

Common document of cross-border innovative recipes

D.1.4.1



DELIVERABLE SUMMARY	
PROJECT INFORMATION	
Project acronym	TESTEAT
Project title	Enhance Eno gastronomy heritage to establish and expand sustainable tourism
Programme priority	Culture and tourism for sustainable development
Starting date	1/2/2024
Ending date	31/7/2026
Lead partner organisation	Agency for rural development of Istria- AZRRI
Name of representative	Igor Merlić
Project manager	Jasenska Kapuralin
E-mail	jasenska.kapuralin@azrri.hr
Telephone number	+385 52 351 590
DELIVERABLE INFORMATION	
Title of the deliverable	Common document of cross-border innovative recipes
WP/activity/deliverable	WP1/A.1.4/D.1.4.1
Type (internal/restricted/public)	Internal
WP leader	Juraj Dobrila University of Pula- UNIPU
Activity leader	Juraj Dobrila University of Pula- UNIPU
Participating partner(s)	All partners
Authors	Juraj Dobrila University of Pula- UNIPU Iva Slivar, PhD; Tamara Floričić, PhD; Anica Dobran Černjul, MSc
Contact e-mail of team leader	acernjul@unipu.hr
Telephone number	+385 (0)52 377069
DELIVERY DEADLINE	
Date of the delivery	30/6/205



Italy – Croatia



Contents

1. Introduction	1
2. Friuli-Venezia Giulia	2
3. Veneto Region	17
4. Dubrovnik Neretva County.....	34
5. The Region of Istria	48
6. Summary of the results.....	85
7. Conclusion.....	87



1. Introduction

This document represents a common cross-border matrix of traditional recipes adjusted to novel consumption needs and choices. It serves as a working tool developed to identify, compare, and adapt regional culinary heritage in line with evolving food preferences and dietary requirements of modern consumers, especially within the context of tourism. It provides the basis for understanding culinary commonalities across these areas, with a focus on traditional preparation techniques, ingredient patterns, and the cultural relevance of each recipe.

The recipes featured here have been carefully selected from four partner regions—Veneto, Friuli-Venezia Giulia, Istria, and Dubrovnik-Neretva County and reinterpreted to accommodate specific dietary needs, including those of individuals with diabetes, celiac disease, and lactose intolerance, as well as vegetarian and vegan diets. Each adaptation aims to preserve the essential character, cultural value, and sensory profile of the original dish while offering safe and inclusive alternatives.

The approach is rooted in the recognition that culinary traditions must evolve to remain relevant and accessible. By offering innovative versions of heritage recipes, this document supports sustainable gastronomic tourism and fosters a deeper connection between cultural identity and contemporary food consumption patterns. The recipes are presented in their traditional form, while laying the analytical foundation for the development of modified versions within the scope of the project's Blueprint document.



2. Friuli-Venezia Giulia

Transition matrix for adoption of traditional recipes for dishes and beverages

Dish Name	3.1. Stuffed Pasta Dumplings-Cjarsons	
Traditional recipe	<u>Ingredients:</u> <u>Dough:</u> 100g whole wheat flour, 100g buckwheat flour, 1 egg, water (as needed), parsley (finely chopped), nutmeg (grated), salt <u>Filling:</u> 150g ricotta (or firm tofu for a lighter or dairy-free version), 1 small boiled sweet potato (mashed; lower GI than regular potatoes), cinnamon (to taste), 100g mixed fresh herbs (such as mint, chives, marjoram, lemon balm – finely chopped) <u>Topping:</u> A small amount of melted butter with sage (or olive oil for a lighter and dairy-free version) <u>Preparation Method:</u> <u>Dough:</u> Combine the flours, egg, chopped parsley, grated nutmeg, and a pinch of salt in a bowl. Add just enough water to form a soft, elastic, and non-sticky dough. Knead gently, then wrap in a cloth or plastic wrap and let rest for 30 minutes. <u>Filling:</u> In a separate bowl, mix the ricotta (or tofu) with the mashed sweet potato, chopped herbs, and a pinch of cinnamon. Optionally, you can add crushed nuts (like walnuts or almonds) for texture. Stir until the mixture is well combined and not too moist. <u>Assembling:</u> Roll out the rested dough on a lightly floured surface until thin (about 2–3 mm). Cut into rounds (6–8 cm diameter). Place a small spoonful of filling in the center of each round. Fold into a half-moon shape and press the edges firmly to seal (use a little water if necessary). Optionally crimp the edges with a fork for decoration. <u>Cooking:</u> Bring a large pot of salted water to a gentle boil. Drop in the cjarsons a few at a time to prevent sticking. Once they float, cook for another 2–3 minutes (adjust time depending on dough thickness). Remove carefully with a slotted spoon and drain well.	

Italy – Croatia



Topping: Serve hot, drizzled with melted butter infused with sage, or with a splash of olive oil for a lighter version.

Preparation Time: 1 – 1.25 hours

Level of Difficulty: Medium



Italy – Croatia

**Diabetes**Ingredients:

Dough: 100g whole wheat flour, 100g buckwheat flour, 1 egg, water, parsley, musk nut, salt

Filling: 150g ricotta, 1 small boiled sweet potato, cinnamon, 100g herbs

Topping: A small amount of melted butter with sage.

Preparation Method:

-Dough: combine all ingredients to form a soft and non-sticky dough, wrap in a cloth and let it rest for 30 minutes;

-Filling: Combine ricotta with the sweet potato, herbs, and spices or additional elements. Mix well until evenly combined and not too moist;

-Assembling: Roll out the dough on a lightly floured surface until thin (approx. 2–3 mm), cut into rounds (about 6–8 cm diameter), place a small spoonful of filling in the center of each round, fold over into a half-moon and press edges to seal firmly (use a bit of water if needed). Optionally crimp or decorate edges with a fork.

-Cooking: Bring a large pot of salted water to a gentle boil, drop in the cjarsons, a few at a time to avoid sticking, cook until they float and continue for another 2–3 minutes (time may vary slightly based on dough thickness and filling), remove gently with a slotted spoon and drain well.

-Topping: garnish with melted butter sage or olive oil

Preparation Time: 1 – 1.25 hours

Level of Difficulty: Medium



Italy – Croatia

**Celiac Disease**Ingredients:

Dough: 150g rice flour, 50g potato starch, 50g corn starch, 3 egg, 3g xanthan, 3g guar (or cluster bean), water, parsley, musk nut, salt

Filling: 300g potato, 20g powder cinnamon, 100g sugar, 100g raisins, some mint leaves, 50g butter

Preparation Method:

Dough: boil and mash potatoes, combine all ingredients to form a soft and non-sticky dough, wrap in a cloth and let it rest for 30 minutes;

Filling: Combine potatoes, herbs, and spices or additional elements. Mix well until evenly combined and not too moist;

Assembling: Roll out the dough on a lightly floured surface until thin (approx. 2–3 mm), cut into rounds (about 6–8 cm diameter), place a small spoonful of filling in the center of each round, fold over into a half-moon and press edges to seal firmly (use a bit of water if needed). Optionally crimp or decorate edges with a fork.

Cooking: Bring a large pot of salted water to a gentle boil, drop in the cjarsons, a few at a time to avoid sticking, cook until they float and continue for another 2–3 minutes (time may vary slightly based on dough thickness and filling), remove gently with a slotted spoon and drain well.

Topping: garnish with melted butter sage.

Preparation Time: 1 – 1.25 hours

Level of Difficulty: Medium



Italy – Croatia

Lactose
IntoleranceIngredients:

Dough: 300g potatoes, 150g flour 00, (optional 1 egg), salt, musk nut, parsley

Filling: 150g lactose-free ricotta (or mashed firm tofu for a dairy-free version), boiled potato, herbs, cinnamon, pepper

Topping: Dairy-free butter or olive oil with sage.

Preparation Method:

Dough: boil and mash potatoes, combine all ingredients to form a soft and non-sticky dough, wrap in a cloth and let it rest for 30 minutes;

Filling: Combine lactose-free ricotta with the potato, herbs, and spices or additional elements. Mix well until evenly combined and not too moist;

Assembling: Roll out the dough on a lightly floured surface until thin (approx. 2–3 mm), cut into rounds (about 6–8 cm diameter), place a small spoonful of filling in the center of each round, fold over into a half-moon and press edges to seal firmly (use a bit of water if needed). Optionally crimp or decorate edges with a fork.

Cooking: Bring a large pot of salted water to a gentle boil, drop in the cjarsons, a few at a time to avoid sticking, cook until they float and continue for another 2–3 minutes (time may vary slightly based on dough thickness and filling), remove gently with a slotted spoon and drain well.

Topping: garnish with olive oil or plant-based butter

Preparation Time: 1 – 1.25 hours

Level of Difficulty: Medium

Vegetarian

/



Vegan	<u>Ingredients:</u> Dough: 300g potatoes, 150g flour 00, salt, musk nut, parsley Filling: 200g mashed firm tofu (instead of ricotta), boiled potato, herbs, cinnamon, pepper Topping: Emulsified oil with sage instead of butter. <u>Preparation Method:</u> Dough: boil and mash potatoes, combine all ingredients to form a soft and non-sticky dough, wrap in a cloth and let it rest for 30 minutes; Filling: Combine tofu with the potato, herbs, and spices or additional elements. Mix well until evenly combined and not too moist; Assembling: Roll out the dough on a lightly floured surface until thin (approx. 2–3 mm), cut into rounds (about 6–8 cm diameter), place a small spoonful of filling in the center of each round, fold over into a half-moon and press edges to seal firmly (use a bit of water if needed). Optionally crimp or decorate edges with a fork. Cooking: Bring a large pot of salted water to a gentle boil, drop in the cjarsons, a few at a time to avoid sticking, cook until they float and continue for another 2–3 minutes (time may vary slightly based on dough thickness and filling), remove gently with a slotted spoon and drain well. Topping: garnish with oil <u>Preparation Time:</u> 1 – 1.25 hours <u>Level of Difficulty:</u> Medium
Dish Name	3.2. Cheese and Potato Crisp-Frico
Traditional recipe	<u>Ingredients:</u> 200g low-fat Montasio, 2 medium sweet potatoes <u>Preparation Method:</u> Slice the sweet potatoes into thin rounds or matchsticks. In a non-stick or lightly oiled skillet, cook the sweet potatoes over medium heat until slightly browned and softened, stirring occasionally. Add the grated or thinly sliced cheese to the pan and mix evenly with the potatoes. Allow the cheese to melt and bind everything together. Season lightly with salt and pepper. Press the mixture down into the pan with a spatula to form a uniform cake. Cook over

Italy – Croatia



	medium-low heat until the bottom develops a golden-brown crust. Carefully flip the frico and cook the other side until crisp and golden as well. Serve hot. <u>Preparation Time:</u> 30 minutes <u>Level of Difficulty:</u> Easy
Diabetes	<u>Ingredients:</u> 200g low-fat Montasio (or another aged cheese with lower fat content) 2 medium sweet potatoes (instead of regular potatoes) <u>Preparation Method:</u> Sliced sweet potatoes are cooked in a pan until slightly browned and softened; Add cheese to the pan and mix evenly. Allow it to melt and bind with the potatoes; Season lightly with salt and pepper; Press the mixture into the pan to form a uniform cake and cook over medium-low heat until the bottom forms a golden crust. Flip carefully and brown the other side; Serve hot. <u>Preparation Time:</u> 30 minutes <u>Level of Difficulty:</u> Easy
Celiac Disease	/
Lactose Intolerance	<u>Ingredients:</u> 200g lactose-free cheese (like lactose-free Montasio, aged cheddar, or plant-based cheese) 2 potatoes <u>Preparation Method:</u> Sliced potatoes are cooked in a pan until slightly browned and softened; Add lactose-free cheese to the pan and mix evenly. Allow it to melt and bind with the potatoes; Season lightly with salt and pepper; Press the mixture into the pan to form a uniform cake and cook over medium-low heat until the bottom forms a golden crust. Flip carefully and brown the other side; Serve hot. <u>Preparation Time:</u> 30 minutes <u>Level of Difficulty:</u> Easy
Vegetarian	/



