

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
ZBORNIKA
SLOVENIJE

MEATLESS DISHES

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



Author of the photography: 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 as an idea, that came out during fasting time and in the year when Slovenia is recipient of the title European region of gastronomy.

The MerlinCV project encourages creations of innovative turistic 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 an Italian partner Comunita Collinare del Friuli to participate in the production of the booklet.

This is how the e-book of meatless dishes in the program area was created; as a result of an excellent cooperation in this cross-border partnership Interreg Italia-Slovenia.

Bon Appetit!

Tourism and Hospitality Chamber of Slovenia



Eureka Krasnov d.o.o.

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 a fennel
- a bunch of a 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 two deep pans. Cover only the bottom of one pan with water. Add one cup of spring, shelled peas and salt.

When the peas is slightly cooked (al dente), take it out with skimmer. Break asparagus at the top and only use the peaks.

In the same water, where peas was cooked, add 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 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 water where you cooked peas and asparagus. Cook until the rice becomes al dente or you don't get desired density. At the end add peas, mix and slightly pepper then add asparagus. If the mixture becomes too thick, add the soup base. Mix in chopped parsley, grated parmesan, a little bit of freshly ground pepper then remove the pan from heat. Add a tea-spoon of butter, cover and let it rest for about 10 minutes. Then mix it and serve.

Eureka Krasnov d.o.o.

JOŽICA REJEC



Jožica Rejec is the fifth generation of a 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 professional cuisine and 45 years of constantly cheering people up with her dishes.

PiranArt is special, among everything, because the cuisine they serve is entirely vegetarian, which has convinced more than 1000 guests in the last two years, who are happy to return for new culinary experiences. They also have over 50 different products of their own, prepared according to the recipes of our grandmothers, from the best, organic, locally grown ingredients. This year, they also started their own production of more than 135 types of vegetables, fruits and herbs.



web page



Author of the photography: Martin Šabec, Hit d.d. Nova Gorica

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 the 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.

hit
universe of fun

FRICA

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

Grate the 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 two halves each, remove the seeds and pulp. Add salt and pepper to the seeds and 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 and pepper

Clean the wild hops and asparagus, blanch and cool them down. Season with olive oil, add salt and pepper, and put into the fridge for 30 minutes. Cut the spring onion stalk into halves 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 dry 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 the tomato caviar. Add toasted walnuts on the plate and pour the lemon balm oil in form of a ring.





Author of the photography: Martin Šabec, Hit d.d. Nova Gorica

Hit d.d. Nova Gorica

MY DEAR GORICA LADY

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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 in 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 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 part of the spring onion
- 200 g carrots
- bottom part of asparagus
- laurel
- salt
- black pepper

Roast the 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 boiling point, cook it for another 20 to 30 minutes.

BARLEY

- 280 g stewed barley
- 200 g baby peas
- 2 spring onions
- 60 g grated Parmesan
- 60g 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 the vegetable stock. Then stew it for 20 minutes, thereby continuously adding the stock. Fry the chopped spring onion in a separate saucepan. When shrivelled, add peas and some stock, then keep cooking. Once the liquid has evaporated, add it to the barley and keep cooking until the barley has become soft. Remove from the oven, add grated cheese, a little olive oil, and barley. By stirring it quickly you will get a creamy texture. Add salt, pepper, and 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 the photography: Martin Šabec, Hit d.d. Nova Gorica

Hit d.d. Nova Gorica

RAVIOLI WITH BURRATA CHEESE

peas, almond pesto and fennel foam



FILLING

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

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

RAVIOLI DOUGH

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

Knead all the ingredients together, wrap in plastic wrap 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 fingers 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 the coarsely chopped green part of the onion in olive oil. Add the 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 CO₂ 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.

