

The LUIGI Recipe Collection

Appendix to the Training Module 4:

Use of Green infrastructure products and society engagement

D.T4.2.4 of the Interreg Alpine Space project “LUIGI” – Linking Urban and Inner-Alpine Green Infrastructure - Multifunctional Ecosystem Services for more liveable territories

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Agricultural Institute of Slovenia; Ljubljana, Slovenia

On following pages traditional recipes that use at least one green infrastructure product from the Alpine Space countries are listed. The collection was prepared by LUIGI project partners to support the organisation of engaging food-preparation events in the frame of an awareness-raising happening.

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Hruška lepe Helene

Pear of beautiful Helena - Cooked pear halwes with vanilla ice and chocko dressing

Serves	Difficulty	Prep time	Cook Time	GI product
2 people	Easy	10 mins	10 mins	Pears

Ingredients:

2 pears,
3 dcl of semi-dry white wine,
50 g sugar,
cloves,
a piece of ginger root,
a tablespoon of coconut
butter,
100 g of baking chocolate,
a bit of pear brandy or rum,
a tablespoon of sweet cream,
vanilla icecream

Preparation:

Whole pears are cooked for about 10 minutes on a moderate heat in semi-dry white wine, to which we add some sugar, cloves and a piece of ginger root. Drain the pears, cut them lengthwise, dig out a seed-core and place them on a plate. Wait for them to cool. During this time, prepare the chocolate topping. Melt the baking chocolate together with a tablespoon of coconut butter over the steam in a bowl. Add a bit of pear brandy or rum and a tablespoon of sweet cream. Place a scoop or two of vanilla ice cream and the freshly prepared chocolate topping on the cooled pears. According to the original recipe, decorate the dessert with candied violets.

Recipe Source:

Boštjan Godec in book "Zrela hruška pade sama"



Photo: Godec B.



Trentarski krafi

Trenta filled dough – traditional pear-filled cooked delicatessen

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	40 mins	15 mins	Pears

Trentar donuts are considered a specialty of cuisine in the Bovec region. They are a typical Christmas dish before leaving for midnight, and were also offered at the fair on the third Sunday in September, when farmers drove cattle from the mountains.

Preparation:

Ingredients:

- Dough:
500 g white flour
2 dl salted lukewarm water
2 tablespoons oil
- Stuffing:
1 kg of pear chunks or dried pears
sugar according to taste
Cinnamon
Rum

First, make a rolled dough that should rest for at least half an hour.

Wash the pear slices, cook them in water until they become soft, drain and cool. Then grind them, add sugar, cinnamon and spikes of rum and mix everything well. The filling is so ready.

Roll out the dough and form smaller circles with the edge of a glass or a circular model. Place a tablespoon of the filling in the middle of the circle. Then fold the circle and squeeze the semicircular edges with your fingers. Cook the donuts for a few minutes, until they float to the surface. Take them out of the water, place them on a plate and cover with toasted breadcrumbs and sprinkle with honey to taste.

Recipe Source:
Boštjan Godec in book



"Zrela hruška pade sama"



Tufahije

Coked and filled apples

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	medium	30 mins	10 mins	Apples

Ingredients:

- 800 g apples * (4 apples)
- 200 g sugar
- 0.5 l water
- 0.25 l cream
- 15 dag sugar
- vanilla sugar
- 10 dag grinded walnuts
- 5 dag grinded almonds
- lemon peel

* Use cultivars that do not disintegrate during cooking (Golden, and Red Delicious, red delicious, Gloster).

Preparation:

Peel apples and remove cernal with a special knife. Bring the water with the added sugar vanilla sugar to a boil, place the apples in a bowl and cook for 10 minutes. Be careful that the apples do not fall apart.

Carefully pick them up with a ladle (or scope for collecting foam) and let them drain well and cool on a net.

Fill the chilled apples with whipped sweet cream to which we have added sugar, ground walnuts and almonds. Place the apples on plates and decorate with whipped sweet cream and any fresh seasonal fruit.

Recipe Source:

Boštjan Godec in book
"Zrela hruška pade sama"





Pajtičke

Sliced and dressed small 'poticas', made of leavened dough filled with ground walnuts and onion.

Serves	Difficulty	Prep time	Cook Time	GI product
1 person	Medium	60 mins	30 mins	walnuts

Ingredients:

leavened dough (60 dag of flour),
2 tablespoons oil,
2 onions,
10 dag walnuts,
1 teaspoon of salt,
pepper,
breadcrumbs,

Preparation:

For the dough, prepare a good bread leavened dough (60 dag of flour). Roll out the risen dough thickly, spread with the filling and roll. Cut the roll into 5 cm thick rings and place them on the baking tray so that the filling is visible. Bake them for half an hour. For the filling, fry the breadcrumbs in oil, especially the onion, add the ground walnuts (half scalded with milk), pepper and salt, and sprinkle the mixture over the dough.

