

CHALLENGE 5: RECORD, WRITE, PUBLISH

Here's some basic facts about Palmela:

- *It's in southwest Portugal, 40km away from Lisbon, the capital city*
- *Palmela has a castle and it's one of the most ancient ones in Portugal. It was built in the 12th century to protect against islamic invasions*
- *It has mediterranic climate, which means it's warm and sunny almost all year around*
- *It has about 17K residents*
- *The local products are wine, cheese and honey*
- *Arrábida*

Arrabidine, the secret of the monks

Arrabidine is a portuguese liqueur. It is produced exclusively in our small village, Palmela. The people who have tried it say its flavour is absolutely extraordinary. If it's just a liqueur, then what's so interesting about it that it's worthy to write an article about? There is a secret, a mistery around it, that's why it's so exclusive. It symbolizes our region and it's made with only regional products that come from the saw of Arrábida, which is the mountain range and Natural Park that surrounds our village. What's behind this marvelous bottle of God's nectar?

Let's take a close up. Palmela, in Southern Portugal is a small village where life goes by normally. Palmela and the other villages around are surrounded by one magestic mountain range, Arrábida. Arrábida has unique species that only exist there, that's what makes it so appealing and touristic. And that is the key to this tasteful story.

I did some research on the origin and the long journey of Arrabidine. I talked to the current owner of the company that produces the liqueur and went to their site for more information so I could write this story

It's estimated that Arrabidine's formula was created in the 16th century by the monks that lived in Arrábida's monastery, in total isolation. So how did the formula escaped? In 1834, when Pedro III, the king of Portugal at that time, abolished the religious orders many of the monks had to leave the monastery and take shelter. Some of them, including the one that guarded the liqueur's formula, were welcomed by a rich family that lived nearby. When the guardian of the

formula had to leave the family's farm to go to Spain he left the liqueur and the formula, showing his gratitude for having him there.

Years passed by until when, in mid 1940s, in the beginning of Portugal's industrialization, a new big factory had to be built in the place where the family had the farm. They sold their terrain to the company and moved to another city, but what about the liqueur's formula? It only made sense with the unique raw materials that exist in Arrábida. The family spoke to the priest of our church in Palmela to see if anyone wanted to buy the formula, since there were many wine producers at the time. In 1950, Emídio Fortuna, a local wine producer decided to buy and keep it. Until now, the formula is preserved in his family. They are the only ones who know this marvelous and antique recipe. It is only produced here, in Palmela and it has won awards. And this is the story of how an antique liqueur recipe escaped total isolation of the monastery to become a wonderful and locally popular liqueur.



A bottle of Arrabidine