and the African continent. This enabled Portugal to directly access the highly profitable Indian spice market and emerge as a dominant colonial trading power. Today India's relations with Portugal remain warm and friendly, with no irritants. Portugal has advocated for India in multilateral fora by consistently supporting India's permanent membership in the United Nations Security Council (UNSC), the Nuclear Suppliers Group and Indian candidatures to various bodies. In 2015, Portugal became the first European and western country, and only the fourth one outside the East Asia Summit, to sign a MoU on the Nalanda University in India.



Filmmaker Imtiaz Ali receiving the Touristic Award for Merit from Minister of Economy Pedro Siza Vieira and Secretary of State for Tourism, Ana Mendes Godinho



The largest and world-famous Dom Luis bridge in that city was completely closed for two days to shoot the sequence. Director Siddharth says, "We shot an action sequence between Hrithik-Tiger in Porto. In this tremendous scene, Tiger had to chase Hrithik and this required closing the main bridge in Porto for two days, so that the scene could be shot better."



BOLLYWOOD IN PORTUGAL

Catedral de Santa Catalina
Old Goa, India



The Sé Cathedral de Santa Catarina, known as Se Cathedral, is the cathedral of the Latin Roman Catholic Archdiocese of Goa and Daman. It was built to commemorate the victory of the Portuguese under Alfonso de Albuquerque over a Muslim army on 25th November, the feast day of Saint Catherine.

It was commissioned by Governor George Cabral to be enlarged in 1552 on the remains of an earlier structure. Construction of the church began in 1562. It had two towers, but one collapsed in 1776 and was never rebuilt. The architecture style of the Se Cathedral is Portuguese-Manueline. The exterior is Tuscan, whereas the interior is Corinthian. The tower of Se Cathedral houses a large bell known as the «Golden Bell», on account of its rich tone. It is said to be the largest in Goa, and one of the best in the world.

The Convent and Church of St. Francis of Assisi -
Old Goa, India



The Church and the Convent of St. Francis of Assisi was built in 1661 by the Portuguese. The exterior of the Church is of the Tuscan Order while the main entrance is in Manueline style. The main altar is Baroque with Corinthian features. There are no aisles but only a nave, which is rib-vaulted

Initially, most of the churches followed the model of Portuguese churches, but later architects became more independent moving away from what was happening in Europe. Most of the churches of Salcete (South Goa) follow the prototype of the façade of Bom Jesus, adding complexity with time. It was the beginning in Goa of a Mannerism and Baroque period.

GOAN CHURCHES INFLUENCED BY PORTUGUESE CONSTRUCTION

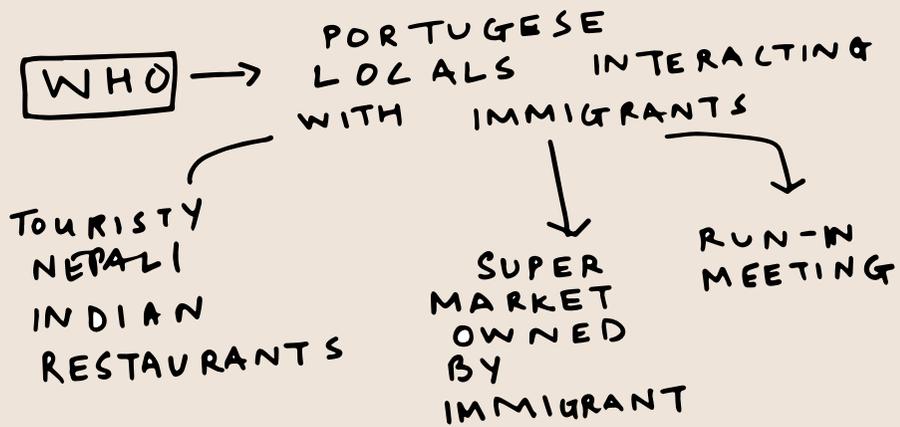
PORTUGUESE ARCHITECTURE IN INDIA

The biggest question I asked myself was - How do I bring a local/ tourist and an immigrant into a room together? Why would somebody want to change their behavior and go out of their way to speak to an immigrant? Do immigrants identify themselves as that? What will they even speak about?