Hit d.d. Nova Gorica



web page

MATJAŽ ŠULIGOJ

Hit d.d. group is, with 11 hotels and 1 camp, 6 gaming and entertainment centers, 2 casinos and saloon, one of the largest european providers for relaxed leisure time while playing and having fun. The diverse offer for a comfortable stay is rounded off by numerous restaurants, bars and confectioneries, spectacles and conference halls, as well as several modern wellness centers.



Matjaž Šinigoj, "executive chef" in Hit's largest gaming and entertainment center Perla, Nova Gorica, is 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 (boiling water)
- 50 g white sharp flour

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

Hit Alpinea d.o.o.

BUCKWHEAT CARPS

FILLING:

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

Finely chop dried plums. Mix together 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 to 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 tea-spoon of curd cheese filling with plums on the middle of a circle. The edge should stay clean so it can be glued properly. Fold a dough in a shape of a half-moon. Use a fork to press it together. When our carps are ready, we cook them in a slightly salted boiling water from 10 to 15 minutes (until they come to the top). Pour over butter crumbs. You can add sugar or home-made yogurt.

hit alpinea
Kranjska Gora

Hit Alpinea d.o.o.

GAŠPER NAJŽAR



The recipe was attentively prepared by Gašper Najžar, who is an executive chef at Restaurant Ošterija 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.

On the edge of the Julian Alps, Hit Alpinea Kranjska Gora offers everything for a pleasant holiday, various sports events, weddings, conferences or just a short business visit throughout the year. It combines three hotels (Kompas, Ramada Resort and Ramada Hotel & Suites Kranjska Gora), the Vitranc apartment house, wellness (with saunas, swimming pools, massages) together with a conference offer and catering services. In addition to a diverse offer for an unforgettable vacation, it also offers everything for a carefree performance of any event, which is confirmed by many satisfied athletes, participants in world championships and conferences that have been hosted over the years.



web page



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

We wash sauerkraut with water and cook it in a small amount of water. Spice it with whole pepper and bay leaf. When it is 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 weight it with another tray. Bake 40 minutes on 175°C.

BUTTER POTATOES

- 16 dag small potatoes
- 8 dag butter
- thyme
- salt, pepper

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

BEAN PUREE

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

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



Cotič

DISASSEMBLED YOTA

MATIJA COTIČ



STOCK SOUCE

- 6 dl dark vegetable stock (stock from dark roasted vegetable)
- 1 table spoon of honey
- white wine
- thyme
- marjoram
- 5 dag butter

We reduce stock, add wine, honey, marjoram and thyme. At the end add 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 a boiling water in a pan melt sugar, add vinegar, butter and a bit of water. When it starts boiling, add turnip and glaze it.

BAKED YOUNG CARROTS

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

Wash the carrots, spice it with salt, pepper, thyme and garlic. Put it on an aluminium foil. Pour over 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. Then 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 the 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. Then we drain the water and we are left with only oil.



Kulinarika Matjaž Cotič s.p.



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 the restaurant St. Hubertus, Italy, which boasts 3 Michelin stars.

At the time of COVID-19, he and his family took over the mountain hut on Kokoša.



Author of the photography: Jošt Gantar, source: slovenia.info



LifeClass Hotels & SPA,
Istrabenz turizem d.d.

EASTER CODFISH

SINIŠA PETRUŠIĆ

CODFISH FILLET, COOK IN VACUUM, IN WATER BATH (SOUSE 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

From the leftovers of fish and vegetables, we cook the fish base, 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 half an hour 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

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

Heat the butter to 70 ° C and set aside.

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



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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 nice, green colour. Harder parts mix in a cream and strain it. Cut some of them into small cubes, and saute the rest on olive oil with garlic. Served them 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

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

RAVIOLI STUFFED WITH POTATOES, CHEESE AND HERBS

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

From all the ingredients, knead the dough, which must be flexible and smooth. Best if it is done a day before (pack it in 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 a shape of ravioli. Cook them in a salted boiling water, and right before serving, sauté them on a 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
- nutmeg

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 piping bag.



