

SABOREAMADEIRA

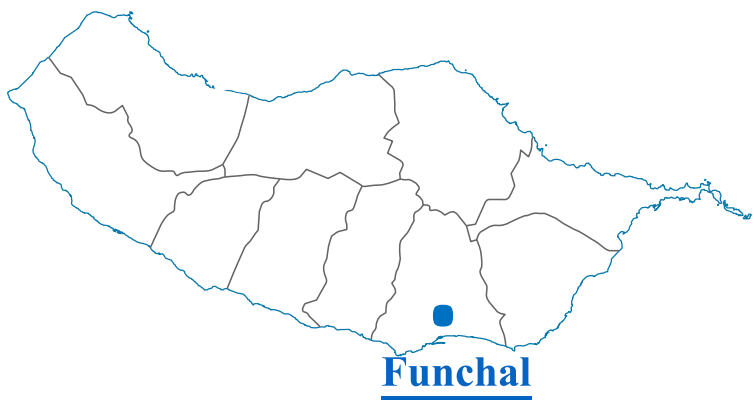
a journey through taste

ROTA DA DOÇARIA CONVENTUAL



Madeiran conventual sweets route

Funchal



Tomas da Anunciação, Piquenique, 1865

Funchal is located on the south coast of the island of Madeira.
It is a luminous city bathed by the Atlantic.

Known for its flowery gardens and its charming bay, it is surrounded by majestic mountains from where the water flows down the long streams that design the city.

It owes its name to the fennel plant, due to its abundance at the time of the settlement.

Discover the city walking through the streets and observe the emblematic buildings. You will find several options for a taste of regional confectionery of conventual origin.



Conventual sweets in Portugal



In Portugal, conventual sweets are the origin of the most varied recipes for regional sweets, containing ancient secrets that were carried from generation to generation and enriching portuguese gastronomy, resulting in a rich and diverse heritage.

Conventual confectionery is considered to be a set of products whose ingredients and recipes, of conventual origin, are referred in historical sources and which, due to their characteristics, demonstrate values of memory, antiquity, authenticity, uniqueness or exemplarity.

The recipes that lasted over time and that were prepared in convents and monasteries are scarce because they were often circulated only orally, as they were understood as secrets.



Few conventual recipes have survived to the present day revealing a more refined art than would be supposed.

The confectionery has become an intangible cultural heritage inherited from generations and a starting point that allows to unveil its local and regional specificities. Sweets are the symbol of events both in the religious calendar and in the secular calendar, present in all celebrations of life.

Conventual sweets in Madeira Island

Cada coisa no seu tempo

No seu tempo lembra tudo

Bolos doces pela Festa

Malassadas no Entrudo

(Madeiran popular verse)





The conditions for growing sugar cane on the island allowed the sugar produced to assert itself in the european market for its high quality. At the same time, the art of confectionery also became specialized and, with access to new products through commerce, which meanwhile began in other distant places, the discovery of new, more exotic ingredients enriched and diversifies the conventual recipes. With the use of spices and flavored with oriental essences, the sweets gained elegance.





In the few existing sugar cane mills on the island, two products are produced: brandy or agricultural rum and sugar cane honey.

Sugar cane honey is an essential ingredient in Madeiran sweets, made famous through the Madeira honey cake, a recipe perfected by the nuns of the Convento de Santa Clara in Funchal. Today it is a product whose identity intersects with the island's own identity, being part of the gastronomic culture of the region.

In the convents of the region, on feast days, sweets were plentiful and lavish, despite the austerity of everyday life.



The preparation of sweets in the convent space had several purposes, such as own consumption and that of the communities, a way of occupying free time but also a source of income and offerings, especially during the festivities of the religious calendar.

On festive days, especially Christmas, Easter and the day of the patron saint, there were sweets specifically indicated for the celebration of these dates.

The kitchens in the women's religious houses were clearly more sophisticated and more diversified than in the men's, especially regarding to cakes and other delicacies, and the men's convents resorted to the women's convents for the confection of sweets, which were paid with money or chickens.