I began to understand the historical relations between the two countries (India and Portugal). How did they cross paths? Is it possible to get inspired by history and make it relevant in the present?

::: Chapter 6 :::

HANDSHAKE HOME



HOW → LANGUAGE CULTURE

① OVERLAPPING POINTS

② DIFFERENCE

✓ EDUCATE

✓ INTERACT



HOW TO MAKE IT ACCESSIBLE?

① EDUCATE ^{research posters}

ooo OH! WE ARE NOT SO DIFFERENT. ^{webs:}

✓ PORTUGUESE WORDS DERIVED FROM HINDI

✓ BOLLYWOOD MOVIES SHOT IN PORTUGAL (VICE VERSA)

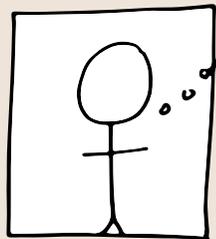
✓ POLITICAL & HISTORICAL RELATIONS

② INTERACT & CREATE RELATION.

① MEETING POINTS
PLACE OF WORK

② ENGAGEMENT?
↳ small conversations in portugese.

THINK LIKE A LOCAL →



LOCAL

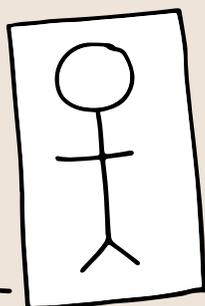
→ SHOULDN'T
CHANGE
BEHAVIOUR
SIMPLIFY THE
PROCESS

→ WHY SHOULD
I MAKE AN
EFFORT TO KNOW
A NON-PORTUGUE
CULTURE

BRIDGE
THE
GAP

← UNDERSTANDS
PORTUGAL/
EU CULTURE

← CAN INTERACT
IN LOCAL
LANGUAGE



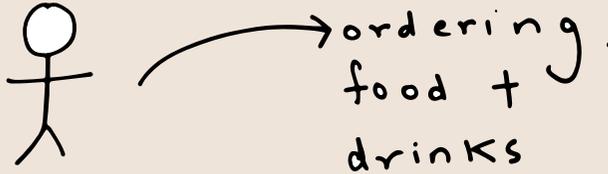
IMMIGRANT

FOOD IS ALWAYS AN
INITIAL STEP INTO
ANOTHER CULTURE. WHEN
A TOURIST/LOCAL ENTERS
INTO A NEPALI/INDIAN
RESTAURANT, THEY SHOULD
BE IMMERSED. INTO CULTURE.
THIS IS THE IMMIGRANT'S
MOMENT TO SHARE THEIR
CULTURE, A PART OF THEMSELVES