**LifeClass Hotels & SPA,
Istrabenz turizem d.d.**

SINIŠA PETRUŠIĆ



Young and ambitious chef, who showed a lot of expertise on gastronomy and cuisine field, together with organisation work in the kitchen at the most demanding level.

Above all, he cashed in on his knowledge of Mediterranean cuisine, which he acquired abroad during his schooling.

LifeClass has high hopes for him and has already entrusted him with the management of the Istrian Bistro & Tapas bar for this season.

**istrian
bistro**
& TAPAS BAR



web page



vir: lifeclass.net



Vivo Catering d.o.o.



VEGAN FLAT MEATBALLS WITH QUINOA, PEA PUREE AND ROASTED BEETROOT

INGRIDIENTS:

- 400 g quinoa
- 3 onions
- 450 g red beans
- 1 table spoon of garlic
- 200 g red carrot
- 2 kg peas
- 50 g coconut fat
- 100 ml coconut milk
- Salt
- Pepper
- 4 kom beetroot
- 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. Place the meatballs in a baking pan 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 more than 3-4 minutes.

Vivo Catering d.o.o.



Vivo d.o.o. is, with more than 20 years of tradition on the Slovenian and European market, a recognizable brand with high quality. They are ranked in one of the three most recognizable catering companies in Southeast Europe.

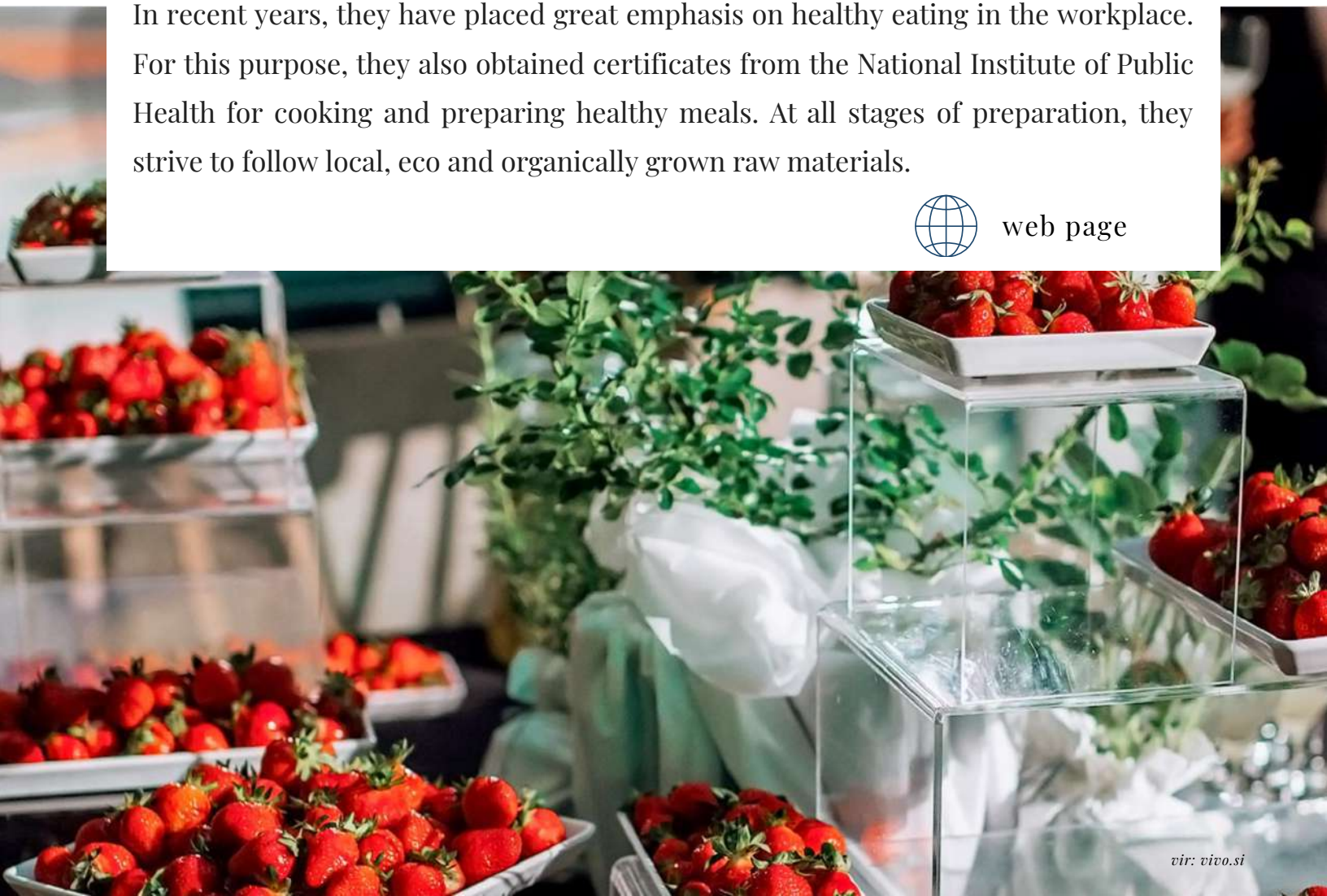
Their development has been associated over the years with creative solutions in the field of F&B (food and beverage) with high added value.

