

Found
MUJI
Portugal



Portugal

Once out of the cities, rolling hills unfold, houses line their gentle slopes.

The climate in Portugal can generally be described as mild, but the topography running north to south makes for different climates along the Atlantic Ocean coastline and the regions further inland. Fresh fish is caught on the coast, while the inland areas provide a rich variety of meat, fruits and vegetables.

In the northern city of Porto, where traditionally all parts of an animal is used up, one local dish is made only from simmered pork innards. In the fishing villages along the seaside, varieties of fish are chopped up and mixed with plenty of vegetables to make scrumptious stews.

The Portuguese value local ingredients, savouring every part and letting little go to waste. This approach has brought about a great variety to the country's food culture.

Portugal seemed a country with a comfortable climate. People there appreciate the value of what the land produces. This echoes with the country's vibe, the people, products, public affairs and every aspect that surrounds the calm pace of daily life.

葡萄牙

步出市中心，一片寬廣平緩的丘陵地映入眼簾，沿着斜坡興建的房子並排成列。

葡萄牙整體氣候溫暖，但由於國土形狀狹長，大西洋沿岸與內陸地區氣候截然不同，為各地居民帶來不同的飲食習慣－沿岸地區的居民以新鮮捕獲的海產為食，內陸居民則以肉類、蔬菜及水果等作主要食材。

在北部城市波多，人們將動物的肉類以至內臟皆加以利用作食材，當地更有一道傳統料理是以豬內臟烹調而成的。至於沿岸地區的漁民，則習慣將各種魚類切塊後加入大量蔬菜烹煮。這種善用當地資源，並將食材物盡其用的習慣，造就了葡萄牙多姿多彩的飲食文化。

在宜居的氣候中，葡萄牙人珍而重之地善用着大地賜予的資源。這個國家以和緩的節奏流動着，從空氣、人、物件、事情以至與生活有關的一切，均予人安穩平靜的感覺。



VENDE
963916988

Restaurante
CASA MARCO
Almoços - Jantares -
Mariscos

RESTAURANTE PIZZERIA
RUA JARDIM

Green Wine (*Amarante*)

Vinho verde is produced in the northern Portuguese province of Minho. Literally meaning “green (young) wine,” it was originally a type of wine made by farmers to drink at home. Traditionally, farmers grew vegetables in the field for their personal consumption, with *vinho verde* grape vines planted along the perimeter. Since the grapes are harvested before turning fully ripe, the wine embodies a freshness with its slightly sour taste. This practice offers a glimpse into the Portuguese appreciation for what the fields have to offer and the desire to not waste anything. *Vinho verde* is served in a ceramic carafe and enjoyed from small ceramic bowls.

綠酒 阿瑪蘭蒂

產自葡萄牙北部 Minho 地區的 Vinho Verde (綠酒)，原本只是農家釀製供自己飲用的酒。傳統上，農家會在田地種植自家食用的蔬菜，然後在田的周圍種植用作釀製綠酒的葡萄樹。這種善用每吋田地的智慧，顯示了葡萄牙人對天然資源的感恩之心。以尚未成熟的葡萄釀製而成的綠酒，帶有輕微酸味，口感清新。飲用綠酒時，當地人會使用陶瓷壺盛酒，再倒進小陶瓷碗細意品嚐。



Caldo Verde (Porto)

Soppa (soup) is an everyday dish for the people of Portugal. Among the wide variety of *soppa*, which can feature many different ingredients, *caldo verde* (Portuguese for “green broth”) remains one of the classics. Made with plenty of kale leaves, this is literally a green soup that is eaten with Portuguese *broa* (cornbread). Julia, who prepared the *soppa* for us says, “Portuguese people eat *caldo verde* when they are not feeling well.”