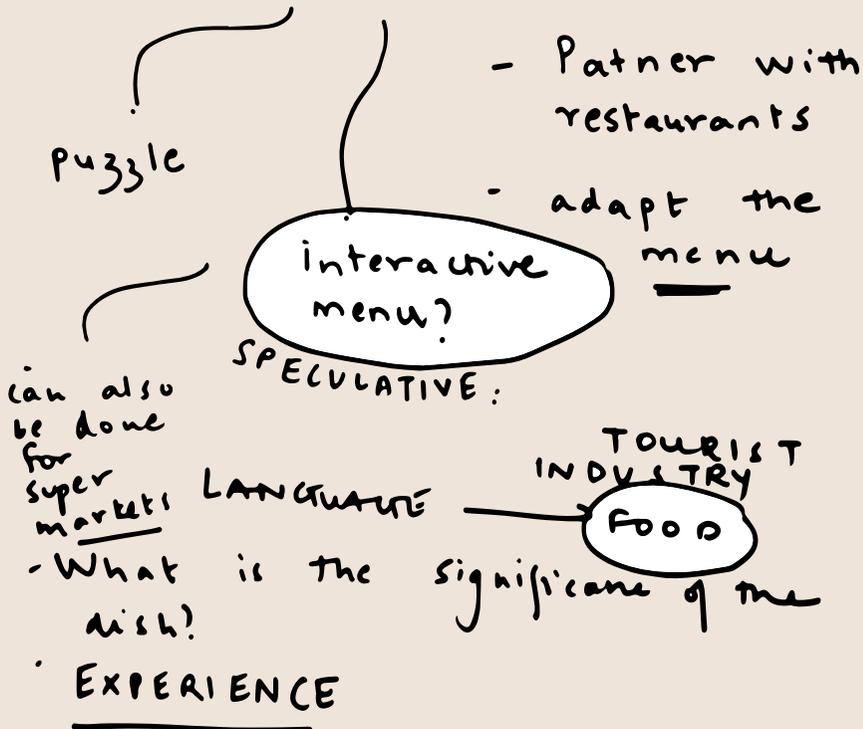
IT MAY NOT BE ON A
INDIVIDUAL BASIS ANYMORE.

IF I HAD TO OPEN THE
NEPALI/INDIAN RESTAURANT,
WHAT WOULD I DO?

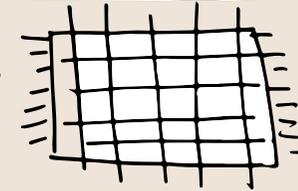
RESTAURANT



How can the conversation go in depth?

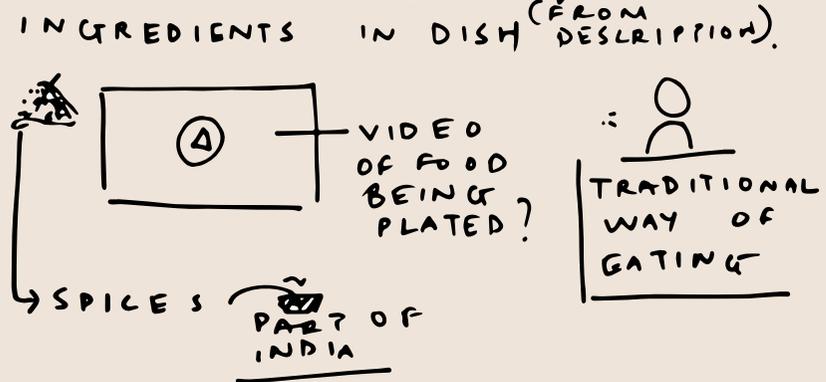
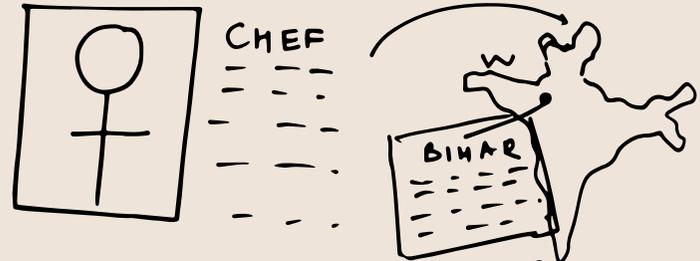