Their cuisine has no limits, which can be seen especially in the tastes of the homeliness at the dining room of their home VIVO D125 on Dunajska 125, Ljubljana. Every day they offer a variety of culinary gatherings, enriched with Slovenian and foreign traditions. They are distinguished by a diverse offer for different segments, as they take care of various events in the vicinity or abroad.

In recent years, they have placed great emphasis on healthy eating in the workplace. For this purpose, they also obtained certificates from the National Institute of Public Health for cooking and preparing healthy meals. At all stages of preparation, they strive to follow local, eco and organically grown raw materials.



web page





Garden of tastes, Mateja Reš

» GOVNAČ « WITH CHINESE CABBAGE



INGRIDIENTS

- 1 onion
- 4 table spoons of oil
- 6 medium-sized potatoes
- 1/2 medium-sized chinese cabbage head
- ½ l water or 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 the 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 base and add the 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.

**Vrt okusov,
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 house market. Herbs are processed into salt, teas and hydrolats. The fruit is dried, cooked into jams, soaked in vinegar and brandy. We also sell produce and products at the Bled Market."

Mateja Reš

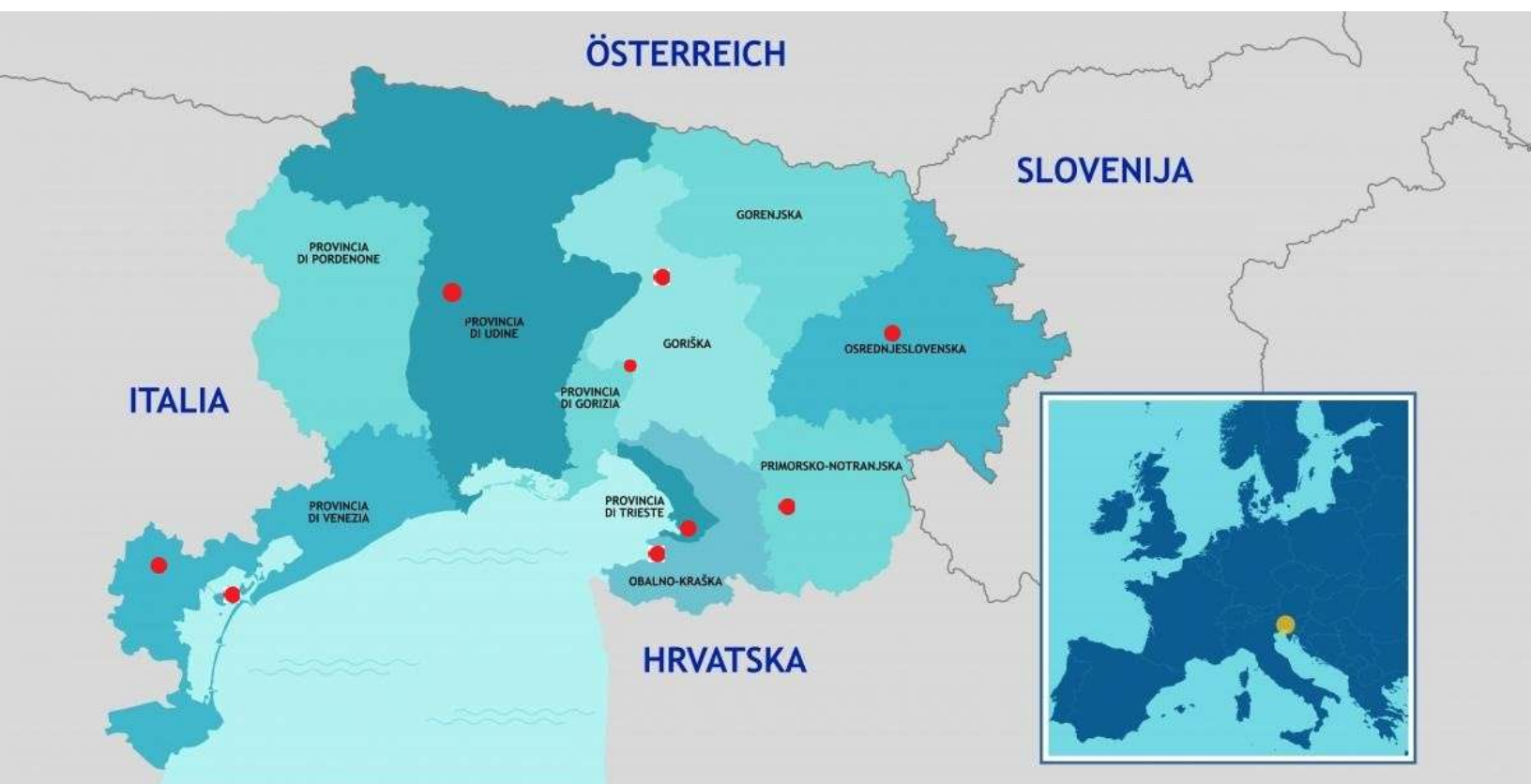


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vir: vrtokusov.si

MerlinCV, Interreg Italia-Slovenija program area



