



GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



HR_EN

dobrodošli v regiji
Friuli Venezia Giulia

WELCOME TO FRIULI VENEZIA GIULIA



CONTENT

SADRŽAJ

—	O VODIČU_ABOUT THIS GUIDEBOOK	_____ 06
	Što vas očekuje u vodiču <i>What awaits you in this guidebook</i>	
—	FRIULI-VENEZIA GIULIA	_____ 08
	Opis područja <i>Description of the area</i>	
—	LOKALNI PROIZVODI_LOCAL PRODUCTS	_____ 12
	“Sardone barcolano” _ <i>Anchovy from Barcola</i> Ekstra djevičansko maslinovo ulje Tergeste DOP _ <i>Tergeste DOP extra virgin olive oil</i> Sir Latteria del Diavolo _ <i>Latteria del Diavolo cheese</i> Grappa _ <i>Grappa</i>	
—	POVIJESNI RECEPTI_HISTORICAL RECIPES	_____ 20
	INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY THE HABSBURG MONARCHY Bakalar na bijelo na tršćanski način _ <i>Creamed codfish “alla triestina”</i> Srdele s barcole na savor _ <i>Anchovies from barcola “in savor”</i> Frico s krumpirom i lukom _ <i>Frico with onion and potatoes</i> Gubana _ <i>Gubana</i>	
—	PUT KULTURE I GASTRONOMIJE _ CULTURAL AND GASTRONOMIC ROUTE	_____ 28
	Povijesno - kulturne točke _ <i>Historical & cultural hotspots</i> Restorani _ <i>Restaurants</i> Proizvođači _ <i>Food producers</i>	
—	ZAKLJUČAK_CONCLUSION	_____ 42
	Završna riječ <i>Closing remarks</i>	

KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



Projekt KeyQ+

Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska

Projekt KeyQ+

Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.

O VODIČU

O na je uistinu spoj planina i mora. Mjesto gdje se susreću srednja Europa i Mediteran, a ljube ih Alpe. Odlike su to najistočnije talijanske regije Friuli Venezia Giulia s glavnim gradom Trstom. Upravo po Trstu mnogi prepoznaju ovu regiju koja se često povezuje s jakom ekonomijom, trgovinom i industrijom. Trst je simbol ovog dijela Italije, posebno zbog svoje luke koja je počela igrati veliki značaj u Europi još u 18. stoljeću kada zapravo započinje njezino zlatno razdoblje.

Trst tada doživljava pravi procvat. U to je doba imao stratešku važnost kao austrougarska glavna morska luka i glavni grad Austrijskog primorja. Zato ovaj grad i dan danas krasi raskošne zgrade koje pokazuju moć i bogatstvo tadašnjeg plemstva, trgovaca i obrtnika. Tu je i nezaobilazni raskošni Miramare s predivnim perivojem koji je sagrađen krajem 19. stoljeća. Simbol je ovog vremena, a podigao ga austrijski nadvojvoda Ferdinand Maksimilijan Habsburg kao rezidenciju za njega i njegovu suprugu, belgijsku kraljevu Charlottu. Inače, cijelo to područje oko Trsta zajedno s Istrom te otocima Mali Lošinj, Cres i Krk pa sve do Rijeke od 1813. to 1918. zvalo se Austrijsko primorje ili Küstenland. Od tada i ta neraskidiva veza Trsta i okolice s Istrom i najsjevernijim otocima koja traje još i danas.

Ali Friuli Venezia Giulia nije samo more i snažna povijesna luka Trst. Krenete li prema Udinama, na svakom koraku, zapanjit će vas ljepota Alpa u koje se polako dižete krećući se prema sjeveru. Očarat će vas kotline i doline kroz koje vode ceste i stari željeznički pravci, a bijeli vrhovi planina koji skrivaju razne prirodne ljepote i tajne naprosto će vas zaintrigirati. Tko u tom trenu ne bi htio stati u svakom od tih malih mjesta koje vidite sa ceste i jednostavno uživati u tim pogledima i vizurama. A sva ta mjesta imaju veliku povijesnu važnost, poput primjerice mjesta Cividale del Friuli, Tolmeza ili Tarvisia. Isto tako, ovdje se nalaze neki od najrazvikanijih skijališta u Italiji poput Tarvisia, Piancavalla, Zoncolana, Forni di Sopra te Sella Nevea. Naravno, ne treba zaboraviti ni na Kras koji je poznat po podzemnim krškim fenomenima.

This is a genuine fusion of the mountains and the sea. A place where Central Europe meets the Mediterranean while being caressed by the Alps. These are the distinctive features of the easternmost Italian region of Friuli Venezia Giulia with Trieste as its capital. Many actually consider Trieste to be the hallmark of the region and it is often associated with a strong economy, commerce and industry. Trieste is a symbol of this part of Italy, especially due to its port, which began playing a pivotal role in Europe as early as the 18th century, which generally marks the beginning of its golden age.

Trieste truly flourished in that period. At the time, it was strategically important as the main seaport in Austria-Hungary and the capital of the Austrian Littoral. This is why, to this day, the city is adorned with palatial buildings that showcase the power and wealth of the nobility, merchants and tradesmen of the time. Then there is the unmissable and magnificent Miramare with its gorgeous public garden that was built in the late 19th century. This is a symbol of the era and was erected by the Austrian Archduke Ferdinand Maximilian of Habsburg as a residence for himself and his wife, the Belgian princess Charlotte. It should also be noted that the entire area surrounding Trieste, encompassing Istria and the islands of Mali Lošinj, Cres and Krk, stretching all the way to Rijeka, was called the Austrian Littoral or Küstenland from 1813 to 1918. This explains the indissoluble bond that still exists between Trieste and its surrounding area, including Istria and the northernmost islands.

But there is more to Friuli Venezia Giulia than the sea and the mighty historical port of Trieste. If you head towards Udine, you will find yourself in awe of the stunning Alps at every step as you slowly ascend to the north. You will be mesmerised by the basins and valleys interspersed with roads and old railway tracks, while the diverse beautiful nature and secrets hidden in the white mountain tops will undoubtedly intrigue you. Who wouldn't want to stop in each of the small towns seen from the roads and simply enjoy the views and vistas? And all these towns, such as Cividale del Friuli, Tolmezzo and Tarvisio, are historically significant. Also located here are a few much-vaunted Italian ski resorts, including Tarvisio, Piancavallo, Zoncolan, Forni di Sopra and Sella Nevea. Of course, one must not forget the Karst Plateau, which is famous for its underground karst phenomena.



Friuli Venezia Giulia (Furlanija-Juljska krajna) je regija smještena na krajnjem sjeveroistoku Italije te graniči sa Slovenijom, Austrijom i talijanskom regijom Veneto. Specifično je to područje gdje se izmjenjuju različiti krajolici – od Jadranskog mora i plaža do visokih planina Alpa, dok središnji dio čini kršoviti Kras.

Kao što joj i sam naziv kaže, sastoji se od dva povijesno i kulturno različita dijela, Furlanije i Juljske krajine. Furlanija obuhvaća pokrajine Pordenone i Udine, dok se Juljska krajina prostire na pokrajina Gorica i Trst. Broji više od milijun stanovnika.

Na granici različitih kultura, ova je regija oduvijek bila mjesto susreta i razmjene između latinskog, njemačkog i slavenskog stanovništva. Upravo zato

ovdje se osim talijanskog govori više jezika. Veliki dio stanovništva Furlanije govori ili razumije furlanski jezik koji je i zaštićen. Oko 60 tisuća govornika govori slovenski, a tu su i manje zajednice koje govore njemačkim jezikom. Venetski jezik govori se uz obalu.

Glavni grad regije je Trst, najveći grad u ovom dijelu Italije koji ima oko 204.000 stanovnika. Jedan je od najrazvijenijih talijanskih gradova zbog svoje bogate lučke i komercijalne transportne trgovine. Područje Trsta bilo je naseljeno još u doba prapovijesti, a prvo naseljeno mjesto skromnih dimenzija dobilo je svoje urbanističke konotacije tijekom osvajanja Rima. Nakon carske raskoši za vrijeme antike, grad je pao kao posljedica barbarskih invazija.