Recipe Source:

Slavica Plahuta, Jedi na Goriškem. 2003.



Photo: LTO Laufar Cerkno



Baked apples

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	15 mins	35 mins	Apples, walnuts

Ingredients:
4, sour apples
60 g, marzipan paste
40 g, walnuts
20 g, raisins
cinnamon to taste
1-2 tablespoon, bavarian fruit brandy

- Preparation:**
1. Roast the walnut kernels and roughly chop them.
 2. Mix marzipan with walnuts, cinnamon, raisins and, if necessary, fruit brandy.
 3. Remove the core of the apples.
 4. Place the apples in a greased dish and then distribute the filling evenly over the apples.
 5. Bake at 200 ° C for about 35 minutes.
 6. To refine and decorate: vanilla sauce and almond slivers or flakes

Recipe Source:
Spezialitätenland/Bavarian Ministry of Food, Agriculture and Forestry



Photo: Jörg Lantelme - stock.adobe.com/Spezialitaetenland-



Bavarian plum cake

Serves	Difficulty	Prep time	Cook Time	GI product
8-10 people	Easy	30 mins	40-50 mins	Plums

Ingredients:

500 g flour
30 g yeast
125 ml milk
3 tablespoons sugar
100 g butter
2 eggs
Salt
1,5 kg plums
5 tablespoons sugar
1 tablespoon cinnamon

Preparation:

1. Sift the flour into a large bowl.
2. Form a hole in the middle, then crumble the fresh yeast into it.
3. Warm the milk slightly and add to the yeast with the sugar.
4. Mix from the middle with a wooden spoon.
5. Let the finished mass rest for half an hour.
6. Add butter, eggs and a pinch of salt and knead everything well.
7. Roll out the finished dough on the baking sheet.
8. Pre heat the oven to 180 degrees celcius.
9. Meanwhile, halve and stone the plums.
10. Place the plums in dense rows on the dough with the pulp facing up.
11. Bake the plum sauce on the middle shelf for 40 to 45 minutes.
12. Mix the sugar with the cinnamon.
13. Sprinkle the plum with cinnamon sugar and serve while warm.

Recipe Source:

Spezialitätenland/Bavarian Ministry of Food, Agriculture and Forestry



Photo: Bavarian Ministry of Food, Agriculture and Forestry



Roasted apples

Serves	Difficulty	Prep time	Cook Time	GI product
18 pieces	Easy	30 mins	20 mins	Apples

Ingredients:

170 ml milk
3 tablespoons butter
salt
100 g flour
3 eggs
400 ml fat
80 g sugar
1 tea spoon cinnamon
3 sour apples
xxx

Preparation:

1. Sift flour.
2. Bring 70 ml milk and 70 ml water (or Bavarian beer instead of water) to boil together with the butter and a pinch of salt.
3. Gradually add the flour and stir well.
4. Put the mixture in a bowl. Then stir in the eggs and the rest of the milk.
5. Heat the fat to 180 degrees.
6. In the meantime, mix the sugar with the cinnamon.
7. Peel and slice apples.
8. Dip the apple slices in the batter and then fry them in the fat until golden brown.
9. Drain the finished apple cake briefly and turn it in the cinnamon sugar while it is still warm.

Recipe Source:

Spezialitätenland/Bavarian Ministry of Food, Agriculture and Forestry.



Photo: Bavarian Ministry of Food, Agriculture and Forestry



Chicken skewer with apricots

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	30 mins	20 mins	apricot

Preparation:

Ingredients:

10 – 12 apricots,
300 g chicken breast,
oil,
salt, pepper, chilli,
mixed herbs (rosemary,
thyme, chive, parsley)
small to medium
woodenskewer

1. Wash the herbs, dab dry and cut into small pieces and mix in a bowl with 2 tablespoons of oil.
2. Wash and quarter apricots.
3. Wash the chicken breast and cut into pieces slightly larger than the apricot pieces.
4. Put chicken and apricots alternately on the skewers. Smaller skewers are easier to turn and also look more appetizing on the plate. Season skewers with salt and pepper and, depending on taste, also with chilli.
5. Fry the chicken skewers all around in a lightly oiled coated pan or on the grill. Then arrange them in a fireproof mould, brush with the herb oil and leave to stand in the oven at 100-120 degrees for about 15 minutes.