- A DIGITAL MENU INTERACTIVE
- COASTERS
- TABLE MATS
- DECOR

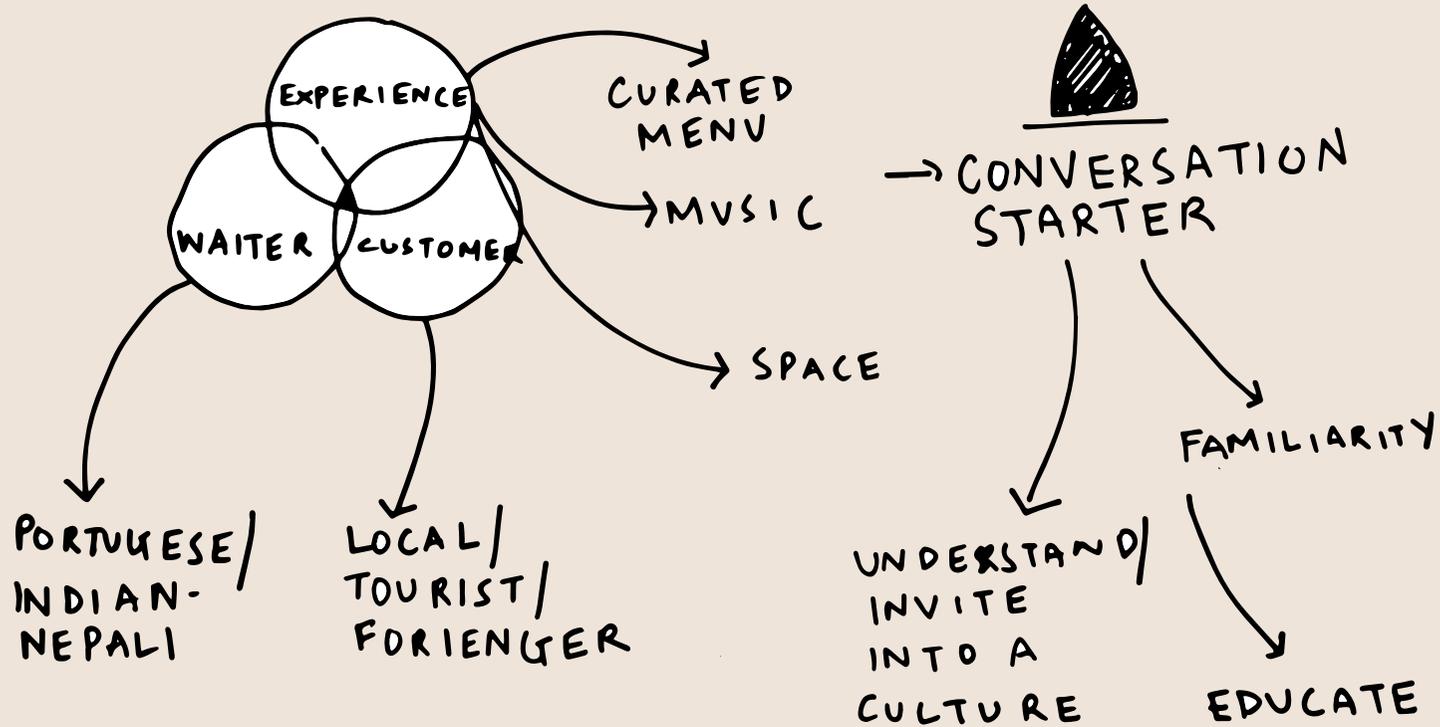


COMMUNICATION