*Friuli
Venezia
Giulia*

Potom je Trst bio pod vlašću raznih gospodara, a nakon stoljeća sukoba s obližnjom Venecijom 1382. godine stao je pod zaštitu vojvode od Austrije, uspostavljajući time duboku vezu s habsburškom kućom. Austrijski car Karlo VI. stvorio je 1719. slobodnu luku u Trstu, čije su se povlastice nekoliko godina kasnije proširile na cijeli grad. Trst je tada postao jedna od glavnih europskih luka, a svoj je maksimum postigao za vrijeme vladavine austrijske carice Marije Terezije zahvaljujući njezinoj probitačnoj gospodarskoj politici. U tom se razdoblju grad zapravo pretvara u pravu metropolu srednje Europe na moru koju danas poznajemo, te doživljava istinski demografski, ekonomski i socijalni procvat.

Sedamdesetak kilometara dalje od Trsta nedaleko Udina u slikovitoj kotlini rijeke Natisone smjestio se mali gradić Cividale ili Čedad koji broji oko 12 tisuća stanovnika. Cividale je poput Trsta bio nastanjen još u prapovijesti, a krasi ga bogata povijest koja seže još u doba Rimskog carstva. U vrijeme cara Julija Cezara 50. godine prije Krista u ovom je gradiću utemeljen forum, a od tada i drevni naziv grada Forum Iulii. Također, iz tog naziva potječe i današnji toponim Friuli. Za ranoga srednjega vijeka bio je prijestolnicom prvoga langobardskoga vojvodstva na Apeninskom poluotoku. U vrijeme vladavine Liutpranda u grad je stigao akvilejski patrijarh Callisto, koji je pretvorio Cividale u snažno političko i vjersko središte, kao i centar umjetnosti i kulture.

Franci su mu kasnije promijenili ime u Civitas Austriae, zbog čega se ovaj gradić i dan danas zove Cividale. Grad je zadržao svoj ugled i za vrijeme mletačke vladavine (1420.-1797.), a nakon kratke napoleonske vladavine pripojen je Austriji, da bi 1866. ušao je u sastav Kraljevine Italije. Za vrijeme Velikog čedadskog rata okupirali su ga Austrijanci nakon poraza od Caporetta. Isto tako, ovaj je gradić aktivno sudjelovao u partizanskoj borbi za vrijeme drugog svjetskog rata. Zbog iznimne kulturne i povijesne baštine UNESCO je 2011. godine Cividale proglasio zaštićenom svjetskom kulturnom baštinom.

Friuli Venezia Giulia

Friuli Venezia Giulia is a region situated in the far northeast of Italy, bordering with Slovenia, Austria and the Italian region of Veneto. It is a unique area where a variety of landscapes range from the Adriatic Sea and beaches to the high mountains of the Alps, with the Karst Plateau in the central part.

As its name suggests, it is made up of two historically and culturally disparate parts – Friuli and Venezia Giulia. Friuli comprises the provinces of Pordenone and Udine, while Venezia Giulia encompasses the provinces of Gorizia and Trieste. It has a population of over one million.

Situated at the crossroads of diverse cultures, this region has always been a place of meeting and exchange between the Latin, German and Slavic inhabitants, which is why several languages other than

Italian are spoken here. A large portion of Friuli's inhabitants speak or understand the protected Friulian language. There are approximately 60,000 speakers of Slovene, as well as smaller German-speaking communities. The Venetian language is spoken along the coast.

The regional capital is Trieste, the largest city in this part of Italy with a population of 204,000. It is one of the most developed cities in Italy due to its extensive port and commercial transport trade. The area of Trieste was inhabited as early as prehistory and the first smaller settlement was urbanised during the conquest of Rome. Following imperial opulence in antiquity, the city succumbed to Barbaric invasions.

Afterwards, Trieste was governed by various rulers and after a century of conflict with nearby Venice, it came under the protection of the Duke of Austria in 1382, thus forming a deep bond with the House of Habsburg. In 1719, Emperor of Austria Charles VI created the Free Port of Trieste, whose benefits would later apply to the entire city. Trieste then became a major European port and reached its peak under the rule of Empress of Austria Maria Theresa, owing to her profitable economic policies. During that period, the city evolved into the true central European coastal metropolis we know today, experiencing a bona fide demographic, economic and social upsurge.

The small town of Cividale or Čedad, with a population of approximately 12,000, is situated in the picturesque Natisone River basin about 70 km from

Trieste, near Udine. Like Trieste, Cividale was inhabited in prehistory and boasts a storied history that dates back to the Roman Empire. During the rule of Julius Caesar in 50 BC, a forum was established from which the ancient name of the town Forum Iulii was derived. This, in turn, was shortened to the present-day toponym Friuli. It was the capital of the first Lombard duchy on the Italian Peninsula in the Early Middle Ages. During the rule of Liutprand, the patriarch of Aquileia Callisto arrived in Cividale, transforming it into a strong political and religious centre, as well as an artistic and cultural hub.

The Franks later renamed the town Civitas Austriae, from which its current name Cividale is derived. The town maintained its reputation under Venetian rule (1420 – 1797) and, following a brief period of Napoleonic rule, it was annexed by Austria before becoming a part of the Kingdom of Italy in 1866. It was occupied by the Austrians following defeat in the battle of Caporetto during World War I. It should also be noted that the town actively supported the Partisans in their battles during World War II. Due to its exceptional cultural and historical heritage, Cividale was inscribed on the UNESCO World Heritage List in 2011.



LOKALNI PROIZVODI *local products*



“SARDONE BARCOLANO”

Sardon “Sardone barcolano” jedan je od najtipičnijih i najjedinstvenijih proizvoda u talijanskoj pokrajini Trst. To je inćun koji se prije svega lovi u njegovoj prvoj godini života, i to u sezoni kada je more ispred okruga Barcola najtoplije. Riječ je o ukusnoj maloj mekanoj ribi s bjelkastim mesom. Inćun je tipična pelagična ribica koja se može naći i jako daleko od obale, a razmnožava se u svibnju i lipnju. U ljetnim mjesecima, kada su temperature najviše, teško da ćete ga pronaći na dubini većoj od pedeset metara. Kada govorimo o njegovoj pripremi, Trščani posebno vole marinirane inćune s limunom i uljem, ali i pržene, pohane te posebno u savoru. Sardoni su ujedno postali i dio kulture Trsta, a to je najvidljivije u svakodnevnom govoru. Primjerice uzrečica “tirar sardoni” znači udvaranje, odnosno „bacanje udice”.

ANCHOVY FROM BARCOLA

The “Sardone barcolano” anchovy is one of the most characteristic and unique products from the Italian province of Trieste. It is primarily harvested in its first year of life, during the time of year when the sea off the Barcolo district is the warmest. It is a tasty, small and soft fish, whose meat is white. The anchovy is a typical small pelagic fish that can also be found far from the coast and it breeds in May and June. During the peak summer temperatures, you will be hard-pressed to find the Barcola anchovy at a depth exceeding 50 m. The people of Trieste especially love to prepare the anchovies by marinating them in lemon, oil and sauce, as well as frying and breading them. The sardoni have become an integral part of the culture of Trieste, as evidenced by everyday speech. For example, the idiom “tirar sardoni” expresses courting, but literally translates as “throwing the hook”.