Regions in Slovenia:

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

Regions in Italy:

- Videm,
- Pordenone,
- Gorica,
- Trst,
- Benetke.



**Al Tiglio cucina naturale,
vegan restaurant in Moruzzu,
Videm (Udine)**

LASAGNA WITH ASPARAGUS



To prepare the béchamel:

Heat vegetable milk in one pan and oil in the other. Add salt and nutmeg, then slowly add warm soy 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 a 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 degrees.

INGRIDIENTS

- 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 pan),
- nutmeg (½ tea spoon),
- salt (½ tea spoon),
- wholemeal or rice flour (gluten free, 2 table spoons),
- vegetable soy milk (1 liter)

**Al Tiglio cucina naturale,
vegan restaurant in Moruzzu, Videm
(Udine)**



SABRINA ZOZ AND CHEF MAX NOACCO

The restaurant saw the light of day on July 1, 2014, and was created based on Max and Sabrina's desire to offer something new, and Max's passion for vegetable dishes.

Special attention is paid to those who suffer from certain dietary hypersensitivity and can find interesting alternatives without lactose and gluten on the menu. They also pay special attention to the selection of ingredients that are supplied as much as possible by local organic producers, with quality always coming first.

The ingredients they use in their dishes are always seasonal and prepared in a simple way, in order to elevate the taste and not overlap. The result is therefore not only an explosion of flavors, but also a real feast for the eyes.