Recipe & Photo Source: RMB, ARGE
Naturparke



Beery cake

Serves	Difficulty	Prep time	Cook Time	GI product
6 people	Medium	30 mins	Overnight	berries

Ingredients:
2 packages of ladyfingers
1 cup of whipped cream,
1 cup of Cremefine,
1 cup of sour cream,
3 packets of vanilla sugar,
600g berries (Blackberries,
Raspberries...),
Chocolate springler

Preparation:

1. Cut the ladyfingers in half and put them in a bowl.
2. Whip the whipping cream and Cremefine separately until stiff.
3. First add the vanilla sugar to the biscuits. Then add whipped cream, Cremefine, sour cream and berries and mix everything together.
4. Place in a cake tin and sprinkle with chocolate sprinkles.
5. Place in the refrigerator overnight. Serve decorated with chocolate sprinkles.





Home-stretched poppy-apple strudel

Serves	Difficulty	Prep time	Cook Time	GI product
6 people	Medium	60 mins	30 mins	apples

Ingredients:

for the dough:

600 g flour,
300 ml warm water,
1 teaspoon of vinegar (10%),
40 g rendered fat,
1 pinch of salt,

for the filling:

300 g crushed poppy seeds,
1,5 kg apples
2 tablespoons of sugar
3 tablespoons of oil

Preparation:

1. Mix water, vinegar, salt and fat and then slowly work in the flour. Knead this mixture into a dough and leave to rest warm for at least half an hour.
2. In the meantime, mix the poppy seeds with sugar and scrape the apples and sugar as well.
3. Carefully pull out the strudel dough, place on a cloth and coat with oil. Then sprinkle the poppy seeds and apples on top and roll up with the cloth.
4. Close the ends well and brush with oil. Bake in the preheated oven for half an hour and repeatedly coat with oil.



Receipe & Photo Source: RMB, ARGE Naturparke



Wild herbs soup

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	15 mins	40 mins	Wild herbs

Ingredients:

300 g of potatoes
500 g of leeks
2-3 cloves of garlic
2 tablespoons of butter
2 liters of meat broth.
180 g wild herbs (Good-King-Henry, Nettle, Bear's garlic, Sorrel)
Salt, pepper
Some whipped cream

Preparation:

Peel the potatoes and cut them into cubes. Halve the leek and cut it into thin rings. Peel and chop the garlic. Heat oil and butter in a saucepan and fry the garlic and leek. Add the potatoes and brown them. Add the broth and bring to a boil for about 30 minutes. Blanch the wild herbs briefly and add them to the soup just before serving. Puree everything with an immersion blender, season to taste with salt and pepper, and serve with some whipped cream.



Recipe Source:

Martha Thaler in Gallo Rosso recipe collection.
Available [here](#)

Photo: Gallo Rosso



Chestnut risotto with speck and apples

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	30 mins	40 mins	Chestnuts, Apples

Ingredients:

200 g round grain rice
30 g shallot
30 ml of olive oil
80 g white wine
500 ml of vegetable broth or water
200 g roasted chestnuts
50 g cold butter
50 g grated parmesan
Salt and Pepper
50 g South Tyrolean Speck cut into strips
10 ml seed oil
1 Apple
30 g butter
15 g sugar

Preparation:

Start by preparing a chestnut purée: cook the roasted chestnuts in a pot with water for 15 minutes, until they become soft. Then drain most of the water, and blend the chestnuts with the remaining water with an immersion blender. For the risotto, peel the shallots, cut them into cubes and sauté them with olive oil. Then add the rice and toast it, stirring constantly. Add the white wine and simmer until reduced, then pour in the hot vegetable broth or water a little at a time and cook for 15-18 minutes while continuing to mix. The rice must remain *al dente*. Then add the chestnut purée, stir in the butter and Parmesan cheese and season with salt and pepper.

In the meantime, brown the speck strips in a pan heated with seed oil, then drain them on kitchen paper. Peel the apple, core it and cut it into cubes. Melt the butter in a pan and brown the apple cubes. Finally caramelize the apples with a little sugar. When serving, put a few spoonfuls of risotto on a plate and add the speck and apple cubes.



Photo: Suedtyrol.it

Recipe Source:

Simply good by Hannes Haselrieder.

Available [here](#)

https://www.suedtirol.info/it/esperienze/enogastronomia/ricette-altoatesine/risotto-alle-castagne-con-speck-e-mele_recipe_10343335v



Quince 'krapfen'

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	70 mins	10 mins	Quince

Ingredients:

800 g wheat flour
200 g rye flour
1 pinch salt
250 g melted butter
1 glass of apple or pear distillate
1 free-range egg
100 ml cream
Some milk
Quince jam
Oil for frying
Icing sugar for dusting

preparation

Preparation:

Put the flour and salt in a bowl. Slowly add the melted butter, egg, fruit distillate and cream, and knead to a dough. Add a little milk if the dough is not soft enough. Leave the dough to rest for about an hour at room temperature, then roll it out to form a thin sheet. Cut out oval disks. Put the quince jam at the center, fold together by pressing well, and fry in boiling oil until golden. Finally, sprinkle the 'krapfen' with icing sugar.