EKSTRA DJEVIČANSKO MASLINOVO ULJE TERGESTE DOP

Feničani su prvi zasadili masline na širem tršćanskom području (Trst, Muggia, Duino-Aurisina, San Dorligo della Valle, Sgonico i Monrupino), da bi kasnije Rimljani razvili maslinarstvo. Ova je poljoprivredna djelatnost bila iznimno važna u srednjem vijeku, a nakon sloma Venecijanske republike doživjela je drastičan pad. Uzgoj maslina ponovo se oživljava oko 1950. godine. Oznaka "Tergeste" DOP (zaštićena oznaka podrijetla) rezervirana je za ekstra djevičansko maslinovo ulje koje ispunjava sve uvjete koji su propisani u posebnoj uredbi. To je ulje koje se smije proizvoditi smo od sljedećih vrsta maslina: bjelice ili bianchere, carbone, leccina, leccia del corno, frantoia, maurina i pendolina. Ovo ulje ima zlatno-zelenu boju, srednje je voćne arome i okusa, srednje ili blago pikantno. Inače sam naziv Tergeste dobilo je po drevnom nazivu za Trst.



TERGESTE DOP EXTRA VIRGIN OLIVE OIL

The Phoenicians were the first to grow olives in the wider Trieste area (Trieste, Muggia, Duino-Aurisina, San Dorligo della Valle, Sgonico and Monrupino), although it was the Romans who further developed olive cultivation. This agricultural activity was very important in the Middle Ages but suffered a sharp decline after the fall of the Republic of Venice. However, the 1950s saw a revival of olive cultivation. The "Tergeste" DOP protected geographical indication is reserved for extra virgin olive oil that meets all the criteria stipulated in a special regulation. This olive oil is produced exclusively using the following olive varieties: bianchera, carbone, leccina, leccia del corno, frantoia, maurina and pendolina. The oil has a golden-green hue and a medium fruity aroma and flavour, medium or mildly piquant. It was named Tergeste after the ancient name for Trieste.

Latteria del Diavolo cheese

SIR LATTERIA DEL DIAVOLO



Ovaj se sir zove Latteria jer ga tradicionalno proizvode domaće mljekare. Od 1881. mljekare su igrale snažnu ulogu u prikupljanju mlijeka malih proizvođača kao što to i danas rade. Sve su one to mlijeko koristile i za proizvodnju sira te ostalih mliječnih proizvoda. Radile bi cijelu zimu i jesen, a ljeti, kada su stada preselila na planinske pašnjake, proizvodnja bi se odvijala na alpskim farmama. Sir Latteria del Diavolo je svježi polutvrđi sir proizveden od pasteuriziranog mlijeka, ugodnog okusa i blago slatkog s laganom aromom oraščića. Ima tipičan okus i miris koji karakteriziraju mirisi flore i stočne hrane iz doline Natisone.

Proizvodi se u tri varijante, ovisno o dužini sazrijevanja. U ponudi je sir od 30 dana, zatim onaj od 30 do 90 dana, dok je najpikantniji sir koji odležava više od 90 dana.

This cheese is named Latteria because it is traditionally made by local dairy farms. Since 1881, dairy farms have played an important role in collecting milk from small-scale producers, a practice that has continued to this day. They used the milk to produce cheese and other dairy products. They would operate throughout the autumn and winter, with the production being transferred to alpine farms in the summer after the herds had moved to pastures in mountainous areas. Latteria del Diavolo is a semi-hard cheese made from pasteurised milk, with a pleasant and slightly sweet flavour and a faint nutmeg aroma. Its distinct flavour and aroma are characterised by the scents of plants and stock feed from the Natisone River valley. Three varieties are made, depending on the aging time. 30-day cheese, 30-90-day cheese and the most piquant one that is aged for over 90 days.

Gnappa

RAKIJA

Grappa je žestoko piće dobiveno iz destilacije komine, i to od grožđa koje je isključivo proizvedeno i vinificirano u Italiji. Grappa se proizvodi u Furlaniji već u 15. stoljeću, a ovaj se izraz počinje upotrebljavati tek krajem 19. stoljeća. U kolektivnoj svijesti grappa je oduvijek značila alkoholno piće jakih, ali siromašnih ljudi vezanih za zemlju.

Ime "grappa" ima i jako puno dijalektalnih inačica. U sjevernim talijanskim dijalektima riječ grapa je povezana s hrpom, a tu je i riječ graspa koja se može prevesti kao utjecaj biljke ili stabljike. U Istri se koristi riječ trapa koje je povezana s furlanskom riječi trape, a oba termina označavaju kominu. U regiji Emilia Romagna koristi se riječ brusca i slična je riječi brasca u Trentinu. Venecijanska i furlanska riječ sgnapa, odnosno sgnape proizlaze iz njemačkog jezika.

Grappa is a spirit made by distilling the pomace of grapes that are exclusively grown and vinified in Italy. It has been produced in Friuli since the 15th century, although the name wasn't used until the late 19th century. Grappa has always been a byword for an alcoholic beverage consumed by strong yet poor soil-tilling people.

The name "grappa" has various meanings, depending on the dialect. In the northern Italian dialects, the word grappa is associated with a pile, while the word graspa can be translated as "plant or stem influenced". In Istria, the word trapa is related to the Friulian word trape, both of which mean pomace. The word brusca is used in the region of Emilia Romagna and is similar to brasca, which is used in Trentino. The Venetian and Friulian word sgnapa or sgnape is derived from the German language.



POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY



BAKALAR NA BIJELO NA TRŠĆANSKI NAČIN



VRIJEME
TIME

80 MIN
+ PLUS JEDAN DAN ZA
NAMAKANJE
+ ONE DAY FOR
SOAKING



PORCIJA
SERVES

4



TEŽINA
DIFFICULTY

7/10

METODA
METHOD

COOK
KUHANJE

SEZONA
SEASON

CIJELA GODINA
WHOLE YEAR

SASTOJCI _ INGREDIENTS

Bakalar / Codfish	400 g
Lovorov list / Bay leaf	2 kom/pcs
Peršin / Parsley	1 stučak/ bunch
Ekstra djevičansko masli- novo ulje / Extra virgin olive oil	po potrebi/ to taste
Sjemensko ulje/	po potrebi/ to taste
Sol / Salt	
Papar / Pepper	

CREAMED CODFISH "ALLA TRIESTINA"

P R I P R E M A

Izrežemo bakalar na komade i ostavimo da se namače 24 sata u svježoj vodi, koju je potrebno promijeniti barem jednom. Ogulimo ribi kožu i uklonimo kosti, rasječemo na manje komade i kuhamo u puno vode.

Nakon kuhanja, prikupimo svo meso u zdjelu miješalice ili miksera (ili drugu veću zdjelu), dolijemo vruće ulje dok ne bude cijela smjesa prekrivena i ostavimo da odleži (prekriveno poklopcem) oko deset minuta.

Pokrenemo miješalicu s kukom u obliku lista (ili K oblika) ili možemo koristiti električni mikser i dobro miješati bakalar i ulje postupno povećavajući brzinu. Postupak mora trajati oko 30-40 minuta. Zadnjih 10 minuta miješamo na najvećoj brzini. Ako je potrebno, dodamo više ulja da bismo dobili željenu konzistenciju. Začinimo sa solju i paprom. Dodamo sjeckani peršin po želji i poslužimo na kriškama kruha ili palenti na žaru.



P R E P A R A T I O N

Cut the cod into slices and leave to soak for 24 hours in fresh water, taking care to change it at least once. Remove the skin and spines from the fish, cut into smaller pieces and boil in plenty of water.

Once cooked, collect the pulp in a bowl of a food processor (or in a large bowl), cover with hot oil and let it rest (covered with a lid) for about ten minutes. Equip the food processor with a leaf hook (or Kshaped) or use an electric blender and let the mixture of cod and oil be assembled, gradually increasing the speed, for 30-40 minutes.

Assemble at full speed during the last 10 minutes. If necessary, add more oil to obtain the desired consistency. Season with salt and pepper. Add chopped parsley to taste and serve on slices of bread or grilled polenta.

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY



SRDELE S BARCOLE NA SAVOR



VRIJEME
TIME

80 MIN
+ JEDAN DAN U HLADNJAKU
+ ONE DAY IN THE FRIDGE



PORCIJA
SERVES

4



TEŽINA
DIFFICULTY

7/10

ANCHIOVIES FROM BARCOLA "IN SAVOR"

P R I P R E M A

Očistimo srdele, uklonimo glave i iznutrice i uvaljamo ih u brašno, zatim ih pržimo u ulju i osušimo višak ulja upijajućim papirom.