1848 Abril		Debit	
9	Debit	28	4600
	Debit	28	4600
	Por Surtidos 6 a 2	15	4600
	Por Especiarias	1	4000
	Por Açúcar 5 lb. a 150		4700
	Por Mantega 3 lb. a 300		4700
	Por Capella		4200
	Por chá		4800
	Por Sabão		4200
	Por Alcaparras		4200
	Para Jera	1	4200
	Para albardina		4200
	Para Sabonete	1	4000
	Para humo Trabalhador		4500
	Para os Tambores dia de S. João Evangelista	1	4600
	Para o Almada na Semana S. Jo.	12	4000
	Para Canetas	1	4500
	Para Vinagre		4200
	Para Azeite de Peixe p. azeite		4300
	Para pagar o Juro do S. João Evangelista		4
	Vencido em Juro	2	4200
	Debit	1	4600
	Para Vaca Grossa 4 a 22 lb. a 150	21	4300
	Para Carne Salgada 2 de 25 lb. a 150	10	4200
Esta semana q. teve principio a 9 de Abril e acabou a 15 com 28 Reclamações			
6. N. de J. pois hua doente 11 6. 2. de J. pois			
Semana principiada em 16 de Abril, e final			
			449.000

With the abundance of sugar in the island's market, the production of confectionery in the convents is refined, made by skillful hands .

Through the records of purchases in the convents' expense books, it is possible to verify that the sweet-making habit is full of sophistication, since the products purchased were considered luxury items, such as spices.

A lot of wheat flour, eggs, a lot of sugar, honey, sugar cane honey, butter, milk, walnuts, almonds, raisins, fennel and spices such as nutmeg, pepper, cinnamon, cloves and safflower were spent.



In a 1687 statement by Hans Sloane on a trip to the convent of Santa Clara, he writes that “I have never seen such good things”.

Given the written documents, the confectionery made was very diverse. Depending on the festive days, it was made and consumed sweets as honey cakes, rice pudding, assorted breads, barley cakes, *alféola* (straight molasses dough), *sonhos* and *malassadas*, *rosquilhas*, milk bread, caramel, *coscorões*, *queijadas*, sponge cake, brown sugar and almond slices.

The *batatada* was prepared at Christmas, with sugar and sweet potato. Stored in cups, they were often sent to the mainland because they kept well.

The *coscorões* were essentially made with lots of sugar and eggs and the barley cakes had sugar, fennel, butter or milk and barley flour as ingredients.





The nuns still prepared *papos de anjo*, *barrigas de freira*, pastries, *gila*, marmalade and sugar preserves, as well as candied fruit and jams.

The sweets constituted true invitations to gluttony and were produced for consumption by the community, to offer to friends and benefactors, for sale and for export. The sweets made in the convents of Santa Clara and Encarnação do Funchal were known and appreciated worldwide. Many recipes were lost over time, but many others were disseminated by the richest houses, the bakeries and the rest of the population.

Religious festivities also served to justify the abundance of food in the convents, although it was contrary to the vow of poverty and fasting to which they were obliged. Before fasting, they gorged themselves on sweets and other delicacies.

Fruit conserves and jams

King Manuel, a connoisseur and regular consumer of sweets from the women's convents of Madeira, adopted a protectionist attitude to guarantee the export and production of fruit preserves, which were also already made outside the convent spaces, by the island's natives, being an essentially female task.

However, the production of preserves was specialized in convent houses. The statutes themselves provided that each nun could have a certain amount of marmalade for her particular use.




Conventual sweets in male convents



The Franciscans had access to a variety of sweets on festive dates, as well as offering trays containing cups of sweets, cookies and other sweets to some benefactors or collaborators.

At Christmas, honey cakes were consumed, while at Easter cookies and sponge cake were appreciated.

In the convent of São Bernardino, in Câmara de Lobos, they consumed rice pudding on Holy Thursday, on the day of Nossa Senhora da Conceição and on the day of Nossa Senhora da Porciúncula, *cavacas* for São João Batista, *sonhos* and *malassadas* in Advent and for Shrovetide.



Alfenim is a dry mass of sugar, white in color, which appears in various forms such as animals, flowers, etc. Its very ancient arabic origin means white.

Alfenim was the most recognized candy and was offered on silver trays at the table of kings and in the most noble houses. Usually, they were presented at the time of the feasts of the divine holy spirit, a tradition also present in Madeira.

It has been known in Portugal since medieval times, and in Madeira since the 15th century. Its manufacture on the island made the nuns of the Convento de Santa Clara true sculptors of this sweet.

