

day 1

lunch menu

-
monday 6
september

GNOCHI DE SUSINI _ Plum Gnocchi



History

The plum gnocchi or Zwetschgenknödel are a first course of the Julian gastronomic tradition, spread in particular between Gorizia and Trieste. These sweetish gnocchi arrived in the region in the first decades of the 20th century, when the territory was included in the Austro-Hungarian empire. They arrived as Marillenknödel, sweet gnocchi filled with dried apricots, but the variant with plums – of which the area along the Slovenian border was rich – soon developed. They are also served as dessert, given their particular sweetness.

INGREDIENTS for 4 people

Gnocchi:	-1 kg of potatoes -250 g of flour -1 egg -30 g of butter -salt to taste	Filling:	-1 kg of plums -sugar, to taste -cinnamon powder, to taste -20 g of bread crumbs
Dressing:	-50-60 g of butter -30 g of bread crumbs -Cinnamon to taste -Sugar		

PREPARATION

1. Put the potatoes (with the peel) in a saucepot full of cold water, boil them for about 45 minutes (until tender) and drain. Peel and mash potatoes onto a kneading board, season with salt and let the mixture cool slightly. Make a well in the potato mixture and add flour, egg and melted butter. Knead it into a dough and let it rest for 30 minutes.
2. In the meantime prepare the filling: wash and dry well the plums, cut them in a half, pit them. In a hot pan, toast the breadcrumbs with sugar and cinnamon and then place and fill the half plums with this flavored powder.
3. Take a little dough of potatoes at a time (more or less 40g each) and give it the shape of a ball in the middle of each one insert half plum and close carefully to avoid opening during cooking..
4. Prepare a saucepot full of salted boiling water and dip gnocchi one by one. Meanwhile, in a pan, prepare the dressing: let the bread crumbs toast with sugar and cinnamon and then add the butter until everything is melted and amalgamated. When each of the gnocchi surfaces, remove it with a slotted spoon, drain it and add it to the pan with the dressing for just the right time to flavor.

Serve with some bread crust on top and cinnamon to taste.

Tips

If plums are not available, dried prunes can be used.
In order to have soft gnocchi, it is better to use white floury potatoes.
Try them as dessert as well: add butter in the filling and sugar with cinnamon to taste.



Difficulty level: medium
Diet: vegetarian
Time: 1 hour and a half

KIPFEL _ Chifeleti



The dough for chifeleti is the same as for gnocchi (usually when you prepare gnocchi, the remaining part of the dough is used to make chifeleti), so if you have some left over from the plum gnocchi, this recipe is for you.

History

Chifeleti of potato (kipfel, kifel or chifel) are typical of the Trieste and Karst area and are traditionally prepared as desserts during festive periods, such as Carnival and Easter. The origins of the word is Austrian "Kipferl", synonymous of Hörnchen (which means "horn shaped" "croissant") date back to the period of the siege of Vienna by the Turks (1683), more precisely after the defeat of the Ottoman Empire during the Austro-Turkish war, and that is why they are crescent (i.e. horseshoe) shaped.

Nowadays chifeleti are also served savoury, as a side dish for roasts.

INGREDIENTS for 6/8 people

- 1 kg of potatoes
- 250 g of flour
- 1 egg
- salt or sugar or honey to taste
- 1 l of vegetable oil

PREPARATION

1. Put the potatoes (with the peel) in a saucepot full of cold water, boil them for about 45 minutes (until tender) and drain. Peel and mash potatoes onto a kneading board, season with salt and let the mixture cool slightly. Make a well in the potato mixture and add flour, egg and melted butter. Knead it into a dough and let it rest for 30 minutes.
2. Roll the dough into ropes about 1 cm thick and cut them in pieces 6/8 cm long. Then shape them like a crescent or a horseshoe.
3. Put abundant vegetable oil in a pot, warm it until is ready (you can try to deep fry a little piece of dough first) and then add 3/4 chifeleti at the time. Remove them with a slotted spoon, drain the excess oil with kitchen paper and serve warm with salt or sugar or honey on top.

Tips

Chifeleti are adaptable to mostly every moment of the day: in savoury version they could be served as appetizers or during an aperitivo. The sweet version is used also as a nutritious breakfast.

Light version: don't put butter in the dough and cook them in the oven on a baking tray for about 45 minutes at 180°C (preheated).



Difficulty level: easy
Diet: vegetarian
Time: 1 hour and a half

PALACINKA _ Palačinke

DESSERT



History

Palacinta or palacsinta is a Hungarian culinary specialty. A typical dessert of the Central European area, similar to the French crêpe, but without butter, in Trieste it is called amlet, omelet or palacinka. The etymology of this name establishes that it comes from the Latin "placenta", which means omelette, then the name passed in the Middle Ages in Romania, with some variations in Hungary, to finally return to Italy after further alterations through Austria (palatschinken).

This dessert is particularly widespread in Bosnia and Herzegovina, Slovenia, Croatia (which claims its origins), Romania, Serbia, and Slovakia etc., but also in Italy in the province of Trieste and in the areas bordering Slovenia, the provinces of Gorizia and Udine.

INGREDIENTS for 4 people

- 120 g of flour
- 1 egg
- 200 ml of milk
- seed oil
- jam
- powdered sugar

PREPARATION

1. Open a whole egg in a bowl, add slowly the flour, kneading it with a fork until the egg is able to absorb it, forming a fairly dense dough.
2. Add the milk, until the mixture reaches the right smoothness: it must be a bit sticky, but liquid enough to not be too fixed. Always mix with a fork or a small whisk to avoid lumps of flour.
3. Let the dough rest in the fridge for half an hour, covered with cling film.
4. Grease a non-stick frying pan with half a teaspoon of seed oil, heat it and pour a ladle of batter over the surface of the pan. When the palacinka has become opaque and the edge takes colour, turn it upside down with a non-stick paddle and let it cook just a few seconds.
5. Let it rest on a flat plate, while cooking the others, waiting to fill them.
6. The palacinka will then be rolled and dusted with powdered sugar.

Tips

The right consistency of the dough depends on the eggs, flour and milk that you use: add milk if the dough is too thick or flour if it is too liquid. The typical filling is plum jam, or nut sauce, but every jam or chocolate fits in very well.



Difficulty level: easy
Diet: vegetarian
Time: 20 minutes (+ 30 minutes of rest for the batter)