

day 3

lunch menu



wednesday 8
september

ECSA
CONFERENCE
// 2020

CIVA_čevapčići



History

Civa are long meatballs made by a mixture of meat (depending on the country and recipe). This dish, of Turkish origin, found its way into Eastern Europe via the Ottoman Empire, which picked it up from Arabic cultures around Persia. It is the national dish of Bosnia, and was introduced into the cuisine of Istria after World War II by the incoming Yugoslav settlers (Bosnians, Serbians, etc.) with whom the Tito regime repopulated Istria. The name čevapčići has a Middle Eastern origin: it comes from the Arabic kebab, sometimes with the South Slavic diminutive ending -čići. Čevapčići, or Čevapi in Trieste are called simply Civa or Ciba.

INGREDIENTS for 4 people

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|----------------------------|--|
| -250 g of minced pork | -1 onion |
| -250 g of minced beef | -3 tablespoons of white wine |
| -100 g of minced lamb meat | -2 tablespoons of extra virgin olive oil |
| -1 tablespoon of paprika | -salt |
| -1 garlic clove | -pepper |

PREPARATION

1. Finely chop up garlic and onion and place them in a large mixing bowl with all the minced meats, paprika, wine, oil, salt and pepper.
2. Mix thoroughly, better with your hand, until well blended, cover the bowl and put it in the fridge from 30 minutes up to 2 hours, so that the consistency of the mixture settles.
3. Roll the meat mixture into sticks about 2cm thick by 8cm long and cook them on preheated grill until browned on the outside and no longer pink on the inside, in about 12 minutes.

Tips

You can cook the Civa also in a pan or in the oven: place them on baking paper with a little bit of olive oil at 180°C for about half an hour. Remember to roll them at least once. Usually civa are served with fresh onion rings, green salad and ajvar, a typical sauce made with red peppers and eggplants.

---> on the next page: how to make **ajvar**.



Difficulty level: easy
Diet: meat
Time: 30 minutes (plus 30 minutes of rest)

AJVAR_ **sweet pepper sauce**



INGREDIENTS

- 2 sweet red peppers
- 1 eggplant
- 1 garlic clove
- 1 tablespoon of extra virgin olive oil
- chilli powder
- salt
- pepper

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



PREPARATION

1. Roast the peppers, let them cool and peel them; cook the eggplant in the oven, on a baking pan covered with paper, for about half an hour at 200°C, then with a spoon extract the pulp.
2. Blend the peppers and the eggplant pulp; in a pan, heat the oil and garlic (which you will have to remove), add the vegetable cream and let it reduce until it becomes very dense and full-bodied. Finally add chilli powder, salt and pepper to taste.

STRUCOLO DE SPINAZE IN STRAZA

— strudel of spinaches in a cloth



History

This is a typical dish of the areas from Trieste to Gorizia and the neighbouring areas of Slovenia. The term Strucolo is, in fact, the Italianisation by the Istrian Italians of the Slavic word struklji, also a translation of the German word strudel. The special feature of this preparation is the way it is cooked: the strudel is first wrapped in a cloth (straza) and then boiled in boiling salted water. Traditionally, during cooking, the edges of the cloth were twisted and fixed on a ladle, which was placed on a pot filled with water. In this way the strudel cooked, and once ready it was easy enough to lift the ladle and the strucolo.

INGREDIENTS for 4 people

Dough:	Filling:	Cooking:
-1 kg of white potatoes	-1 kg of fresh spinaches	-cloth
-1 egg	-1 egg	-kitchen string
-150 up to 300 g of flour	-250 g of ricotta cheese	-breadcrumbs
-nutmeg to taste	-parmesan cheese to taste	-butter
-50 g of pine nuts	-salt	-parmesan cheese
	-pepper	-sage

