

# Interreg

## ITALIA-SLOVENIJA



MerlinCV

Progetto strategico co-finanziato dal Fondo europeo di sviluppo regionale  
Strateški projekt sofinancira Evropski sklad za regionalni razvoj



UNIONE EUROPEA  
EVROPSKA UNIJA



TURISTIČNO  
GOSTINSKA  
ZBORNICA  
SLOVENIJE

# MEATLESS DISHES

RECIPES OF ITALIAN AND SLOVENIAN PROVIDERS  
AS A PART OF A PROJECT  
MERLINCV, INTERREG ITALIA-SLOVENIA



Author of a photo: Tomo Jeseničnik, source: slovenia.info

"Strategic project of the Interreg V-A Italy-Slovenia Cooperation Program 2014-2020  
is co-funded by the European Regional Development Fund."



Dear readers,

e-book of the recipes became an idea that came out during fasting time and in the year when Slovenia holds the title European Region of gastronomy.

The MerlinCV project encourages the creations of innovative touristic products and strives for greater visibility of tourism in the entire program area, which includes 5 Italian and 5 Slovenian statistical regions.

Consequently, we have invited the Italian partner Comunita Collinare del Friuli to participate in the production of the booklet, which is the result of an excellent example of Cooperation Programme Interreg V-A Italy-Slovenia 2014-2020.

The following are examples of good practices from local gastronomy providers who have responded to our invitation to participate. Chefs from Slovenia and Italy have prepared recipes that they prepare for guests on a daily basis, thus promoting both local gastronomy and the innovation of their region.

Bon Appetit!

Tourism and Hospitality Chamber of Slovenia





# *ISTRIAN ARTISTIC RISOTTO*

JOŽICA REJEC

## Ingredients:

- 400 g arborio rice
- 4 spring onions with greens
- a bunch of Istrian asparagus
- 1 spring garlic with greens
- one cup of spring, shelled peas
- green part of fennel
- a bunch of fresh parsley
- 2 pinches of saffron flower
- 4 dcl Istrian dry white wine
- 1/2 l vegetable soup base
- freshly ground pepper (by taste)
- Piran's salt (by taste)
- homemade Istrian extra virgin olive oil
- parmesan (by taste)

Prepare 2 deep pans. Cover only the bottom of one pan with water. Add one cup of spring, shelled peas and salt. When peas is slightly cooked (al dente), take it out with a skimmer. Break asparagus at the top and only use the peaks. In the same water, where peas was cooked, add a tea spoon of an extra virgin olive oil and a lemon peel. Cook the peaks of the asparagus for max 1 minute.

In the other pan add olive oil, chopped spring onions with greens and spring garlic, also with greens. Fry all together and slightly salt. Wash the rice and add it into a pan. Simmer the rice while stirring constantly, pour it with wine and cook it. Add saffron flower. When the water starts to run out, add vegetable soup base. Also add the same water, where you cooked peas and asparagus. Cook until the rice becomes al dente or you don't get a desired density. At the end add peas, mix and slightly pepper then add asparagus. If the mixture becomes too thick, add soup base. Mix in chopped parsley, grated parmesan, a little bit of freshly ground pepper and then remove a pan from the heat. Add a tea spoon of butter, cover and let it rest for about 10 minutes. Then mix and serve.

## JOŽICA REJEC

Jožica Rejec is the fifth generation of passionate cooks, among whom is also the great grandmother, who took care of the palates of the Austrian Emperor, Jožef Štefan.

Jožica doesn't like to praise herself, although she boasts more than 20 years in a professional cuisine and 45 years of constantly cheering people up with her dishes.



*Author of a photo: Jacob Riglin, Beautiful Destinations, source: slovenia.info*





Author of a photo: Martin Šabec, Hit d.d. Nova Gorica

# FRICA FOR THE FURLANA LADY

MATJAŽ ŠINIGOJ

## SMOKED COTTAGE CHEESE SAUCE

- 150 g smoked ricotta
- 80 g cream
- 100 ml milk
- 30 g butter
- 1 sage leave
- salt, pepper

Peel and grate the smoked cheese. Roast slowly the sage with melted butter in order for the butter to absorb the aroma. Remove the sage and add milk. At boiling point, add cream, cook it for a while, and add cheese. Turn the cooker off and leave cheese to melt. Put it all together into a mixer and mix it until you get a smooth texture. Add salt and pepper as needed.