The sweet taste



Conventual confectionery stands out for its diversity, originality and excellence in the techniques used. Given the type of ingredients, including ingredients considered luxury for the time, such as spices and cocoa, there is no doubt that the food practiced in the convents was very close to the privileged groups.

The nuns of the convents cooked with the minimum guidelines because through the few existing recipes of the time, there was no separation between ingredients and method of preparation, the quantities were not always clearly indicated, there were no indications about the points of sugar. However, they were true experts in the sweets they made.

The convents were the places where traditions were maintained and most safeguarded and were largely responsible for the dissemination of recipes that circulate today.

Regional sweets

In the 19th century, confectionery spread beyond the doors of convents, with several confectioneries appearing in the city of Funchal, the best known being Confeitaria Felisberta, founded in 1873.

About this confectionery, frequented by Empress Sissi, it is known that it was a reference establishment and that it presented high quality sweets, such as honey cakes, *queijadas*, jams and others.

Other pastry shops followed throughout the city and even outside Funchal. The confection of sweets became widespread on the island, and the sweets are gaining even more diversity, appearing recipes for the cakes and sweets that today constitute Madeira's regional sweets.



At that time, *rebuçados de funcho* began to be produced from the fennel plant, recognized for having therapeutic properties, such as in respiratory problems.

These candies gained fame.

Sweet habits



Madeirans have the delicious habit of receiving people at home offering sweets, such as biscuits, cakes and especially honey cake, broken by hand, which is saved all year also for these moments of conviviality.

Giving gifts to visitors is a sign of cordiality and empathy, a custom that comes from arab culture and has been perpetuated over time.

Sweets are part of our daily lives, present at the table and gaining stage on festive dates, symbolizing the maximum moment of celebrations.

Madeira honey cake

The honey cake is the ex-libris of Madeiran convent sweets. They are made at Christmas time and are served throughout the year.

It originates from a recipe from a Franciscan convent in the Algarve, brought to the island of Madeira by Frei João do Espírito Santo at the end of the 15th century, offering it to the nuns of Convento de Santa Clara. With access to other ingredients, they added spices from the East to the recipe accentuating the clove flavor.



Its widespread consumption only happened in the 20th century, with a differentiation in the type of honey cake. The so-called rich cake was intended for nobles and the less elaborate cake was made and consumed by the class with less possessions. The quality of ingredients depended on social statutes. Tradition dictates that you should always break the cake with your hands.

Queijadas from Madeira



These small cheesecakes are one of the conventual delights that have survived to this day. In the Convento da Encarnação, through a manuscript codex of this religious space in Funchal, reference is made to various sweets, including *queijada*. They are a living example of convent sweets and were consumed at Easter time and on the feast of Nossa Sr^a da Conceição.

They have a flat and round shape with a base of thin dough and folded in order to contain the goat's milk curd filling, sugar, eggs and little flour.

Malassadas



“No dia de Carnaval

Haviam as malassadas

E havia algumas moças Vestidas
bem disfarçadas. “

(Madeiran popular verse)

The malasadas were originally made in convents and consumed during the Easter Shrove and Christmas Shrove. They are fried dough cakes that can be served with sugar cane honey or wrapped in sugar and cinnamon.

Sonhos



Sonhos, like malassadas, originated in regional convent houses. They are fried and served with sugar cane honey.

Biscuits



The most diverse biscuits are made in large quantities because they keep well for a long time. They are consumed throughout the year, particularly at Christmas time to accompany traditional liqueurs.



The most traditional are the sugar cane honey biscuits. Along with the honey cake, they are authentic ex-libris of Madeira's regional sweets, both with conventual origins. Later, they were made by the population since only fennel was enough as a spice, not being necessary the expensive spices that came from India.

Did you know that?

The first Portuguese compilation of recipes for female convent sweets came out of the convent of Santa Clara de Évora, in 1729, called *Livro das Receitas de Doces e Cozinhados varios d'Este Convento de Santa Clara d'Évora*, consisting of 10 recipes.

The statutes of the Convento da Encarnação in Funchal provided that, during major festivities, each nun would be given a milk bread, a cake, two dozen *rosquilhas* and other delicacies depending on the season.