PREPARATION

1. For the dough: 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 nutmeg to taste. Knead it into a dough and let it rest for 30 minutes.
2. In the meantime prepare the filling: boil the spinaches in salted water, drain, squeeze and chop them and let them cool. In a bowl, briefly whip the ricotta cheese with the egg, add the spinaches, Parmesan cheese, salt and pepper.
3. Helping you with a rolling pin, thin the dough giving it the shape of a rectangle of 1 cm thick or less. Distribute the filling mixture evenly all over the dough, trying to leave 1 or 2 cm from the borders.
4. Roll the dough into a strudel, sprinkle the cloth with breadcrumbs (this step will prevent the strudel from sticking during cooking). Tie the roll obtained with kitchen string and cook in boiling salted water for about 1 hour.
5. After the cooking period, remove the strudel from the water, let it rest for about ten minutes and then gently release it from the cloth. Slice it.
6. Take a frying pan and melt the butter with sage and some Parmesan cheese. Put the sauce on the sliced strudel and serve.

Tips

If you want the strucolo more cheesy, add more ricotta cheese (up to 500g) and Parmesan cheese or you can not put them at all. Another way to finish the cooking is to slice the strucolo and place the slices on a baking tray, putting on the top melted butter and breadcrumbs. Place the baking tray in the oven at 200°C for 20 minutes, they will be more crunchy. The strucolo could be seasoned also with gravy or tomato sauce.



Difficulty level: medium - hard
Diet: vegetarian
Time: 2 hours and half

PATATE IN TECIA _potatoes in a pan



History

The patate in tecia can rightly be considered an original and exclusive dish of the Trieste cuisine. A really tasty side dish to serve hot, which was once prepared by housewives in a blackened iron pan: after preparation, in fact, it should not be washed, but only rubbed with paper. This was the secret to make them golden and crunchy with the typical crust.

INGREDIENTS for 4 people

- 1 kg of potatoes
- 1 big onion
- 100 g of bacon (**do not put this for a vegetarian version**)
- meat broth (**or vegetable broth**)
- extra virgin olive oil
- salt
- pepper

PREPARATION

- 1.** Boil the potatoes with the peel and, once they have cooled down, peel them and cut them into large slices.
- 2.** In a large pan, fry the finely sliced onion in the olive oil; as soon as it is golden brown, add diced bacon. As soon as the bacon is well browned add the potatoes, salt and pepper and a ladle of broth.
- 3.** Roughly mash the potatoes against the bottom of the pan with the help of a wooden spoon or fork, then let them roast over low heat until a golden crust forms on the bottom. Now turn them over and fry them on the other side.

Tips

Use butter or lard instead of olive oil to prepare this dish. The vegetarian version is also really typical. Simmer the potatoes with half glass of white wine to make them even tastier.



Difficulty level: easy
Diet: meat, vegetarian option available
Time: 1 hour

FAVETTE

DESSERT



History

Their origins are very ancient: it is known that fave were offered and consumed during rites linked to the Roman gods of the underworld. That is why they are called fave dei morti, literally beans of the dead, and are consumed mainly in the autumn period from September to the end of November and in particular for the recurrence of November 1st. It is no coincidence that their three colours symbolize the cycle of life: white for birth, pink for life, brown for death.

INGREDIENTS for 4 people

- 250 g of peeled almonds
- 3 egg whites
- 200 g of sugar
- 2 tablespoons of White Rosolio
- 2 tablespoons of Alchermes
- 2 tablespoons of Rose Water
- 3 tablespoons of bitter cocoa powder
- vanilla sugar

PREPARATION

1. Heat the oven to 140° C; put the almonds on a baking tray and toast them, let them cool and chop them finely with the help of a mixer.
2. Whip the egg whites gradually adding vanilla sugar and sugar; add the almonds reduced to powder and mix everything gently with a spatula.
3. Divide the mixture into three parts and add cocoa to the first, white rosolio to the second and rosewater and Alchermes to the third.
4. Take small portions from the various mixtures and make balls the size of a cherry. Put them on a baking tray covered with baking paper. Heat the oven in ventilated mode at 100°
5. Cook the fave for ten or fifteen minutes, they won't have to darken and let them cool well before serving.

Tips

Fave will keep for at least a week, if well wrapped.
Be careful to not disassemble the white eggs when adding almonds or liquids, otherwise you will have to start over.



Difficulty level: medium
Diet: vegetarian
Time: 1 hour