Caldo Verde 波多

Soppa (湯) 對葡萄牙人而言，就像日本人餐桌上的味噌湯一樣重要。在以各式食材製成的湯品當中，*Caldo Verde* (綠湯) 是最經典的一道。外觀與字面意思一樣，綠湯以大量羽衣甘藍煮成，一般配以*Broa* (葡式粟米粉麵包) 享用。為我們煮湯的Julia解釋：「每當身體不適，葡萄牙人就會食用綠湯。」



Julia's Caldo Verde (8 servings)

Ingredients: 5 potatoes, 1 onion, 1 chorizo, 5 kale leaves, a pinch of salt, 2 tbsp olive oil

Preparation:

- Peel and quarter potatoes; soak in water.
- Peel and chop onion.
- Cut kale leaves into strips.

Directions:

1. Boil potatoes and onion in 1.5 litres of water.
2. Blend boiled potatoes, onion, and water together with hand mixer.
3. Add chorizo and kale to blend and simmer until kale softens; season to flavour with salt and olive oil.
4. Remove chorizo and slice.
5. Ladle into soup bowl and add chorizo slices.

Julia的綠湯食譜 (8人份量)

材料：馬鈴薯5個、洋蔥1個、辣肉腸1條、羽衣甘藍5片、鹽適量、橄欖油2湯匙

食材準備：

- 馬鈴薯去皮，切成4等份，浸於水中備用。
- 洋蔥去皮，切成大塊。
- 羽衣甘藍切絲。

步驟：

- ① 將馬鈴薯及洋蔥放入1.5公升的水中煮熟。
- ② 將煮好的①連湯以手動攪拌器攪勻。
- ③ 將辣肉腸及羽衣甘藍加入②中，煮至羽衣甘藍軟爛後，再加入鹽及橄欖油調味。
- ④ 取出辣肉腸，將其切片。
- ⑤ 以湯碗盛起③，再將④鋪於表面後完成。



Communal Bread Oven (*Sabugueiro*)

In the small villages of the central inland Estrela mountains, the bread essential to the dining table is baked together every few days in a communal bread oven. Days-old, hardened bread is transformed into *migas** or other local dishes and is served at the table. In the past, bread would be delivered to houses in a drawstring bag that is hung on the front door. Today, the number of bread deliverymen and communal bread ovens are decreasing, a sign of a disappearing tradition.

**Migas* is a local Portuguese dish made by breaking up hardened bread and sautéing it with meat and vegetables.

公共麵包窯 薩布蓋魯

於中部內陸埃什特雷拉山脈的小村莊中，餐桌上不可或缺的麵包均是由公共麵包窯統一烘焙而成，每數天就會出爐一次。隨着出爐時間漸長而逐漸變硬的麵包，會被製成Migas*等料理。在以前，只要將束繩袋掛於家門的門柄上，麵包送貨員就會把麵包送上。時至今日，公共麵包窯與麵包送貨員不斷減少，這些風俗習慣亦隨之逐漸消失。

*Migas是將變硬的麵包切成小塊後，與蔬菜或肉類等一起拌炒的葡萄牙傳統料理。





The terrain of inland Portugal is rough and uneven. Large buildings are rarely seen here, as houses dot the hilly slopes.

內陸地區高低起伏的地形延綿不絕。沒有大型建築，只有沿着斜坡而建的零星小屋。

Yellow Pastry (*Ovar, etc.*)

The streets of Portuguese towns are often lined with many *pastelaria* cafes serving arrays of pastries. Display cases are filled with different types of sweet treats loaded with egg yolk, giving them their yellow colour and rich sweetness.

Pão de ló, from the Ovar region, is said to be the predecessor to the *Castella* sponge cake brought over from Portugal to Japan. The batter for this cake is baked in a terra cotta cake pan lined with paper, leaving the centre soft and runny. To serve, it is cut to reveal the sweet, gooey centre.