## FRICA

- 600 g peeled and washed potatoes
- 200 g Montasio cheese
- 100 g spring onions (green part)
- 100 g nettle
- 1 tea spoon of sugar
- salt, pepper
- olive oil

Grate potatoes and cheese. Blanch the nettle in boiling salted water with the addition of a teaspoon of sugar. Cool down the blanched nettle in iced water, then drain and chop it. Slice the green part of the spring onions into rings and give it a quick fry with olive oil. Add grated potatoes and cheese, stir, add salt, and stew with a lid on for 20 minutes in order to get a solid texture. Heat up oil in a saucepan. Cover the bottom of the saucepan with half of the solid mixture, sprinkle the blanched nettle on top of it and cover with the rest of the solid mixture. Mash it slightly, then cover and fry it up on both sides. When the dish has cooled down a little, it is ready to be cut. We used a round mould and in this case the frica may be sliced into triangles.



### **TOMATO CAVIAR**

- 2 medium-sized tomatoes
- 30 g olive oil
- salt, pepper

Slice the tomatoes in half, remove the seeds and pulp. Add salt and pepper to the seeds, pulp and mix it.

### **SPRING VEGETABLES**

- 100 g wild hops
- 20 g milfoil
- 40 g lemon balm
- 20 g fennel (leaf)
- 80 g green asparagus
- 50 g spring onion (white part)
- olive oil
- salt, pepper

Clean the wild hops and asparagus, blanch and cool them down. Season with olive oil, add salt and pepper. Put it into the fridge for 30 minutes. Cut the spring onion stalk into half and fry it with olive oil and spices. Pluck all the other vegetables into small pieces and add them to the hops and asparagus.

### **LEMON BALM OIL**

- 100 g lemon balm leaves
- 80 g parsley leaves
- 100 g olive oil

Blanch the lemon balm and parsley, cool them down and fry them up. Add them to the oil and mix it until you get a smooth texture. Leave the mixture overnight in the fridge, then strain it through a fine colander.

### **PLATE COMPOSITION**

Pour the cheese sauce on the bottom of the plate and place the frica onto it. Add the salad, which is topped with tomato caviar. Add toasted walnuts on the plate and pour the lemon balm oil in a form of the ring.







*Author of a photo: Martin Šabec, Hit d.d. Nova Gorica*

# MY DEAR GORICA LADY

Asparagus cream of soup with cream barley and peas

## ASPARAGUS CREAM

- 800 g green asparagus
- 100 g white wine
- 200 g potatoes
- 2 spring onions
- 40 g butter
- 10 g chives
- olive oil
- salt and pepper

Wash the asparagus and split them into three parts. Remove the hard part, which will then be used for the stock. Slice the middle part into thin rings, whereas the tips will be combined with the barley. Separate the white part of the spring onions from the green one. Cut it up roughly and use it to prepare the stock. Cut the white part of the onions into thin rings. Peel the potatoes and grate them. Add an olive oil into the saucepan, roast the onions and when they turn yellow, pour in wine. Give them a boil until the wine has evaporated, then add the grated potatoes. Fry it up, then pour in the stock and stew it until the potatoes are done. Add the middle part of the asparagus to the potatoes, pour in some stock and stew it quickly. Be careful to preserve the colour. In fact, the longer they are cooked, the less colour and taste they preserve.

Add salt and pepper and mix into a smooth cream. While mixing, add butter. Add chopped chives, salt and pepper at the end.

## VEGETABLE STOCK

- green parts of the spring onion
- 200g of carrots
- Bottom part of asparagus
- Laurel
- Salt
- Black pepper

Roast sliced green onion parts along with the carrot rings, then pour in cold water. Add the bottom part of the asparagus, as well as laurel, salt, and grains of pepper. After having reached a boiling point, cook it for another 20 to 30 minutes.

## BARLEY

- 280g of stewed barley
- 200g of baby peas
- 2 spring onions
- 60g of grated Parmesan
- 60g of butter
- Olive oil
- Salt and pepper
- 1 non-sprayed lemon

Fry the barley in a dry and hot saucepan. When it has been fried for long enough, pour in vegetable stock. Then stew it for 20 minutes, thereby continuously adding the stock. Fry chopped spring onions in a separate saucepan. When shriveled, add peas and some stock, then keep cooking until the barley becomes soft. Remove from the heat, add grated cheese, a little olive oil, and barley. By stirring it quickly, you will get a creamy texture. Add salt, pepper and a grated lemon.

## PLATE COMPOSITION

Pour the cream on the bottom of the plate and place a scoop of barley on it. Decorate the dish with chives, some drops of olive oil, and freshly ground pepper.



Author of a photo: Martin Šabec, Hit d.d. Nova Gorica





Author of a photo: Martin Šabec, Hit d.d. Nova Gorica

# *RAVIOLI WITH BURRATA CHEESE,*

peas, almond pesto and fennel foam

## **FILLING**

- 200 g of burrata cheese
- 50 g of bread (inner part)
- 2 basil leaves (chopped)

Drain the burrata cheese and wipe with pepper. Stir it in a bowl with a fork, add finely sliced inner part of the bread loaf and chopped basil. Mix everything together. Let it rest for 30 minutes in the fridge.

