

day 4

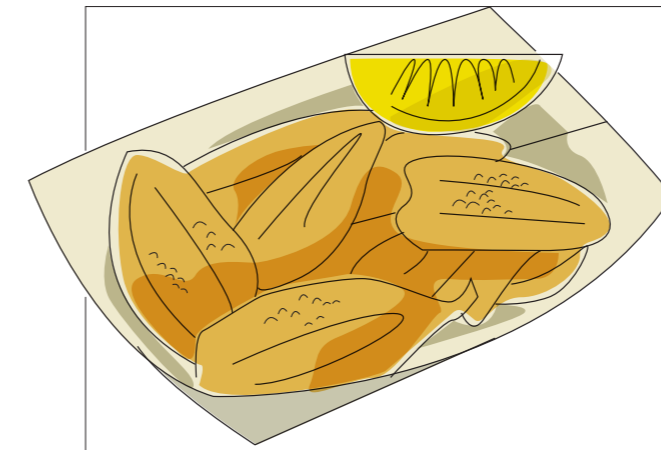
lunch menu



thursday 9
september

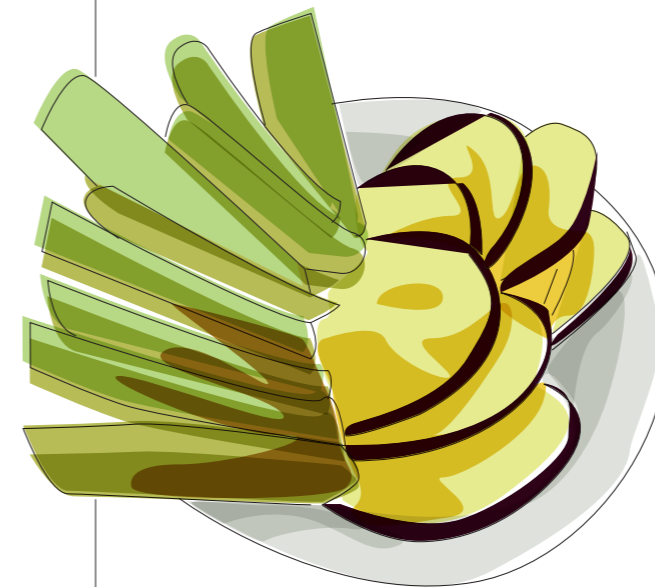
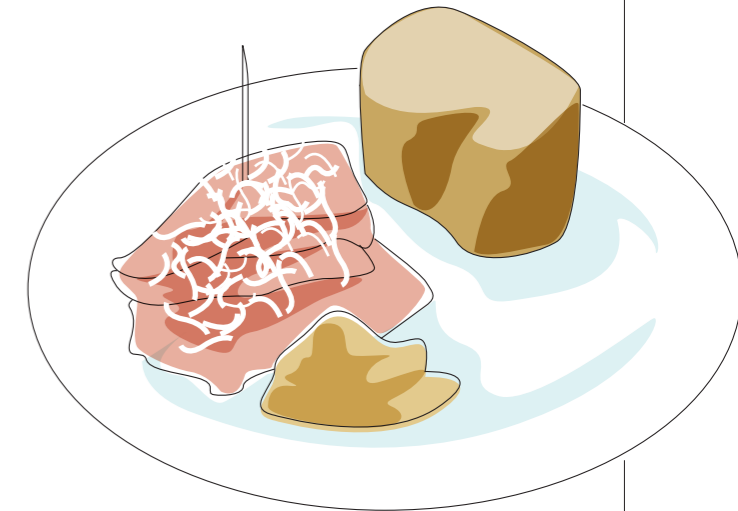
ECSA
CONFERENCE
// 2020