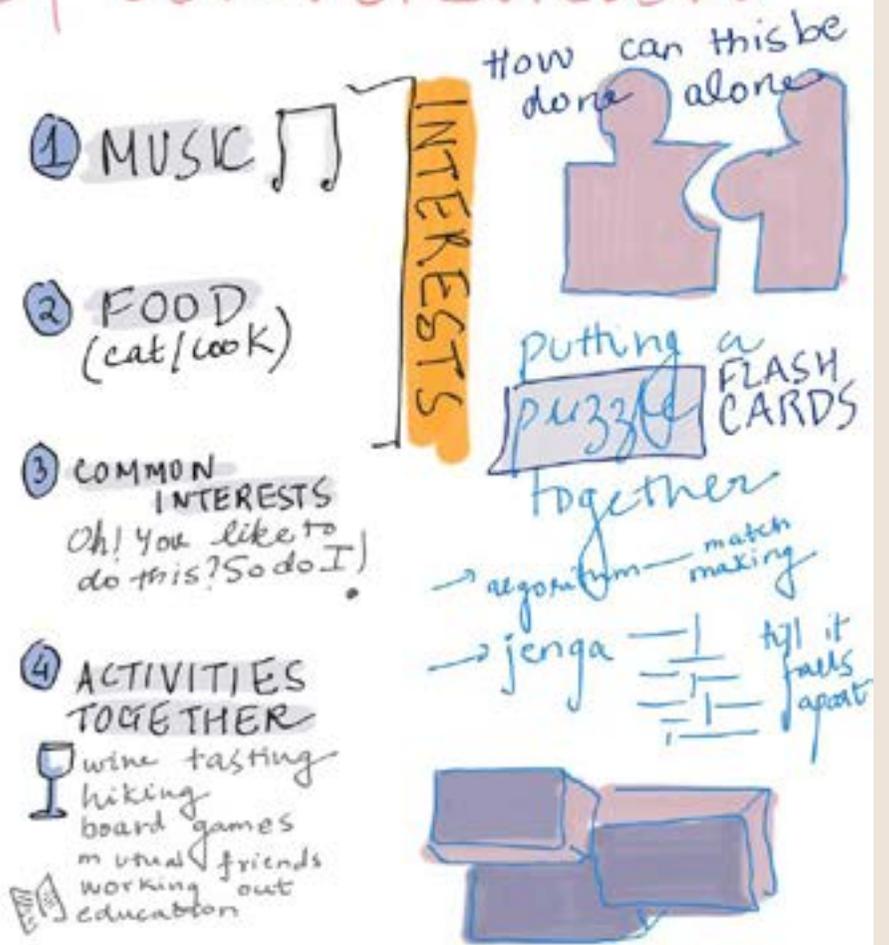
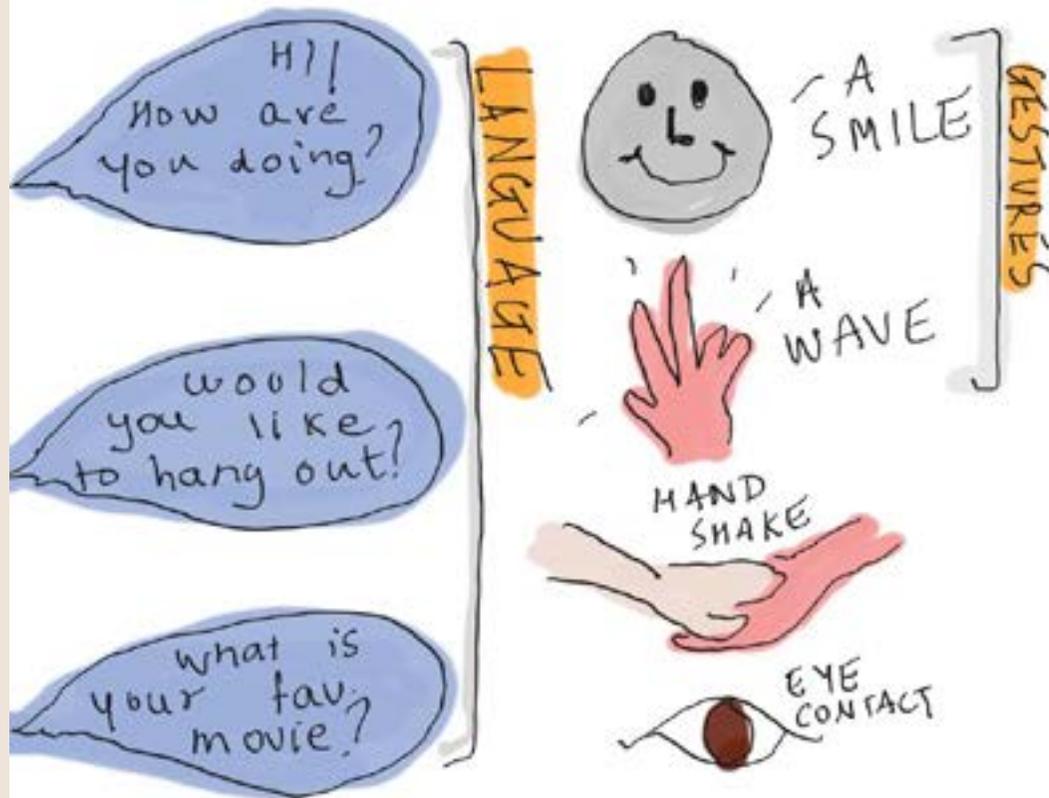
- ① DISH NAME --- (???)
 --- (description)