## **RAVIOLI DOUGH**

- 150 g flour type 00
- 75 g durum flour
- 2 egg yolks
- 1 egg
- 20 g olive oil

Knead all ingredients together, wrap in plastic, and put in the fridge for at least 30 minutes. After resting, roll out the dough thinly, lightly mark the shape of the ravioli and place the filling in the middle. Wet the edges with water and cover with another layer of dough. Gently push the dough against the filling with your finger so that there is no air between the layers. Cut out the ravioli shapes, cook them in boiling, salted water and sauté in butter.

### ALMOND PESTO

- 100 g peeled almonds
- 40 g olive oil
- 50 g grana padano cheese
- unsprayed lemon zest
- salt

Mix all the ingredients roughly and add cold water if necessary (if the paste is too thick).

### PEA CREAM

- 100 g young peas
- spring onion (green part)
- vegetable stock
- olive oil
- salt, pepper

Roast coarsely chopped green part of the onion in olive oil. Add peas and then pour in some vegetable stock. Keep cooking for a few minutes to soften the peas. Then mix everything to a smooth cream. While mixing, add olive oil. Add salt and pepper to taste.

### TOMATO CONFIT

- 100 g of datterino tomatoes
- olive oil
- Salt
- sugar
- pepper
- unsprayed lemon zest
- thyme

Wash and dry the tomatoes. Place the baking paper on the baking tray. Put tomatoes on the tray, add salt, pepper, sugar, thyme and lemon zest. Mix everything together and put in a preheated oven at 121°C for approx. 45 minutes.

### FENNEL FOAM

- 200 g of fennel
- 80 g cream
- 1 g anise seeds
- 100 ml milk
- salt

Wash the fennel and cut it into small cubes. Put it in a saucepan, pour in milk and cream, add salt and crushed anise seeds. Cover well and refrigerate overnight. Strain finely the next day. Pour strained liquid drink into a siphon, add a CO<sub>2</sub> bulb and make a foam, which is to be heated on a 60°C water bath before serving. If you do not have a siphon, whip up the foam with a mixer.

### SAUTÉED PEAS

- young peas
- pea pods
- olive oil
- salt and pepper

Roast young peas and pea pods in olive oil, add a little water to soften. Season up with salt and pepper.

### PLATE COMPOSITION

Place the ravioli on the bottom of the plate, add the pea cream, almond pesto, sautéed peas, and the tomato confit. Just before serving, add fennel foam.



## MATJAŽ ŠULIGOJ

Matjaž Šinigoj, "executive chef", working in one of the largest gaming and entertainment centers in Nova Gorica, is a very devoted, enviably creative, and extremely experienced chef, who is also a big connoisseur of Goriška tradition.

He pays a lot of attention to learning young chefs and knowledge transfer. The recognizable face of TV shows and various culinary events is the idea leader of the "Glocal Gourmet" project, which puts local flavors and seasonal produce at the center of culinary creations.





#### DOUGH:

- 250 g buckwheat flour
- 200 ml water (boiled)
- 50 g white sharp flour

Put buckwheat in a bowl and pour over boiling water. After mixing it well, let it cool down. Add white sharp flour and knead it until it becomes a very soft dough.

# BUCKWHEAT CARPS

#### FILLING:

- 150 g dried plums
- 250 g mashed curd cheese
- 0,5 dcl sour cream
- 1 egg
- 25 g crumbs
- Salt

Finely chop dried plums. Mix mashed curd cheese, sour cream, crumbs, egg, and salt until you get a nice, thick mixture. (It is better to be thick than liquid. If it seems too sparsely just add more crumbs.)

GAŠPER NAJŽAR



When the dough is ready, roll it out on almost 0,5 cm thickness. Help with sharp flour to avoid gluing. With a model cut-out circles. Put a teaspoon of curd cheese filling with plums in the middle of a circle. The edge should stay clean so it can be glued properly. Fold dough in a shape of a half-moon. Use a fork to press it together. When carps are ready, cook them in slightly salted boiling water from 10 to 15 minutes (until they come on the top). Pour over butter crumbs. You can add sugar or a homemade yogurt.



## GAŠPER NAJŽAR

The recipe was attentively prepared by Gašper Najžar, who is an executive chef in a restaurant for the last two years. Because he is from Gorenjska, he is very familiar with local food and gastronomy. Local dishes are regularly found on a restaurant's menu.

