

Miguel Castro e Silva (PT)

De Castro Flores e Largo

June 25th



Miguel Castro e Silva was born in Oporto in 1961. Son of a German mother and a Portuguese father, ever since he was a little child he loved cooking only one traditional Portuguese recipe in a small pot: Sweet Rice. He ended up getting sick of it after cooking it so many times. While growing up, he decided to study biology in Germany. Many years later, Miguel decided to return to his homeland and finally study, at Algarve, to learn what he loved the most: cooking!

After graduating, he started working in the music industry as a sound technician and later on as a product manager in the textile industry, for five years. At the age of 31, he married with Graça and together they opened Quinta dos Vales, in Maia, and later on, the restaurant “Miguel na Foz”.

However, Miguel only got international recognition when he was invited to open Bull&Bear, a restaurant at Oporto’s Stock Market. The Financial Times declared it as one of 25 best restaurants of the world. In 2009, the couple decided to move to Lisbon and opened De Castro Elias, followed by O Largo, both under his signature. Together with Joaquim Figueiredo and Vítor Sobral, Miguel formed a trio that helped to transform the Portuguese cuisine. Furthermore, Miguel Castro e Silva is one of the responsible for spreading the sous vide techniques or, in other words, the low temperature cooking, which today is very important in high-end restaurants.