SPECULATIVE RESTAURANT COLLABORATION



The building blocks of conversation



ICE BREAKER GAMES

→ HOW DO YOU START A CONVERSATION?

mostly on a professional level

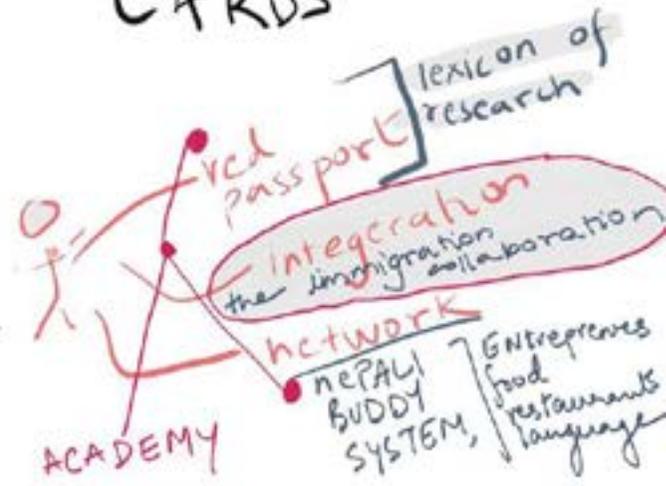
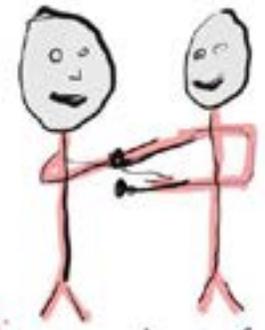
BUILDING BLOCKS

TO CREATE A LEVEL OF COMFORT THAT IS NOT FORCED

PARALLEL PLAY
BOARD GAMES
CARDS

Invited me to hang out

drinks shopping meals



INTERACTIVE GAMES

- 40 QUESTIONS
- TRUTH & DARE
- SPIN THE BOTTLE
- FOOTLOSE / GOLD SPOT
- HIDE & SEEK
- POKER / BLACK JACK
- MONOPOLY
- BEER PONG