Photo: Gallo Rosso

Recipe Source:

Rosmarie Mur in Gallo Rosso recipe collection.

Available [here](#)

<https://www.redrooster.it/en/farm-bars/recipes/quince-krapfen-70/>



Apple strudel

Serves	Difficulty	Prep time	Cook Time	GI product
8 people	Medium	30 mins	45 mins	Apples

Ingredients:

For the shortcrust pastry:

500 g flour
180 g margarine
1 packet baking powder
4 free-range eggs

For the filling:

10-12 apples
sugar
vanilla sugar
sultanas
vanilla sugar
rum (to taste)
200 g sugar
milk for brushing

Preparation for 2 Strudels:

Knead the flour, baking powder, eggs, margarine, sugar and vanilla sugar to form a soft dough. Let it rest for around ½ hour. Peel the apples for the filling, core them, cut them into small pieces and mix in the sugar, vanilla sugar and sultanas. Add rum to taste. Finally, cut the dough into 2 pieces, roll out and add the apple filling. Brush the strudel with cold milk. Bake in the oven at 180 °C for around 45 minutes. Sprinkle the still-warm strudel with icing sugar and serve with custard, if desired.



Photo: Gallo Rosso

Recipe Source:

Andrea Müller in Gallo Rosso recipe collection.

Available [here](#)

<https://www.redrooster.it/en/farm-bars/recipes/apple-strudel-95>



Apple Strudel from South Tyrol

Serves	Difficulty	Prep time	Cook Time	GI product
6 people	Easy	30 mins	35 mins	apples

Ingredients:

300 g flour
200 g butter
65 g sugar
1 egg
salt
lemon peel
7 apples
Cinnamon
Pine nuts
If you like: raisins

Preparation:

rub the cold butter into the flour, add sugar, lemon peel and salt and the egg as last. Be quick in preparing the dough to avoid that it becomes too warm. Put the dough in the fridge for an hour. In the meantime, peel the apples and cut them very thin – add some sugar, lemon juice, pine nuts, raisins and cinnamon and put it in the fridge. Roll the dough, fill it with the apples and knead the outer ends of the dough such that the filling is safely wrapped. Put it into the oven for about 35 minutes at 180° until you perceive the typical smell and the Strudel is crispy brown. Hint: if you want to give your “Strudel” a golden touch, spread the yellow of an egg on the top and all over the Strudel length before putting it in the oven.



Recipe Source:
Veronika Widmann, ALPARC

Photo Credit : Takeaway ; ©License Creative Commons Attribution Share-Alike 4.0



Savoyard BlueBerry tart

Serves	Difficulty	Prep time	Cook Time	GI product
6 people	Easy	50 mins	30 mins	Blueberries

Ingredients:

500 g blueberries,
300 g flour,
180 g butter,
150 g caster sugar,
2 eggs,
2 spoons almond powder,
3 spoons icing sugar,
1 pinch of salt

Preparation:

Spread the blueberries in a dish, sprinkle them with 75 g of sugar, and while they are disgorging, prepare the dough of the pie.

Cut the butter into small pieces to soften it, knead it with your fingers in a bowl, then mix it using your fingers with the flour, salt and the remaining 75 g of sugar to obtain a shortbread mixture. Then add an egg yolk, a pinch of salt and 1 to 2 tablespoons of water and knead by hand until you obtain a homogeneous dough that is not very sticky.

Divide the dough into two parts: the first, 2/3 (which will be used for the tart base), and the second, 1/3 (which will be used for the criss-crosses). Let the dough rest for 20 to 30 minutes. Meanwhile preheat your oven to 180°C.

You can now prepare your tart: with the first part of the dough, spread a tart base as round as possible on a floured work surface, using a floured rolling pin that is also floured. Place it in a buttered tart tin (or covered with baking paper), then remove

the excess dough from the tin, prick this base with a fork, then sprinkle it with almond powder to absorb the juice of the blueberries.

Then, spread the sweet blueberry filling over the entire surface of the tart and sprinkle with icing sugar. To form the dough crosses, add the scraps from the tart base to the rest of the dough, then spread it out (always with a little flour) and cut it into long strips 1 cm wide.

Arrange these slices perpendicular to each other over the blueberries and then brush them with the second egg yolk. Bake your blueberry tart for 20 to 30 minutes, until the criss-crosses are golden brown. Then serve your tart warm or cold, possibly accompanied by vanilla ice cream.

