

TESTEAT ITALY-CROATIA PROJECT

Adriatic Gluten-Free Recipe Book

12 traditional dishes from Friuli Venezia Giulia, Veneto, Istria, and Dubrovnik-Neretva County, reinterpreted gluten-free without losing their identity.

Companion recipe collection for the lesson
“Tradition and Inclusivity: The Gluten-Free Menu”
Module 2 · Developing a Gluten-Free Menu
Course: Gluten-Free Hospitality

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All recipes were adapted to remove gluten while preserving the identity of the original regional dish. Where a note is provided, it flags the specific certification or cross-contamination point staff should double-check before serving the dish to a coeliac guest.

Friuli Venezia Giulia

APPETIZER

Frico

Ingredients

- 120 g Montasio cheese (aged 3 months)
- 80 g Montasio cheese (aged 5 months)
- 280 g potatoes
- Seed oil
- Thyme
- Salt & pepper, to taste

Preparation

1. Slice the potatoes and cook them in a pan until lightly golden and softened.
2. Add the cheese to the pan and mix evenly. Let it melt so it binds with the potatoes.
3. Season lightly with salt and pepper.
4. Press the mixture together in the pan to form an even cake. Cook over medium-low heat until the base forms a golden crust. Carefully flip and brown the other side as well.
5. Serve hot, preferably with warm polenta.

Kitchen note: Naturally gluten-free — the only points to watch are cross-contamination on shared pans and griddles.

FIRST COURSE

Cjarsons

Ingredients

- Dough: 150 g rice flour, 50 g potato starch, 50 g corn starch, 3 eggs, 3 g xanthan gum, 3 g guar gum (or cluster bean flour), water as needed, parsley, nutmeg, salt
- Filling: 300 g potatoes, 10 g ground cinnamon, 50 g sugar, 100 g soaked raisins, a few mint leaves, 50 g butter, 1 grated pear
- Topping: melted butter, 250 g smoked ricotta

Preparation

1. Dough: boil the potatoes, mash them, and mix with all other dough ingredients until a soft, non-sticky dough forms. Wrap in a cloth and rest for 30 minutes.
2. Filling: mix together the potatoes, aromatic herbs, spices, and any additional ingredients. Combine until uniform and not overly moist.

3. Shaping: roll out the dough on a lightly floured surface to a thin layer (about 2–3 mm). Cut discs 6–8 cm in diameter. Place a small spoonful of filling in the centre, fold into a half-moon, and seal well (moisten with water if needed). Optionally decorate the borders with a fork.
4. Cooking: bring a large pot of salted water to a gentle boil. Add a few cjarsons at a time to avoid sticking. Cook until they float, then continue for 2–3 minutes depending on dough thickness and filling consistency. Remove with a slotted spoon and allow to dry.
5. Final dressing: dress with melted butter infused with sage, emulsified with a little cooking water.

Kitchen note: Use only certified gluten-free flours and starches, and dedicated equipment throughout — this dish involves several processed components.

DESSERT

Strucchi

Ingredients

- Dough: 350 g extra-fine corn flour, 400 g rice flour, 250 g cornstarch, 10 g guar gum, 250 g sugar (incl. 50 g powdered sugar), 120 g egg yolks, 2 eggs, 120 g melted butter, 100 g milk, 120 g cream, 20 g baking powder
- Flavourings: orange and rum
- Filling: 200 g almonds, 140 g toasted hazelnuts, 160 g sugar, 60 g jam, 70 g gluten-free crumbled cookies, 20 g butter, 20 g pine nuts, 190 g raisins, 40 g syrup, 15 g 70° rum, 70 g Marsala, 40 g grappa
- Decoration: granulated sugar