Vegan	<u>Ingredients:</u> 200g silken tofu 2 potatoes <u>Preparation Method:</u> Sliced potatoes are cooked in a pan until slightly browned and softened; Add smashed tofu to the pan and mix evenly. Allow it to melt and bind with the potatoes and onion; Season lightly with salt and pepper; Press the mixture into the pan to form a uniform cake and cook over medium-low heat until the bottom forms a golden crust. Flip carefully and brown the other side; Serve hot. <u>Preparation Time:</u> 30 minutes <u>Level of Difficulty:</u> Easy
Dish Name	3.3. Fried or Baked Sweet Dumplings-Strucchi  <u>Ingredients:</u> Dough: mix of extra fine corn flour, rice flour, corn starch and guar gum, sugar and icing sugar, egg yolk and whole eggs, melted butter, milk, cream, baking powder, aromas (orange zest and rum) Filling: almonds, hazelnuts, sugar, jam, crumbed gluten-free biscuit, pine nuts, melted butter, raisins, syrup, grappa Topping: raw sugar <u>Preparation Method:</u> Dough: Combine the dry ingredients (corn flour, rice flour, corn starch, guar gum, sugar, icing sugar, baking powder) in a large bowl. Add the melted butter, milk, and cream, and mix until the texture becomes crumbly. Add the egg yolk and whole eggs gradually, followed by the orange zest and a splash of rum. Knead gently until the dough is smooth and elastic. Wrap and let it rest. Filling: Soak the raisins in grappa. Crush the gluten-free biscuits and grind the almonds and hazelnuts. Mix all filling ingredients (nuts, biscuit crumbs, sugar, jam, pine nuts, butter, soaked raisins, syrup, and a bit of grappa) in a bowl until a compact, aromatic paste forms. Let rest to allow the flavors to blend. Assembling: Roll out the dough thinly on a surface dusted with gluten-free flour. Cut into squares or circles and place a small spoonful of filling in the center. Fold over and
Traditional recipe	



Italy – Croatia



	seal the edges carefully (use a little water if needed). Let rest covered until ready to cook. Cooking: Boiled: Cook in a pot of gently boiling water for 3–5 minutes, until the strucchi float and puff. Drain and sprinkle with raw sugar. Baked: Place on a tray brushed with butter or oil and bake at 180–190°C (356–374°F) for 15–20 minutes until golden. Fried: Deep-fry in hot, uncontaminated oil until golden brown, drain well, and dust with raw sugar. <u>Preparation Time:</u> 2 hours <u>Level of Difficulty:</u> Medium/High
Diabetes	/
Celiac Disease	<u>Ingredients:</u> Dough: mix of extra fine corn flour, rice flour, corn starch and guar, sugar and icing sugar, egg yolk and full eggs, melted butter, milk, cream, baking powder, aromas (orange and rum) Filling: Almonds, hazelnuts, sugar, jam, crumbed gluten-free biscuit, pine nuts, butter, raisins, syrup, grappa; Topping: raw sugar <u>Preparation Method:</u> Dough: combine dry ingredients, add fats and mix to get a crumbly texture. Add eggs, and optional grappa. Knead gently until smooth and elastic. Wrap it and let rest. Filling: soak raisins in grappa, crush dry biscuits and ground nuts. Add sugar and spices (optional) and jam. Combine all ingredients in a bowl. Mix to form a compact, aromatic paste. Let rest to allow flavours to blend. Assembling: roll out the dough thinly on a sluten free floured surface, cut into squares and place a small spoonful of filling in the centre. Fold and seal the edges carefully. Let rest covered until ready to cook. Cooking: strucchi can be boiled in a pot of hot water for 3-5 minutes until they float and puff. Drain and garnish with raw sugar; they can be baked on a baking tray with butter or oil for 15-20 min at 180-190°; fried strucchi need to be deep fried in hot oil (uncontaminated) until golden, then drain and dust with raw sugar. <u>Preparation Time:</u> 2 hours <u>Level of Difficulty:</u> Medium/High



Italy – Croatia



Lactose Intolerance

Ingredients:

Dough: white flour, sugar and icing sugar, egg yolk and full eggs, lactose-free milk, cream and butter, baking powder, aromas (orange and rum)

Filling: Almonds, hazelnuts, sugar, jam, crumbed lactose-free biscuit, pine nuts, butter, raisins, syrup, grappa;

Topping: raw sugar

Preparation Method:

Dough: combine dry ingredients, add lactose free dairies and mix to get a crumbly texture. Add eggs, and optional grappa. Knead gently until smooth and elastic. Wrap it and let rest.

Filling: soak raisins in grappa, crush dry biscuits and ground nuts. Add sugar and spices (optional) and jam. Combine all ingredients in a bowl. Mix to form a compact, aromatic paste. Let rest to allow flavours to blend.

Assembling: roll out the dough thinly on a sluten free floured surface, cut into squares and place a small spoonful of filling in the centre. Fold and seal the edges carefully. Let rest covered until ready to cook.

Cooking: strucchi can be boiled in a pot of hot water for 3-5 minutes until they float and puff. Drain and dust with raw sugar; they can be baked on a baking tray with butter or oil for 15-20 min at 180-190°; fried strucchi need to be deep fried in hot oil (uncontaminated) until golden, then drain and dust with raw sugar.

Serve warm or at room temperature. Traditionally accompanied with a small glass of grappa.

Preparation Time: 2 hours

Level of Difficulty: Medium/High

Vegetarian

/



Italy – Croatia



Vegan

Ingredients:

Dough: white flour, sugar and icing sugar, potato starch, lactose-free milk, cream and butter, baking powder, aromas (orange and rum)

Filling: Almonds, hazelnuts, sugar, jam, crumbed lactose-free biscuit, pine nuts, butter, raisins, syrup, grappa;

Topping: raw sugar

Dough: combine dry ingredients, add plant-based dairies and mix to get a crumbly texture. Add potato starch, and optional grappa. Knead gently until smooth and elastic. Wrap it and let rest.

Filling: soak raisins in grappa, crush dry biscuits and ground nuts. Add sugar and spices (optional) and jam. Combine all ingredients in a bowl. Mix to form a compact, aromatic paste. Let rest to allow flavours to blend.

Assembling: roll out the dough thinly on a sluten free floured surface, cut into squares and place a small spoonful of filling in the centre. Fold and seal the edges carefully.

Let rest covered until ready to cook.

Cooking: strucchi can be boiled in a pot of hot water for 3-5 minutes until they float and puff. Drain and garnish with raw sugar; they can be baked on a baking tray with butter or oil for 15-20 min at 180-190°; fried strucchi need to be deep fried in hot oil (uncontaminated) until golden, then drain and dust with raw sugar.

Serve warm or at room temperature. Traditionally accompanied with a small glass of grappa.

Preparation Time: 2 hours

Level of Difficulty: Medium/High



Beverage	3.4. Grappa	
Traditional recipe	<u>Ingredients:</u> Fresh grape pomace (vinaccia), clean water (if needed), copper alembic still, distilled water for dilution, optional: wild herbs (e.g., ruta, chamomile), lemon or pear peel (for aroma), oak barrel (for aging). <u>Preparation Method:</u> Place 10 kg of freshly pressed grape pomace in a fermentation container (if using white grape pomace). Let ferment for 2–5 days in a cool, dark place. Red wine pomace can be used immediately. Transfer the pomace into a clean copper still. Seal the still and begin slow distillation over low heat. Let the heart cool, then dilute with distilled water to reduce alcohol content to about 40–45% vol. To aromatize, infuse with 1 sprig of ruta or a strip of lemon peel for 24 hours, then strain. To age, store in a small oak barrel for 6–12 months for color and complexity. Bottle the grappa in clean glass bottles. Store in a cool, dark place. Serve in small glasses at room temperature as a digestivo.	
Diabetes	<u>Ingredients:</u> Water, small pine branches or needles, apple vinegar or verjus, mint or thyme hydrolate, juniper natural extract or juniper brew, lemon zest, mountain pine syrup. In details: 100ml of cold mountain pine brew, 10ml of apple vinegar or verjus, 5ml of mint or thyme hydrolate; 1 drop of juniper extract, 1 lemon zest, water as needed, 1 tea spoon of mountain pine syrup. <u>Preparation Method:</u> Prepare the mountain pine infusion: Let 1 teaspoon of fresh pine needles or 1 young pine sprig infuse in 200 ml of cold water for 6–8 hours. Strain thoroughly. In a tumbler or cocktail glass: Pour 100 ml of cold pine infusion Add 10 ml of apple cider vinegar Add 1 drop of natural juniper extract (Optional) Add 1 teaspoon of mountain pine syrup if you prefer a slightly sweet touch Top with natural sparkling water and stir gently.	



Italy – Croatia



Garnish with a lemon zest, squeezed over the drink to release the essential oils.
Serve with large ice cubes for controlled dilution and a refreshing effect.

Celiac Disease

/

Lactose
Intolerance

/

Vegetarian

/

Vegan

Ingredients:

50ml of friulian grappa (in alternative use 50 ml of the mountain pine alcohol-free grappa described above), 25ml fresh lemon juice, 20ml edelflower syrup or home-made edelflower brew, 2 tea spoon of aquafaba foam, ice, fresh edelflowers to garnish.

Preparation Method:

If you want a light foam, first do a dry shake (without ice) of all the ingredients, including the aquafaba. In alternative add aquafaba foam at the top after shaking. Then add ice and shake vigorously again.

Strain into an old fashioned glass with ice or serve "straight up" in a coupe glass. Garnish with a small sprig of untreated elderflowers, if available.



Beverage Name	3.5. Friulano wine	
Traditional recipe	<u>Ingredients:</u> 80 ml infusion of white vine leaves and elderflowers (or wild chamomile and lemon balm, if not available), 20 ml concentrated cold infusion of green apple peels and bitter almond (use only a small amount of organic, non-sweet almond to avoid toxicity), 5 ml fresh juice of white celery or cold infusion of clary sage leaf, 1 zest of untreated lime or lemon (only the outer part), 1 pinch of grey sea salt or smoked salt flakes (to evoke minerality), 1 drop of clear apple cider vinegar (optional, for acidity). <u>Preparation Method:</u> Prepare the base infusion by steeping the following in cold water for 6–8 hours: 1 teaspoon dried white vine leaves, 1 teaspoon elderflowers or chamomile in 200 ml of still water. Strain and store in the fridge. Separately, infuse green apple peels with half a crushed bitter almond (peeled) in 100 ml of cold water for 2 hours. Strain. In a wine glass, combine: 80 ml of the vine/flower infusion, 20 ml of the apple-almond infusion, 5 ml of clary sage leaf or celery juice/infusion, a drop of apple cider vinegar (optional), a pinch of mineral salt	
Diabetes	<u>Ingredients:</u> 80 ml infusion of white vine leaves and elderflowers (or wild chamomile and lemon balm, if not available), 20 ml concentrated cold infusion of green apple peels and bitter almond (use only a small amount of organic, non-sweet almond to avoid toxicity), 5 ml fresh juice of white celery or cold infusion of clary sage leaf, 1 zest of untreated lime or lemon (only the outer part), 1 pinch of grey sea salt or smoked salt flakes (to evoke minerality), 1 drop of clear apple cider vinegar (optional, for acidity). <u>Preparation Method:</u> Prepare the base infusion by steeping the following in cold water for 6–8 hours: 1 teaspoon dried white vine leaves 1 teaspoon elderflowers or chamomile in 200 ml of still water. Strain and store in the fridge. Separately, infuse green apple peels with half a crushed bitter almond (peeled) in 100	

Italy – Croatia



ml of cold water for 2 hours. Strain.

In a wine glass, combine:

80 ml of the vine/flower infusion

20 ml of the apple-almond infusion

5 ml of clary sage leaf or celery juice/infusion

A drop of apple cider vinegar (optional)

A pinch of mineral salt

Add large ice cubes (or chill without dilution), and garnish with lime zest expressed over the glass to release the oils.