# DISASSEMBLED YOTA

MATIJA COTIČ

## TERRINE OF SAUERKRAUT AND WALNUTS

- 36 dag sauerkraut
- 10 dag walnuts
- 8 dag crumbs
- 6 dag walnut oil
- 2 egg-whites
- Salt
- whole pepper
- bay leaf

Wash sauerkraut with water and cook it in a small amount of water. Slice it with whole pepper and bay leaf. When cooked, strain it and take out pepper and bay leaf. Wait until it cools down, then add crumbs, chopped and fried walnuts, walnut oil, and egg whites. Add spices. Put baking paper on a baking tray and pour over the filling. Spread it over equally. Cover it with another baking paper and weigh it with another tray. Bake 40 minutes on 175°C.

## BUTTER POTATOES

- 16 dag small potatoes
- 8 dag butter
- Thyme
- Salt and pepper

Cook potatoes with peels, cool it down and cut on half. Sauté it in a butter with thyme.

## BEAN PUREE

- 20 dag cooked beans
- 8 dag butter
- Salt
- garlic powder

Boil the beans, strain, mix and mash it. Add butter and spice it with salt and garlic powder.





# DISASSEMBLED YOTA

MATIJA COTIČ

## STOCK SAUCE

- 6 dl dark vegetable stock (stock from dark roasted vegetables)
- 1 tablespoon of honey
- white wine
- Thyme
- marjoram
- 5 dag butter

Reduce the stock, add wine, honey, marjoram, and thyme. At the end add the cold butter.

## GLAZED BEER FOAM

- 6 dag beer turnip
- 0,6 dl wine vinegar
- 4 dag sugar
- 6 dag butter

Cut the turnip into slices and cook it in boiling water. In a pan melt sugar add vinegar, butter, and a bit of water. When it starts boiling, add a turnip and glaze it.

## BAKED YOUNG CARROTS

- 20 dag young carrots
- 2 cloves of garlic
- salt and pepper
- thyme
- oil

Wash the carrots, spice them with salt, pepper, thyme, and garlic. Put it on aluminum foil. Pour over the oil, add crushed garlic and wrap it in a foil. Bake 45 minutes on 180°C.

## SAUTEED CABBAGE

- 6 dag curly cabbage
- Oil
- Salt, pepper

Blanch the cabbage and cool in an ice bath. Sauté it in a hot oiled pan and season with salt and pepper.

## CABBAGE OIL

- 150 dag cabbage
- 2 dl oil

Wash and dry the cabbage. In a thermomix, mix it together with oil for 8 minutes. Strain the oil over a cloth and let it cool. Pour it into a pipping bag, so that the water is separated from the oil. Drain water.



## MATIJA COTIČ

Matija Cotič is a young chef who is attending the 2nd year of the BIC Ljubljana Vocational College, majoring in gastronomy and tourism. Cooking makes him extremely happy and joyful. He perfected his knowledge in a restaurant, which boasts 3 Michelin stars.

He works at his family mountain hut on Kokoša.



*Author of a photo: Jošt Gantar, source: slovenia.info*





# *EASTER CODFISH*

SINIŠA PETRUŠIĆ

## **CODFISH FILLET, COOKED IN VACUUM IN A WATER BATH (SOUS VIDE)**

- 600 g cleaned cod fillet
- 45 ml olive oil
- 15 g butter
- 30 ml sweet cream
- 10 g fresh lemon thyme
- 10 g fresh dill
- 10 g fresh rosemary
- 30 ml white wine – Malvasia
- a clove of roasted garlic
- salt flower
- black peppercorns

### **FISH BASE:**

- 200 g vegetables (carrot, tuber of green, leek, parsley, fennel)
- Salt
- black peppercorns

We cook the fish base from the leftovers of fish and vegetables, which we will need to prepare the sauce.

Cut the cleaned fish fillet into portions (150g) and vacuum-pack them with herbs, olive oil, garlic, and butter. Cook it in a water bath (sous vide) for 30 minutes at 45°C. Prepare a sauce from the resulting liquid, cream, and Malvasia. If necessary, add the fish base and a pinch of freshly chopped lemon, thyme, and dill just before serving. Drizzle the sauce under the cod fillet.

### **YOLK FOAM**

- egg yolk
- 80 g butter
- 15 ml water
- 10 ml lemon juice
- salt
- white ground pepper

Heat butter to 70°C and set aside.

Stir in the egg yolk, water, salt, and pepper over a streamer. Gradually add butter while stirring. Just before the end, add lemon juice, pour into a siphon (make foam with a help of a siphon), and keep everything warm until serving.