Recipe Source:

<https://www.cuisineaz.com/recettes/tarte-aux-myrtilles-facile-48080.aspx>

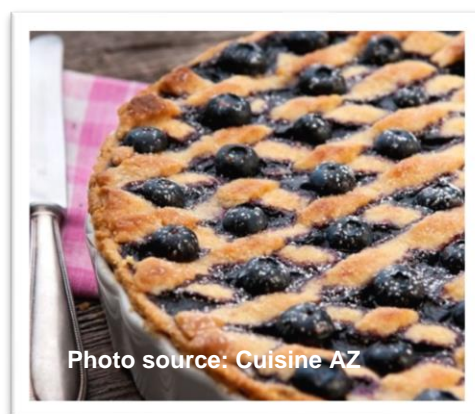


Photo source: Cuisine AZ



Pears Rissoles

Serves	Difficulty	Prep time	Cook Time	GI product
4	Easy	15 mins	10 mins	Pears

Ingredients:

400 g puff pastry,
3 pears,
30g butter,
1 pinch of powdered
cinnamon,
the juice of 1 lemon,
1 tbsp. acacia honey,
30 g flour (work surface),
50 g icing sugar

Preparation:

Peel the pears, cut them in half, remove the seeds, dice them and sprinkle them with lemon juice. Heat the butter in a frying pan. As soon as it is hot, add the pear pieces and cook them over a medium heat for 5 minutes, stirring often. Add the cinnamon and honey and cook for another 2 minutes. Cool in a dish. Flour the table, roll out the dough and cut it with a pastry cutter into 8 cm diameter discs. Place 1 tbsp. of cooked pears on half of each disc. Moisten the edges with a little water, fold the circles over themselves like a slipper. Pinch the edges with your fingers in order to weld them together.

Heat the frying bath to 170°C. and throw the rissoles in small quantities to prevent them from sticking together. Leave them to cook for about 5 minutes until they are golden brown.

Drain them on absorbent paper, then place them on a plate, sprinkle them with icing sugar and serve them warm.

Good to know:

Rissoles are a Savoyard speciality similar to the french "chausson aux poires".

It is most often made in late autumn with "rissoles pears" which grow in this season such as *Blesson* or *Marlioz* pears. These pears have the particularity of being very hard and can only be eaten cooked, and their flesh turns red when cooked. They are stuffed with various spices and sugar.

Recipe Source:

<https://www.cuisinealafrancaise.com/fr/recettes/desserts-et-boulangerie/crepes-gaufres-beignets/rissoles-aux-poires-1>





Meliga Pastries

Serves	Difficulty	Prep time	Cook Time	GI product
30 cookies	Medium	60 mins	12 mins	Corn flour (meliga)

Ingredients:
150 grams unsalted butter (2/3 cup), left out of the fridge for several hours (very softened)
80 grams powdered sugar (3/4 cup)
Grated peel of half a lemon
40 grams egg (about 1 medium egg)
Pinch of salt
150 grams confectionery cornmeal, ground more finely than the polenta one (about 1 cup)
50 grams all purpose flour (1/3 cup)

Preparation:

In a bowl whisk the softened (not melted) butter with the sifted powdered sugar and lemon peel until you have a fluffy mixture, increased in volume.

Stir in the egg (if you increase the dose, incorporate the eggs one at a time), always beating, until you have a fluffy mixture again.

Now add a pinch of salt and the two types of flour, sifted, and stir with a spatula (NOT with whisks, otherwise flour will precipitate) from the bottom up, until the mixture is homogeneous.

Put the dough in a piping bag equipped with medium-large star nozzle and make your cookies with the classic flattened ring shape, squeezing the dough on non-stick baking pans or regular ones lined with parchment paper. If you, like me, have last-minute problems with an evil piping bag, you could use a cookie-press, instead (I have [this one](#)), perfect for this kind of dough. I made a flower shape, the closest to the real shape.

Put the baking pans (with cookies on them) in the refrigerator for at least 30 minutes (so the mixture will set,

and it won't deflate during cooking). Preheat oven to 356° F (180° C) and bake your cookies in a pre-heated oven for about 10 to 12 minutes (if you bake more batches at a time, rotate them halfway through baking), or until golden. Let the cookies cool down on a wire rack and store them in a tin box to keep them crunchy.

Recipe Source:

- <http://www.katherinemartinelli.com/blog/2011/guest-post-meliga-pastries/>
- <http://www.anfiteatromorenico.it/le-paste-di-meliga.html>



Photo: <https://langhe.net/recipes/paste-di-meliga/>



Savoy Cabbage Soup

Serves	Difficulty	Prep time	Cook Time	GI product
6	easy	20 mins	40 mins	Savoy cabbage

Ingredients:

1 savoy cabbage
30 grams of butter
1 l meat broth
A pinch of nutmeg
Pepper
100 gr of parmigiano
Garlic
Chopped lard
12 pieces of bread

Preparation:

Put the chopped lard, garlic, butter and a pinch of pepper in a saucepan.