Dinstamo luk narezan na tanke ploške u ekstra djevičanskom maslinovom ulju; kad uvene polijemo s vinom i octom dok ne ispari tekućina, ali ne u potpunosti.

Posložimo srdele u posudu za pečenje u jednom sloju, dodamo sol, papar u zrnu i lovorov list. Preko srdela stavimo sloj luka zajedno s umakom. Pokrijemo s plastičnom folijom i držimo barem jedan dan u hladnjaku.



P R E P A R A T I O N

Clean the anchovies, removing the heads and the entrails; put them in the flour, fry them and dry the excess oil with absorbent paper. Slowly fry in the extra virgin olive oil, the white onions cut very thin, once wilted wet with wine and vinegar and evaporate but not completely. Place the anchovies in an ovenproof dish in a single layer, add salt, peppercorns and bay leaves. Spread the onion and its sauce over it.

Cover with a transparent film and keep for at least one day in the fridge.

Bon Appetit

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY



FRICO S KRUMPIROM I LUKOM



VRIJEME
TIME

40 MIN



PORCIJA
SERVES

4



TEŽINA
DIFFICULTY

4/10

METODA
METHOD

KUHANJE - PRŽENJE
COOK - FRY

SEZONA
SEASON

CIJELA GODINA
WHOLE YEAR

SASTOJCI _ INGREDIENTS

Zreli sir (Montasio, Latteria ili Malga od 16 do 18 mjeseci starosti) / Aged cheese (Montasio, Latteria or Malga from 16 to 18 months)	350 g
Malo ekstra djevičanskog maslinovog ulja / A little bit of extra virgin olive oil	
Krumpir / Potato	1 kg
Luk / Onions	200 g

FRICO WITH ONION AND POTATOES

P R I P R E M A

Ogulimo krumpir i kuhamo ga u slanoj vodi. Luk narežemo na tanke ploške. Stavimo u tavu ulje i luk i dinstamo dok luk ne uvene. Kada je krumpir kuhan dodamo ga u tavu i polako ga gnječimo.

Kuhamo 10 minuta.

Poravnamo s vilicom i začинimo sa solju. Pečemo na 180 stupnjeva 20 minuta. Nakon 10 minuta provjerimo ako se na površini stvara korica i poslužimo frico dok je još vruć.



P R E P A R A T I O N

Peel the potatoes and boil them in a saucepan with salt. Slice the onion thinly in a cutting board. Put the oil and the onions in it in a pan. When they are cooked add the potatoes and slowly crush them in the pan itself.

Cook for 10 minutes.

Flatten with a fork and season with salt. Bake at 180 degrees for 20 minutes. Halfway through cooking, check if you are creating the crust on the surface and serve the frico still hot.

Bon Appetit

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY





VRIJEME
TIME



PORCIJA
SERVES



TEŽINA
DIFFICULTY

200 MIN

10

9/10

METODA METHOD	SEZONA SEASON
PEČENJE BAKE	CIJELA GODINA WHOLE YEAR

SASTOJCI _ INGREDIENTS

Brašno / Flour	220 g
Maslac / Butter	60 g
Šećer / Sugar	50 g
Med / Honey	20 g
Jaje / Egg	1 kom/pcs
Žumanjak / Egg yolk	30 g
Mlijeko / Milk	40 g
Pivski kvasac / Brewer's yeast	10 g
Sol / Salt	2 g
Cijeli orasi / Walnut kernels	140 g
Šećer / Sugar	60 g
Groždice / Raisins	60 g
Suhi keksi / Dry biscuits	30 g
Pinjole / Pine nuts	30 g
Maslac / Butter	20 g
Limun / Lemon	1/2
Rum / Rum	
Šljivovica / Plum grappa	
Sol / Salt	
Za premazivanje / For brush	1 bjelanjak / egg white