### WILD ASPARAGUS PUDDING

- 65 g wild asparagus
- 10 g roasted pine nuts
- 20 ml sweet cream
- 15 g sour cream
- 1 fresh egg yolk
- Salt
- white ground pepper
- walnut

Clean wild asparagus, wash them, blanch in boiling water, and cool them quickly, so they maintain a nice green color. Harder parts mix in the cream and strain it. Cut some of them into small cubes and sauté the rest of the olive oil with garlic. Serve the under the fish. In asparagus cream mix sweet and sour cream, egg yolk, and spices. When the mixture becomes homogeneous and smooth, add sliced asparagus and ground roasted pine nuts. Fill into any molds and bake in a water bath at 130° C for 20–25 minutes.

### FRIED EGG YOLK

- 4 eggs
- instant polenta
- corn flakes
- frying oil
- salt

Carefully separate egg yolks from egg whites. Use only egg yolks and bread them in a mixture of polenta and corn flakes. When finished, put them in a fridge for about half an hour, then fry them in hot oil. Take them out and put them on paper to soak up oil.

### RAVIOLI STUFFED WITH POTATOES, CHEESE, AND HERBS

- 22 g wheat flour, durum semola
- 15 g flour, type 00
- 1 egg
- 1 egg yolk
- 30 ml olive oil
- butter

From all the ingredients, knead the dough, which must be flexible and smooth. Best if it is done a day before (pack it in a vacuum and put it in the fridge before use (rolling), store it for 2–3 hours at room temperature). Roll the dough gradually to desired thickness. Cut out circles, put on a filling and wrap it in the shape of ravioli. Cook them in salted boiling water, and right before serving, sauté them on butter. Add a bit of water and a pinch of olive oil.

### FILLING FOR RAVIOLI

- 100 g potatoes
- 20 g albumin curd cheese (or homemade sheep curd)
- 10 g sour cream
- 20 g freshly chopped herbs (thyme, chive, marjoram, wild garlic)
- butter
- Salt
- ground pepper
- walnut

Wash potatoes and bake them with peels in the oven for approximately 35 minutes on 165°C. When baked, peel and mash them. Do the filling - add mashed curd, herbs, and melted butter to potatoes. Salt by taste. The easiest way to put a filling on ravioli is with pipping bag.





## SINIŠA PETRUŠIĆ

Young and ambitious chef, who showed a lot of expertise in gastronomy and cuisine field, together with organizational work in the kitchen at the most demanding level. Above all, he cashed in his knowledge of Mediterranean cuisine, which he acquired abroad during his schooling.



source: [lifeiclass.net](http://lifeiclass.net)



# *VEGAN FLAT MEATBALLS WITH QUINOA, PEA PUREE AND ROASTED BEETROOT*

## INGREDIENTS

- 400 g quinoa
- 3 onions
- 450 g red beans
- 1 table spoon of garlic
- 200 g red carrot
- 2 kg peas
- 50 g coconut oil
- 100 ml coconut milk
- Salt
- Pepper
- 4 beetroots
- 2 spoons of olive oil

**VEGAN FLAT MEATBALLS WITH QUINOA:** Fry the onion, add garlic, cooked quinoa, and cooked vegetables. Add mashed beans, mix everything together, and season with pepper and salt. Allow the mixture to bond together for 10 minutes and then form meatballs, which should weigh about 85g/piece. Place the meatballs on baking paper. Bake it in the oven first at 170°C for 20 minutes and then another 5 minutes at 185°C.

**PEA PUREE:** Fry the onion, add garlic, and peas. Add water and cook for about 30 minutes. Drain the peas, add coconut fat and coconut milk. Mash everything together and season with salt and pepper.

**ROASTED BEETROOT:** Boil beetroot in water and cut it into cubes. Take a pan, heat it, add olive oil and fry the beets quickly. The procedure should not take than 3-4 minutes.





# » GOVNAČ « WITH CHINESE CABBAGE

MATEJA REŠ

## INGREDIENTS:

- 1 onion
- 4 tablespoons of oil
- 6 medium-sized potatoes
- ½ medium-sized Chinese cabbage head
- ½ l water of soup base
- 2 bay leaves
- cumin
- a pinch of marjoram or savory
- 3 pinches of (seasoning) salt
- salt
- pepper
- 1 clove of garlic (by choice)
- 2 tablespoons of chopped parsley
- small pasta for soup (stars, rings,...) or toasted bread cubes

If we are going to enrich the dish with soup pasta, we cook them separately. Lightly fry the onion in oil until it turns yellow, and finally, add garlic and cumin to make it fragrant. Add peeled and diced potatoes, mix and add narrowly sliced Chinese cabbage. While stirring occasionally, fry on medium heat. After a few minutes, pour in the water or soup bases and add bay leaves. Cook until potatoes are soft, add pepper and marjoram. Press a part of the potato with a pump or a stick mixer so that the "govnač" thickens properly. Add cooked soup pasta, parsley, and serve.