金黃色的糕點 奧華等地區

走在街上，隨處可以看到Pastelaria（糕點店）。甜品櫃內羅列着以蛋黃製成的糕點，款式繁多，金黃香甜。現今被日本人稱作Castella的長崎蛋糕，前身據說就是葡萄牙的Pão de Ló海綿蛋糕。奧華人製作這種蛋糕時，會先在陶製蛋糕模中鋪上烘焙紙，再倒入麵糊烤焗。享用前將蛋糕切開，可以看到半熟的流心緩緩流出。





Rice Dishes

Portuguese restaurant menus feature a variety of rice dishes such as duck rice and octopus risotto, while it is also served on the side. Simmered in broths made from vegetables or shell fish, the rice takes on a hint of these ingredients. Garnished rice is served at the table in wide-mouthed terra cotta bowls. The long history of rice in Portugal began with its introduction from the Middle Eastern culture, which gradually became an integral part of the local cuisine.

米飯料理

於葡國餐廳的餐單裡，經常可見鴨肉炊飯、章魚意大利飯等米飯料理。此外，米飯亦會被用作搭配其他料理。經蔬菜或貝類高湯烹煮的米飯，充分吸收了食材的鮮甜美味。伴以其他料理享用時，米飯一般會盛載於陶製的寬口容器中。源自中東地區的米飯料理，隨着時間漸漸融入了葡萄牙人的飲食習慣當中。

Early Summer Sardines, Early Autumn Chestnuts

In early summer, sardines can be seen grilled not just in restaurants but also under the eaves of houses. Charcoal grills are set up at the back of restaurants, where sardines are grilled constantly at this time of year. Simply seasoned only with salt, the small grilled sardines are served on square or oval plates.

In early autumn, roasted chestnuts are sold here and there, at every market, at street crossings and many other places. These too are roasted over charcoal and lightly salted.