Celiac Disease

/

**Lactose
Intolerance**

/

Vegetarian

/

Vegan

/



3. Veneto Region

Transition matrix for adoption of traditional recipes for dishes and beverages		
Dish Name	3.1. Sweet and sour marinated sardines-Sarde in saor	
Traditional recipe	<u>Ingredients:</u> Sardines (or other local fish), onions, vinegar, olive oil, salt, optional pine nuts and raisins. <u>Preparation Method:</u> Fry the fish, stew onions in oil and vinegar, layer in a terracotta dish alternating fish and onions. Let marinate at least two days before serving. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	
Diabetes	Traditional recipe is suitable because there is no added sugar. Revised recipe is also suitable. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	
Celiac Disease	Traditional recipe is suitable because there is no flour in some versions, if there is use gluten-free alternative. Revised recipe is also suitable. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	
Lactose Intolerance	Traditional recipe is suitable because there is no added dairy. Revised recipe is also suitable. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	
Vegetarian	<u>Ingredients:</u> Green tomatoes, salt, onions, vinegar, olive oil. <u>Preparation Method:</u> Lacto-ferment tomatoes with sea salt for 2–3 days. Sauté onions and layer with* tomatoes, covering with oil and vinegar. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	



Vegan	<u>Ingredients:</u> Green tomatoes, salt, onions, vinegar, olive oil. <u>Preparation Method:</u> Lacto-ferment tomatoes with sea salt for 2–3 days. Sauté onions and layer with* tomatoes, covering with oil and vinegar. <u>Preparation time:</u> 2–3 days (including marinating) <u>Level of difficulty:</u> Easy	
Dish Name	3.2. Spaghetti with onions and anchovy sauce-Bigoli in salsa	
Traditional recipe	<u>Ingredients:</u> Spaghetti or bigoli, salted sardines or anchovies, onions, olive oil, black pepper. <u>Preparation Method:</u> Soften chopped onions and sardines in olive oil until golden. Cook pasta al dente, mix with sauce and pepper. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy	
Diabetes	<u>Ingredients:</u> Spaghetti or GF pasta, onions, powdered salicornia, olive oil, pepper. <u>Preparation Method:</u> Soften chopped onions and salicornia in olive oil until golden. Cook pasta al dente, mix with sauce and pepper. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy	
Celiac Disease	<u>Ingredients:</u> Gluten-free pasta, onion, powderes salicornia or sardines, olive oil, pepper <u>Preparation Method:</u> Soften chopped onions and sardines or salicornia in olive oil until golden. Cook pasta al dente, mix with sauce and pepper. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy	

Lactose Intolerance	Traditional recipe is suitable because there is no dairy. Revised recipe is also suitable. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegetarian	<u>Ingredients:</u> Spaghetti or GF pasta, onions, powdered salicornia, olive oil, pepper. <u>Preparation Method:</u> Soften chopped onions and salicornia in olive oil until golden. Cook pasta al dente, mix with sauce and pepper. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegan	<u>Ingredients:</u> Spaghetti or GF pasta, onions, powdered salicornia, olive oil, pepper. <u>Preparation Method:</u> Soften chopped onions and salicornia in olive oil until golden. Cook pasta al dente, mix with sauce and pepper. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Dish Name	3.3. Savory pie-Pastizzo veneziano 
Traditional recipe	<u>Ingredients:</u> Shortcrust pastry, macaroni, pigeon, offal, ricotta, peas, mushrooms, marrow, herbs, spices. <u>Preparation Method:</u> Cook fillings separately, layer into pastry shell, bake until golden. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium/High
Diabetes	<u>Ingredients:</u> Pastry, ricotta, wild herbs (nettles, poppy), vegetables (artichokes, peas), cardamom, ginger, pepper. <u>Preparation Method:</u> Mix filling, layer in pastry, bake until golden. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium/High

Celiac Disease	<u>Ingredients:</u> Gluten-free pastry, ricotta, wild herbs (nettles, poppy), vegetables (artichokes, peas), cardamom, ginger, pepper. <u>Preparation Method:</u> Mix filling, layer in pastry, bake until golden. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium/High
Lactose Intolerance	Traditional recipe is not suitable because it contains ricotta. Revised recipe is also not suitable.
Vegetarian	<u>Ingredients:</u> Gluten-free pastry, ricotta, wild herbs (nettles, poppy), vegetables (artichokes, peas), cardamom, ginger, pepper. <u>Preparation Method:</u> Mix filling, layer in pastry, bake until golden. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium/High
Vegan	Revised recipe is suitable only if ricotta is omitted or replaced. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium/High
Dish Name	3.4. Whipped dried cod-Baccalà mantecato 
Traditional recipe	<u>Ingredients:</u> Dried cod, olive oil, garlic, parsley, salt, pepper. <u>Preparation Method:</u> Boil cod, whip with oil until creamy. Season and serve. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Easy
Diabetes	Traditional recipe is suitable because there is no added sugar and is low carb. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Easy

Celiac Disease	Traditional recipe is suitable because it is naturally gluten-free. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Easy
Lactose Intolerance	Traditional recipe is suitable because there is no dairy in the traditional recipe.
Vegetarian	Traditional recipe is not suitable for vegetarians because it is fish based.
Vegan	Traditional recipe is not suitable for vegans because it is fish based.
Dish Name	3.5. Venetian style risotto-Risi e bisi 
Traditional recipe	<u>Ingredients:</u> Rice, fresh peas, onion, pancetta, parsley, broth, pepper, optional sugar. <u>Preparation Method:</u> Sauté onion and pancetta, add peas and broth, then rice. Stir until cooked. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Diabetes	<u>Ingredients:</u> Brown rice, fresh peas, lemon juice, olive oil, vegetable broth, herbs. <u>Preparation Method:</u> Cook rice with broth, add peas at the end. Finish with lemon juice and oil. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Celiac Disease	<u>Ingredients:</u> Brown rice, fresh peas, lemon juice, olive oil, vegetable broth, herbs. <u>Preparation Method:</u> Cook rice with broth, add peas at the end. Finish with lemon juice and oil. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy

Italy – Croatia



Lactose Intolerance	<u>Ingredients:</u> Brown rice, fresh peas, lemon juice, olive oil, vegetable broth, herbs. <u>Preparation Method:</u> Cook rice with broth, add peas at the end. Finish with lemon juice and oil. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegetarian	<u>Ingredients:</u> Brown rice, fresh peas, lemon juice, olive oil, vegetable broth, herbs. <u>Preparation Method:</u> Cook rice with broth, add peas at the end. Finish with lemon juice and oil. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegan	<u>Ingredients:</u> Brown rice, fresh peas, lemon juice, olive oil, vegetable broth, herbs. <u>Preparation Method:</u> Cook rice with broth, add peas at the end. Finish with lemon juice and oil. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Dish Name	3.6. Cuttlefish stewed in their own ink-Sepe al nero 
Traditional recipe	<u>Ingredients:</u> Cuttlefish, onion, garlic, tomato paste, cuttlefish ink, white wine, olive oil, salt, pepper. <u>Preparation Method:</u> Sauté onion, add cuttlefish and simmer with ink and wine until thick. Serve with polenta. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium
Diabetes	Traditional recipe is suitable because there is no added sugar. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium
Celiac Disease	Traditional recipe is suitable because no gluten is used. <u>Preparation time:</u> 1 hour



	<u>Level of difficulty:</u> Medium	
Lactose Intolerance	Traditional recipe is suitable because there is no dairy in the traditional recipe. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegetarian	Traditional recipe is not suitable for vegetarians because it contains seafood.	
Vegan	Traditional recipe is not suitable for vegans because it contains seafood.	
Dish Name	3.7. Calf liver with onions-Fegato alla veneziana	
Traditional recipe	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Marinate liver, sauté with onions, finish with vinegar and herbs. Serve with polenta. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Diabetes	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Sauté onions, stew artichokes in same pan, add sliced preserved figs, finish with seasoning. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Celiac Disease	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Sauté onions, stew artichokes in same pan, add sliced preserved figs, finish with seasoning. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	



Lactose Intolerance	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Sauté onions, stew artichokes in same pan, add sliced preserved figs, finish with seasoning. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegetarian	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Sauté onions, stew artichokes in same pan, add sliced preserved figs, finish with seasoning. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegan	<u>Ingredients:</u> Artichoke hearts, onion, preserved figs, vinegar, olive oil. <u>Preparation Method:</u> Sauté onions, stew artichokes in same pan, add sliced preserved figs, finish with seasoning. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Dish Name	3.8. Fruit sorbet-Sorbetti alla frutta	
Traditional recipe	<u>Ingredients:</u> Fruit juice/puree, sugar, water. <u>Preparation Method:</u> Mix and freeze while stirring. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy	
Diabetes	<u>Ingredients:</u> Frozen fruit, optional honey or agave. <u>Preparation Method:</u> Blend until smooth, serve immediately.	



Italy – Croatia



	<u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Celiac Disease	<u>Ingredients:</u> Fruit juice/puree, sugar, water. <u>Preparation Method:</u> Mix and freeze while stirring. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Lactose Intolerance	<u>Ingredients:</u> Fruit juice/puree, sugar, water. <u>Preparation Method:</u> Mix and freeze while stirring. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegetarian	<u>Ingredients:</u> Fruit juice/puree, sugar, water. <u>Preparation Method:</u> Mix and freeze while stirring. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy
Vegan	<u>Ingredients:</u> Fruit juice/puree, sugar, water. <u>Preparation Method:</u> Mix and freeze while stirring. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Easy



Dish Name	3.9. Fried custard bites-Creme fritte	
Traditional recipe	<u>Ingredients:</u> Milk, egg yolks, sugar, flour, lemon zest, vanilla. <u>Preparation Method:</u> Cook into thick custard, chill, cut and fry. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Diabetes	<u>Ingredients:</u> Soy milk, cornstarch, lemon zest, vanilla. <u>Preparation Method:</u> Cook into custard, chill, cut and fry in veg oil. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Celiac Disease	<u>Ingredients:</u> Soy milk, cornstarch, lemon zest, vanilla. <u>Preparation Method:</u> Cook into custard, chill, cut and fry in veg oil. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Lactose Intolerance	<u>Ingredients:</u> Soy milk, cornstarch, lemon zest, vanilla. <u>Preparation Method:</u> Cook into custard, chill, cut and fry in veg oil. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegetarian	<u>Ingredients:</u> Soy milk, cornstarch, lemon zest, vanilla. <u>Preparation Method:</u> Cook into custard, chill, cut and fry in veg oil. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	

Italy – Croatia



Vegan

Ingredients:

Soy milk, cornstarch, lemon zest, vanilla.

Preparation Method:

Cook into custard, chill, cut and fry in veg oil.

Preparation time: 1 hour

Level of difficulty: Medium



Dish Name	3.10. Sweet wine custard-Zabajon	
Traditional recipe	<u>Ingredients:</u> Egg yolks, sugar, sweet wine (e.g. Malvasia), cinnamon. <u>Preparation Method:</u> Whisk yolks and sugar, add wine, cook over bain-marie until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	
Diabetes	<u>Ingredients:</u> Almond milk, almond flour, almond paste, maraschino. <u>Preparation Method:</u> Blend and gently heat until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	
Celiac Disease	<u>Ingredients:</u> Almond milk, almond flour, almond paste, maraschino. <u>Preparation Method:</u> Blend and gently heat until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	
Lactose Intolerance	<u>Ingredients:</u> Almond milk, almond flour, almond paste, maraschino. <u>Preparation Method:</u> Blend and gently heat until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	
Vegetarian	<u>Ingredients:</u> Almond milk, almond flour, almond paste, maraschino. <u>Preparation Method:</u> Blend and gently heat until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	



Italy – Croatia



Vegan	<u>Ingredients:</u> Almond milk, almond flour, almond paste, maraschino. <u>Preparation Method:</u> Blend and gently heat until thick. <u>Preparation time:</u> 0.5 hours (30 minutes) <u>Level of difficulty:</u> Medium	
Beverage Name	3.11. Grappa infused with santonico-Grappa al santonico	
Traditional recipe	<u>Ingredients:</u> Grappa, fresh Artemisia (santonico). <u>Preparation Method:</u> Infuse herb in grappa for 2+ months.	
Diabetes	Traditional recipe is suitable because there is no added sugar.	
Celiac Disease	Traditional recipe is suitable because it is gluten free.	
Lactose Intolerance	Traditional recipe is suitable because there is no dairy	
Vegetarian	Traditional recipe is suitable for vegetarians.	
Vegan	Traditional recipe is suitable for vegans.	



Italy – Croatia



Beverage Name	3.12. Spritz	
Traditional recipe	<u>Ingredients:</u> Prosecco, Aperol, soda. <u>Preparation Method:</u> Pour over ice, garnish with orange.	
Diabetes	<u>Ingredients:</u> Unfiltered natural wine, vegan bitters, soda. <u>Preparation Method:</u> Build as classic spritz.	
Celiac Disease	<u>Ingredients:</u> Unfiltered natural wine, gluten-free bitters, soda. <u>Preparation Method:</u> Build as classic spritz.	
Lactose Intolerance	Traditional recipe is suitable because there is no dairy	
Vegetarian	<u>Ingredients:</u> Unfiltered natural wine, vegan bitters, soda. <u>Preparation Method:</u> Build as classic spritz.	
Vegan	<u>Ingredients:</u> Unfiltered natural wine, vegan bitters, soda. <u>Preparation Method:</u> Build as classic spritz.	