On the menu you will find cold appetizers, large salads, appetizers and main dishes, compound dishes, focaccia and desserts. Among the drinks they offer carefully selected home-brewed beers, wines and spirits, teas and infusions, fruit and vegetable smoothies. For summer days, they have a large panoramic terrace, and even in the colder months, the restaurant's large windows offer views of the Friuli lowlands.



source: www.altiglioveg.it/



web page

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 the pan, cut into slices and serve.

CASALE CJANOR

Ristorante di Campagna



Casale Cjanor
family country restaurant Missana

CASALE CJANOR
Ristorante di Campagna



CHEF MARGHERITA MISSANA

At the foot of the hills in Fagagna lies Casale Cjanor, the Missana family's rural restaurant.

The old farmhouse, located at the foot of the millennial parish church, on an ancient Roman road, has already appeared on some maps from 1700 under the name "Casale Cjanor". In fact, as early as 1400, there was a genus of the Missana family in Fagagna called "Cjanor".

The etymology of the word, which was once the nickname of the family, is said to derive from the Friulian word "cjan", dog. It is documented that the ancestors were gunsmiths until recently and probably had a dog farm.

Based on these testimonies, the family maintains and continues the already strong tradition of Friulian rural life, which combines a passion for the countryside with an entrepreneurial spirit.



web page

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.





restaurante Centopassi

TERINA WITH ALPINE CHEESES

PEELED PEPPERS, CANTABRIAN ANCHOVIES AND BASIL PESTO

CHEFI 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. When it boils, 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, 2 anchovies on each plate, a few stripped peeled peppers and a few drops of basil pesto.



restaurant Centopassi

CHEF SILVIA CLOCHIATTI

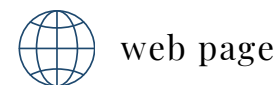


At the end of Via Garibaldi in the historic center of San Daniele, between the pillars of a neoclassical building, is the Centopassi restaurant, reopened by Silvia Clochiatti after a few years of closure in 2016. This initiative arose out of a desire to give the passions that excel them continuity and strength.

In the Centopassi restaurant - "one hundred steps" - you can enjoy meat and fish dishes, traditional or vegetarian dishes, and round off your gastronomic journey with a good homemade dessert made from healthy and authentic ingredients.

The menu is very varied, the choice of dishes ranges from typical Friulian dishes to fish, meat, vegetables, all spiced with a touch of imagination. Everything is prepared with quality ingredients that satisfy even the most demanding palates.

Forty years of experience in catering and a great passion for good things led to the rebirth of this restaurant, which was closed for some time. They want to offer guests the opportunity to enjoy a comfortable and quality restaurant, also accessible to the disabled, in the historic center of San Daniele.





» *TANCREDIJEVI* « *POCKETS*

IN A WAY OF TREPPA CARNICA

PASTA

- flour type 00
- water
- Extra virgin olive oil
- Salt

PASTA PREPARATION:

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.

FILLING

- Sweet onions
- Potato
- parsley
- mint
- Grated lemon peel
- Cinnamon
- raisins
- Sugar
- Salt

FILLING 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 raisins. 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 edges 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.

restaurant L'osteria di Tancredi



There was a bakery in this bar until 1976, when an earthquake hit Friuli. The building was renovated in the mid-1990s, and with the renovation, pillars from the 1500s came to the surface. After some renovation work, the restaurant L'Osteria di Tancredi opened in 2002, in memory of Tancredi Clochiatti.

At Osteria di Tancredi they continue to offer you, with passion, the best products, wines and recipes of their country, with the simplicity of the locals, the Friulians, in an informal, modern and romantic environment.

Tancredi's menu is based on traditional dishes with some innovative ideas, with an offer that follows the seasons and gives preference to local products and the authentic flavors of the Friulian tradition.



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The authors of the recipes are written by each recipe.



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