

day 2

# **lunch menu**



tuesday 7  
september

ECSA  
CONFERENCE  
// 2020

# JOTA



## History

For the people of Trieste, the tradition of Jota is a real pride and it was born as a recovery dish: beans, cabbage, potatoes and some leftover pork. It is said that the recipe dates back to the time of Charlemagne and that the only change to the historical recipe was the adding of potatoes, after they were imported from the Americas. The term jota has controversial origins: the root seems to derive from a Celtic suffix then contracted from the late Latin jutta, (slop), or from the term cimbro (an idiom of Germanic origin, widespread in Veneto and Trentino) yot and in Czechoslovakia the term jucka means a cabbage soup.

## INGREDIENTS for 4 people

-700 g of sour green cabbage	-50 g of lard (30ml of extra virgin olive oil for a <b>vegetarian version</b> )
-300 g of red beans or eye beans	-2 tablespoons of potato starch
-4 potatoes	-vegetable broth
-2 bay leaves	-salt
-4 garlic cloves	-pepper
-2-3 fresh smoked Cragno sausages /or some smoked pork ribs or a ham bone <b>(do not use them for a vegetarian version)</b>	-extra virgin olive oil

## PREPARATION

1. Soak the beans in cold water, preferably from the night before.
2. Brown together the lard and 2 cloves of garlic crushed in a pot. Once the garlic cloves are well browned, remove them, add the sour cabbage and cover them flush with warm water. Add salt and pepper to taste and simmer for about half an hour.
3. Separately, prepare another saucepan in which to simmer the beans in a vegetable stock and 2 bay leaves for about an hour.
4. Add the sausages cut into pieces (or the alternative meat you have chosen) and continue cooking for 15 minutes.
5. Peel and cut the potatoes into small pieces, add them to the bean stock and continue cooking for 20 minutes. At this point, remove the pot from the heat and blend half of the bean and potato soup with the mixer, to obtain a homogeneous mash.
6. Add the mixed puree to the cabbage.
7. In a separate smaller pan, dissolve the flour in the oil and stir in order to not create lumps. Once the flour is toasted, add it to the rest of the soup, always stirring carefully. Finally, add salt and pepper and serve hot.

## Tips

If you want a particularly dense soup, you can increase the amount of potatoes as you wish.  
The vegetarian version is also really typical.



**Difficulty level:** medium  
**Diet:** meat, vegetarian option available  
**Time:** 2 hours and half  
(plus overnight soaking beans)

# CAPUZI IN TECIA\_ **Sour green cabbage in a pan**



## History

The capuzi in tecia are served as a side dish to any kind of smoked pork - especially sausages - better if next to patate in tecia as a complement to the shank of pork or veal.

## INGREDIENTS for 4 people

- 500 g of capuzi garbi
- 1 tablespoon of potato starch
- 2 garlic cloves
- salt to taste
- pepper to taste
- caraway to taste
- pork meat (**do not use it for a vegetarian version**)

## PREPARATION

- 1.** Take the capuzi garbi and rinse them under running water. Drain them well and then put them in a crock pot, cover them with cold water and let them simmer for half an hour. Drain them and repeat the same process done before.
- 2.** Brown the flour in the lard (or extra virgin olive oil) well warm and brown the garlic cloves, then add the "capuzi" with their water, salt, pepper and caraway to taste. Bring to the boil and proceed to cooking for a couple of hours, with the pot covered and very low flame.
- 3.** If you want you could add, halfway through cooking capuzi, some meat: smoked pork ribs or smoked bacon, or cragno sausages (typical smoked sausages from Trieste).

## Tips

The more they are cooked and reheated the better they taste. In Trieste usually they are reheated 2 or 3 times before being served. The vegetarian version is also really typical.



**Difficulty level:** easy  
**Diet:** meat, vegetarian option available  
**Time:** 3 hours

# PRESNITZ

## DESSERT



### History

This traditional dessert from the Karst Plateau has a history still shrouded in numerous uncertainties. A romantic theory says that the name derives from Preis Prinzessin, literally the "princess' prize", awarded to this delicacy after the victory in a competition held between the confectioners of Trieste in 1832, just when the Empress of Austria, Carolina Augusta of Bavaria, arrived at Miramare Castle. In the following years the name was reinvented and shortened by the people of Trieste until today's presnitz.

Philologically, presnitz has a clear Slavic origin in the term presnec, a diminutive used for unleavened bread. The circular shape, which has remained unchanged over time, should be reminiscent of the crown of thorns that encircled the head of Christ and that is why it is consumed particularly during the Easter period, even if nowadays you could find it nearly all year round.

This recipe has many versions, because in the past almost every family had its own version of this beloved sweet, especially for the filling.

### INGREDIENTS for 4 people

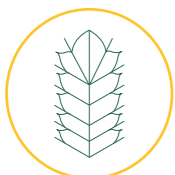
Filling:	-150 g of hazelnuts	-50 g of pine nuts	Dough:
	-150 g of walnuts	-lemon and orange zest	-2 rectangular sheets
	-100 g of sugar	-half a tablespoon of honey	of puff pastry
	-50 g of butter	-1 tablespoons of rum, or marsala	-1 egg yolk beaten
	-1 egg	-half a teaspoon of bitter cocoa	to brush
	-50 g of dry biscuits	and a tablespoon of apricot jam	
	-100 g of raisins	to taste	

### PREPARATION

1. Chop the nuts, hazelnuts and pine nuts well. Crumble the dry biscuits into fine crumbs. Take the raisins and soak them in mild hot water for at least half an hour. After this time, drain it, squeeze it and add it to the dried fruit and biscuits.
2. Add sugar, soft cubed butter, egg, honey, lemon and orange zest and rum. Stir and let it rest for 30 minutes.
3. Once you have obtained a moist mixture, create with the help of your hands a sort of roll and place it in the centre of the puff pastry roll lying on the work surface. Roll it up lengthwise and create a sausage, then close it by folding the dough at the ends. Beat the yolk and, with the help of a brush, brush it onto the surface of the pastry. Now fold it to obtain a sort of snail and transfer it on a baking sheet covered with baking paper.
4. Bake in a hot oven at 180 °C for about 40 minutes. Once ready take it out, let it cool and serve.

### Tips

If you brush 3 times, leaving the egg dry well between one brush and the other, you will create that typical crust that characterizes the presnitzes. The more time you let the filling dough rest, the better the flavors will amalgamate. If you have good pastry skills, you can make puff pastry at home, the result will be even more satisfying.



**Difficulty level:** medium  
**Diet:** vegetarian  
**Time:** 2 hours