



Helena Loureiro^(CA)

Restaurants Helena & PortusCalle, Montreal

June 20th

Born in Portugal, Helena Loureiro decided to cross the Atlantic and settled at the island of Montreal. Living in Quebec for over 20 years, she loves to share the culture of her home country. Helena completed her studies at the Institute of Tourism and Hospitality of Quebec in the early 90s. Some years later she realized her dream of opening her own restaurant, Portuscalle, in the Portuguese neighborhood. A real institution of Maine, the Portuscalle restaurant celebrated last year its tenth anniversary.

More recently she decided to open her second restaurant, Helena, in the heart of the old Montreal, where she goes back to her memories and re-creates the atmosphere of the traditional beerhouses of the old Lisbon. Her two restaurants reflect this European environment in Montreal and offer to its customers a jovial atmosphere while tasting familiar food with touches of gastronomy and refinement in her dishes.

Eager to share her passion, Helena wrote a cookbook, "Helena, 100 Portuguese recipes", and is now preparing a second one. Helena is also preparing the opening of "Lisbon's Corner", an upscale but affordable market, allowing a greater amount of people the opportunity to taste Portuguese cuisine.

Helena is a perfectionist, and only uses top quality products from local and Portuguese producers. She says without hesitation: «The freshness and quality of the products represent a quarter of the work». From the Alentejo pig to the São Jorge cheese and olive oil of Trás-os-Montes, with a touch of wisdom, a spoonful of Portuguese imagination and talent filled with passion. These are the secrets of Helena Loureiro.