MATEJA REŠ

*"I have been gaining knowledge about healthy eating since I know for myself, but I have been doing this very intensively and professionally for two decades. I'm constantly learning, trying new culinary, gardening, and agricultural ideas in practice and I transfer this knowledge in articles, books, lectures, and workshops.*

*We are also self-sufficient in terms of energy and we use the energy of the sun for the purpose of pumping irrigation water from the well. We set up a haystack for storage, drying herbs and crumbs, a place to hang out, and a housing market. Herbs are processed into salt, teas, and hydrolats. The fruit is dried, cooked into jams, soaked in vinegar and brandy".*

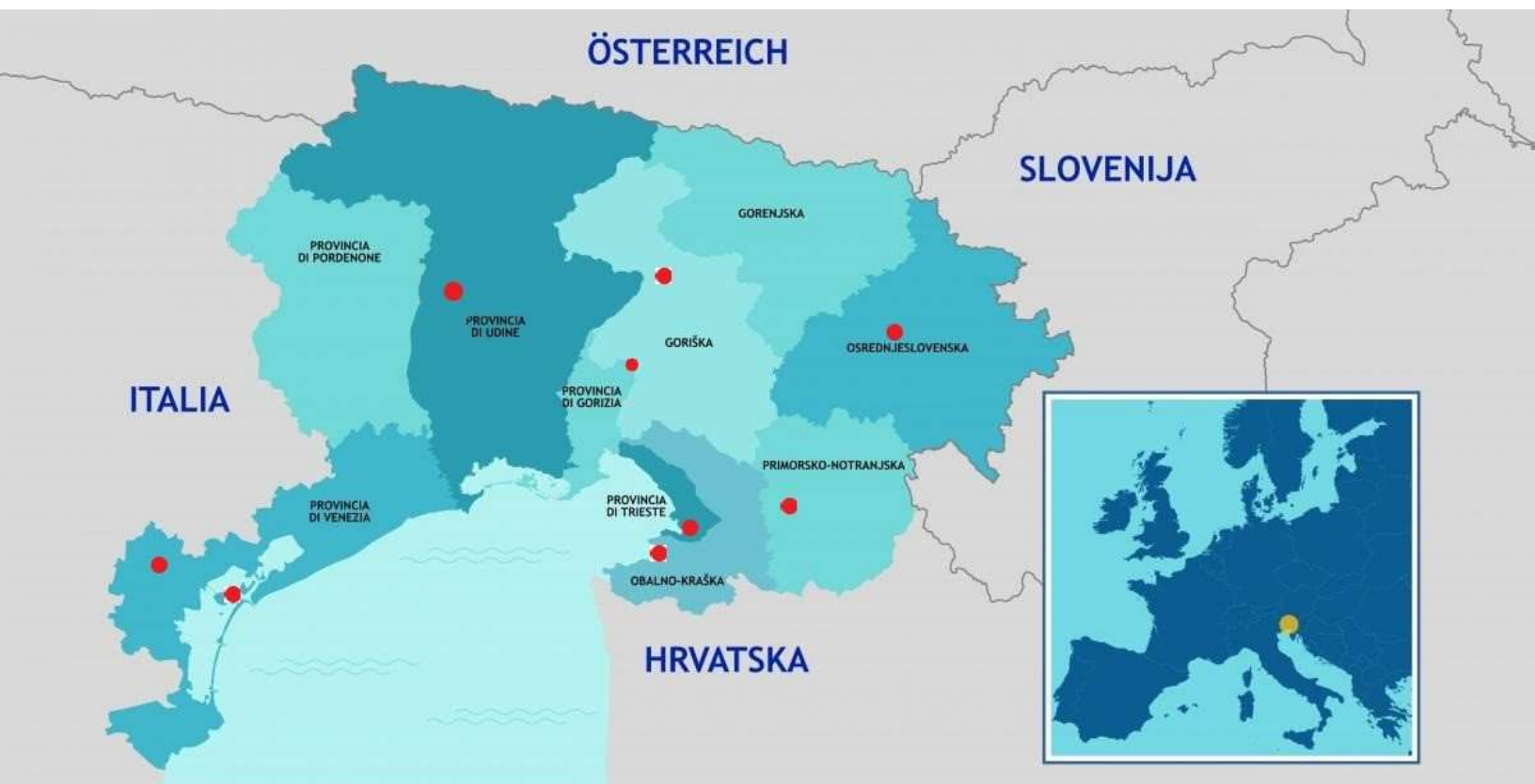
Mateja Reš



source: vrtookusov.si



# *MerlinCV, Interreg Italia-Slovenija program area*



## Regions in Slovenia:

- Primorsko-notranjska,
- osrednjeslovenska,
- gorenjska,
- obalno-kraška in
- goriška.