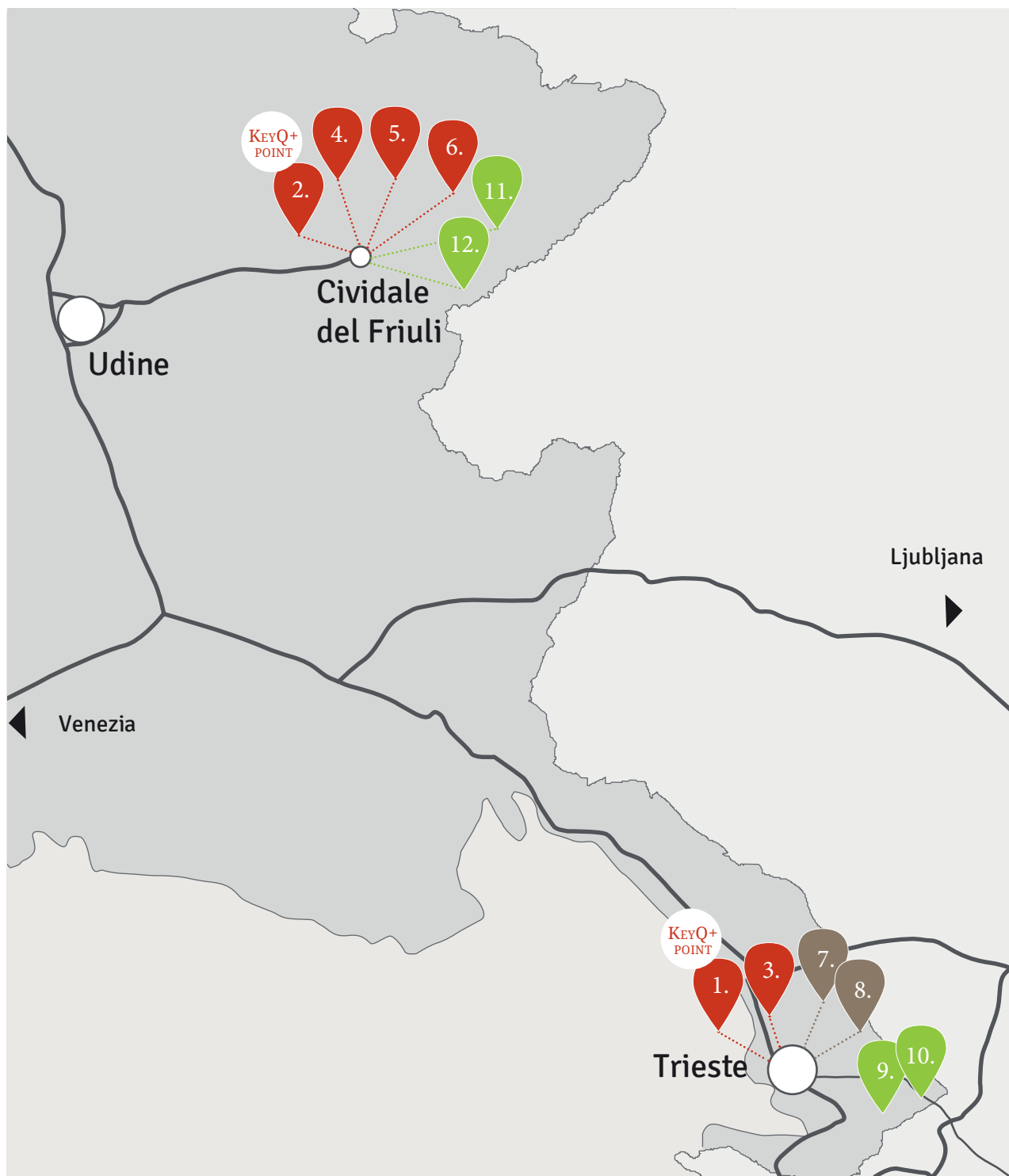
GUBANA

GUBANA PRIPREMA

Rasporedimo brašno u kružni oblik i u sredinu stavimo pivski kvasac razrijeđen u toplom mlijeku, šećer, jaje, žumanjak i prstohvat soli. Mijesimo tijesto dok ne postane mekano. Ostavimo da se diže oko 1h. Nakon 1h dodamo ostatak brašna, maslaca, šećera i ponovno mijesimo tijesto pa opet ostavimo da se diže još 30 minuta. Groždice stavimo u rum da se namoče. Karameliziramo šećer u posudi s žlicom vode i kapljicom octa. U dobivenu smjesu dodati 50 g oraha i brzo promiješati da se sjedine. Izliti smjesu na podlogu koju ste prethodno premazali uljem i ostaviti da se ohladi. Na otopljenom maslacu prepržiti pinjole na laganoj vatri i zatim ostaviti sa strane da se ohlade. Samljeti suhe kekse, karamelizirane orahe i preostale orahe. Staviti sve gornje sastojke u zdjelu. Dodati groždice, pinjole pržene na maslacu, naribanu koricu limuna, sol, vanilin šećer, cimet i ostatak šećera. Namočiti s rakijom koliko treba i dobro pomiješati sve sastojke. Tijesto mora biti vlažno. Izvaljati tijesto na pravokutnik veličine 20×30 cm. Nadjenuti s punjenjem i dodati malo maslaca. Dobro zatvoriti dva kraja i razvući roladu u dužinu dok ne dosegne 70–80 centimetara dužine. Uzeti desni kraj, podignuti ga i presaviti prema unutra, a zatim pažljivo omotati ostatak rolade osim zadnjeg kraja koji bi trebao biti spojen s onim prvim ispod tijesta. Staviti gubanu u namašćeni kalup (promjera 20 cm), ostaviti neka se digne dok ne udvostruči volumen, a zatim kistom premazati površinu s umućenim bjelanjkom i posipati s bijelim šećerom. Peći na 160 stupnja oko sat vremena.

PREPARATION

Put the flour in a circular shape and pour in the center diluted yeast in lukewarm milk, sugar, egg and yolk, a pinch of salt. Work the dough until it becomes soft. Leave to rise for about 1 hour. After 1 hour add the rest of the flour, butter, sugar and work the dough and then let it rise for another 30 minutes. Soak the raisins in the rum. Caramelize the sugar in a saucepan with a teaspoon of water and a drop of vinegar. Add 50g of walnuts and mix quickly. Pour the mixture on a shelf brushed with oil and let it cool. Brown the pine nuts in butter at a very low flame, then let it cool. Chop the dry biscuits, caramelized walnuts and the remaining walnuts and put together in a bowl. Combine raisins, pine nuts with all their butter, grated lemon peel, salt, vanillin, cinnamon and the rest of the sugar. Sprinkle with the grappa and mix all the ingredients well. The dough must be moist. Roll out the dough into a rectangle measuring 20×30 cm and spread over the filling with some soft butter. Close the two ends well and lengthen the roll until it reaches 70–80 cm in length. Take the right flap, lift it up and fold it inside, then all around gently wrap the remaining part of the roll except the last flap that goes to the first under the cake. Lay the gubana in a buttered mold (20 cm) let it rise until it has doubled the volume, then brush the surface with beaten egg white and sprinkle with granulated sugar. Bake at 160° for about 1 hour.



PUT KULTURE I GASTRONOMIJE

Culture And Gastronomy Path

TURISTIČKI ITINERAR _ TOURIST ITINERARY

TOČKE INTERESA _ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE _
HISTORICAL & CULTURAL HOTSPOTS:

1. **ZGRADA "BROD SLOBODE KOJI SE OKRENUO PREMA ISTOKU" _
THE "LIBERTY SHIP THAT HAS TURNED EASTWARD" BUILDING**
2. **SREDNJOVEKOVNA KUĆA _ MEDIEVAL HOUSE**
3. TEREZIJSKI OKRUG _ THERESIAN DISTRICT
4. LOMBARDSKI HRAM SA SAMOSTANOM SANTA MARIA U VALLEU
(UNESCO)_ LOMBARD TEMPLE WITH THE SANTA MARIA DELLA
VALLE MONASTERY (UNESCO)
5. NACIONALNI ARHEOLOŠKI MUZEJ (UNESCO)_ NATIONAL ARCHAEO-
LOGICAL MUSEUM (UNESCO)
6. MUZEJ KRŠĆANSTVA I BLAGA KATEDRALE (UNESCO)_ CHRISTIAN
MUSEUM AND TREASURE OF THE CATHEDRAL (UNESCO)

RESTORANI _ RESTAURANTS:

7. BAR BUFFET DA ROBY, TRST
8. BUFFET L'APPRODO, TRST

PROIZVOĐAČI _ FOOD PRODUCERS:

9. POLJOPRIVREDNO PODUZEĆE FIOR ROSSO ZERIUL ADRIANA- MASLINO-
VO ULJE _ OLIVE OIL
10. PAROVEL GROUP SRL - VINO I MASLINOVO ULJE _ WINE AND OLIVE OIL
11. LATTERIA SOCIALE DI CIVIDALE - MLJEČNI PROIZVODI _ DAIRY PROD-
UCTS
12. DESTILERIJA DOMENIS1898 - RAKIJE _ GRAPPA



KEYQ+
POINT

1.

ZGRADA "BROD SLOBODE KOJI SE OKRENUO PREMA ISTOKU"

THE "LIBERTY SHIP THAT HAS TURNED EASTWARD" BUILDING

VIA DI CONCONELLO, 16, 34151 TRIESTE TS
+39 (0)40 9719811, INFO@CIVIFORM.IT
WWW.CIVIFORM.IT

Zgradu "Brod slobode koji se okrenuo prema istoku" osmislio je arhitekt Marcello D'Olivo 1950. godine. Sastoji se od dvije prostorije kvadratnog tlocrta različitih veličina koje su međusobno povezane dijagonalom. Središnji paviljon sastoji se od trokutnog modula i podijeljen je u dva duga krila. Sagrađen je i gornji balkon koji omogućuje potpuni pregled donjeg kata. Prvobitno su u velikom prostoru bile smještene administrativne službe, razni kabineti za osoblje i restoran za pet stotina učenika. Velika dvorana bila je prvenstveno u funkciji restorana, ali je služila i kao dvorana, kongresna dvorana i sala za sastanke. Danas se ova zgrada restorana koristi kao kantina, ali i za razne vrste edukacija. Ovdje se nalazi sjedište veleučilišta Civitform koja se bavi edukacijom kadra u gastronomiji i turizmu, ali i drugim sektorima.

The "Liberty ship that has turned eastward" building was designed by the architect Marcello D'Olivo in 1950. It comprises two diagonally-connected square rooms of different sizes. The central pavilion consists of a triangular module and is divided into long wings. An upper balcony that provides a full view of the lower floor was also constructed. Initially, the spacious area housed administrative departments, various staff offices and a restaurant for 500 pupils. The grand hall mainly served as a restaurant, as well as a hall, congress hall and conference hall. Today, the restaurant building is used as a canteen and for various training programmes. It is also the seat of the Civiform vocational training centre, which provides training for work in the food and tourism industries, as well as other sectors.



KEYQ+
POINT

2.

SREDNJOVJEKOVNA KUĆA

MEDIEVAL HOUSE

STRETTA T. CERCHIARI 2
33043 CIVIDALE DEL FRIULI UD
+39 (0)432 710460

Srednjovjekovna kuća poznata je kao najstarija kuća grada Cividalea (Čedad) koja se još naziva „zlatarova kuća“ ili "Casa del Mille". Nazivi za tu kuću crpe izvore iz njene povijesti. Naime, upravo je u toj zgradi iz 14. stoljeća nekada bila zlatarska radionica. Vjerojatno je ova zgrada na tri kata izgrađena na ostacima stare kule. Sadašnja građevina je u izvornom obliku osim vratiju i prozora koji su modificirani i prošireni. Jedino prozor na prvom katu nije promijenjen, a tu se sada nalazi upravni dio zgrade te trgovine. Dakle, ova kuća nastala je na staroj kamenoj konstrukciji, vjerojatno drevne kule čiji se ostaci mogu vidjeti na desnom vanjskom zidu zgrade. Isto tako, ostaci prethodnih građevina u Srednjovjekovnoj kući mogu se vidjeti i u unutrašnjem prostoru gdje se nalazi fragment srednjovjekovne skulpture koja pripada jednom od starih stupova.