REBECHIN



sardoni impanai
— BREADED ANCHOVIES

cotto, senape e kren
— HAM, MUSTARD AND HORSERADISH



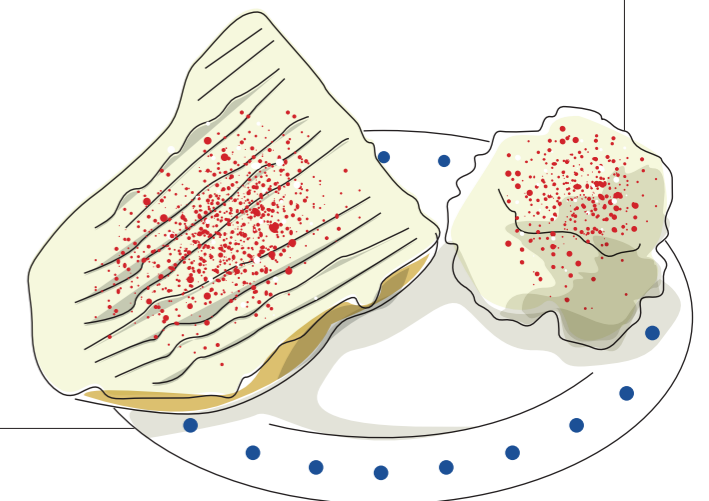
melanzane e
zuchete impanade
— BREADED AUBERGINE
AND ZUCCHINI

Today we would like to present you something different, a selection of dishes that you could eat during the Rebechin.

Rebechin, literally to nibble, is the name given by the people in Trieste to a mid-morning snack: the tradition comes from the dock workers who were already hungry around 10/11 am, but it was too early for a lunch break. The term rebechin, in fact, recalls the concept of eating something small and fast, and it is served mainly in buffets, small places for quick meals and snacks, with showcases full of fried food, boiled meat and the inevitable cotto in crosta, hand cut ham baked in breadcrumb.

Here you can find some traditional recipes of the rebechin:

liptauer



SARDONI IMPANAI _ **breaded anchovies**



INGREDIENTS for 4 people

- 1 kg of sardoni (anchovies)
- 2 or 3 eggs
- 200 g of flour
- 200 g of breadcrumbs
- salt
- mixed pepper
- 1 l of peanut oil for frying

PREPARATION

- 1.** Clean the anchovies: cut the head and remove the entrails, then cut them on the belly to open them completely. Clean any remains of the entrails and remove the fish bone; pass them under running water and let them drain in a colander for 10 minutes.
- 2.** For breading put the flour on a plate, in a bottom plate beat the eggs with a pinch of salt and pepper and finally the breadcrumbs on a third plate.
- 3.** Pass the sardoni one by one first in the flour, then in the egg and finally in the breadcrumbs plate.
- 4.** When the anchovies are all breaded, start warming up the frying oil; when the oil is at temperature (you can try it with a little piece of breading), put 5 or 6 anchovies at the time, depending on their size. When they're golden on one side, turn them over.
- 5.** If they are all golden, remove them with a slotted spoon, drain and dry on kitchen paper.
- 6.** Add salt and pepper to taste.

Tips

Add a little bit of milk to the eggs, it will render the texture smoother and the mix will taste a little less eggy. Traditionally, they are eaten with a splash of lemon on top.



Difficulty level: easy
Diet: fish
Time: 30 minutes

MELANZANE E ZUCCHETE IMPANADE

_ breaded aubergine and zucchini



INGREDIENTS for 4 people

- 4 zucchini
- 2 eggplants
- 2 eggs
- 200 g of flour
- 200 g of breadcrumbs
- 1 l of peanut oil for frying

PREPARATION

1. Start with the zucchini, wash them, peel them and cut them along the long side, with a thickness of about half a centimeter and put them in a bowl; do the same for the eggplants and put them in another bowl.
2. Prepare 3 containers, put the flour in one, beat 2 eggs with a pinch of salt and put the breadcrumbs in the last one.
3. Take the zucchini and bread them first in flour, then in eggs and then in breadcrumbs; do the same thing for the eggplants.
4. Warm up the frying oil; when the oil is at temperature (you can try it with a little piece of breading), put 5 or 6 pieces at the time, depending on their size. When they're golden on one side, turn them over.
5. If they are all golden, remove them with a slotted spoon, drain and dry on kitchen paper.
6. Add salt and pepper to taste.