Italy – Croatia



Beverage Name	3.13. Fruit or flower based liqueur-Ratafià / Rosolii	
Traditional recipe	<u>Ingredients:</u> Fruit or flower, alcohol, sugar, water. <u>Preparation Method:</u> Macerate, strain, sweeten and bottle.	
Diabetes	Traditional recipe is not suitable because of the sugar syrup base.	
Celiac Disease	Traditional recipe is suitable because it is gluten free.	
Lactose Intolerance	Traditional recipe is suitable because there is no dairy	
Vegetarian	Traditional recipe is suitable for vegetarians.	
Vegan	Traditional recipe is suitable for vegans.	



Italy – Croatia



Beverage Name	3.14. Dry anise-flavored spirit-Mistrà	
Traditional recipe	<u>Ingredients:</u> Aniseed spirit (dry, unsweetened). <u>Preparation Method:</u> Serve as is or with water.	
Diabetes	Traditional recipe is not suitable because of no added sugar.	
Celiac Disease	Traditional recipe is suitable because it is gluten free.	
Lactose Intolerance	Traditional recipe is suitable because there is no dairy	
Vegetarian	Traditional recipe is suitable for vegetarians.	
Vegan	Traditional recipe is suitable for vegans.	



Italy – Croatia



Beverage Name	3.15. Barley water or almond-flavored syrup drink-Orzata	
Traditional recipe	<u>Ingredients:</u> Almond syrup, water. <u>Preparation Method:</u> Mix syrup with cold water.	
Diabetes	<u>Ingredients:</u> Sugar-free almond syrup, water. <u>Preparation Method:</u> Mix and serve cold.	
Celiac Disease	<u>Ingredients:</u> Sugar-free almond syrup, water. <u>Preparation Method:</u> Mix and serve cold.	
Lactose Intolerance	<u>Ingredients:</u> Sugar-free almond syrup, water. <u>Preparation Method:</u> Mix and serve cold.	
Vegetarian	<u>Ingredients:</u> Sugar-free almond syrup, water. <u>Preparation Method:</u> Mix and serve cold.	
Vegan	<u>Ingredients:</u> Sugar-free almond syrup, water. <u>Preparation Method:</u> Mix and serve cold.	



4. Dubrovnik Neretva County

Transition matrixfor adoption of traditional recipes for dishes and beverages		
Dish Name	3.1. Braised beef-Pašticada	
Traditional recipe	<u>Ingredients:</u> 2kg beef or veal round (fricandeau), 20g dried bacon, 200g onion, 150g parsley root, 150g carrot, 50g celery root, 2 cloves of garlic 20g double concentrated tomato paste, 200ml oil, 60g sour cherries, 6 dried figs, 1 apple, 300ml red wine, 2 tablespoons mustard, bay leaf, rosemary leaves, thyme, salt and pepper. <u>Preparation Method:</u> Wash the meat, clean it of sinew and fat, pat it dry, then insert small strips of bacon and pieces of garlic into it. Season the meat with salt, coat it with mustard and oil, and let it rest for at least 2 hours or overnight. Ideally, marinate the meat in a raw marinade. Sear the meat on all sides in hot oil. Remove it from the pot and briefly sauté the chopped onion, garlic, and vegetables in the same oil. Return the meat to the pot, cover, and simmer for about 2 hours, occasionally adding small amounts of water and wine. When the meat is halfway tender, add diluted tomato paste, followed by washed cherries and figs, and a quartered apple. Toward the end of cooking, stir in the bay leaf, rosemary, and thyme, season with pepper and a bit more salt. Remove the meat; blend or strain the vegetables with the sauce, bring it to a boil, and pour it over the meat.	
Diabetes	<u>Preparation time:</u> 4 – 5 hours (including marinating and cooking) <u>Level of difficulty:</u> Medium/High The traditional recipe contains no added sugar.	
Celiac Disease	We are replacing gnocchi with polenta. The sauce uses gluten-free cornstarch. <u>Preparation time:</u> 4 – 5 hours (including marinating and cooking) <u>Level of difficulty:</u> Medium/High	
Lactose Intolerance	Do not add milk to the polenta — only water and olive oil. <u>Preparation time:</u> 4 – 5 hours (including marinating and cooking) <u>Level of difficulty:</u> Medium/High	

Vegetarian	By removing the meat from the recipe, the dish becomes suitable for vegetarians. <u>Preparation time:</u> 4 – 5 hours (including marinating and cooking) <u>Level of difficulty:</u> Medium/High <u>Ingredients:</u> 200 g carrots, 100 g celery, 150 g onions, 100 g dried plums (prunes), 1 Granny Smith green apple, 3 tablespoons olive oil, 1 tablespoon double concentrated tomato paste, 1 teaspoon tarragon mustard, 3–4 whole cloves, grated nutmeg, bay leaves, 300 ml red wine, 1 vegetable stock cube, 1 teaspoon cornstarch (gluten-free alternative), salt and pepper to taste. Optional: 100 ml prosecco, rosemary. <u>Preparation Method:</u> Clean and chop the carrots, celery, and onions into large cubes. Briefly sauté the vegetables in heated olive oil. Add the rinsed dried plums and apple, and continue to stew, gradually adding water or vegetable stock and wine. Add cloves and bay leaves, and cook gently until the vegetables soften. Once softened, remove from heat, take out the cloves and bay leaves, let cool slightly, then blend part of the mixture while leaving some pieces chunky. Add the mustard, tomato paste (previously diluted in half a deciliter of water), and prosecco, then bring to a boil again. Near the end of cooking, add grated nutmeg, salt, pepper, and cornstarch mixed with a little cold water as needed. <u>Preparation time:</u> 4 – 5 hours (including marinating and cooking) <u>Level of difficulty:</u> Medium/High
Vegan	
Dish Name	3.2. Pasta with meat-Šporki makaruli  <u>Ingredients:</u> 1 kg beef shank, 2 tablespoons lard or 4 tablespoons olive oil, 3 medium onions, 4 cloves of garlic, 1 tablespoon tomato concentrate, 50 ml varenik (grape must reduction), a bunch of chopped parsley (leaves only), salt and pepper, ½ teaspoon ground or crushed cloves, ½ teaspoon nutmeg, 1 level teaspoon cinnamon, 3–4 dried prunes (pitted), 150 ml good quality red wine, 500 g macaroni pasta, hard sheep cheese. <u>Preparation Method:</u> In warm lard or olive oil, sauté chopped onion until translucent but not browned. Add finely chopped garlic and cubed beef, and briefly brown everything. Add prunes, salt, and pepper, cover, and cook slowly on low heat. The meat will release its own juices
Traditional recipe	



Italy – Croatia



	and stew in them. When the liquid evaporates, add diluted tomato concentrate. Stir in the varenik and continue to cook gently. When the meat is halfway cooked, pour in the red wine and add chopped parsley and spices (cloves, nutmeg, cinnamon). Cover and simmer on low for another 2 hours. Cook the macaroni in salted boiling water until al dente. Drain, leaving a bit of cooking water in the pasta to help combine it with the sauce. Pour the sauce over the pasta and serve topped with grated aged sheep cheese. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High
Diabetes	The traditional recipe contains no added white sugar. In the modified version, varenik can be omitted due to its higher sugar content and limited availability, and replaced with a teaspoon of honey or a few dried prunes. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High
Celiac Disease	Yes – gluten-free pasta is used. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High
Lactose Intolerance	Yes – no lactose. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High
Vegetarian	Yes – meat is removed, uses honey or prunes. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High
Vegan	<u>Ingredients:</u> 70 g black beluga lentils, 2 tablespoons olive oil, 100 g brown mushrooms, 1 small onion (60 g), 20 g celeriac (celery root), 20g red horn pepper, 1 carrot, 100 ml red wine, 3 tablespoons strained (pureed) tomatoes Spices: same as in the traditional šporki makaruli recipe Sweetener: grape must reduction (varenik) or 1 teaspoon honey (for a vegetarian version), or 2 finely chopped dried prunes (for a vegan version) Optional: for enhanced flavor, include other types of mushrooms and dried mushrooms <u>Preparation Method:</u> Rinse the black beluga lentils under running water, briefly boil in water, then drain. Finely chop the vegetables and mushrooms. Sauté the mushrooms in olive oil, then add the vegetables and prunes if using. Add a bit of water or vegetable broth and simmer for 30 minutes. Once the liquid has mostly evaporated, add the lentils, strained



Italy – Croatia



	tomatoes, red wine, and spices. Continue to cook gently for at least another 30 minutes. At the end, stir in a teaspoon of honey if using it as a sweetener (note: honey is not suitable for a vegan version, but it is for a vegetarian one). Pasta substitute for traditional makaruli: Store-bought gluten-free and egg-free penne rigate (for a vegan version), or homemade pasta. <u>Preparation time:</u> 3 – 3.5 hours <u>Level of difficulty:</u> Medium/High	
Dish Name	3.3. Scampi in white wine and garlic sauce- Buzara	
Traditional recipe	<u>Ingredients:</u> 1.5 kg shrimp, 300 ml homemade tomato sauce or chopped tomatoes, 15 ml olive oil, 2 cloves of garlic, 1 bunch of parsley, 20 g gluten-free breadcrumbs, 1 teaspoon Vegeta seasoning, 200 ml white wine, 500 ml fish stock, salt, freshly ground pepper. <u>Preparation Method:</u> In heated olive oil, sauté the shrimp briefly, turning them to cook on all sides, for a few minutes in total. Add chopped garlic and half of the chopped parsley. When the aroma of garlic becomes noticeable, it is time to add the remaining ingredients: wine, chopped tomatoes (or sauce), fish stock, a little salt, and pepper. Stir to distribute all the ingredients evenly. Simmer on low heat, partially covered. Allow about ten minutes for the wine (and any added dessert wine) to evaporate its alcohol. Check the thickness of the sauce beneath the shrimp, and add breadcrumbs as needed. Cook for a few more minutes uncovered. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Diabetes	Yes - no added sugar. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Celiac Disease	Yes – gluten-free breadcrumbs used. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	



Italy – Croatia



Lactose Intolerance

Yes – no lactose.

Preparation time: 1 hour

Level of difficulty: Medium

Vegetarian

No – contains shrimp.

Vegan

No – contains shrimp.



Italy – Croatia



Dish Name	3.4. Fritters-Prikle	
Traditional recipe	<u>Ingredients:</u> 4 cups of flour, a splash of rakija (fruit brandy), 1 tablespoon salt, 1 tablespoon sugar, 1 packet vanilla sugar, some grated lemon or orange zest, 1 fresh yeast cube or 1 packet dry yeast, raisins (optional). <u>Preparation Method:</u> Scald one cup of flour with boiling water and mix well until smooth with no lumps. Immediately add the remaining 3 cups of flour, a small measure of rakija (fruit brandy), one full teaspoon of salt, 1 tablespoon sugar, 1 packet of vanilla sugar, and some grated citrus zest. Prepare the yeast by activating it in warm water. Soak the raisins in rakija (fruit brandy) if using. Once the yeast is ready, add it to the flour mixture and gradually stir in cold or lukewarm water until the dough becomes thick but workable. Beat well with a wooden spoon until the mixture becomes foamy and smooth, with no lumps. Add the soaked raisins at the end. Cover the bowl with a cloth or plastic wrap and let it rise for about 15 minutes. Once the dough starts rising, heat a deep pan of oil. The fritters should first sink and then float to the top. The oil should be hot, but the dough should not brown immediately — if it does, let the oil cool slightly. Scoop small amounts of dough through your hand using a teaspoon, shape, and drop into the oil. Turn them occasionally until golden brown. Remove and place on paper towels, then sprinkle with a mix of sugar and vanilla sugar. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium	



Italy – Croatia



Diabetes	<u>Ingredients:</u> 1 sweet potato (200 g), 100 g Greek yogurt, 1 egg, 1 tablespoon rose brandy, 150 g Schär Farina gluten-free flour, Vanilla extract, a pinch of salt, zest of half a lemon, half a packet of baking powder (about 1 teaspoon) <u>Preparation Method:</u> Boil the sweet potato and mash it into a puree. Once it has cooled slightly, add all the ingredients except the flour to the sweet potato. Whisk until smooth. Gradually add the flour until you get a thick batter. The exact amount of flour may vary depending on how much moisture the sweet potato contains. Heat oil and, over medium heat, fry small spoonfuls of batter until golden (like fritters). Transfer to a paper towel to absorb excess oil. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium
Celiac Disease	<u>Ingredients:</u> 1 sweet potato (200 g), 100 g Greek yogurt, 1 egg, 1 tablespoon rose brandy, 150 g Schär Farina gluten-free flour, Vanilla extract, a pinch of salt, zest of half a lemon, half a packet of baking powder (about 1 teaspoon) <u>Preparation Method:</u> Boil the sweet potato and mash it into a puree. Once it has cooled slightly, add all the ingredients except the flour to the sweet potato. Whisk until smooth. Gradually add the flour until you get a thick batter. The exact amount of flour may vary depending on how much moisture the sweet potato contains. Heat oil and, over medium heat, fry small spoonfuls of batter until golden (like fritters). Transfer to a paper towel to absorb excess oil. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium
Lactose Intolerance	No – contains yogurt and lactose.
Vegetarian	Yes – if dairy is accepted. <u>Preparation time:</u> 2 hours <u>Level of difficulty:</u> Medium
Vegan	No – contains egg and yogurt.