Cook everything, add the cabbage leaves, well washed and cut into strips, stir for a few minutes, sprinkle with the broth, add salt if necessary, let it boil and continue until the cabbage is cooked.

In a baking dish, line up the golden slices of bread, cover them with cabbage and broth, sprinkle them abundantly with about half of the grated parmigiano, season with a little nutmeg and top with the cheese.

Gratin in the oven at 200 ° C for 30 minutes then serve

immediately on the table.



Recipe Source:

https://www.buonissimo.it/lericette/2195_Zuppa_alla_canavesana

Photo: https://www.lacucinaitaliana.it/ricetta/primi/zuppa-canavesana/?refresh_ce=



The pignatta soup – Tofeja

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	10 minuts	12 hours	Piattella canavesana di Cortereggio

The Piattella Canavesana di Cortereggio is a variety of climbing bean plant. It is a Slow Food Presidium. Its beans are flat and they originate with an extremely thin pod providing them with a particular flavour. It's an ancient winter dish: a stew of cooked beans with pork rind that takes its name from the typical clay pot, produced in Castellamonte (CMTO), in which it is cooked: precisely the "tofeja".

Ingredients:

500 gr of beans (Piattella canavesana of Cortereggio)

1 onion

1 spring of rosemary

1 pork rib

1 bacon

1 'pork rind

Salt

Preparation:

Put all the ingredients in the pot with plenty of salted water and bake, if possible, in the wood oven over low heat or, in any case, at low temperature.



Recipe Source: <https://www.fondazioneSlowFood.com/it/presidi-slow-food/piattella-canavesana-di-cortereggio/>

²<http://www.cittametropolitana.torino.it/cms/agri-mont/prodotti-del-paniere/prodotti-tipici/ortaggi/fagiolo-cortereggio>

Photo: <http://www.cittametropolitana.torino.it/cms/agri-mont/prodotti-del-paniere/prodotti-tipici/ortaggi/fagiolo-cortereggio>



Apfelrainstriezel

Bavarian Opferainstriezel

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	15 min	45 min	Apple

Ingredients:

- 500 g potatoes
- 1 egg yolk
- 1 pinch of salt
- 100 g flour
- 1-2 teaspoon sour cream
- 2 tablespoon butter
- 6 apples (sour)
- 1 tablespoon powdered sugar

Preparation:

Boil the potatoes and press them through a press. Knead a firm dough with flour, eggs, sour cream and salt and roll out 7-8 thin cakes.

Core the apples and slice them. Cover the thin cakes with it and roll it up. Place in the dish greased with plenty of butter. Brush with melted butter. In the preheated oven bake it for approx. 45 min. at 180° C. At the end, sprinkle it with powdered sugar.

Guten Appetit!



Recipe Source:

Germany, Bavaria, Lallinger Winkel – original receipt from Family Gruber



Apfelschnecken

Apple pastries

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	15 min	45 min	Apple

Ingredients:

500 g flour
1 cube of yeast or 40 g dry yeast
220 g milk (lukewarm)
100 g sugar
80 g butter
1 egg
4-5 sliced apples

Preparation:

Warm the milk with the butter cubes in a saucepan. Mix the flour, sugar and salt in a bowl. Crumble the yeast into it. Add the lukewarm milk-butter mixture together with the egg and knead for 5 minutes with the dough hook to a smooth dough. Cover and let rest for 30 minutes until it has more or less doubled in size.

In the meantime, peel, quarter and core the apples for the filling. Cut into fine cubes and mix in a bowl with lemon juice, cinnamon and sugar. Line baking trays with parchment paper. Preheat the oven to 180 degrees. Knead the dough briefly on a floured work surface and roll out into a rectangle (approx. 60 x 30 cm). Spread the apple cubes on top, leaving an approx. 2 cm wide border free. Roll up from the long side and cut the strand of dough into 15 slices.

Place the slices spaced apart on the baking sheets, press them flat and bake for approx. 15 minutes. After

baking, squeeze the snails in cinnamon sugar. For the glaze, mix powdered sugar with lemon juice and sprinkle over the Apfelschnecke.

Recipe Source:

Germany, Bavaria, Lallinger Winkel – original receipt from Family Gruber



Photo: Peter Gruber



Apfelweintorte

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Medium	20 min	60-90 min	Apple

Ingredients:

420 g flour
200 g butter
2 eggs
100 g sugar
1 baking powder
rum or lemon flavour
400 g apples
hazelnuts
cinnamon
6 eggwhite
250 g sugar

Preparation:

Mix together the flour, butter, 2 eggs, 100 g sugar, baking powder, flavour in a short pastry.