Preparation

1. Dough: combine dry ingredients, add fats and mix until crumbly. Add the eggs and grappa if desired. Knead gently until the dough is smooth and elastic. Wrap and let rest.
2. Filling: soak the raisins in grappa, crumble the cookies and chop the nuts. Add sugar, optional spices, and jam. Mix to form an aromatic, compact filling. Rest to allow flavours to blend.
3. Assembly: roll the dough thinly on a gluten-free floured surface, cut squares, place a small spoonful of filling in the centre, fold and seal well. Let rest until cooking.
4. Cooking — boiling: cook in hot water for 3–5 minutes until they rise and puff; drain and sprinkle with sugar.
5. Cooking — baking: place on a buttered or lightly oiled tray and bake 15–20 minutes at 180–190°C.
6. Cooking — frying: fry in uncontaminated hot oil until golden; drain and sprinkle with sugar.
7. Serve warm or at room temperature, traditionally with a small glass of grappa.

Kitchen note: Check that crumbled cookies used in the filling carry gluten-free certification.

Veneto

MAIN COURSE

Venetian Pastrizzo

Ingredients

- Shortcrust pastry: 2 eggs, 200 g butter and/or lard, 400 g gluten-free flour, salt, cinnamon
- Filling: 1 wood pigeon (or other game, or deboned chicken), 200 g chicken offal, 250 g ricotta, 200 g peas, 300 g mushrooms, 150 g bone marrow, 200 g sweetbread, thyme, onion, 100 g butter, 200 g celery, 300 g ham or ossocollo, white/red or sweet wine, spices to taste

Preparation

1. Shortcrust pastry: melt the butter and/or lard, add the cinnamon, the gluten-free flour and then the eggs. Work the dough gently with the tip of your fingers to prevent it becoming too elastic. Add water if needed, until smooth and velvety. Rest in the fridge for 30 minutes.
2. Filling: in a large pot, gently heat the butter, bone marrow and spices; add the finely chopped celery, onion and thyme. Add the chicken offal and the ham or ossocollo and stir-fry until the mix starts to stick to the bottom of the pot.
3. In a separate pan, sear the deboned pigeon and the mushrooms over high heat, then add to the pot. Add a glass of wine (sweet or dry, to taste), cover and simmer until the meat is soft and pulls apart easily.
4. Quickly blanch the fresh peas in hot salted water. Sear the sweetbread in small chunks. Add the peas and sweetbread to the mix together with the ricotta.
5. Roll out the shortcrust and line a baking tray or cake pan (buttered and floured to prevent sticking). Fill with the chilled filling and cover with a lid of shortcrust pastry. Brush with beaten egg and milk, then bake at 180°C until golden brown. Rest a few minutes before serving.

Kitchen note: A vegetarian version, using gluten-free pasta in place of the meat filling, is also suitable.

FIRST COURSE

Risi e Bisi

Ingredients

- 300 g risotto rice (carnaroli or vialone nano)
- 200 g fresh peas
- 1 onion
- 50 g pancetta
- Parsley
- 1.5 l meat or fish stock
- Pepper
- 1 tbsp sugar
- Parmesan cheese, to taste

Preparation

1. Finely chop the onion, parsley, and pancetta. Braise the mix in a casserole with a little extra virgin olive oil.
2. Add the fresh peas. Once the peas are cooked, add 1 litre of boiling stock and the rice.
3. Stir gently until the rice is cooked, adding more stock as needed.
4. Season with salt and plenty of pepper, then finish with parmesan before serving.

Kitchen note: Naturally gluten-free — verify that the stock and parmesan used are certified gluten-free.

DESSERT

Zabaione

Ingredients

- 1 egg yolk
- 2 tablespoons sugar
- 30 ml sweet wine, such as Malvasia or Marsala

Preparation

1. Beat the egg yolk with the sugar until frothy.
2. Add the sweet wine and cook in a double boiler, stirring constantly, until the cream thickens.

Kitchen note: Naturally gluten-free with no substitutions needed.