Dish Name	3.5. Ston Cake-Stonska torta	
Traditional recipe	<u>Ingredients:</u> Dough: 500 g flour (Schar gluten-free blend, same proportions), 30 ml oil, 10 ml wine vinegar, 10 ml lukewarm water, 1 egg, 1 packet of baking powder, a pinch of salt. Filling: 350 g walnuts, 100 g almonds, 500 g sugar, 150 g chocolate (lactose-free), 250 g butter (lactose-free), 8 eggs, 2 packets vanilla sugar, 1 tablespoon cinnamon, zest of 1 lemon, 500 g Ston-style macaroni (gluten-free pasta). <u>Preparation Method:</u> Make the dough by mixing flour, oil, vinegar, lukewarm water, egg, baking powder, and salt. Let the dough rest while preparing the filling. Mix all dry filling ingredients together, and separately beat the eggs with 100 g of the sugar. Cook the gluten-free macaroni in salted water. Roll out the rested dough and line a greased pot with it. Fill the pot by alternating layers of cooked macaroni and dry filling mix. Finally, pour over the melted butter and beaten egg mixture. Bake at 180°C for about one hour. <u>Preparation time:</u> 2.5 – 3 hours <u>Level of difficulty:</u> High	
Diabetes	No - it contains white sugar. An alternative worth considering is coconut sugar, which has a lower glycemic index than white sugar, though it is still a form of sugar. I believe that sweeteners like stevia and erythritol are not suitable for this recipe.	
Celiac Disease	Yes – gluten-free pasta and flour used. <u>Preparation time:</u> 2.5 – 3 hours <u>Level of difficulty:</u> High	
Lactose Intolerance	Yes – uses lactose-free butter and chocolate. <u>Preparation time:</u> 2.5 – 3 hours <u>Level of difficulty:</u> High	

Italy – Croatia



Vegetarian

Yes – if dairy is accepted.

Preparation time: 2.5 – 3 hours

Level of difficulty: High

Vegan

No – contains eggs and butter.



Dish Name	3.6. Cake with grape must-Mantala	
Traditional recipe	<u>Ingredients:</u> 1.5 L varenik (grape must reduction), 250 g wheat semolina → replaced with rice semolina, 100 g almonds, 1 teaspoon cinnamon, ½ teaspoon cloves and nutmeg. <u>Preparation Method:</u> Bring the varenik to a boil, then gradually add the rice semolina while stirring constantly. Cook the mixture for about 20 minutes, or until a wooden spoon can stand upright in the pot. At the end, mix in roasted, chopped almonds and spices. Pour the mixture into moistened molds and serve chilled, traditionally on a leaf of local lemon, bay, or orange. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Diabetes	The dessert in the original recipe contains no added white sugar. Varenik is a reduced grape must with a high concentration of natural fruit sugars, which makes it unsuitable for people with diabetes. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Celiac Disease	Yes – rice semolina used. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Lactose Intolerance	Yes – no dairy ingredients. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegetarian	Yes, the traditional recipe is suitable for vegetarians. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	
Vegan	Yes, the traditional recipe is suitable for vegans. <u>Preparation time:</u> 1 hour <u>Level of difficulty:</u> Medium	



Dish Name	3.7. Fig cake-Smokvenjak	
Traditional recipe	<u>Ingredients:</u> 500 g dried figs, 150 g chopped walnuts or toasted almonds (hazelnuts can also be used if desired), 50 milliliters of herbal brandy (travarica), half a sprig of fennel (optional), orange zest. <u>Preparation Method:</u> Clean the figs and grind them using a meat grinder (or a blender). Finely chop the walnuts or almonds. Add the brandy, orange zest, and fennel. Knead all the ingredients together and shape the mixture by hand into a sausage-like form. Smokvenjak can be eaten as is, but to be able to slice it, it needs to be dried in the oven. Preheat the oven to 80°C (176°F), place the baking tray with the smokvenjak inside, and dry it for 40 minutes. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	
Diabetes	Yes - no added sugar. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	
Celiac Disease	Yes - gluten free. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	
Lactose Intolerance	Yes - lactose free. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	
Vegetarian	Yes, the traditional recipe is suitable for vegetarians. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	
Vegan	Yes, the traditional recipe is suitable for vegans. <u>Preparation time:</u> 1.5 hours <u>Level of difficulty:</u> Easy	



Beverage Name	3.8. Mojito	
Traditional recipe	<u>Ingredients:</u> 30 ml herbal brandy (travarica), lemon juice, mint leaves, 1 teaspoon honey or sweetener of choice (stevia or erythritol recommended for diabetics), sparkling water, ice. <u>Preparation:</u> Place several mint leaves, honey, and freshly squeezed lemon juice into a glass. Gently muddle to release the juices and essential oils from the mint. Add crushed ice and the herbal brandy, then stir. Top off the glass with sparkling water. Garnish with a sprig of mint and a slice of lemon.	
Diabetes	Yes – stevia or erythritol used.	
Celiac Disease	Yes - gluten free.	
Lactose Intolerance	Yes - lactose free.	
Vegetarian	Suitable for vegetarians.	
Vegan	Suitable for vegans.	

Beverage Name	3.9. Carob liqueur-Liker od rogača	
Traditional recipe	<u>Ingredients:</u> 8–10 carob pods, 1 L brandy, juice of one orange, lemon zest, nutmeg, 200 g sugar <u>Preparation Method:</u> Cut 8 to 10 ripe, juicy carob pods into pieces and place them in 1 liter of brandy. Add the juice of one orange, some lemon zest, and a small amount of grated nutmeg. Transfer everything into a large jar and let it rest for 40 days. After 40 days, strain the mixture and add honey, stirring well to dissolve it. Let it rest for another week, then strain again and bottle.	
Diabetes	Yes – white sugar replaced with honey.	
Celiac Disease	Yes - gluten free.	
Lactose Intolerance	Yes - lactose free.	
Vegetarian	Suitable for vegetarians.	
Vegan	No - contains honey.	



Beverage Name	3.10. Citrus Syrup-Citrusni sirup	
Traditional recipe	<u>Ingredients:</u> 2 oranges, 2 lemons, zest of one orange, 150 ml water, 1–2 tablespoons erythritol, stevia, or honey (to taste) <u>Preparation:</u> Juice the oranges and lemons. Pour the juice into a small pot and add the water. Simmer gently for about 15 minutes. Add sweetener according to taste. For a thicker syrup texture, add pectin or cornstarch. As an alternative, carob (rogač), which naturally contains high amounts of pectin, can be reduced to achieve thickness. <u>Additional notes:</u> Traditional herbal syrup recipes, like those for sage or mint, often use a 1:1 sugar-to-water ratio. Sugar in these recipes serves multiple purposes: flavor, preservation, and syrup texture. Flavor can be replaced by honey or other sweeteners, and shelf life can be partially maintained with citric acid. Syrup texture might be achieved by adding pectin or other thickeners. Experiment with cornstarch (1 teaspoon per 400 ml liquid) and get a similar result.	
Diabetes	Yes – stevia or erythritol used.	
Celiac Disease	Yes - gluten free.	
Lactose Intolerance	Yes - lactose free.	
Vegetarian	Suitable for vegetarians.	
Vegan	Suitable for vegans.	



5. The Region of Istria

Transition matrix for adoption of traditional recipes for dishes and beverages

Dish Name	3.1. Fritule/ Fritters	
Traditional recipe	<u>Ingredients:</u> 600 g flour, 40 g yeast, 60 g egg yolks (3 pieces), 130 g raisins, 120 g sugar, 200 g milk, 50 g brandy (rakija - a traditional fruit brandy from the Balkans), zest of 1 lemon, salt to taste, 30 g butter, 1 L oil for frying, 100 g powdered sugar. <u>Preparation Method:</u> Place the flour, raisins soaked in brandy, salt, melted butter, egg yolks, and grated lemon zest into a bowl. Dissolve the yeast and sugar in lukewarm milk, then combine this mixture with the flour mixture and stir thoroughly to form a smooth dough. Allow the dough to rise in a warm place until it doubles in volume. Using a spoon, shape the dough into small portions and fry them in oil at 160°C. Once fried, remove from the oil and place on a paper towel. Dust with powdered sugar. <u>Preparation Time:</u> 45-60 minutes <u>Level of Difficulty:</u> Medium	
Diabetes	<u>Ingredients:</u> 650 g whole wheat flour, 40 g yeast, 60 g egg yolks (3 pieces), 130 g diced apple, 100 g xylitol (birch sugar), 200 g milk, zest of 1 lemon, salt to taste, 30 g butter, 1 L oil for frying, 50 g powdered erythritol. <u>Preparation Method:</u> Place the whole wheat flour, diced apples, salt, melted butter, egg yolks, and grated lemon zest into a bowl. In lukewarm milk, dissolve the yeast and xylitol, then mix into the flour mixture and stir thoroughly to form a smooth dough. Set the dough aside in a warm place to rise until it doubles in volume. Using a spoon, shape the dough into small portions and fry them in oil at 160°C. Once fried, remove from the oil and place on a paper towel. Dust with powdered erythritol. <u>Preparation Time:</u> 45-60 minutes <u>Level of Difficulty:</u> Medium	



Celiac Disease

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 Method:

In a bowl, combine the sifted flours, baking powder, and xanthan gum. Soak the raisins in water and then mix them 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.

Using a spoon, shape the dough into small portions and fry them in oil at 170°C. Once fried, remove from the oil and place on a paper towel. Dust with powdered sugar.

Preparation Time: 45-60 minutes

Level of Difficulty: Medium

Lactose Intolerance

Ingredients:

600 g flour, 40 g yeast, 60 g egg yolks (3 pieces), 130 g raisins, 120 g sugar, 200 g lactose-free milk, 50 g brandy (rakija - a traditional fruit brandy from the Balkans), zest of 1 lemon, salt to taste, 30 g margarine, 1 L oil for frying, 100 g powdered sugar.

Preparation Method:

Place the flour, raisins soaked in brandy, salt, melted margarine, egg yolks, and grated lemon zest into a bowl. In lukewarm milk, dissolve the yeast and sugar, then mix into the flour mixture and stir well to form a smooth dough. Leave the dough to rise in a warm place until it doubles in volume.

Using a spoon, shape the dough into small portions and fry them in oil at 160°C. Once fried, remove from the oil and place on a paper towel. Dust with powdered sugar.

Preparation Time: 45-60 minutes

Level of Difficulty: Medium

Vegetarian

Ingredients:

600 g flour, 40 g yeast, 60 g egg yolks (3 pieces), 130 g raisins, 120 g sugar, 200 g milk, 50 g brandy (rakija - a traditional fruit brandy from the Balkans), zest of 1 lemon, salt to taste, 30 g butter, 1 L oil for frying, 100 g powdered sugar.

Preparation Method:

Place the flour, raisins soaked in brandy, salt, melted butter, egg yolks, and grated lemon zest into a bowl. In lukewarm milk, dissolve the yeast and sugar, then mix into the flour mixture and stir well to form a smooth dough. Leave the dough to rise in a warm place until it doubles in volume.