## Regions in Italy:

- Videm,
- Pordenone,
- Gorica,
- Trst,
- Venice.



# *LASAGNA WITH ASPARAGUS*

SABRINA ZOZ IN  
CHEF MAX NOACCO

## INGREDIENTS (6 PORTIONS)

- lasagna sheets (500 g)
- rice béchamel (600 g)
- green asparagus (500 g)
- white asparagus (500 g)
- soy cream (200 g)
- extra virgin olive oil
- salt (pinch)
- pepper (pinch)

## FOR BECHAMEL:

- sunflower oil (to cover the bottom of the pan)
- walnut (½ teaspoon)
- salt (½ teaspoon)
- wholemeal or rice flour (gluten-free, 2 tablespoons)
- vegetable soy milk (1 liter)

## TO PREPARE BECHAMEL:

Heat vegetable milk in one pan and oil in the other. Add salt and nutmeg, then slowly add warm milk and stir with a whisk. You will get a bechamel sauce ready for further use.

## TO PREPARE A GOOD ASPARAGUS CREAM:

Peel a squash of white asparagus, grate it and cook for 20 minutes. Then, in a blender, whisk them into the cream along with the salt, pepper, extra virgin olive oil, and soy cream. Cut the green asparagus into slices and steam them for 2-3 minutes and add them to the béchamel. The lasagna filling cream is prepared. If you bought lasagna preparation leaves, cook them for 5 minutes. However, if you made them yourself at home, you can use them without pre-cooking.

Grease the pan with a little béchamel and then follow the layers: start with the lasagna leaves, followed by the white cream, and then the green asparagus to the top to form all the layers. Sprinkle the top surface with chopped peeled almonds or pistachios mixed with salt and dry yeast. This will make a delicious crust that you can also eat with a spoon. Place the pan in the oven and bake for 30 minutes at 180°C.



# *SALTY SHORTCRUST PASTRY*

WITH CHARCOAL, GOOSE EGGS AND MONK'S BEARD

CHEF MARGHERITA MISSANA

## **FILLING INGREDIENTS:**

- Monk's beard 2 shops
- goose eggs 3
- cream 300 g
- parmesan 50 g
- Salt and pepper by taste

## **INGREDIENTS FOR SHORTCRUST PASTRY:**

- flour type 00 250 g
- butter 150 g
- potato starch 100 g
- chicken egg 1
- milk 50 g
- fine salt 8 g
- vegetable charcoal 15 g

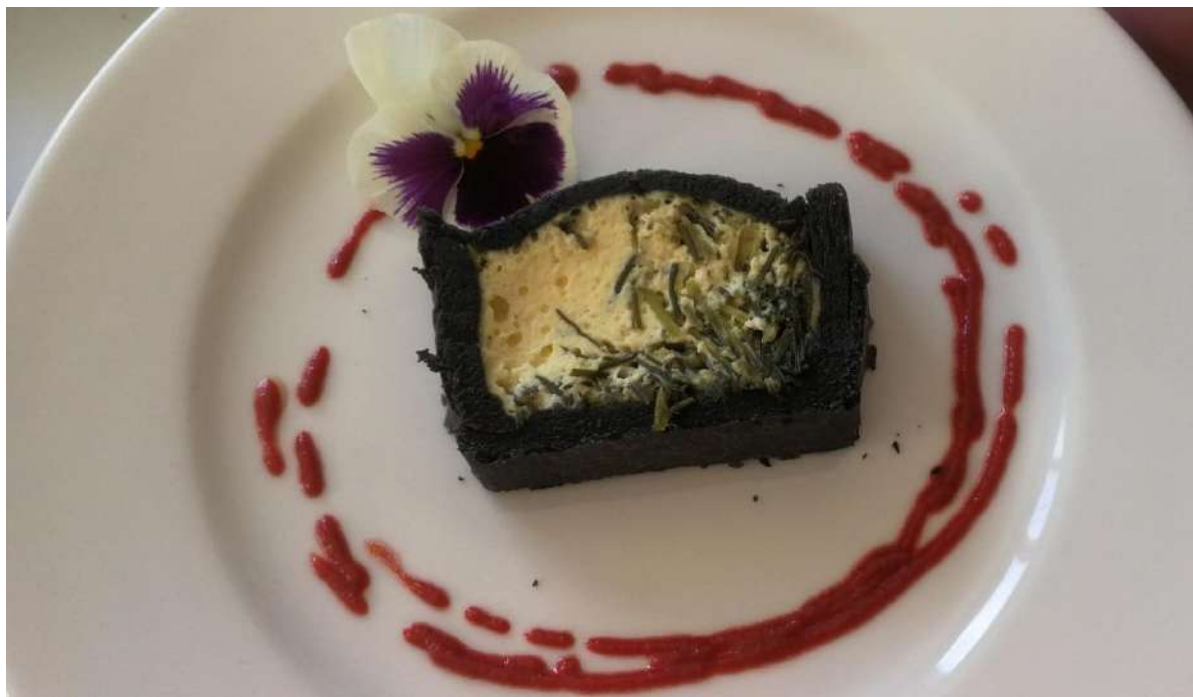
## **PREPARATION:**

Knead the dough and let it rest for 30 minutes.