Peel, quarter and core the apples and spread them with hazelnuts and cinnamon on the top of the dough.

Then beat up the eggwhites with 250 g of sugar and put them on the top of the apple layer.

Bake it for approximately 1-1,5 hour in a pre-heated oven (160 °C).

Recipe

Source:
Germany,

Bavaria, Lallinger Winkel – original receipt from Family Gruber



Photo: Peter Gruber



Toasts of grilled goat cheese on his bed of wild herbs

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	15 mins	5 mins	Wild herbs, Goat cheese

Ingredients:

2 fresh (organic) goat cheeses

Salad

6 small black olives from Nyons, pitted and cut into small pieces

- 1 Medjool date, pitted and cut into small pieces

- 6 toasted and crushed walnut kernels

- 1 small shallot cut into small pieces

- zests of 1/2 organic orange, 1 tablespoon of orange juice

- 1 tablespoon chopped parsley

- 2 tablespoons fruity green olive oil

- salt, freshly ground pepper

Wild herbs and wild flowers for the salad (you may adapt according to your taste, season and findings):

Recipe Source: Adapted from "Quatre saisons du jambonnet" (Sanguisierba minge)

- Venus' navel (Umbilicus rupestris)

- cardamine (Cardamine hirsute)

- daisy flowers (Bellis perennis)

- borage flowers (Borago officinalis)

Preparation:

1. Place all the pitted and chopped ingredients in a salad bowl. Black olives, dates, shallot, walnut kernels and chopped parsley. Pour in the olive oil and mix. If your condiment is too thick, add a little olive oil and mix. Add the zest of half an orange and a tablespoon of orange juice, mix. Season with salt and freshly ground pepper and keep in a cool place.

2. Clean and remove a few stems of wild herbs from the heart of the rosettes. Wash them in vinegar water just like the wild flowers. Wipe gently between two sheets of absorbent paper.

3. Cut the goat's cheese into slices and place these slices on the slices of bread cut from good baguette-type bread. Put the slices in the oven and brown them for about 5 minutes. As soon as the toasts are golden brown, place them on a bed of salad on the plates, sprinkle with sweet and sour condiment and sprinkle with leaves and wild flowers.





Dandelion salad with asparagus, pear and hazelnuts

Serves	Difficulty	Prep time	Cook Time	GI product
2 people	Easy	11 mins	1 min	Dandelion

Preparation:

Ingredients:

4 asparagus green or if possible wild asparagus
1 handful dandelion leaves
1 handful lamb's lettuce salad
½ handful daisy blossom
1 small pear
1tbsp raisins
½ handful pine nuts roasted
½ handful pine halzelnuts roasted
Salt
1 pinch baking soda
2 lemon juice
Olive oil
½ chili pepper fresh

Roast the pine nuts until golden brown in a pan without fat. Soak the raisins in a tablespoon of water.

Squeeze the lemons and pour the juice into a large bowl. Peel the avocado and the pear and use a slicer to cut each fruit into evenly thin slices. Place the slices in the lemon juice so that they do not turn brown.

Put water in a pot, add a pinch of baking soda and bring to the boil. Blanch the asparagus in it for about shorter cooking times. Afterwards, cut the asparagus into bite-sized pieces.

Wash the dandelions, lamb's lettuce and daises, chop if necessary and put into a salad bowl. Wash the physalis and cut into thin slices. Now add all of the prepared ingredients to the salad. Marinate with salt, olive oil and lemon juice. The finely chopped chilli pepper adds some spice to the spring salad.



Recipe Source: <https://a-mod>

o-mio.at/insalatona-di-tarassaco/



Broccoli and chicory soup with ginger

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	15 mins	30 mins	Chicory

Ingredients:

1 kg of chicory
1 medium size bunch of broccoli
2 small onions
1 celery stalk
1 potato
1 or 2 carrots
1 piece of ginger
½ l of vegetal broth
Salt
4 spoon of extra-virgin olive oil

Preparation:

Start preparing a vegetal broth with celery, carrots, potatoes and onions.

Wash and boil the chicory in hot water, previously salted. Then boil the broccoli, cutting the top part of the vegetable and throwing away its leaves and its core part. Both the chicory and the broccoli has to be boiled separately in a small amount of water.

Cut the onion in thin pieces and let it brown slowly, on low heat in a medium pot with four spoon of oil and the sliced ginger. Add the boiled chicory in the pot, with the cooked onion and one or two ladles of vegetable broth. Later on, add the small tops of broccoli. Add more ladles of broth if necessary.

Pour the soup in plates and serve

with ginger toasted pieces of bread.