Using a spoon, shape the dough into small portions and fry them in oil at 160°C. Once fried,



Italy – Croatia



	remove from the oil and place on a paper towel. Dust with powdered sugar. Recipe for lacto-vegetarians <u>Preparation Time:</u> 45-60 minutes <u>Level of Difficulty:</u> Medium
Vegan	<u>Ingredients:</u> 250 g oat yogurt, 150 g sugar, zest of 1 lemon, 100 g margarine, 200 g oat drink, 400 g all-purpose wheat flour, 20 g baking powder, 120 g raisins, 1 L oil for frying, 100 g powdered sugar. <u>Preparation Method:</u> Wash the raisins in cold water and drain them. Melt the margarine. Sift the flour and baking powder. Mix all the ingredients together and continue mixing until a smooth dough forms. Use a spoon to shape small portions of the dough and fry them in oil at 170°C. Once fried, remove from the oil, place on a paper towel, and dust with powdered sugar. <u>Preparation Time:</u> 45-60 minutes <u>Level of Difficulty:</u> Medium
Dish Name	3.2. Fuži s tartufima / Fuži pasta with truffles
Traditional recipe	<u>Ingredients:</u> 300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese. <u>Preparation Method:</u> Sift the flour, then mix the eggs into the flour to form a smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes. Roll out the dough with a rolling pin into a thin sheet, then cut it into 4x4 cm squares. Using a wooden stick, shape the squares diagonally and press the center. Cook the Fuži in salted boiling water until they soften. Once cooked, drain the Fuži, then mix in the butter and cheese, and finally grate the truffle on top. <u>Preparation Time:</u> 1.5 – 2 hours <u>Level of Difficulty:</u> Medium



Italy – Croatia

**Diabetes**Ingredients:

350 g whole wheat flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese.

Preparation Method:

Sift the flour, then mix the eggs into the flour to form a smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Roll out the dough with a rolling pin into a thin sheet, then cut it into 4x4 cm squares. Using a wooden stick, shape the squares diagonally and press the center.

Cook the Fuži in salted boiling water until they soften. Once cooked, drain the Fuži, then mix in the butter and cheese, and finally grate the truffle on top.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Medium

Celiac DiseaseIngredients:

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 Method:

Mix all the flours, then add the eggs and knead until you get a smooth, firm dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Once rested, roll out the dough with a rolling pin into a thin sheet (approximately 2 mm thick), and cut into 3x3 cm squares. Using a wooden stick, shape the squares diagonally and press the center.

Cook the Fuži in salted boiling water for a few minutes (depending on the thickness of the dough).

Once cooked, drain the Fuži, mix in the butter and cheese, and finally, grate the truffle on top.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Medium



Italy – Croatia

**Lactose
Intolerance**Ingredients:

300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 60 g margarine, 60 g lactose-free cooking cream, 50 g aged vegan cheese (Gondino, grated).

Preparation Method:

Sift the flour, then mix in the eggs and knead to form a smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Roll out the dough with a rolling pin into a thin sheet, then cut into 4x4 cm squares. Using a wooden stick, shape the squares diagonally and press the center.

Cook the Fuži in salted boiling water until they soften.

Once cooked, drain the Fuži, then mix in the margarine, cream, and cheese, and finally grate the truffle on top.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Medium

VegetarianIngredients:

300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese.

Preparation Method:

Sift the flour, then mix in the eggs and knead until you get a smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Once rested, roll out the dough with a rolling pin into a thin sheet, then cut it into 4x4 cm squares. Using a wooden stick, shape the squares diagonally and press the center.

Cook the Fuži in salted boiling water until they soften.

Once cooked, drain the Fuži, mix in the butter and cheese, and finally, grate the truffle on top.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Medium



Italy – Croatia



Vegan

Ingredients:

400 g durum wheat flour, 180 g lukewarm water, salt to taste, 50 g white or black truffle, 60 g margarine, 80 g plant-based cooking cream, 80 g aged vegan cheese Gondino (grated).

Preparation Method:

Sift the flour, then add lukewarm water and knead into a smooth dough. Wrap the dough in plastic wrap and refrigerate for 30 minutes.

Once rested, knead the dough again, then roll it out with a rolling pin into a thin sheet (about 2 mm thick) and cut into 4x4 cm squares. Using a wooden stick, shape the squares diagonally and press the center.

Cook the Fuži in salted boiling water until they soften.

Once cooked, drain the Fuži, mix in the margarine, cream, and cheese, and finally, grate the truffle on top.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Medium



Dish Name	3.3. Risotto sa šparugama / Risotto with asparagus	
Traditional recipe	<u>Ingredients:</u> Wild Asparagus: 400 g wild asparagus <u>Preparation Method:</u> Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water and then cool in cold water. The blanched tips can be used for the risotto, while the woody parts are used to make the stock. <u>Stock:</u> Stems of asparagus, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all the vegetables from the stock. <u>Risotto:</u> 300 g Valone nano rice, 50 g white wine, 50 g spring onions, 150 g butter, 150 g blanched asparagus tips, 70 g grated hard cow's cheese, salt, white pepper. In some of the butter, sauté finely chopped onion, then add the rice. Pour in the wine and cook until completely evaporated. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then cubes of cold butter and grated cheese. Stir everything together. <u>Preparation Time:</u> 35 – 45 minutes <u>Level of Difficulty:</u> Medium	



Italy – Croatia



Diabetes

Ingredients:

Wild Asparagus:

400 g wild asparagus

Preparation Method:

Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water and then cool in cold water.

The blanched tips can be used for the risotto, while the woody parts are used to make the stock.

Stock:

Stems of asparagus, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water

Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all the vegetables from the stock.

Risotto:

300 g Valone nano rice, 50 g white wine, 50 g spring onions, 150 g butter, 150 g blanched asparagus tips, 70 g grated hard cow's cheese, salt, white pepper.

In some of the butter, sauté finely chopped onion, then add the rice. Pour in the wine and cook until completely evaporated. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then cubes of cold butter and grated cheese. Stir everything together.

Preparation Time: 35 – 45 minutes

Level of Difficulty: Medium



Italy – Croatia

**Celiac Disease**Ingredients:

Wild Asparagus:

400 g wild asparagus

Preparation Method:

Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water and then cool in cold water.

The blanched tips can be used for the risotto, while the woody parts are used to make the stock.

Stock:

Stems of asparagus, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water

Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all the vegetables from the stock.

Risotto:

300 g Valone nano rice, 50 g white wine, 50 g spring onions, 150 g butter, 150 g blanched asparagus tips, 70 g grated hard cow's cheese, salt, white pepper.

In some of the butter, sauté finely chopped onion, then add the rice. Pour in the wine and cook until completely evaporated. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then cubes of cold butter and grated cheese. Stir everything together.

Preparation Time: 35 – 45 minutes

Level of Difficulty: Medium



Italy – Croatia

**Lactose
Intolerance**Ingredients:

Wild Asparagus:

400 g wild asparagus

Preparation Method:

Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water, then cool in cold water.

The blanched tips can be used for the risotto, while the woody parts are used to make the stock.

Stock:

Asparagus stems, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water

Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all the vegetables from the stock.

Risotto:

300 g Valone nano rice, 50 g white wine, 50 g spring onions, 70 g olive oil, 150 g blanched asparagus tips, 50 g rice cooking cream, salt, white pepper.

In olive oil, sauté finely chopped spring onions, then add the rice. Pour in the wine and cook until it is fully absorbed. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then the remaining oil and rice cooking cream. Stir everything together.

Preparation Time: 35 – 45 minutes

Level of Difficulty: Medium



Italy – Croatia

**Vegetarian**Ingredients:

Wild Asparagus:

400 g wild asparagus

Preparation Method:

Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water and then cool in cold water.

The blanched tips can be used for the risotto, while the woody parts are used to make the stock.

Stock:

Stems of asparagus, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water

Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all the vegetables from the stock.

Risotto:

300 g Valone nano rice, 50 g white wine, 50 g spring onions, 150 g butter, 150 g blanched asparagus tips, 70 g grated hard cow's cheese, salt, white pepper.

In some of the butter, sauté finely chopped onion, then add the rice. Pour in the wine and cook until completely evaporated. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then cubes of cold butter and grated cheese. Stir everything together.

Preparation Time: 35 – 45 minutes

Level of Difficulty: Medium



Italy – Croatia



Vegan

Ingredients:

Wild Asparagus:

400 g wild asparagus

Preparation Method:

Tear the asparagus, starting from the tip, into 4-5 cm lengths until it can be easily torn (until you reach the woody, tough part). Blanch in hot water and then cool in cold water.

The blanched tips are used for the risotto, while the woody parts are used to make the stock.

Stock:

Asparagus stems, 100 g onion (peeled), 100 g carrot (peeled), 50 g celery, 50 g parsley root, 5 l water

Place all ingredients in a pot, bring to a boil, and continue to cook for 20 minutes. Remove all vegetables from the stock.

Risotto:

300 g Valone nano rice, 50 g white wine, 50 g spring onions, 70 g olive oil, 150 g blanched asparagus tips, 50 g rice cooking cream, salt, white pepper.

In olive oil, sauté finely chopped spring onions, then add the rice. Pour in the wine and cook until it has completely evaporated. Gradually add the hot stock, stirring constantly, until the rice softens but remains al dente. Towards the end of cooking, add the asparagus tips, then the remaining oil and rice cooking cream. Stir everything together.

Preparation Time: 35 – 45 minutes

Level of Difficulty: Medium



Italy – Croatia



Dish Name	3.4. Njoki / Gnocchi	
Traditional recipe	<u>Ingredients:</u> 300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese. <u>Preparation Method:</u> Wash the potatoes under running water. Place them in salted water and cook until tender. Remove from the water and peel off the skin. Mash the peeled potatoes using a potato ricer or masher. Allow the mashed potatoes to cool slightly, then knead in the flour, eggs, and salt. Divide the resulting dough into three parts, and roll each part into finger-thick logs. Cut the logs into small pieces, approximately 2–3 cm in length. Cook the pieces in boiling salted water until they float to the surface. Drain and mix with oil. Serve as a side dish with šugo, žgvacet, or another meat-based dish, or as a warm starter. <u>Preparation Time:</u> 45 – 60 minutes <u>Level of Difficulty:</u> Medium	
Diabetes	*Not a suitable alternative for individuals with diabetes due to the high glycaemic index and glycaemic load of plain wheat flour and potatoes. Gnocchi can be prepared using cottage cheese and whole wheat flour, or with pumpkin, but such variations significantly depart from the traditional flavour and character of the dish.	
Celiac Disease	<u>Ingredients:</u> 1000 g potatoes, 200 g rice flour*, 100 g chickpea flour*, 150 g corn starch*, 150 g whole eggs (3 pieces), salt to taste, 50 g olive oil or sunflower oil. <u>Preparation Method:</u> Wash the potatoes under running water. Place the potatoes in salted water and cook until tender. Remove from the water and peel the potatoes. Pass the peeled potatoes through a ricer or mash thoroughly. Allow to cool slightly, then knead in the flours, eggs, and salt. Divide the resulting potato dough into three portions, rolling each into finger-thick logs. Cut the logs into pieces approximately 2–3 cm long. Cook in boiling salted water until they float to the surface. Drain and toss with oil. Serve as a side dish with šugo, žgvacet, or another meat dish that does not contain wheat flour. For dusting the work surface, use corn or rice flour.	