The Medieval House, which is also known as the "goldsmith's house" or "Casa del Mille", is famous for being the oldest house in Cividale. The history of the house provides sources for its names. A goldsmith workshop was located in the building in the 14th century. This three-storied building was probably built on the remains of an old tower. The present-day edifice has mostly maintained its original form, except for the modified and widened windows. Only the window on the first floor, where the administration area is now located, has remained intact. In conclusion, this house was erected over an old stone structure, possibly an ancient tower, whose remains are visible on the right outer wall of the building. Also, remnants of previous structures in the Medieval House can be seen in the interior, such as the fragment of a medieval sculpture attached to one of the old pillars.

3.



TEREZIJANSKI OKRUG

THERESIAN DISTRICT

VIA CARDUCCI, CORSO ITALIA
LA STAZIONE FERROVIARIA E LE RIVE

Ovaj prelijepi tršćanski okrug pokriva jedno od najživljih gradskih područja, i to između ulice Via Carducci, ulice Corso Italia, željezničke stanice i rive. Razvija se iznad solane i gradsko je središte kada govorimo o trgovačkom dijelu grada. Ovaj je dio Trsta izgrađen u doba austrijskog cara Karla VI., a nakon njegove smrti za njegov je razvoj sredinom 18. stoljeća zaslužna carica Marija Terezija Austrijska. Živi je primjer modernog urbanističkog planiranja. Srce okruga čini Canal Grande s poznatim mostom Ponte Rosso, koji je dizajniran na način da roba odmah stigne do grada. Ovdje su izgrađene mnoge trgovačke palače koje su posebno projektirane prema potrebama trgovine, skladištenja, ali i za stanovanje. Dakle, prizemlje se tih zgrada koristilo za skladištenje robe, a preostale etaže za stanove i urede.

This gorgeous Trieste district covers one of the busiest areas in the city, between the Via Carducci and Corso Italia streets, the railway station and the riva (waterfront). It expands above the saltworks and is the centre of the city's commercial area. This part of Trieste was constructed during the rule of Emperor of Austria Charles VI and thrived in the mid-18th century after his death, owing to Empress Maria Theresa of Austria. It is a living example of modern urban planning. The Canal Grande and the famous Ponte Rosso bridge, which was designed to ensure that goods could arrive promptly in the city, make up the heart of the district. Many commercial palaces specifically designed for commercial, storage and housing purposes were built here. The ground floors of the buildings were used to store goods, while flats and offices were located on the other floors.

4.



LOMBARDSKI HRAM SA SAMOSTANOM SANTA MARIA U VALLEU (UNESCO)

LOMBARD TEMPLE WITH THE SANTA MARIA DELLA VALLE MONASTERY (UNESCO)

VIA MONASTERO MAGGIORE N. 34, 33043 CIVIDALE DEL FRIULI
TICKET OFFICE: +39 0432 700867, BOOKING INFO: +39 0432 710460
INFO@TEMPIETTOLONGOBARDO.IT, WWW.TEMPIETTOLONGOBARDO.IT

U ranom srednjem vijeku na području zvanom "Valle" nalazio se lombardski „gastaldaga“, odnosno sjedište kraljevskog dvora. Tu se nalazi i monumentalni samostanski kompleks Santa Maria u Valleu, koji s lombardskim hramom predstavlja iznimno važno povijesno svjedočanstvo i urbanu evoluciju grada Cividale. Samostan, koji je postojao još davne 830. godine, kontinuirano se širio i obnavljao te je stasao u važnu monumentalnu arhitektonsku jezgru koja je još uvijek sačuvana. U sklopu drevnog kompleksa nalazi se Tempietto, jedinstvena građevina takve vrste koja je svjetski poznata po iznimnim umjetničkim djelima. Ovdje možete vidjeti veličanstvene mozaike, moćne figurativno-ukrasne štukature i drevne freske u dvorskom stilu. Od 2011. ovaj je vrijedan kompleks spomeničke baštine pod UNESCO-vom zaštitom.

In the Early Middle Ages, a Lombard "gastaldaga" or the seat of the royal court was located in an area known as "Valle". Also located here is the monumental monastery complex Santa Maria della Valle, which, along with the Lombard Temple, provides an extremely important historical testament and displays the urban evolution of the town of Cividale. The monastery, which existed as early as 830, has continuously expanded and undergone renovation until it formed the monumental architectural core that has been preserved until today. The ancient complex also includes the Tempietto, a one-of-a-kind building renowned worldwide for housing exceptional works of art. Here you can see magnificent mosaics, striking figurative and decorative stucco work, and ancient frescoes in the court style. This valuable monument heritage complex has been under the patronage of UNESCO since 2011.



5.

NACIONALNI ARHEOLOŠKI MUZEJ (UNESCO)

NATIONAL ARCHAEOLOGICAL MUSEUM (UNESCO)

PIAZZA DUOMO, 13 - 33043 CIVIDALE DEL FRIULI (UD)
+ 39 0432 700700, MUSEOARCHEOCIVIDALE@BENICULTURALI.IT
WWW.MUSEOARCHEOLOGICOCIVIDALE.BENICULTURALI.IT

Nacionalni arheološki muzej nalazi se u palači Palazzo dei Provveditori Veneti u gradu Cividale. Ova je palača sagrađena u drugoj polovici 16. stoljeća, a na zidovima u podrumu nalaze se ostaci patrijarhalne palače iz lombardskog doba. U drugoj polovici 20. stoljeća kupila ga je država i kompletno obnovila, te je već tada postala muzej. I sama palača doprinijela je muzeju svojom poviješću te zbirkom predmeta iz prve polovice 19. stoljeća. Sadašnji bogati muzejski postav može se pohvaliti brojnim arheološkim artefaktima iz rimskog, ranokršćanskog i ranosrednjovjekovnog razdoblja, kao i razdoblja romanike i gotike. Ovdje se mogu vidjeti i važni srednjovjekovni kodeksi. Prostorije koje čuvaju baštinu gradskih i prigradskih nekropola grada Cividale svakako treba posjetiti jer skrivaju prava blaga lombardskog obrta.

The National Archaeological Museum is located in the Palazzo dei Provveditori Veneti palace in Cividale. The palace was built in the second half of the 16th century and you can still find remnants of the patriarchal palace from the Lombard era on the cellar walls. In the second half of the 20th century, the state bought and completely refurbished the palace, transforming it into a museum. The palace itself enriched the museum with its history and the collection of items from the first half of the 19th century. The current extensive holdings of the museum boast a plethora of archaeological artefacts from the Roman, Early Christian, Early Medieval, Romanesque and Gothic periods. Here you can also see some important medieval codices. The rooms that preserve the heritage of Cividale's urban and suburban necropolises are a must-visit because they hold some true gems of Lombard craftsmanship.



6.