Recipes were considered secrets and were often circulated only orally.

Through the Madeiran and Azorean diaspora, the malassadas arrived in the Hawaiian Islands, where the Tuesday of Carnival is called Malasada Day.

Sometimes, the amount of time spent in the kitchen was such that visitors did not fail to warn the nuns that they could not buy more than six *arrobas* of sugar. By custom, the nuns often ignored orders and often went over six *arrobas* of sugar.

In the Convento das Mercês, the cooking time for *rosquilhas* was calculated by praying the rosary.

The confection of a less elaborate honey cake for immediate consumption, popularly known as “one-day cake”, became generalized in less affluent strata.

Taste



Cavacas



Bolo de Mel



Argolinhas



Sorhos



Queijadas



Arroz doce

Take note

where to find



Fábrica de St. António

Tv. do Forno 27-29, Funchal 9000-079

☎ 291220255

[http://www.fabricastoantonio.com/
32.64966923129036, -16.90739885823264](http://www.fabricastoantonio.com/32.64966923129036,-16.90739885823264)



Pastelaria Sésamo

Tv. do Forno, Funchal 9000-079

☎ 291281099

[https://www.padariasesamo.com/
32.649416254782466, -16.907540537409396](https://www.padariasesamo.com/32.649416254782466,-16.907540537409396)



Fábrica do Ribeiro Seco

Rua das Maravilhas, 170, 9000-162 Funchal

☎ 291 741 503

[http://fabricaribeiroseco.com/
32.65024759774092, -16.926515615901938](http://fabricaribeiroseco.com/32.65024759774092,-16.926515615901938)

Take note

Where to find



Requejema, Sociedade Produção Distribuição Produtos Alimentares, Lda.

Caminho do Pico Sul nº18, 9100-067 Gaula

☎963065436

<https://requejema.com/>

[32.679872904837715, -16.830738814053646](https://requejema.com/32.679872904837715,-16.830738814053646)



Pastelaria Miminho

Av. da Madalena 75-A, Edifício Século XXI

9020-330 Funchal

☎291950350

<https://www.miminho.eu/>

[32.65838973624833, -16.927932419596736](https://www.miminho.eu/32.65838973624833,-16.927932419596736)



Boutique Lido

Estrada Monumental 296,

9000 -001 Funchal

☎291712018

https://www.facebook.com/Boutique-Lido-516594288445408/?ref=page_internal

[32.638187713305754, -16.931979544574677](https://www.facebook.com/Boutique-Lido-516594288445408/?ref=page_internal32.638187713305754,-16.931979544574677)

Take note

Where to find



Pastelaria Penha D'Águia

R. de João Gago 8, 9000-715 Funchal

☎ 291228119

<https://www.facebook.com/penha.daguia>

<https://goo.gl/maps/AsbT2QmjUUDX3XVz9>



A Confeitaria

R. da Conceição 49, 9050-026 Funchal

☎ 291640513

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

[32.65053033086309, -16.906836758231204](https://www.facebook.com/confeitariamc)



Viana Confeitaria

Q Edificio Monumental Palace I, Estrada Monumental

456, 9000-250 Funchal

☎ 291741053

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

[32.64180099817022, -16.949978261926482](https://www.facebook.com/viana)

Take note

where to find



Petit Fours Patisserie

Estrada Monumental 188A, 9000-098 Funchal

☎ 291765789

[https://www.facebook.com/petitfoursmadeira/
32.64096689183726, -16.924277346585058](https://www.facebook.com/petitfoursmadeira/32.64096689183726,-16.924277346585058)



Opan La Vie

R. Maj. Reis Gomes 11, 9000-042 Funchal

[http://www.socipamo.pt/as-nossas-lojas/
32.647820396749296, -16.913438417749518](http://www.socipamo.pt/as-nossas-lojas/32.647820396749296,-16.913438417749518)



Padaria Pau de Canela

R. Latino Coelho 10,
9060-155 Funchal

☎ 291220795

[https://www.facebook.com/pppaudecanela
32.64830643052688, -16.90397841590192](https://www.facebook.com/pppaudecanela32.64830643052688,-16.90397841590192)

