



[FOOD]

ON THE MENU

Hankering to catch some waves in some of the most beautiful beaches in the world? Maggie Gannon previews some of the international dishes keeping surfers fuelled up between breaks



BIFANA SANDWICH

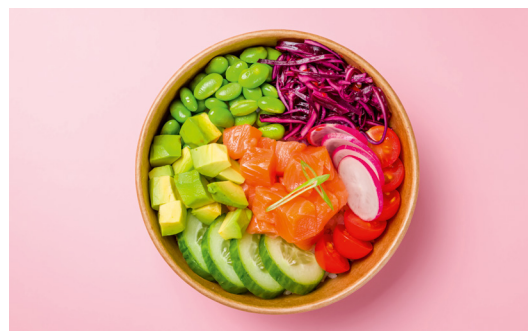
Vendas Novas, a region in south-central Portugal, is the birthplace of the bifana, a pork steak lightly pounded or sliced, typically seasoned with garlic, spices and white wine, all held together in a crusty white roll known by the portuguese as papo secos. Its origin is clear but its variations are plentiful, with those in the north and south of the country having competing views on how the bifana is best served. The beverage of choice best served alongside it is torn between Super Bock and Sagres, and condiments are also up for debate, with the south of the country preferring a drier sandwich topped with hot mustard – as opposed to the north, where the addition of chicken stock and bay leaves create a saucier affair. One thing is for certain though: snack bars and cafés in Portugal's fantastic (and underrated) surf destinations, from Nazaré to Ericeira, will certainly have a bifana on their menu.

BAJA FISH TACOS

With more than 800 miles of Pacific coastline and seafood in abundance, fish tacos have been enjoyed for years in the coastal areas of Mexico. Baja fish tacos have become a surfers' staple in the Baja California region, a haven for waves in Mexico, the West Coast US and further afield in surf towns like Playa Los Cerritos from March to November. Flaky white fish is deep-fried in batter and combined in a tortilla with shredded lettuce and spicy mayo, making it the perfect post-wave pick-me-up.

NASI GORENG

Bali is renowned for those wanting to chase their surfing adventure, and what better way to fuel it than with Indonesia's answer to fried rice. Traditionally made first thing in the morning, this filling and hearty speciality begins with sautéing garlic, chilli and shallots, before adding a protein source, typically chicken, prawn or beef, mixed vegetables, and finally adding in leftover white rice. Although the dish dates back to Chinese history, the flavour of nasi goreng is distinctly Indonesian, seasoned with shrimp paste and *kecap manis* (a sweet soy sauce), occasionally with a crispy fried egg perched on top for extra flavour. Surfers across the globe from the Gold Coast to Cornwall have created their own versions of this classic, too.



POKÉ

The popularity of poké has been seen globally in its appearance in major cities like New York, London and Los Angeles. However, its origins lie firmly in Hawaii, where for years raw fish has been combined with sea salt, seaweed and candlenut to create the delicacy. Now, poké comes in many forms, most commonly in bowls, where seafood such as salmon, octopus or tuna is combined with soy sauce, sesame oil, seaweed and onion. Asian influences have popularised the addition of kimchi and sriracha, and further afield, poké has taken on different forms – perhaps most popular, poké nachos or poké tostadas feature the seafood piled on top of Mexican favourites. If you're planning on catching breaks on the white-sand beaches in Oahu or Kauai, poké is the ideal fuel. ♦

SNACK BARS AND CAFÉS IN PORTUGAL'S FANTASTIC SURF DESTINATIONS WILL CERTAINLY HAVE A BIFANA ON THEIR MENU