

Frami

Authentic products from Portugal



Portugal is a relatively small country, but the cuisine is extremely varied nonetheless. It is an honest, fine cuisine. Given the proximity of the sea, traditional Portuguese cooking naturally includes many wonderful fish and seafood dishes. But meat, vegetables, rice, potatoes and feijão, or beans, are equally important elements of this wholesome cooking. Stews and soups have always been very popular. Dishes are prepared using generous quantities of olive oil. Our product range includes everything that the Portuguese have enjoyed for decades!



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