Italy – Croatia



	<u>Preparation Time:</u> 45 – 60 minutes <u>Level of Difficulty:</u> Medium
Lactose Intolerance	<u>Ingredients:</u> 300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese. <u>Preparation Method:</u> Wash the potatoes under running water. Place them in salted water and cook until tender. Remove from the water and peel off the skin. Mash the peeled potatoes using a potato ricer or masher. Allow the mashed potatoes to cool slightly, then knead in the flour, eggs, and salt. Divide the resulting dough into three parts, and roll each part into finger-thick logs. Cut the logs into small pieces, approximately 2–3 cm in length. Cook the pieces in boiling salted water until they float to the surface. Drain and mix with oil. Serve as a side dish with šugo, žgvacet, or another meat-based dish, or as a warm starter. <u>Preparation Time:</u> 45 – 60 minutes <u>Level of Difficulty:</u> Medium
Vegetarian	<u>Ingredients:</u> 300 g all-purpose flour, 150 g whole eggs (3 pieces), salt to taste, 50 g white or black truffle, 100 g butter, 50 g grated hard cow's cheese. <u>Preparation Method:</u> Wash the potatoes under running water. Place them in salted water and cook until tender. Remove from the water and peel off the skin. Mash the peeled potatoes using a potato ricer or masher. Allow the mashed potatoes to cool slightly, then knead in the flour, eggs, and salt. Divide the resulting dough into three parts, and roll each part into finger-thick logs. Cut the logs into small pieces, approximately 2–3 cm in length. Cook the pieces in boiling salted water until they float to the surface. Drain and mix with oil. Serve as a side dish with šugo, žgvacet, or another meat-based dish, or as a warm starter. <u>Preparation Time:</u> 45 – 60 minutes <u>Level of Difficulty:</u> Medium



Vegan	<u>Ingredients:</u> 1000 g potatoes, 300 g all-purpose flour, 60 g chickpea flour, salt to taste, 50 g olive oil or sunflower oil. <u>Preparation Method:</u> Wash the potatoes under running water. Place the potatoes on a baking tray and roast in the oven at 170°C for 30 minutes using the steam baking setting. Then continue roasting at 170°C for 20 minutes using the dry baking setting. Pass the potatoes through a ricer without peeling the skin. Allow to cool slightly, then knead in the flours and salt. Divide the resulting potato dough into three portions, rolling each into finger-thick logs. Cut the logs into pieces approximately 2–3 cm long. Cook in boiling salted water until they float to the surface. Drain and toss with oil. Serve as a side dish with asparagus, truffle, salsa, olive sauce, or another vegetable-based sauce. <u>Preparation Time:</u> 45 – 60 minutes <u>Level of Difficulty:</u> Medium 3.5. Istarska maneštra / Istrian bean soup
Dish Name	<u>Ingredients:</u> 400 g beans, 600 g potatoes, 1 piece of prosciutto bone, 2 bay leaves, salt and pepper to taste, 3 cloves of garlic, 100 g bacon. <u>Preparation Method:</u> Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain the water. Cut the prosciutto bone into several pieces, remove excess pepper, place in cold water, bring to a boil, then rinse under running water. In a single pot, combine the beans, prosciutto bone, bay leaves, and peeled potatoes cut in half. Cover all ingredients with water and cook until the potatoes and beans are tender. Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Remove the meat from the bone, cut it into smaller pieces, and return it to the pot; discard the bones. Continue cooking over high heat for a short time, then add the garlic and bacon pesto at the very end. Season with salt and pepper to taste. <u>Preparation Time:</u> 1.5 – 2 hours <u>Level of Difficulty:</u> Low /Medium
Traditional recipe	

Diabetes

Ingredients:

400 g beans, 600 g potatoes, 1 piece of prosciutto bone, 2 bay leaves, salt and pepper to taste, 3 cloves of garlic, 100 g bacon.

Preparation Method:

Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain the water. Cut the prosciutto bone into several pieces, remove excess pepper, place in cold water, bring to a boil, then rinse under running water.

In a single pot, combine the beans, prosciutto bone, bay leaves, and peeled potatoes cut in half. Cover all ingredients with water and cook until the potatoes and beans are tender.

Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Remove the meat from the bone, cut it into smaller pieces, and return it to the pot; discard the bones. Continue cooking over high heat for a short time, then add the garlic and bacon pesto at the very end. Season with salt and pepper to taste.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Low /Medium

Celiac Disease

Ingredients:

400 g beans, 600 g potatoes, 1 piece of prosciutto bone, 2 bay leaves, salt and pepper to taste, 3 cloves of garlic, 100 g bacon.

Preparation Method:

Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain the water. Cut the prosciutto bone into several pieces, remove excess pepper, place in cold water, bring to a boil, then rinse under running water.

In a single pot, combine the beans, prosciutto bone, bay leaves, and peeled potatoes cut in half. Cover all ingredients with water and cook until the potatoes and beans are tender.

Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Remove the meat from the bone, cut it into smaller pieces, and return it to the pot; discard the bones. Continue cooking over high heat for a short time, then add the garlic and bacon pesto at the very end. Season with salt and pepper to taste.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Low/Medium



Italy – Croatia



Lactose Intolerance

Ingredients:

400 g beans, 600 g potatoes, 1 piece of prosciutto bone, 2 bay leaves, salt and pepper to taste, 3 cloves of garlic, 100 g bacon.

Preparation Method:

Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain the water. Cut the prosciutto bone into several pieces, remove excess pepper, place in cold water, bring to a boil, then rinse under running water.

In a single pot, combine the beans, prosciutto bone, bay leaves, and peeled potatoes cut in half. Cover all ingredients with water and cook until the potatoes and beans are tender.

Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Remove the meat from the bone, cut it into smaller pieces, and return it to the pot; discard the bones. Continue cooking over high heat for a short time, then add the garlic and bacon pesto at the very end. Season with salt and pepper to taste.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Low/Medium

Vegetarian

Ingredients:

400 g beans, 600 g potatoes, 100 g onion, 2 bay leaves, salt and pepper to taste, 3 cloves garlic, 50 g olive oil, 200 g all-purpose flour, 100 g whole eggs (2 pieces).

Noodles:

200 g all-purpose flour, 100 g whole eggs (2 pieces).

Preparation Method:

Sift the flour, add the eggs, and knead until a smooth dough forms. Wrap the dough in plastic wrap and refrigerate for 30 minutes. Knead again, roll out with a rolling pin into a thin sheet (2 mm thick), cut into noodles 1 cm wide, and leave to dry.

Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain. In a single pot, combine the beans, garlic, peeled and quartered onion, bay leaves, and peeled potatoes cut in half. Add enough water to cover all ingredients and cook until the potatoes and beans are tender.

Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Add the dried noodles, cook over high heat until tender, and finish with olive oil.

Season with salt and pepper to taste.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Low /Medium



Italy – Croatia



Vegan

Ingredients:

400 g beans, 600 g potatoes, 100 g onion, 2 bay leaves, salt and pepper to taste, 3 cloves garlic, 50 g olive oil.

Noodles:

200 g durum wheat flour, 90 g lukewarm water.

Preparation Method:

Sift the flour, add lukewarm water, and knead until a smooth dough forms. Wrap the dough in plastic wrap and refrigerate for 30 minutes. Knead again, roll out with a rolling pin into a thin sheet (2 mm thick), cut into noodles 1 cm wide, and leave to dry.

Soak the beans in water for 12 hours. Place them in cold water, bring to a boil, then drain.

In a single pot, combine the beans, garlic, peeled and quartered onion, bay leaves, and peeled potatoes cut in half. Add enough water to cover all ingredients and cook until the potatoes and beans are tender.

Once the potatoes are cooked, remove them, roughly mash with a fork, and return to the pot. Add the broken dry noodles and cook over high heat until the noodles are tender.

Finish with olive oil. Season with salt and pepper to taste.

Preparation Time: 1.5 – 2 hours

Level of Difficulty: Low/Medium



Beverage Name	3.6. Herbal brandy Biska***
Traditional recipe	<u>Spirits base:</u> In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed. <u>Herbal part:</u> Mistletoe leaves (<i>Viscum album</i> L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska". <u>Production of Biska:</u> Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, white sugar (sucrose) is added to the distillate in an amount of 30–100 g/L. The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



DiabetesSpirits base:

In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed.

Herbal part:

Mistletoe leaves (*Viscum album* L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska".

Production of Biska:

Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, for people with diabetes, white sugar (sucrose) must be replaced with birch sugar (xylitol) in the same dose (30–100 g/L). The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



Celiac DiseaseSpirits base:

In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed.

Herbal part:

Mistletoe leaves (*Viscum album* L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska".

Production of Biska:

Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, white sugar (sucrose) is added to the distillate in an amount of 30–100 g/L. The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



Italy – Croatia

**Lactose
Intolerance**Spirits base:

In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed.

Herbal part:

Mistletoe leaves (*Viscum album* L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska".

Production of Biska:

Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, white sugar (sucrose) is added to the distillate in an amount of 30–100 g/L. The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



VegetarianSpirits base:

In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed.

Herbal part:

Mistletoe leaves (*Viscum album* L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska".

Production of Biska:

Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, white sugar (sucrose) is added to the distillate in an amount of 30–100 g/L. The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



Italy – Croatia



Vegan

Spirits base:

In the production of herbal brandy "Biska", different distillates of viticultural origin can be used, such as: wine spirits (distillation of wine), grape marc spirits (distillation of grape marc) or grape spirits (distillation of fresh fermented grapes). The selected distillate must be free of pronounced negative sensory and physicochemical properties and usually has a strength of around 40% alcohol by volume but not less than 37.5% by volume. In order to reduce the alcohol strength, the use of distilled and/or demineralized water is allowed.

Herbal part:

Mistletoe leaves (*Viscum album* L.) are used to produce "Biska". Mistletoe leaves are harvested by hand in the spring before flowering and are used either dried (dried in a dark and airy place) or fresh to prepare "Biska".

Production of Biska:

Approximately 10 g of dried or 40 g of fresh leaves are added to 1 liter of selected distillate. The maceration process, during which the leaves are soaked in the distillate, lasts from a minimum of 40 days to up to 90 days and takes place without exposure to sunlight. The duration of maceration, along with the quantity and type (dried or fresh) of leaves used, determines the style of the product—particularly its color. The color of Biska ranges from olive green to cognac. After maceration, white sugar (sucrose) is added to the distillate in an amount of 30–100 g/L. The finished herbal brandy, Biska, is aged for a minimum of six months before filtration and bottling.



Beverage Name	3.7. Red wine Teran*** 
Traditional recipe	<u>Pre-Fermentation Treatment:</u> The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added. <u>Alcoholic Fermentation with Maceration:</u> Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (<i>Saccharomyces cerevisiae</i>) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (<i>Oenococcus oeni</i> or <i>Lactobacillus plantarum</i>). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature. <u>Aging and Stabilization:</u> Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style. Stabilization involves the formation of tartrates, typically using metatartaric acid. In some cases, red wines are treated with fining agents such as gelatin (30–240 mg/L), casein (50–250 mg/L), or egg white/albumin (30–150 mg/L). After stabilization, the wines are filtered and bottled.



DiabetesPre-Fermentation Treatment:

The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added.

Alcoholic Fermentation with Maceration:

Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (*Saccharomyces cerevisiae*) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (*Oenococcus oeni* or *Lactobacillus plantarum*). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature. In the production of wine intended or recommended for people with diabetes, complete breakdown of sugar into alcohol should be ensured (residual sugar < 4.0 g/L).

Aging and Stabilization:

Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style.

Stabilization involves the formation of tartrates, typically using metatartaric acid. In some cases, red wines are treated with fining agents such as gelatin (30–240 mg/L), casein (50–250 mg/L), or egg white/albumin (30–150 mg/L). After stabilization, the wines are filtered and bottled.



Celiac DiseasePre-Fermentation Treatment:

The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added.

Alcoholic Fermentation with Maceration:

Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (*Saccharomyces cerevisiae*) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (*Oenococcus oeni* or *Lactobacillus plantarum*). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature.

Aging and Stabilization:

Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style.

Stabilization involves the formation of tartrates, typically using metatartaric acid. In some cases, red wines are treated with fining agents such as gelatin (30–240 mg/L), casein (50–250 mg/L), or egg white/albumin (30–150 mg/L). After stabilization, the wines are filtered and bottled.



**Lactose
Intolerance**Pre-Fermentation Treatment:

The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added.

Alcoholic Fermentation with Maceration:

Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (*Saccharomyces cerevisiae*) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (*Oenococcus oeni* or *Lactobacillus plantarum*). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature.

Aging and Stabilization:

Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style.

Stabilization involves the formation of tartrates, typically using metatartaric acid. In some cases, red wines are treated with fining agents such as gelatin (30–240 mg/L), casein (50–250 mg/L), or egg white/albumin (30–150 mg/L). After stabilization, the wines are filtered and bottled.



Italy – Croatia

**Vegetarian**Pre-Fermentation Treatment:

The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added.

Alcoholic Fermentation with Maceration:

Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (*Saccharomyces cerevisiae*) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (*Oenococcus oeni* or *Lactobacillus plantarum*). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature.

Aging and Stabilization:

Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style.

Stabilization involves the formation of tartrates, typically using metatartaric acid. In some cases, red wines are treated with fining agents such as casein (50–250 mg/L) or egg white/albumin (30–150 mg/L), while commercially available preparations based on potato, pea or yeast proteins should be used instead of gelatin (30–240 mg/L). After stabilization, the wines are filtered and bottled.



