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Pastel de Feijão de Torres Vedras gains protected status in European Union

Traditional Portuguese pastry receives official recognition, boosting local economy and preserving culinary heritage in Torres Vedras

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The European Commission has officially added the Pastel de Feijão de Torres Vedras to its register of Geographical Indications, marking a significant milestone for this traditional Portuguese pastry. The decision, published in the Official Journal of the

European Union on January 16, followed the completion of a public consultation period that ended recently. This recognition concludes a certification process that began in 2013, initiated by the Associação Comercial e Industrial da Região Oeste (ACIRO) in partnership with the Torres Vedras City Council.

With its new status as a Protected Geographical Indication (PGI) within the European Union, the Pastel de Feijão de Torres Vedras now enjoys official recognition for its authenticity and quality. Only certified producers are allowed to use the name, ensuring that consumers receive genuine products made according to traditional methods. The pastry joins more than 3,655 other protected names listed in the EU's eAmbrosia database, which helps promote regional specialties both nationally and internationally.

The Pastel de Feijão de Torres Vedras has roots dating back to the 19th century, when it was first created in local convents. Its recipe features a filling made from white beans, sugar, eggs, and almonds, wrapped in a thin pastry crust. Over time, it has become a symbol of Torres Vedras, a city located about 30 miles north of Lisbon.

Today, annual production of this sweet treat is estimated at 1.5 million units. The industry generates around half a million euros each year for the local economy. Local bakeries and pastry shops are expected to benefit from increased visibility and demand following the European recognition.

Producers and local officials have welcomed the news as an important step in preserving culinary heritage and supporting small businesses in the region. The PGI status not only protects the name from misuse but also helps maintain traditional production methods that have been passed down through generations.

The inclusion of Pastel de Feijão de Torres Vedras in the EU's register is expected to attract more tourists and food enthusiasts to Torres Vedras. It also strengthens Portugal's reputation for high-quality regional pastries and desserts. As interest in authentic food experiences continues to grow across Europe and beyond, this recognition may open new markets for local producers and contribute to sustainable economic development in the area.

The process leading up to this achievement involved detailed documentation of the pastry’s history, ingredients, and production techniques. Local authorities worked closely with bakers to ensure compliance with EU standards for geographical indications. Now that the certification is complete, only those who follow these strict guidelines can market their products under the protected name.

This development highlights ongoing efforts across Europe to safeguard traditional foods and support rural economies through geographical indication schemes. For Torres Vedras and its signature pastry, it marks a new chapter in a story that began more than a century ago in convent kitchens and continues today in bakeries throughout the city.