Istria

APPETIZER

Istrian Manestra

Ingredients

- 400 g beans
- 600 g potatoes
- 1 piece cured ham bone
- 2 bay leaves
- Salt and pepper, to taste
- 3 cloves garlic
- 100 g pancetta

Preparation

1. Soak the beans in water for 12 hours. Place in cold water, bring to a boil, then drain.
2. Cut the ham bone into pieces, remove excess fat, place in cold water, bring to a boil, then rinse under running water.
3. In a pot, combine the beans, ham bone, bay leaves, and peeled, halved potatoes. Cover with water and cook until the potatoes and beans are tender.
4. Once the potatoes are cooked, remove them, coarsely mash with a fork, and return to the pot. Remove the meat from the bone, cut into small pieces, and return to the pot, discarding the bones.
5. Continue cooking a few minutes over high heat and, just before serving, add a garlic-and-pancetta paste. Adjust salt and pepper to taste.

Kitchen note: Naturally gluten-free — check that the cured ham bone and pancetta come from a supplier free of gluten-based additives.

FIRST COURSE

Fuži with Truffle

Ingredients

- 200 g fine rice flour
- 80 g potato starch
- 40 g tapioca flour
- 6 g xanthan gum
- 250 g whole eggs (5 pieces)
- Salt, to taste
- 50 g white or black truffle
- 100 g butter
- 50 g grated hard cow's cheese

Preparation

1. Mix all the flours, then add the eggs and knead until you get a smooth, firm dough. Wrap in plastic wrap and refrigerate for 30 minutes.
2. Roll out the dough with a rolling pin into a thin sheet (about 2 mm thick), and cut into 3×3 cm squares. Using a wooden stick, shape the squares diagonally and press the centre.
3. Cook the fuži in salted boiling water for a few minutes, depending on dough thickness.
4. Once cooked, drain the fuži, mix in the butter and cheese, and finally grate the truffle on top.

Kitchen note: A precise flour and starch blend with xanthan gum is essential here to hold the pasta together without wheat.

DESSERT

Frittelle

Ingredients

- 360 g fine rice flour
- 50 g chickpea flour
- 200 g corn starch
- 2 g xanthan gum
- 4 whole eggs
- 150 g sugar
- 40 g butter
- 120 g milk
- Zest of 1 lemon
- 130 g raisins
- 50 g water
- 20 g baking powder
- 5 g salt
- 1 l oil for frying
- 100 g powdered sugar

Preparation

1. In a bowl, combine the sifted flours, baking powder, and xanthan gum.
2. Soak the raisins in water, then mix with salt, melted butter, eggs, and grated lemon zest. Add the milk and the remaining ingredients to the flour mixture and stir until a smooth dough forms.
3. Using a spoon, shape the dough into small portions and fry in oil at 170°C. Once fried, remove and place on a paper towel. Dust with powdered sugar.

Kitchen note: Fry in dedicated, uncontaminated oil, following the frying safeguards covered in Module 1.

Dubrovnik-Neretva County

FIRST COURSE

Šporki Makaruli

Ingredients

- 1 kg beef shank
- 2 tbsp lard or 4 tbsp olive oil
- 3 medium onions
- 4 cloves garlic
- 1 tbsp tomato concentrate
- A bunch of chopped parsley
- Salt and pepper, to taste
- ½ tsp ground or crushed cloves
- ½ tsp nutmeg
- 1 level tsp cinnamon
- 3–4 dried prunes, pitted
- 150 ml good-quality red wine
- Gluten-free pasta
- Hard sheep's cheese
- Gluten-free pasta dough: 250 g gluten-free flour blend (e.g. Schär), 3 eggs, 3 tbsp olive oil, 3 tbsp water

Preparation

1. Heat the lard or oil and sweat the chopped onion until translucent, without letting it brown.
2. Add the finely chopped garlic and the beef shank cubes, and briefly sear.
3. Add the dried prunes, season with salt and pepper, cover and cook slowly over low heat: the meat will release its juices and braise in them. Once the liquid has evaporated, add the diluted tomato concentrate.
4. When the meat is halfway cooked, pour in the red wine and add the chopped parsley and spices (cloves, nutmeg, cinnamon). Cover and continue cooking slowly for about another 2 hours.
5. Meanwhile, cook the gluten-free pasta in salted boiling water until al dente. Drain, reserving a little cooking water to help bind the sauce. Toss the pasta with the sauce and finish with hard sheep's cheese.