Take note

where to find



O Chá de Rosa's

R. Queimada Cima 38, 9000-065 Funchal

☎ 966864330

[https://www.facebook.com/OChaDeRosasFunchal/
32.649015864218434, -16.908246887066664](https://www.facebook.com/OChaDeRosasFunchal/32.649015864218434,-16.908246887066664)



Loja do Chá

R. do Sabão 33 35, 9000-056 Funchal

☎ 966871842

[https://www.lojadochamadeira.com/
32.648030931539175, -16.90746726377379](https://www.lojadochamadeira.com/32.648030931539175,-16.90746726377379)



Petite Pâtisserie

R. do Esmeraldo nº 55, 9000-051 Funchal

☎ 924003906

[https://www.facebook.com/nadiapetitepatisserie/
32.64862601154304, -16.906994804307455](https://www.facebook.com/nadiapetitepatisserie/32.64862601154304,-16.906994804307455)

Take note

where to find



A doçaria

Estrada Eira do Serrado, nº 142, 9020-175 Funchal

☎ 291 776 932

[https://www.adocariamadeirense.pt/
32.682782296087005, -16.95148546192542](https://www.adocariamadeirense.pt/32.682782296087005,-16.95148546192542)



Choux patisserie

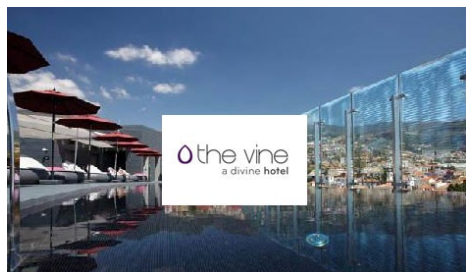
Av. Arriaga 43, 9000-027 Funchal

Club Sports Madeira

[http://www.choux.pt/
32.647270699181846, -16.91130673309093](http://www.choux.pt/32.647270699181846,-16.91130673309093)

Take note

where to stay

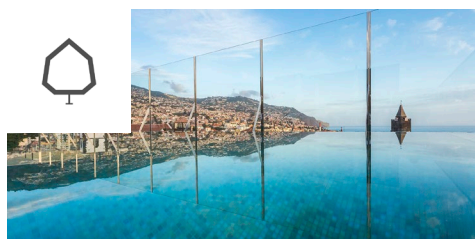


The Vine

R. dos Aranhas 27, 9000-044 Funchal

☎291009000

[https://www.hotelthevine.com/pt/
32.64776783387086, -16.91341144288984](https://www.hotelthevine.com/pt/32.64776783387086,-16.91341144288984)



Castanheiro Boutique Hotel

R. do Castanheiro 31, 9000-081 Funchal

☎291200100

[https://www.castanheiroboutiquehotel.com/
32.649940753784406, -16.91029917593822](https://www.castanheiroboutiquehotel.com/32.649940753784406,-16.91029917593822)



Sé Boutique Hotel

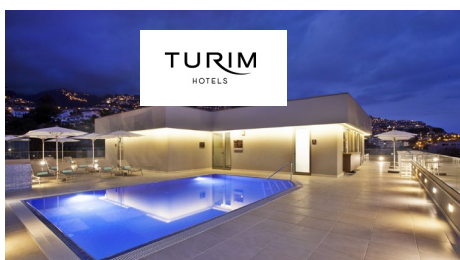
Tv. do Cabido N° 17, 9000-715 Funchal

☎291224444

[https://www.seboutiquehotel.com/
32.64844983054868, -16.907246600560597](https://www.seboutiquehotel.com/32.64844983054868,-16.907246600560597)

Take note

where to stay



Turim Santa Maria Hotel

R. João de Deus 24, 9050-027 Funchal

☎210514720

<https://turim-hotels.com/turim-santa-maria-hotel-pt/32.6512180310553,-16.903684846584834>



Hostel Santa Maria

Rua de Santa Maria 145, 9060-291 Funchal

☎291649120

<https://www.hoteis-madeira.pt/hoteis/hostel-santa-maria/32.64800273154339,-16.901308761926277>



Jaca Funchal

Rua Dos Ferreiros, 9000-082 Funchal

☎926958673

<https://www.jacahostel.com/jacafx32.650635824934156,-16.90963300297021>

Take note

what to do



Convento de Santa Clara

Calçada de Santa Clara 15, 9000-036 Funchal

☎ 291742602

<https://www.facebook.com/conventodesantaclara32.65085499771005,-16.913170669877644>