MUZEJ KRŠĆANSTVA I BLAGA KATEDRALE (UNESCO)

CHRISTIAN MUSEUM AND TREASURE OF THE CATHEDRAL (UNESCO)

VIA GIOVANNI BATTISTA CANDOTTI 1, 33043 CIVIDALE DEL FRIULI
+ 39 0432 730403, INFO@MUCRIS.IT

Zasluge za obnovu i širenje drevnog crkvenog kompleksa, koji je nesumnjivo postao episkopalna jezgra u kasnom lombardskom dobu, pripisuju se patrijarhu Callistu (737-757). On je ujedno preselio akvilejsko sjedište iz grada Cormons u Cividale. Ovaj je kompleks uključivao i baziliku Santa Maria Assunta te krstionicu San Giovanni Battiste s patrijarhalnom palačom. Danas je ovdje smješten Muzeju kršćanstva i blaga katedrale koji je otvoren 2008. godine i koji je dio UNESCO-ve svjetske baštine. Ovdje možete vidjeti vrijednu Callistovu krstionicu te oltar, koji je naručio kralj Ratchis u čast svoga oca. Izuzetno su očuvani i predstavljaju jedno od najvećih dostignuća skulpture kasnog lombardskog doba. Ovdje se čuvaju i druga umjetnička djela, uključujući zlatninu velike vrijednosti iz ranog srednjeg vijeka.

Patriarch Callisto (737-757) is credited with renovating and expanding the ancient church complex, which undoubtedly became an episcopal centre in the late Lombard period. He also moved the seat of Aquileia from Cormons to Cividale. This complex also included the Basilica of Saint Mary of the Assumption and the baptistery of Saint John the Baptist with the patriarchal palace. Today it is the home of the Christian Museum and Treasure of the Cathedral, which was opened in 2008 and is inscribed on the UNESCO Heritage List. Here you can see the valuable Callisto baptistery and the altar commissioned by King Ratchis in honour of his father. They are pristinely preserved and lauded as a crowning achievement in late Lombard period sculpting. Other works of art, including an invaluable gold jewellery collection from the Early Middle Ages, are also kept here.

7.



BAR BUFFET DA ROBY, TRST

RESTAURANT

VIA TORREBIANCA, 32 - 34122 TRIESTE
+39(0)40 372 0002, BUFFETROBY@GMAIL.COM
WWW.BUFFETDAROBYTRIESTE.IT

Kada uđete u ovaj tipični i tradicionalni tršćanski restoran, imate veliki izbor raznih jela - od tradicionalnog jela na bazi kuhane svinjetine poznatog kao „kaldaia“ do izuzetne dnevne ponude bazirane na jadranskim morskim plodovima. Ovaj bar i buffet u svom vlasništvu već 30 godina ima isti vlasnik, a nalazi se u srcu trgovačke terezijanske četvrti koja predstavlja jednu od najstarijih i najljepših gradskih četvrti centra Trsta. Vrata Bar Buffet da Roby otvorena su cijeli dan, a ovo je idealno mjesto ako želite nešto brzinski prigrusti. Naravno, ovdje možete uživati i u dugim ručkovima i sjajnim večerama. U kuhinji se je uvijek akcija te se na dnevnoj bazi pripremaju sva jela sa svježim i lokalnim namirnicama. Isto tako, ako se poželite nagraditi nekim od tršćanskih specijaliteta, ovo je prava adresa za vas.

Upon entering this typical traditional Trieste restaurant, you will be able to choose from a variety of dishes ranging from “kaldaia”, a traditional cooked pork dish, to the superb daily seafood offering. This bar and buffet, which has not changed owners in the last 30 years, is located in the heart of the Theresian commercial district, which is hailed as one of the oldest and most beautiful neighbourhoods in downtown Trieste. The Buffet da Roby bar is open 24 hours and is the perfect place to grab a quick bite. Of course, you can also enjoy long lunches and delectable dinners here. The kitchen is always busy preparing dishes using fresh and local ingredients every day. Also, if you want to treat yourself to a Trieste speciality, then you're in the right place.

8.



BUFFET L'APPRODO, TRST

RESTAURANT

VIA CARDUCCI GIOSUÈ, 34 - 34129 TRIESTE
+39(0)40 63 34 66, INFO@BUFFETAPPRODO.IT
WWW.BUFFETAPPRODO.IT

Ovo je još jedan tipičan tršćanski restoran ili buffet koji se također smjestio u terezijanskoj trgovačkoj četvrti, i to u blizini natkrivene tržnice. Otvoren je cijeli dan, pa u bilo koje doba možete doći i kušati neko od jela koje je tipično za ovaj dio Italije poput primjerice raznih vrsta tjestenine, juha, njoki, lazanja, ali i jela od mesa, gulaša, pečenja, tripica, kobasica te razna jela od ribe poput pržene ribe ili brodetta. Na kraju blagovaonice nalazi se otvorena kuhinja, gdje možete pratiti što vrijedni kuhari rade. Dodatna je to vrijednost ovog restorana jer gosti na licu mjesta mogu vidjeti kako se sprema njihovo jelo, od kojih namirnica i kojim tehnikama. Upravo zbog toga mnogi gosti jako cijene Buffet L'Approdo i uvijek mu se rado vraćaju te ga preporučuju drugima. Ovo je nezaobilazna gastronomska adresa u srcu Trsta.

This is another typical Trieste restaurant, which is also located in the Theresian commercial district near the covered farmers' market. It is open all day, so you can drop by at any time and try typical local specialties, such as a wide range of pasta, soups, gnocchi, lasagne, meat and roasted dishes, stews, tripe, sausages and a variety of fish dishes, including fried fish or brodetto. There is an open kitchen at the far end of the dining room where you can watch the diligent chefs at work. This gives added value to the restaurant because the guests can see for themselves how their meal is prepared, as well as the ingredients and techniques used. This is why Buffet L'Approdo is so highly praised by guests, who gladly return there and recommend it to others. This is a must-visit culinary stop in the heart of Trieste.



9.

POLJOPRIVREDNO PODUZEĆE FIOR ROSSO ZERIUL ADRIANA, PREBENICO

PROIZVOĐAČ MASLINOVOG ULJA OLIVE OIL PRODUCER

LOC. AQUILINIA, 420 - 34018 S. DORLIGO DELLA VALLE (TS)
338 9186872, BIANCHERA@YAHOO.IT
WWW.FIORROSSO.IT

Ovo poljoprivredno poduzeće proizvodi ekstra djevičansko maslinovo ulje Tergeste DOP, ali i druge mješavine ulja od sorti leccino i maurino. Nalazi se u mjestu Montedoro, na području Prebenico, u blizini granice sa Slovenijom. Preferiraju moderne tehnike uzgoja i prerada maslina, iako tvrtka ima tradiciju staru 200 godina. Tijekom posljednjih deset godina tvrtka je dobila brojne certifikate i nagrade za kvalitetu. Trenutno se brine za maslinik na devet hektara površine. Ne koriste nikakva gnojiva, kako se zemlja ne bi osušila. U zaštiti bilja koriste samo posebna sredstva za zaštitu protiv štetnika. Ujedno, imaju i organizirane obilaskе svog maslinika uz degustaciju ulja. Najbolje vrijeme za posjet masliniku je u periodu od 1. ožujka do 15. listopada, a primaju se grupe od najmanje četiri do maksimalno pedeset osoba.

This agriculture company produces the Tergeste DOP extra virgin olive oil, as well as other oil blends made from the leccino and maurino varieties. It is located in Montedoro in the parish of Prebenico, near the border with Slovenia. Although the company boasts 200 years of tradition, it favours modern olive growing and processing techniques. Over the past ten years, the company has earned numerous certificates and awards for quality. It currently maintains an olive grove that covers an area of nine hectares. The company does not use any fertilisers in order to keep the soil from drying. They only use special pesticides for plant protection. It also offers organised tours of their own olive grove and olive oil tastings. The preferred timeframe for visiting the olive grove is between 1 March and 15 October. Tours are organised for groups of 4 to 50 persons.



10.