Tips

To make them even crunchier, roll them twice: flour, eggs, breadcrumbs and then again eggs and breadcrumbs.



Difficulty level: easy
Diet: vegetarian
Time: 30 minutes

LIPTAUER



Difficulty level: easy
Diet: vegetarian
Time: 10 minutes

INGREDIENTS
-100 g of ricotta
-50 g of mascarpone
-50 g of sweet gorgonzola
-sweet paprika

tips
Use sheep ricotta, or a stronger soft cheese if you want it tastier.
Don't forget to toast the slices of bread for a crunchier effect.



PREPARATION

1. Mix well the cheeses with a fork, a teaspoon of paprika and a pinch of salt.
2. Put in a bowl and sprinkle with a bit of paprika.
3. Serve the cheese spread on slices of rye bread.

COTTO, SENAPE E KREN _ ham, mustard and horseradish



Difficulty level: medium
Diet: meat
Time: 6 hours



INGREDIENTS for 6 people
-Whole f Prague ham (about 2kgs, not sliced)
-1 kg of flour
-25 g of brewer's yeast
-200 ml of water
-salt

PREPARATION

1. Place the flour in a bowl, add the yeast previously dissolved in lukewarm water and add a pinch of salt; knead until the dough is smooth, cover with a cloth and leave to rise in a warm place about 2 or 3 hours.
2. Knead again and leave to rise for 1 hour.
3. Roll out the dough to a thickness of one centimeter.
4. Wrap the ham with the dough and roast it in the oven at 180° for about 1 hour.
5. When the dough is golden, remove the ham from the oven, split the crust and cut into large slices.

tips

Put mustard on a slice of warm bread, then a hand cut slice of ham and add grating of horseradish for a sprinkle of freshness. Be careful, it is spicy and your eyes could weep.

PINZA

DESSERT



History

Trieste and Gorizia compete for the paternity of this sweet bread, a sort of large neutral brioche, neither sweet nor salty. But, as for many recipes, the origins are varied and not exactly precise. Everything is linked to the history of Trieste, for centuries at the centre of many influences: from Austro-Hungarian to Bohemian, from Slavs to Dalmatian and Istrian to Greek, Turkish and Jewish. It has therefore absorbed and elaborated the most diverse culinary traditions.

The traditional Pinza, served typically at Easter, is shaped like a low, dark and shiny panettone, with three deep cuts on the dome, that would represent the martyrdom of Jesus.

INGREDIENTS

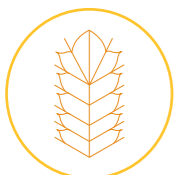
- 1 kg of flour type 0
- 25 g of brewer's yeast
- 250 ml of milk
- 200 g of sugar
- 200 g of butter
- 1 orange grated rind
- 5 egg yolks
- 1 whole egg
- 1 teaspoon and a half of salt
- 2 tablespoons of rum

PREPARATION

1. Dissolve the yeast with some warmed milk, a teaspoon of sugar and 2 tablespoons of flour. Leave to rise for about half an hour, until it is swollen and foamy. In the meantime, melt the butter and let it cool.
2. Add all ingredients to the dough, slowly slowly and alternating them. It may be necessary to add more milk, depending on how much liquid the flour needs. In the end, the dough must be fully-bodied, compact and smooth.
3. Leave to rise for about one hour, or until the dough doubles; knead it and let it double again.
4. Put the dough on a baking tray covered with parchment paper giving it the typical ball shape and leave it to rise again until it doubles.
5. Brush the surface with a beaten egg and, with scissors, make the three typical cuts. Bake in a preheated oven at 170° for about 40-45 minutes.

Tips

You can eat Pinza with butter and jam or, for a salty version, with a slice of hand cut ham as both versions are delicious.
You can also put a grated rind of lemon in the dough.



Difficulty level: medium
Diet: vegetarian
Time: 4 hours