Kitchen note: Confirm the pasta and flour blend used both carry gluten-free certification, especially when sourcing pre-made gluten-free pasta.

MAIN COURSE

Dalmatian Pašticada

Ingredients

- 2 kg beef or veal round (fricandeau)
- 20 g dried bacon

- 200 g onion
- 150 g parsley root
- 150 g carrot
- 50 g celery root
- 2 cloves garlic
- 20 g double-concentrated tomato paste
- 200 ml oil
- 60 g sour cherries and 6 dried figs (or dried prunes)
- 1 apple
- 300 ml red wine
- 2 tbsp mustard
- Bay leaf, rosemary, thyme
- Salt and pepper, to taste
- For the polenta: 1 cup cornmeal, 3 cups water or stock, 1 tsp salt, 1 tbsp butter, grated cheese (optional)

Preparation

1. Wash the meat, remove sinew and excess fat, and pat dry. Make small cuts with a knife and insert thin strips of bacon and pieces of garlic. Season with salt, coat with mustard and oil, and rest for at least 2 hours or overnight.
2. Sear the meat quickly on all sides in hot oil to seal the surface. Remove from the pot, then briefly sauté the chopped onion, garlic and vegetables in the same fat.
3. Return the meat to the pot, cover and simmer for about 2 hours, occasionally adding a little water and wine.
4. When the meat is halfway tender, add the diluted tomato concentrate, then the washed sour cherries, figs, and the apple cut into quarters. Towards the end of cooking, stir in bay leaf, rosemary and thyme, and adjust seasoning.
5. Remove the meat, then press or blend the vegetables with the sauce, bring to a boil, and pour over the meat.
6. For the polenta: gradually whisk the cornmeal into boiling water or stock. Reduce the heat and let it slowly absorb, stirring continuously until creamy. Finish with butter and serve alongside the meat and sauce.

Kitchen note: Naturally gluten-free — double-check the mustard and stock used, as both can contain hidden gluten.

DESSERT

Ston Cake

Ingredients

- Dough: 500 g gluten-free flour blend (e.g. Schär, in equivalent proportions), 30 ml oil, 10 ml wine vinegar, 10 ml lukewarm water, 1 egg, 1 packet baking powder, a pinch of salt
- Filling: 350 g walnuts, 100 g almonds, 500 g sugar, 150 g gluten-free cooking chocolate, 250 g butter, 8 eggs, 2 packets vanilla sugar, 1 tbsp cinnamon, grated zest of 1 lemon, 500 g gluten-free makaruli (Ston-style pasta, or store-bought gluten-free penne rigate)

Preparation

1. Knead the dough using the flour, oil, vinegar, lukewarm water, egg, baking powder and salt. Let it rest while preparing the filling.
2. Mix all the dry filling ingredients; separately, beat the eggs with 100 g of sugar.
3. Cook the gluten-free makaruli (or store-bought gluten-free penne rigate) in salted water. Roll out the rested dough and line a greased pot with it.
4. Fill the pot with alternating layers of cooked pasta and the dry filling mixture. Finally, pour over the melted butter and the egg-and-sugar mixture.
5. Bake at 180°C for about one hour.

Kitchen note: Every component — flour blend, chocolate, and pasta — needs individual gluten-free certification for this dish.

Continue Exploring

More traditional Adriatic recipes, including further gluten-free and allergen-aware adaptations, are available from the TESTEAT project at testeat.eu/en/recipes/.