初夏的沙甸魚與初秋的栗子

初夏的葡萄牙，經常可見人們在自家門前烤沙甸魚的景象。而餐廳更會於後方設置碳烤爐，不停地烤製沙甸魚。簡單以鹽作調味後，沙甸魚便被整齊盛載於長方或橢圓形的盤子上。

到了初秋，則可看到市場、車站前方、商店街的路口等隨處販賣着烤栗子。與烤沙甸魚一樣，只需灑上少許鹽作簡單調味，是樸實的美味小吃。



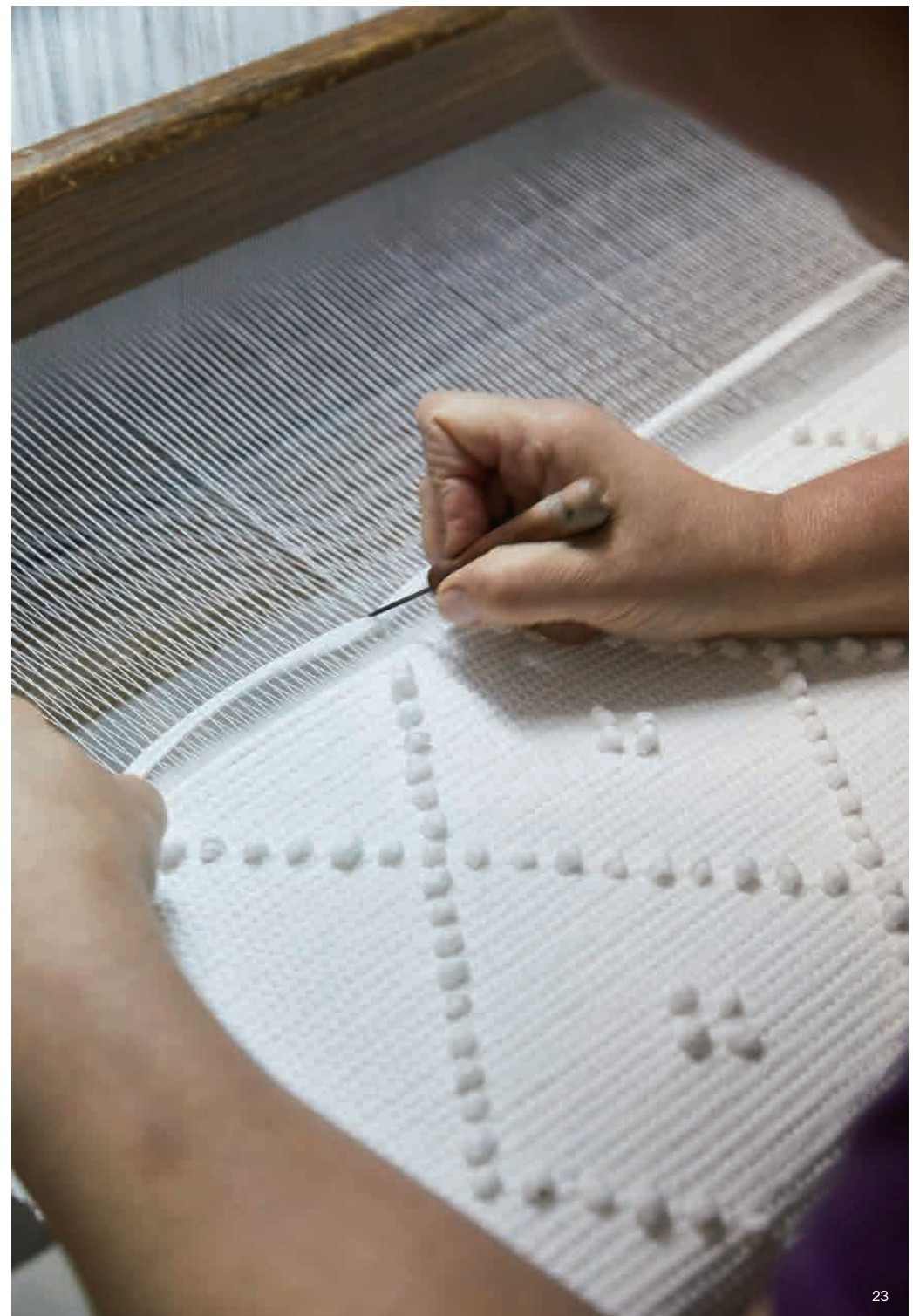


Rag Rugs

A seemingly integral part of life in every house in Portugal, rag rugs are given their name from the old clothes that are ripped into strips then woven. Today, these rugs are made with the fabric scraps left behind from shirt manufacturing. With each row, the weaver passes the weft under the warp, using a special tool to pull the weft over the warp in several places to create patterns.

舊衣墊

幾乎任何一個葡萄牙家庭都擁有一塊融入日常生活的「舊衣墊」。從前，人們將舊衣服裁成條狀，再編織成墊子，「舊衣墊」因而得名。發展至今，人們便利用生產衣物時剩餘的布材來織成墊子。在緯線穿過經線時，利用工具於特定位置勾出緯線讓其凸起—不斷重覆這步驟，便能編織出美麗的圖案。



Aluminium and Stainless Steel Tableware

In the cafeterias of Portuguese towns and cities, metal pots and plates are frequently used to serve a variety of dishes including stews, risottos, and salads. In homes, toasters made from tin are used just to crisp the surface of the bread. When the well-used, finely scratched metal plates and pots are filled with simple, unadorned dishes, a wonderful warmth can be felt at the table.

鋁及不鏽鋼餐具

在葡式餐廳裡，金屬鍋與金屬盤子都是十分常見的餐具，一般被用作盛載燉煮料理、燉飯及沙律等。另外，當地人於家中亦會使用錫製烤網等金屬工具，烤出表面金黃酥脆的麵包。這些擁有長年累月使用痕跡的餐具，盛載着簡樸而地道的料理，散發出一種溫馨的氣氛。



Attaching the handle of tin toaster.
為麵包烤網裝上把手。





Aveiro, located in central Portugal, is well-known for its *azulejo* (Portuguese for tile). The Portuguese who had sailed to Brazil, being nostalgic for their homeland, had further developed the craft of making tiles while they were away. The unique *azulejo* were eventually brought back with them and were soon widely adopted in Aveiro.