Roll out the dough to a thickness of half a centimeter, then coat the elongated cake tin with butter, knead and line with the dough on all sides. Keep part of the dough to cover the filling with it at the end.

Place the monk's beard on the dough in the baking pan. In a separate bowl, mix all the other ingredients and pour the mixture over the monk's chin, then cover the filling with the remaining dough.

Bake in the oven at 170°C for 1 hour. Let rest for a few minutes, then remove from pan, cut into slices and serve.



# POTATOES TORTELLINI

WITH BEETROOT STUFFED WITH GOAT CHEESE, LATE  
CHICORY AND APPLE CREAM

CHEF SILVIA CLOCHIATTI

## INGREDIENTS FOR 4 PERSONS:

- 1 kg potatoes for gnocchi
- 1 beetroot in the form of puree
- 1 egg
- salt
- pepper
- flour type 00
- fresh goat cheese
- 2 quinces
- 2 bunches of late variety chicory
- extra virgin olive oil

## PREPARATION:

Boil the potatoes and while still hot, mash them with a pump, leave them to cool, add a pinch of salt and beetroot puree. Mix carefully and add type 00 flour to get a dough that is slightly harder than the potato gnocchi dough.

Meanwhile, salt and mash the ricotta. Roll out the potato dough with a rolling pin, cut out circles with a model and place a spoonful of ricotta in the middle, fold in the shape of a crescent and seal the edges of the tortellini well. Cook them in salted water and when they come to the surface, place them on a plate on which we spread apple cream. We prepared this by cooking the apples in a pan with a little water and stirring them with a hand mixer. Add the late chicory, sautéed over a live fire in extra virgin olive oil with salt and pepper.





# *TERINA WITH ALPINE CHEESES*

PEELED PEPPERS, CANTABRIAN ANCHOVIES AND BASIL PESTO

CHEF SILVIA CLOCHIATTI

## INGREDIENTS FOR 4 PERSONS

- half a liter of milk
- corn starch
- salt
- 1 sheet of gelatin
- 200 g fresh grated alpine cheese
- 50 g grated parmesan
- 2 peeled red peppers
- 8 Cantabrian anchovies
- basil pesto

## PREPARATION:

Bring the milk to a boil with a pinch of salt. Then add a generous tablespoon of cornstarch dissolved in quite a bit of cold water and bring to a boil again to cook the cornstarch and thicken the milk. Then add both types of cheese and let them melt, taking care not to boil the mixture again, as the cheese could become lumpy, which is difficult to fix.

Strain the mixture and add a sheet of gelatin pre-soaked in cold water. Pour the mixture into greased models and place them in the fridge for a few hours. Assemble the plate by placing a raw terrine in the middle, which was removed from the model, and its structure is firm and consistent, with 2 anchovies on each plate, a few stripped peeled peppers, and a few drops of basil pesto.





# *THE “TANCREDI” POCKETS*

IN A WAY OF TREPPA CARNICA

## **PASTA:**

- flour type 00
- water
- extra virgin olive oil
- salt

Put flour and water, oil, and a pinch of salt in the kneader and knead until a soft dough is formed that can be easily rolled out.

## **PREPARATION:**

Cook the potatoes, peel, mash and set aside. Soak the raisins. Meanwhile, thinly slice the onion and simmer it slowly over the heat, adding the parsley, mint, and lemon zest. Compress the mixture. Put the potatoes in a pan over medium heat, add the freshly mixed mixture, cinnamon, and raising. Add salt and sugar by taste, depending on whether you want a sweeter or saltier taste. Stir over medium heat until the mixture is homogeneous and the taste suits you. When cool, fill the dressing bag with the filling. Take the dough and divide it into three loaves. First, roll out the first loaf very thinly. Make circles with the model and spray a large amount of stuffing (walnut size) in the middle. Fold our pockets cjalsons or calzone by pressing the edge with your fingers. Put 5/6 pockets in boiling water. When they come to the surface, drain them and serve with some Carnic smoked ricotta and melted hazelnut butter.

## **FILLING:**

- sweet onions
- potato
- parsley
- mint
- grated lemon peel
- cinnamon
- raisins
- sugar
- Salt

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The authors of the recipes are written by each recipe, except by vegan flat meatballs with quinoa, pea puree and roasted beetroot.



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