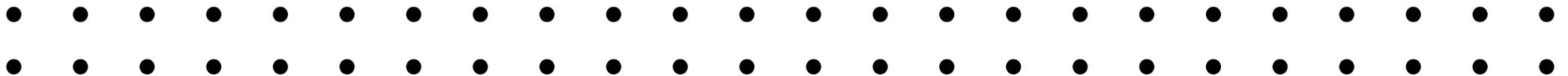
DONT TREAT THEM AS CHILDREN

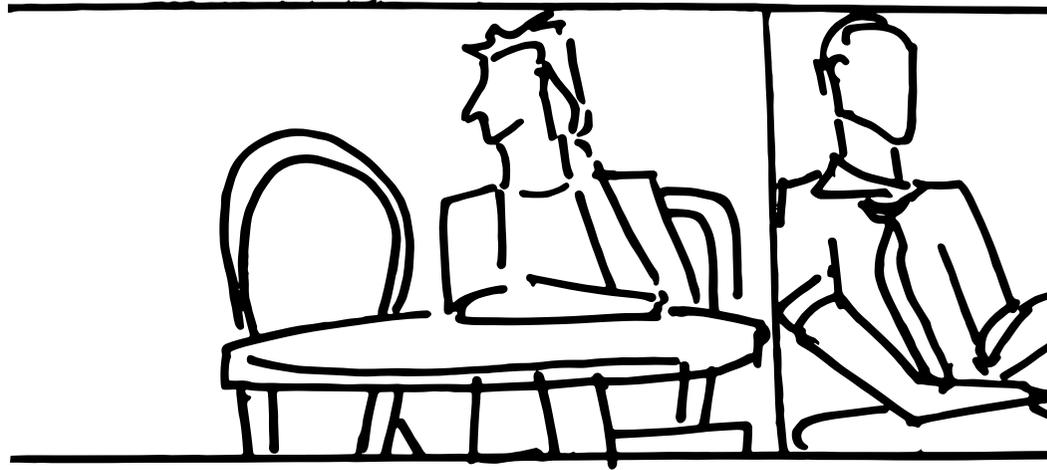
OPEN MIC
MOVIE NIGHTS

colouring
bookings

Humans of Bombay
Get to know their story

Going back to the basics. Portugal arrived in India and monopolized the spice trade in Europe. They influenced a lot of Indian cuisine - through crops and recipes. Over time, these lines have become blurred. Using this as a starting point, food has been used to explore a deeper relation between these two countries. Interesting for participating individuals to educate themselves and make friends.







FOOD



The name "Vindaloo" is derived from the Portuguese dish "Carne de Vinha d'Alhos" which is a dish of meat, usually pork, with wine and garlic. The Portuguese dish was modified by the substitution of vinegar (usually palm vinegar) for the red wine and the addition of red Kashmiri chillies with spices, to evolve into Vindaloo. The alternative terms are Vindalho or Vindallo. Traditional Goan Pork Vindaloo is intensely flavored with fragrant spices and does not include potatoes. No celebration and festive occasion is complete without the Goan Pork Vindaloo. Vindaloo started as a vinegar and garlic based stew made with pork or other meat but when introduced to India it got revamped with various spices and chillies. Potatoes were also added to the dish and "alhos" became "aloo" (Hindi word for "potatoes") – so soon people assumed potatoes were a necessary ingredient of this dish.



Handheld by the Portuguese, the local population learnt the art of cheese making. The cheese made in Bandel is distinct from other cheeses and was popular among the colonists. It slowly entered the gastronomic list of the locals as well. Slowly the cheese reached Kolkata (then British Calcutta). Even after the Portuguese went back home, the art of cheese making remained with the native population, and the now popular cheese earned the name 'Bandel Cheese'.



Kulkuls are made by deep-frying inch long bits of sweet dough moulded/ shaped into small curls (like butter curls) which are often also coated with a sugar glaze which dries out. The kulkuls tend to resemble small worms, hence the name "Kidyo" in Konkani, the language spoken in Goa. Someone pointed out the Kulkuls are actually a variation of the Portuguese Filhoses Enroladas, which is a roll or curvy noodle-shaped Christmas-time sweet that is deep-fried and sugar-glazed. So it is possible that Kulkuls were brought to India by the Portuguese.



Balchao originated in Macao (also once a Portuguese colony), where it is called Balichao. History states this dish was introduced by catholic Portuguese to Goa during colonization. It is a method of cooking either fish or prawns in a dark red and fiery tangy sauce. It is almost like pickling and can be made days in advance without reheating. Traditionally, it uses a paste made from dried shrimp known as galambo in Konkani.

There are different versions of preparing. In most catholic homes they use coconut vinegar for its acidic sharpness whereas in Hindu families they use cane vinegar to make it milder. These days white distilled vinegar or malt vinegar is commonly used. Spices used are - a lot of whole cayenne pepper, sugar and vinegar. Fish, prawns, pork and vegetables are pickled in this mixture for a few days. Later, it can be cooked and reduced like dry curry.