Recipe Source:

<https://www.cucchiaio.it/ricetta/zuppa-di-broccoli-e-cicoria-allo-zenzero/>



Risotto gorgonzola, pere e noci

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	Easy	20 mins	15 mins	Rice

Ingredients:

1 shallot
50g butter
350g Carnalori or Arborio rice
1 cup dry white wine
Broth to taste
2 Decana pears
100g Gorgonzola cheese
100g Parmesan cheese

Preparation:

Dice the shallot and sweat it with 30g of butter in a saucepan. Add rice and stir it for some minutes. Add white wine and let it be fully absorbed. Add a spoon of broth and stir until it is absorbed, then continue adding broth until the rice is ready (about 15 minutes). In the meantime, peel pears and slice them. Five minutes before the risotto is ready, add Gorgonzola cheese. Remove from heat and add remain butter and Parmesan cheese. Serve garnishing with slice of pear, parmesan and walnuts.



Recipe Source and photo : <https://www.risotto.us/recipe/risotto-gorgonzola-e-pere/>



Trinser Ravius

Ravioli from Trin

Serves	Difficulty	Prep time	Cook Time	GI product
4 people	medium	90 minuts	0.2 hours	Pairs

- Ingredients:**
- 6 pcs pears
 - 20 ml pear pomace (pear nectar)
 - 2 tablespoons breadcrumbs
 - 2 tablespoons butter
 - 1 pr. cinnamon
 - 1 pr. sugar
 - Ingredients Raviolis dough
 - 2 pcs. fresh free range eggs
 - 1 tablespoon of olive oil
 - 3 pr. salt
 - 250 g pasta flour
 - 3 tablespoons of water

For the filling, soak the pears in water overnight. Make ravioli dough and wrap in cling film and leave in the fridge for at least an hour. Roughly chop the soaked pears. Melt the butter in a frying pan, add the chopped pears and crumbs, season with a pinch of sugar and steam for about five minutes. Stir occasionally.

Deglaze the mixture with the pear pomace, season to taste with the remaining spices, stir well and leave to cool. Roll out the dough finely and form into ravioli with the pear filling. Bring salted water to the boil in a large saucepan, let ravioli simmer for 4 minutes. Pour liquid butter over the Trinser pear ravioli and grate some recent alpine cheese over it.



Photo 1: Vanessa Joerg

Recepie source and photo 2: <https://www.gutekueche.ch/trinser-birnenravioli-rezept-16316>



Pizzoccheri di Poschiavo

Buckwheat pasta from Poschiavo

Serves	Difficulty	Prep time	Cook Time	GI product
12 people	medium	90 minuts	1 hour	Buckwheat

Ingredients:

- 50 g potatoes into large cubes
- 100 g leek
- 400 g Pizzoccheri (buckwheat)
- 150 g butter
- 1 garlic clove
- 150 g carrots
- 150 g white cabbage
- 150 g mountain cheese
- 6-8 sage leaves
- fresh spinach leaves, peas or other seasonal vegetables

Bring water to the boil with a little salt. Grate the cheese. Coarsely chop garlic and sage. Dice potatoes and chop vegetables. Boil the potatoes together with the vegetables in salted water for 5 minutes. Add Pizzoccheri and continue cooking for 12-15 minutes. Then drain well.

Sauté the garlic in butter and add sage leaves.

Add Pizzoccheri with potatoes and vegetables and season with salt, pepper and a little nutmeg.

Put the Pizzoccheri on plates and sprinkle with grated cheese. Garnish with fresh herb leaves.



Recepie source and photo:
<https://www.graubuenden.ch/de/graubuenden-erleben/kulinarik/rezept-puschlaver-pizzoccheri>



Tuorta da Nusch Engiadinaisa

Nut cake from Engadine - Nusstorte

Serves	Difficulty	Prep time	Cook Time	GI product
12 people	medium	90 minuts	1 hour	walnuts

Ingredients:

150 g butter
150 g sugar
1 egg
300 g flour

Ingredients Filling

300 g sugar
1 EL water
2 dl cream
200 g walnuts
2 EL grated almonds

Roll out about a third of the dough and fill into a springform pan, raise the rim. Roll out the lid to the size of the mould and put in a cool place.

Filling: Roast the sugar until it is slightly frothy. Add water and stir well, add cream and walnuts and leave to cool slightly.

Sprinkle the springform base with grated almonds. Cover the springform pan with the filling, place the lid on top and press down. Put into the cold oven. Bake for about 40 minutes.



Recepie source: La padella. Recepts Engiadinais, ramassats da Cilgia Nogler-Pedrun

Photo:

<https://fooby.ch/de/rezepte/16391/engadiner-nusstorte?startAuto1=0>