VeganPre-Fermentation Treatment:

The harvested grapes (by hand or machine) are crushed and destemmed. The resulting mash is sulfited (dosage: 2–5 g/hL $K_2S_2O_5$) and pectolytic enzymes are added.

Alcoholic Fermentation with Maceration:

Alcoholic fermentation is initiated by adding rehydrated, selected dry yeast (*Saccharomyces cerevisiae*) and proceeds simultaneously with maceration. During fermentation, the yeast is nourished with a complex nutrient in two doses, depending on the initial sugar content of the must and the potential alcohol level. In parallel with alcoholic fermentation, malolactic fermentation is induced by adding selected bacterial cultures (*Oenococcus oeni* or *Lactobacillus plantarum*). Alcoholic fermentation typically occurs at $24 \pm 1^\circ\text{C}$ and lasts 1–2 weeks. After fermentation (residual sugar < 4.0 g/L), the wine may be left in contact with the skins and seeds for a period, depending on the desired characteristics. Following maceration, the wine along with the skins and seeds is sulfited and pressed. After 2–3 rackings from the lees, the wine is left to mature.

Aging and Stabilization:

Aging of young red Teran wines is most commonly carried out in stainless steel tanks or wooden barrels (varying in volume, wood origin, and toasting degree, or untoasted). The duration of aging depends on the wine's characteristics and the intended style.

Stabilization involves the formation of tartrates, typically using metatartaric acid. If necessary, commercially available preparations based on potato, pea or yeast proteins should be used, instead of gelatin-based preparations, casein from milk and egg white/albumin. After stabilization, the wines are filtered and bottled.



Beverage Name	3.8. White wine Malvazija istarska*** 
Traditional recipe	<u>Pre-Fermentation Treatment:</u> The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is performed either by gravity settling (at approximately 12°C for 24–48 hours) or by flotation, which involves a preparation based on animal gelatin. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated. <u>Alcoholic Fermentation:</u> Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically <i>Saccharomyces cerevisiae</i>). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually >1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. If it is desired to produce wine in the semi-dry (4.0 - 12.0 g/L residual sugar), semi-sweet (12.0 - 50.0 g/L) or sweet (> 50.0 g/L) category, alcoholic fermentation is stopped at the desired sugar level. <u>Aging and Stabilization:</u> Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). In some cases, white wines are clarified



Italy – Croatia



using gelatin-based preparations (15–120 mg/L), casein from milk (50–250 mg/L), and/or isinglass – fish bladder (10–100 mg/L). After stabilization, the wines are filtered and bottled.



DiabetesPre-Fermentation Treatment:

The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is performed either by gravity settling (at approximately 12°C for 24–48 hours) or by flotation, which involves a preparation based on animal gelatin. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated.

Alcoholic Fermentation:

Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically *Saccharomyces cerevisiae*). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually >1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. In the production of wine intended or recommended for people with diabetes, complete breakdown of sugar into alcohol should be ensured (residual sugar < 4.0 g/L).

Aging and Stabilization:

Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). In some cases, white wines are clarified using gelatin-based preparations (15–120 mg/L), casein (50–250 mg/L), and/or isinglass (10–100 mg/L). After stabilization, the wines are filtered and bottled.



Celiac DiseasePre-Fermentation Treatment:

The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is performed either by gravity settling (at approximately 12°C for 24–48 hours) or by flotation, which involves a preparation based on animal gelatin. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated.

Alcoholic Fermentation:

Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically *Saccharomyces cerevisiae*). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually >1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. If it is desired to produce wine in the semi-dry (4.0 - 12.0 g/L residual sugar), semi-sweet (12.0 - 50.0 g/L) or sweet (> 50.0 g/L) category, alcoholic fermentation is stopped at the desired sugar level.

Aging and Stabilization:

Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). In some cases, white wines are clarified using gelatin-based preparations (15–120 mg/L), casein from milk (50–250 mg/L), and/or isinglass – fish bladder (10–100 mg/L). After stabilization, the wines are filtered and bottled.



**Lactose
Intolerance**Pre-Fermentation Treatment:

The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is performed either by gravity settling (at approximately 12°C for 24–48 hours) or by flotation, which involves a preparation based on animal gelatin. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated.

Alcoholic Fermentation:

Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically *Saccharomyces cerevisiae*). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually > 1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. If it is desired to produce wine in the semi-dry (4.0 - 12.0 g/L residual sugar), semi-sweet (12.0 - 50.0 g/L) or sweet (> 50.0 g/L) category, alcoholic fermentation is stopped at the desired sugar level.

Aging and Stabilization:

Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). In some cases, white wines are clarified using gelatin-based preparations (15–120 mg/L), casein from milk (50–250 mg/L), and/or isinglass – fish bladder (10–100 mg/L). After stabilization, the wines are filtered and bottled.



VegetarianPre-Fermentation Treatment:

The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is carried out by gravity settling (at approximately 12°C for 24–48 hours) or flotation. Flotation involves a preparation based on animal gelatin and should be replaced with preparations based on pea protein. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated.

Alcoholic Fermentation:

Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically *Saccharomyces cerevisiae*). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually > 1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. If it is desired to produce wine in the semi-dry (4.0 - 12.0 g/L residual sugar), semi-sweet (12.0 - 50.0 g/L) or sweet (> 50.0 g/L) category, alcoholic fermentation is stopped at the desired sugar level.

Aging and Stabilization:

Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). In some cases, white wines are clarified using casein from milk (50–250 mg/L), and/or isinglass – fish bladder (10–100 mg/L). If gelatin-based preparations are used, they must be replaced with pea protein-based preparations. After stabilization, the wines are filtered and bottled.



VeganPre-Fermentation Treatment:

The harvested grapes—whether manually or mechanically collected—are crushed and destemmed. The resulting grape mash is either pressed immediately or allowed to macerate, depending on the quality of the grapes and the desired style of the final wine, before being pressed. The cloudy must is then sulphited (dosage: 2–10 g/hL $K_2S_2O_5$) with the addition of pectolytic enzymes and, if necessary, tannins and PVPP (polyvinyl polypyrrolidone) to remove undesirable phenolic compounds that may cause color changes. Clarification of the must is performed either by gravity settling (at approximately 12°C for 24–48 hours) or by flotation, where the animal gelatin-based preparation should be replaced by a pea protein-based preparation. The clear must is then separated, and—following any necessary corrections to acidity and pH—alcoholic fermentation is initiated.

Alcoholic Fermentation:

Alcoholic fermentation begins with the addition of rehydrated, selected dry yeast (typically *Saccharomyces cerevisiae*). During fermentation, the yeast is supplemented with complex nutrients in two or three doses, depending on the initial sugar concentration or potential alcohol content. If the malic acid content is high (usually >1.0 g/L), malolactic fermentation may be conducted in parallel with alcoholic fermentation. Alcoholic fermentation typically occurs at $15 \pm 3^\circ\text{C}$ and lasts between 2 and 4 weeks. Once fermentation is complete – dry wine (residual sugar < 4.0 g/L), the wine is sulphited, and the yeast lees are racked off. If it is desired to produce wine in the semi-dry (4.0 - 12.0 g/L residual sugar), semi-sweet (12.0 - 50.0 g/L) or sweet (> 50.0 g/L) category, alcoholic fermentation is stopped at the desired sugar level.

Aging and Stabilization:

Young wines are usually aged in stainless steel tanks or wooden barrels of various volumes, wood origins, and degrees of toasting. The aging period depends on the characteristics of the wine and the desired style. Stabilization of the white wine Malvazija Istarska includes treatment for thermolabile proteins (using bentonite) and tartrate stabilization (by adding metatartaric acid or CMC—carboxymethylcellulose). If necessary, commercially available preparations based on potato, pea or yeast proteins should be used, instead of gelatin-based preparations, casein from milk and isinglass – fish bladder. After stabilization, the wines are filtered and bottled.



6. Summary of the results

The adaptation of traditional dishes from the Dubrovnik-Neretva County showcases a successful integration of dietary considerations into iconic local recipes. Dishes such as Braised beef – Paštica, Pasta with meat – Šporki makaruli and Scampi in white wine and garlic sauce-Buzara have been thoughtfully modified to be accessible to individuals with diabetes, coeliac disease, lactose intolerance, as well as to vegetarians and vegans where possible. Traditional desserts like Fritters-Prikle, Ston cake-Stonska torta, Cake with grape must-Mantala, and Fig cake-Smokvenjak have also been transformed to meet specific nutritional requirements, ensuring that authenticity and flavour are retained. Also, local beverages such as mojito, carob liqueur, and citrus syrup have been adjusted to align with health-conscious needs, offering inclusive enjoyment of the region's culinary heritage.

The Istrian region presents a diverse culinary offering, from sweet fritters to earthy dishes like fuži pasta with truffles and Istrian bean soup. Each dish has been adapted to suit various dietary profiles, without compromising the typical of Istrian enogastronomy. Dishes such as gnocchi and risotto with asparagus have been recreated using gluten-free or plant-based alternatives. Even traditional alcoholic beverages, such as herbal brandy Biska, red wine-Teran and Malvazija wine, have been considered within the broader goal of inclusivity, particularly in relation to sugar content and allergens. The result is a rich menu that remains deeply Istrian while being accessible to all.

In Friuli-Venezia Giulia, traditional mountain and peasant fare such as stuffed pasta dumplings-Cjarsons, cheese and potato crisp-Frico and fried or baked sweet dumplings-Strucchi have undergone careful adjustments to accommodate modern dietary needs. Gluten-free and lactose-free versions have been developed, alongside vegetarian and vegan alternatives where feasible. The inclusion of regional beverages like Grappa and Friulano wine underlines a comprehensive approach to adaptation, extending beyond solid dishes. These modifications reflect a strong respect for tradition, coupled with a commitment to culinary inclusivity.

The Veneto region offers the most extensive selection of adapted recipes, from savoury main courses such as marinated sardines-Sarde in saor, spaghetti with onions and anchovy sauce-Bigoi in salsa and calf liver with onion-Fegato alla veneziana to classic desserts like sweet wine custard-Zabajon and fried custard bites-Creme fritte. Particular attention has been paid to



Italy – Croatia



maintaining the rich Venetian flavours while ensuring compatibility with diverse dietary restrictions. Alternatives for gluten, lactose, and animal-derived ingredients have been implemented thoughtfully. The wide range of beverages, including Spritz, Grappa al santonico, fruit or flower based liqueur-Ratafià, and barley water or almond-flavored syrup drink-Orzata, has also been revised where necessary to meet various health-related needs. Overall, the adaptations preserve the distinctive identity of Venetian cuisine while expanding its accessibility.

Across all four regions—Veneto, Friuli-Venezia Giulia, Istria, and Dubrovnik-Neretva County—the results demonstrate a successful reconciliation of traditional culinary heritage with contemporary nutritional needs. Each dish was carefully reviewed and reimagined to accommodate individuals affected by diabetes, coeliac disease, lactose intolerance, as well as those following vegetarian or vegan lifestyles. The adaptations have ensured that authenticity in taste, texture, and cultural value remains intact, while simultaneously promoting inclusivity and health awareness. This initiative not only provides safer and more inclusive dining experiences but also reinforces the enduring value of regional cuisines in a modern context.



7. Conclusion

Common Document of Cross-Border Innovative Recipes provides a structured overview of traditional culinary practices across four interconnected regions. By assembling a shared set of dishes, ingredients, and preparation techniques, the document demonstrates a clear overlap in food culture and gastronomic values between partner territories, despite regional distinctions in language, geography, and historical development.

The analysis confirms that many traditional recipes rely on similar base ingredients and culinary methods, facilitating their comparison and future standardisation. Furthermore, several dishes present a high potential for nutritional and technological adaptation without compromising cultural authenticity. This is particularly relevant in the context of sustainable tourism, where the ability to offer inclusive and health-conscious versions of local dishes is becoming a competitive advantage.

As a result, this document serves not only as a cultural archive but also as a strategic asset. It enables partner regions to transition from heritage conservation toward product innovation. The insights gathered here will directly inform the TESTEAT Blueprint, which will provide concrete guidelines for adapting these recipes to modern dietary expectations and tourism demand.

The systematic approach taken in this phase ensures that future development steps can be grounded in evidence-based culinary knowledge, with clear pathways for regional promotion, cross-border cooperation, and gastronomic tourism development.