位於中部的城市阿威羅是Azulejo（磁磚）的產地之一。從前，遠渡重洋到巴西的葡萄牙人出於對故鄉的思念，製作出這種圖案獨特的磁磚。發展成熟的磁磚工藝後來被帶回葡萄牙，並在這個城市裡傳承下去。

Galão

A milky coffee made with 1/4 espresso and 3/4 milk, *galão* is served with bread and sweets for breakfast or at tea time. At the morning market, both the people working there and the customers can be seen taking a break with a glass of *galão*.

The drink is served in a thick glass with a handle.

Galão

將濃縮咖啡與牛奶以1：3比例調成的牛奶咖啡，稱作Galão。當地人習慣在早餐與下午茶時間享用Galão與麵包或甜品。早上的市場裡，無論是工作人員或顧客都總會喝上一杯Galão。飲用Galão時會以連手柄的厚身玻璃杯來盛載。



Aprons (Nazaré)

Portuguese women are known as hard workers and aprons are often a part of their daily outfits. In the coastal town of Nazaré, women dress in a traditional local style that has been worn here for generations. A scarf is used to wrap around the head while a knitted stole is draped over the shoulders on top of a shirt on chilly days. Skirts typically consist of four layers topped with an apron, and sandals are still worn as traditionally they would help out at the beach whenever they were needed.

On special occasions such as festivals, more skirts are added, making up to seven layers.

Although women still commonly wear traditional clothing, younger women have adopted a different lifestyle, and gradually disregarding the traditional style. The apron worn over the multi-layered skirts may soon be a rare sight around town.

圍裙 納扎雷

葡萄牙女性之勤勞，可見於從早到晚穿着圍裙這種習慣上。

居於沿海城市納扎雷的女性，至今仍會穿着世代流傳的傳統服飾。她們會以圍巾包裹頭部，天氣轉冷時則於袖衫外披上針織披肩；四層重疊的裙子，外層圍上圍裙。另外為了方便隨時到海邊工作，她們總是習慣穿着涼鞋。

每到喜慶日子，她們更會穿上多達七層的裙子。

現時街上仍有不少作傳統打扮的女性，但隨着年輕一輩的衣着逐漸現代化，也許這種疊穿裙子的傳統，很快就會消失不見。





Women in Nazaré who are up early for work wear traditional clothing layered with patterns. A quick glance around the morning market reveals only women at work there.

穿着重疊多種花紋的傳統服飾、一早起床工作的納札雷女性。清晨的市場裡，盡是她們勤勞的身影。

Shepherd's Throw (*Manteigas*)

The small inland village of Manteigas is about a three-hour drive from Lisbon. For generations, shepherds have lived in the area and grazed their sheep on these lands. To protect themselves from the strong sun and the cold nights, shepherds carried with them wool blankets made from sheep fleece. Bordaleira sheep give white, beige, and brown wool, and it is still used today to weave sturdy blankets and throws. Next to the factory where these pieces are handwoven, around 120 sheep are kept for their fleece, which is used to make the blankets.

原色羊毛圍巾 曼泰加什

曼泰加什位於內陸地區，距離里斯本約三小時車程。在曼泰加什，很多長年放牧的牧羊人為了抵禦日曬及寒冷的夜晚，會隨身攜帶羊毛紡織品。這個手工紡織工廠附近飼養着約120隻品種名為Bordaleira的羊，其白色、米色及啡色的原色羊毛被用作編織各堅實耐用的毯子和圍巾。







Stainless Steel 不銹鋼

Square Plate 方形碟

- [82519716] L / Approx. W35 x D24cm \$180
- [82519709] M / Approx. W30 x D21cm \$150
- [82519693] S / Approx. W25 x D16cm \$95