Museu da Quinta das Cruzes

Calçada do Pico, nº1, 9000-206 Funchal

☎ 291740670

<https://mqc.madeira.gov.pt/32.6509652971064,-16.913735115901936>



Casa-Museu Frederico de Freitas

Calçada de Santa Clara 7

9000-036 Funchal

☎ 291202578

[Casa-Museu Frederico de Freitas32.65027620100055,-16.912291571725092](https://www.casa-museu-frederico-de-freitas.pt/32.65027620100055,-16.912291571725092)

Take note

what to do



Museu de Arte Sacra do Funchal

R. do Bpo. 21, 9000-073 Funchal

☎291228900

<https://cultura.madeira.gov.pt/museu-de-arte-sacra-do-funchal.html>

[32.649361297785944, -16.908324500560504](https://cultura.madeira.gov.pt/museu-de-arte-sacra-do-funchal.html)



Sé Catedral do Funchal

R. do Aljube, 9000-067 Funchal

☎291228155

<https://www.catedraldofunchal.com/>

[32.64822583454275, -16.908400619605406](https://www.catedraldofunchal.com/)



Museu de Fotografia da Madeira – Atelier Vicente's

Rua da Carreira 43, 9000-042 Funchal

☎291145325

https://www.facebook.com/mfmvicentes/?ref=page_internal

[32.649017131389336, -16.910372704255547](https://www.facebook.com/mfmvicentes/?ref=page_internal)

Take note

what to do



Museu A Cidade do Açúcar

Pç De Colombo, 9000-057 Funchal

☎291211037

<https://cultura.madeira.gov.pt/museu-a-cidade-do-a%C3%A7%C3%Bacar.html>

[32.64824766222257, -16.90699464473732](tel:32.64824766222257,-16.90699464473732)



Mercado dos Lavradores

Rua Brigadeiro Oudinout, 9060-158 Funchal

☎291098756

<https://www.visitfunchal.pt/pt/mercado-dos-lavradores.html>

[32.64850229692141, -16.904101829395906](tel:32.64850229692141,-16.904101829395906)



Blandy's Wine Lodge

Avenida Arriaga 28, 9000-064 Funchal

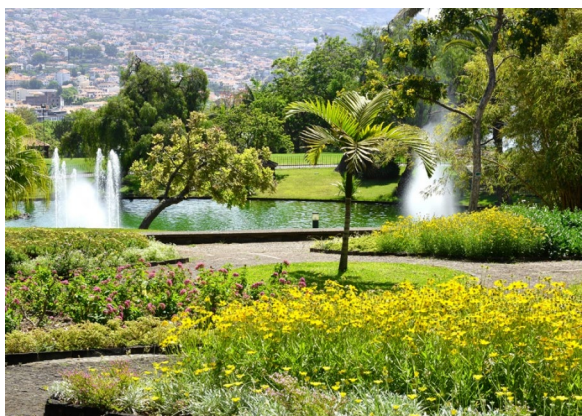
☎291225122

<https://www.blandyswinelodge.com/pt/>

[32.64796011798034, -16.910398297383555](tel:32.64796011798034,-16.910398297383555)

Take note

leisure



The city of Funchal has a beautiful natural heritage, consisting of various green spaces scattered around the city, both near the sea and in the mountains. We suggest the Parque Ecológico do Funchal, in the parish of Monte, where you can find indigenous and endemic plants or take a stroll through the gardens closer to the city, such as the iconic Parque de Santa Catarina or the Jardim de Santa Luzia.

<https://www.visitfunchal.pt/pt/descobrir.html#parques-e-jardins>



The natural beauty of Funchal's beaches is a perfect opportunity to take a dip in the waters of the Atlantic.

<https://www.frentemarfunchal.com/>



With crystal clear waters, the Atlantic that bathes Funchal reveals wonders and secrets, through the practice of diving, snorkeling, sailing, canoeing, as well as the wonderful boat trips along the coast, watching dolphins and whales that frequent our sea.

SABOREA MADEIRA

a journey through taste



Interreg
Fundo Europeu de Desenvolvimento Regional



MAC 2014-2020
Cooperación Territorial



IAM
ATLANTICO MEDIO