PAROVEL GROUP SRL, TRST

PROIZVOĐAČ VINA I MASLINOVOG ULJA WINE AND OLIVE OIL PRODUCER

ZONA ARTIGIANALE DOLINA, 546 - 34018 SAN DORLIGO DELLA VALLE (TS)
346 759 0953, INFO@PAROVEL.COM
WWW.PAROVEL.COM

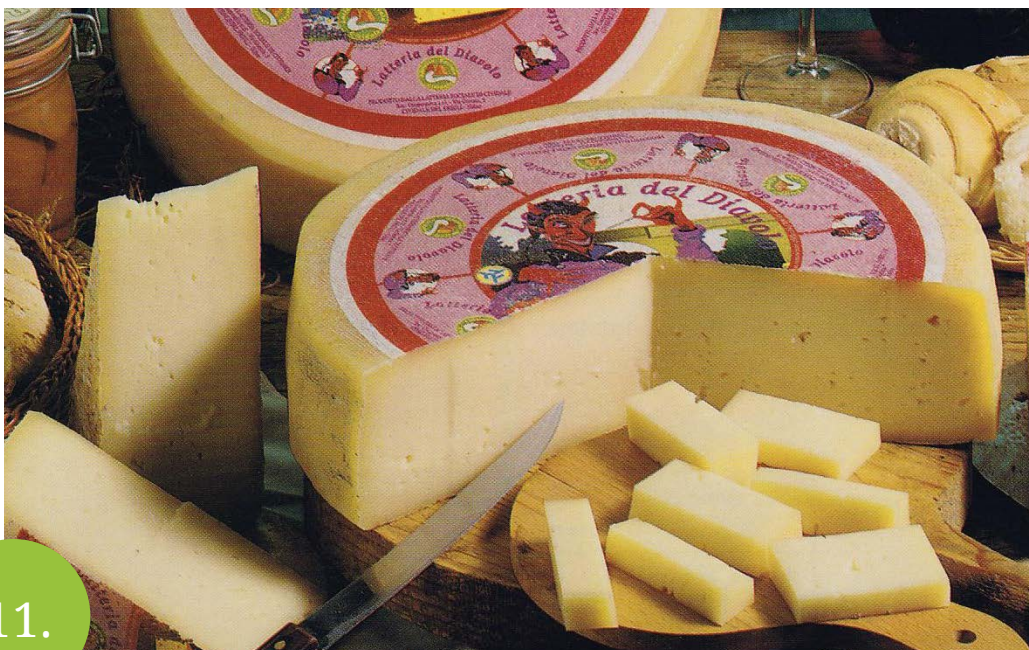
Obitelj Parovel još od daleke 1898. godine u Trstu proizvodi vina i ekstra djevičansko maslinovo ulje iz autohtonih sorti sa brežuljaka ponad rijeke Rosandre i rijeke Rio Ospo. Prirodni rezervat doline Rosandra, odnosno Glinščice nedaleko Trsta posebno je područje s glinastim tlom koje je pomiješano s vapnencem i laporom. Bogato je mineralima, a tu su i podzemne vode. Sve se to odražava na kvalitetu njihovih proizvoda.

Obitelj Parovel zaslužna je za ponovnu revitalizaciju maslinarstva u regiji Friuli-Venezia Giulia. Ova obitelj proizvodi maslinovo ulje Tergeste DOP, Slow Food Presidium, ali i druge mješavine ekstra djevičanskog ulja. Isto tako, Parovel Group Srl jedina je tvrtka u ovoj pokrajini koja sudjeluje u nacionalnoj gastronomskoj manifestaciji "Cantine Aperte". Vinarija i maslinici mogu se posjetiti na upit.

The Parovel family has been making wine and olive oil from indigenous varieties native to the hills overlooking the Rosandra and L'ospo rivers since as early as 1898. The Rosandra (Glinščica) River valley natural reservation near Trieste is a unique area where clay soil is mixed with limestone and marl. It is rich in minerals, with groundwater flowing there. All this affects the quality of their products.

The Parovel family has played a pivotal role in the revitalisation of olive cultivation in the Friuli-Venezia Giulia region. The family produces the Tergeste DOP, which is part of the Slow Food Presidium, as well as other extra virgin olive oil blends. Parovel Group Srl is also the only company in the region that participates in the "Cantine Aperte" national culinary festival. Winery and olive grove tours are available on request.

11.



LATTERIA SOCIALE DI CIVIDALE

PROIZVOĐAČ MLIJEČNIH PROIZVODA PRODUCER OF DAIRY PRODUCTS

VIA GORIZIA, 17 - 33043 CIVIDALE DEL FRIULI (UD)
+39 (0)432.73.12.18, INFO@LATTERIACIVIDALE.IT
WWW.LATTERIACIVIDALE.IT

Zadružna mljekara La Latteria Sociale di Cividale e Valli del Natisone s.c.a. osnovana je 1924. godine pod nazivom Latteria Turnaria di Cividale. Zadruga trenutno broji čak 160 članova od kojih njih 55 svoje mlijeko predaje mljekarama. Na proizvodnim linijama velike zadrugne mljekare, dnevno se prerađuje čak 175 kvintala mlijeka. Krajnji proizvodi su svježi i zreli sirevi. Cilj je svih proizvođača, odnosno mljekara da njihov proizvod bude svjež, izvrsne kvalitete i omiljen među kupcima. Zato zadruga danas ima svojih sedam trgovina gdje se može kupiti više vrsta sireva i svi ostali proizvodi poput ricotte, mozzarelle i svježeg mlijeka. Vodeći proizvodi ove zadrugne mljekare su tradicionalni sir Montasio DOP koji čini oko 30 posto ukupne proizvodnje te sirevi Latteria del 24, Matajur i Saporito delle Valli.

The La Latteria Sociale di Cividale e Valli del Natisone s.c.a. dairy cooperative was founded in 1924 under the name Latteria Turnaria di Cividale. The cooperative has as many as 160 members, 55 of which deliver their milk to dairy farms. As much as 175 quintals of milk are processed daily on the production lines of the large dairy cooperative. Fresh and aged cheeses are the final product. The aim of all dairy producers is to make a fresh, premium quality product that is popular with consumers. This is why the cooperative has seven shops that sell numerous cheese varieties and other products, such as ricotta, mozzarella and fresh milk. The flagship products of this dairy cooperative include the Montasio DOP traditional cheese, which makes up 30% of the total production, and the Latteria del 24, Matajur and Saporito delle Valli cheeses.

12.



DESTILERIJA DOMENIS1898, CIVIDALE

PROIZVOĐAČ RAKIJE GRAPPA PRODUCER

VIA DARNAZZACCO 30, 33043 CIVIDALE DEL FRIULI
+39 (0)432 73 10 23, INFO@DOMENIS1898.COM
WWW.DOMENIS1898.EU

Ova je destilerija osnovana davne 1898. godina, a otvorio ju je Pietro Domenis u mjestu Cividale del Friuli. Najprije je distribuirao svoje proizvode na području Furlanije, da bi postepeno je počeo izlaziti iz regionalnih okvira šireći se na nacionalno tržište. Percepcija grappe počinje se mijenjati u poslijeratnom razdoblju, i to zahvaljujući kulturnim promjenama u tim godina razvoja. Tada grappa postaje rafinirani destilat sličan mnogim stranim proizvodima. Tijekom godina patentiran je i know-how tvrtke. Godine 1998., povodom obilježavanja 100 godina rada destilerije, rođena je Storica Nera. To je proizvod koji se može smatrati predvodnikom destilerije. Također, iste godine stvorena je biološka linija Domenis1898. U tom će smjeru tvrtka i dalje razvijati, odnosno sve će se više ulagati u organske i veganske likere.

This distillery was established as early as 1898 by Pietro Domenis in the town of Cividale del Friuli. He initially distributed his products in the Friuli region, before gradually starting to operate outside the region and expanding nationwide. The reputation of the grappa began to change in the post-war period due to cultural changes during those years of development. Grappa was suddenly a refined distillate similar to many foreign products. Over the years, the company also decided to patent its know-how. In order to celebrate the 100th anniversary of the distillery's continuing operation, Storica Nera was created in 1998. This product can be considered the distillery's flagship product. The Domenis1898 organic line was also started the same year. The company will continue developing in that direction by increasingly investing in organic and vegan liqueurs.

ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliu Romagna i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočite i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlìmpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.

The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.

This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlìmpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.

It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.

KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženi teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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Autor teksta / Text author: Barbara Ban

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