Oval Plate 橢圓形碟

- [82519686] Approx. W29.5 x D19 x H4cm \$150

Dessert Cup 甜品杯

- [82519679] Approx. Dia. 9.5 x H6cm \$65

Bowl 碗

- [82519754] L / Approx. Dia. 27 x H4.5cm \$180
- [82519747] S / Approx. Dia. 25x H4cm \$150

Square Partition Plate 分格碟

- [82519730] L / Approx. W22.5 x D9.5cm \$75
- [82519723] S / Approx. W17 x D8cm \$65

Aluminium 鋁

Plate 碟

- [82519662] L / Approx. Dia. 20.5 x H3cm \$55
- [82519655] S / Approx. Dia. 14.5 x H1.5cm \$45

Bowl 碗

- [82519648] L / Approx. Dia. 18.5 x H7cm \$70
- [82519631] S / Approx. Dia. 16.5 x H6.5cm \$65



Glass 玻璃

Glass 高腳杯

- [82519860] Approx. Dia. 7.5 x H14.5cm \$45
- [82519877] Approx. Dia. 7.5 x H14.5cm \$45

Glass 水杯

- [82519914] Approx. 220ml \$45
- [82519907] Approx. 100ml \$38

Wine Glass 酒杯

- [82519938] Approx. 270ml \$45
- [82519921] Approx. 190ml \$38
- [82519891] Approx. 160ml \$38



Rattan 藤

Basket with lid 籃連蓋

- [82519594] Approx. Dia. 25.5 x H40cm \$450



Tin 鍍錫

Toaster Stand 烤焗架

- [82519822] Approx. W19 x L32cm (with handle) \$55



Porcelain 瓷器

Pitcher 水壺

82519839 | L / Approx. 1260ml \$250

82519846 | S / Approx. 420ml \$180

Square Plate 方形碟

82519778 | L / Approx. W33.5 x D22 x H3cm \$150

82519785 | M / Approx. W29 x D19.5 x H3cm \$120

82519792 | S / Approx. W25 x D17 x H2.5cm \$110



Handwoven Mat 棉混手織地墊

82519518 | L / Approx. W100 x D50cm \$350

82519501 | S / Approx. W70 x D50cm \$280



Terracotta 陶土

Plate 盤

82519563 | L / Approx. Dia. 27 x H4cm \$68

82519556 | S / Approx. Dia. 24 x H4cm \$65

Soup Bowl 碗

82519532 | Approx. Dia. 14.5 x H7.5cm \$55

82519525 | Approx. Dia. 13.5 x H6cm \$45

Rice Bowl 飯碗

82519570 | Approx. W21.5 x D14 x H11cm \$85

Olive Plate 橄欖盛器

82519549 | Approx. W13 x D12 x H3.5cm \$55

Ladle Stand 湯勺座

82519587 | Approx. W11.5 x D27.5 x H2cm \$75

Wool 羊毛

Throw 圍巾

82519945 | 3-colour Stripe / Approx. W180 x L130cm \$1,480

82519952 | 3-colour Check / Approx. W180 x L130cm \$1,480

82519457 | Check / Approx. W180 x L130cm \$1,480



Found MUJI

Innovations of MUJI are not simply a process of creation, they are a review of living by “Searching and Finding”. Searching throughout the world for durable and long-lasting daily necessities, MUJI refines found items to suit our changing lifestyles, cultures and customs, reproducing them at reasonable prices.

From 2003, “Found MUJI” started its journey with a keen eye for good products, exploring the underlying values of the makers, retaining the essence of their creations, and re-tailoring them into MUJI goods that fit the modern way of life.

Found MUJI

無印良品的商品開發概念不僅是創造，而是透過「尋找、發現」的態度來檢視生活。從世界各地尋找可長久使用的日常用品，配合當地的生活、文化、習慣的變化而作出改良，並以合理的價格發售。

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Found MUJI Portugal

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