



◀▶ **Gloria's Cafe Portuguese Restaurant**  
 Enjoy Portuguese casseroles and fried or grilled *bacalhau*, especially the *bacalhau tradicional*: salted cod cooked in milk, garlic and bay leaves, then crumbed, grilled and served with boiled eggs and vegetables. Also, order the *alentejana*: fried pork with clams, coriander and diced potatoes (pictured right). 82 Audley St, (02) 9568 3966.



In the neighbourhood

## PETERSHAM, SYDNEY

More than 20 years ago, when Gloria Belinha was looking for a cafe in Petersham where she could meet with her accountant, the closest one she could find was two kilometres away, in Leichhardt. Having worked for four years for Peter Doyle at Doyles on the Beach, Gloria and her late husband, Eloi de Sa, were ready to open their own cafe-restaurant. “When we couldn’t find a cafe in Petersham, I decided that’s where we should open one,” Gloria recalls. She claims Gloria’s Cafe Portuguese Restaurant, which opened on the fortuitous date of 8 August 1988 was the first Portuguese eatery in Australia.

Today, Petersham has the highest concentration of Portuguese immigrants in Australia. ‘Little Portugal’ along New Canterbury Road offers the complete Portuguese food experience including restaurants, charcoal chicken takeaways, cake shops, delis and even a bottle shop specialising in Portuguese wines and beers.

The first wave of Portuguese immigrants to Australia was in the 1950s, encouraged by Australia’s post-war immigration scheme. Some continued their fishing trade, establishing a community in Fremantle, Perth, while others settled in Paddington and Surry Hills in Sydney, both of which were working-class suburbs back then.

In 1975, Angola and Mozambique gained independence from Portugal, and Indonesia invaded the Portuguese colony of East Timor, which led to another wave of Portuguese immigrants to Australia. Gloria and Eloi, however, arrived directly from Portugal from a small village called Paços de Brandao in 1983.

As the cost of living in Paddington began to rise in the 1980s, the local Portuguese community started to head west to suburbs such as Petersham in search of affordable accommodation. The late Manuel Gaspar and Joe Andrade, who had a real estate business in Paddington, played a significant role in this, opening a second office in Petersham around 1969 and establishing Sydney’s first Portuguese language newspaper, *O Portugues Na Australia*, in 1971. “When people arrived, they didn’t know where to go, so they bought the Portuguese newspaper and found the real estate agency in Petersham,” says Gloria.

By the late 1980s, many Portuguese had settled in Petersham and businesses started to cater for them. One of those was Charlie’s Deli, established 32 years ago by Italian immigrants Carmela and Carmelo Santoro. Their son, Salvatore, who now runs the business, says they began to get requests for Portuguese *bacalhau* (salted cod) and olive oil.

Bacalhau also features on the menu at Gloria’s Cafe Portuguese Restaurant, which is known for its home-style meals. “I want to bring authentic homemade food to our customers,” Gloria says.

No visit to Little Portugal is complete without tasting *pastéis de nata* (Portuguese custard tarts) from La Patisserie. Owner Fernando Ramos has been baking these since he was a 14-year-old apprentice chef in Lisbon. “We still use the old recipes,” he says. To deliver that flaky pastry with eggy, almost scorched custard, the tarts are baked in a 400-degree oven. It’s hard work and the hours are long, but his passion is evident. Just as it is for so many of these Portuguese family-run businesses. 🍷



◀▶ **Frango Petersham Charcoal Chicken**

Ana and Luis Fernandes's charcoal chicken is grilled to perfection: tender on the inside with crisp, smoky skin on the outside. Ask for your chicken to be brushed with their spicy peri peri sauce made from a secret family recipe. There are also steaks, seafood and *bacalhau* dishes on the menu. 98 New Canterbury Rd, (02) 9560 2369, frangos.com.au.



◀ **La Patisserie**

The history of this Portuguese cake shop spans 28 years with the last 23 in Petersham. People flock here for Fernando Ramos's Portuguese custard tarts, of which about 5000 are sold each week. Also, don't miss Ramos's *molotov* (pictured left), a devilishly more-ish soft meringue that glistens in a rich port wine and caramel sauce. 45 New Canterbury Rd, (02) 9569 1107.



◀▶▲ **Charlie's Deli**

Salvatore Santoro will help you stock up on olive oil and *bacalhau*. "The Portuguese love their *bacalhau*; they have a recipe for it for every day of the year!" he says. "During our busy periods, we easily sell up to 100 kilograms a day." Spicy chorizo and black olives are also popular, or take home Portuguese fizzy drinks in fruit flavours. 37 New Canterbury Rd, (02) 9560 4037.



◀ **Petersham Liquor Mart**

Italian immigrants Anna and Albert Mollica established their shop 44 years ago and still work in it today. Albert recommends the rich Portuguese tawny port while Anna favours the crisp, refreshing *vinho verde* (green wine) made with unripe grapes from the Portuguese wine region of the same name. 41-43 New Canterbury Rd, (02) 9560 2414.

