

Natural flavours and aromas

A kaleidoscope of flavours and 80 million bottles of top wine

From *boreto a la graisana* to *frico friulano*, by way of *cjarsòns carnici*. If three great culinary trends – **Central European, Venetian and Slav** – meet in a cuisine that is “made in Friuli Venezia Giulia”, the typical regional flavours come to the fore in a wealth of recipes guaranteed to whet any appetite. Thousands of tasty morsels from an incredible variety of terrains, environments and climactic conditions, because here the ingredients are so pure, natural and local that every dish is unique. Friuli Venezia Giulia is the ideal destination for gourmets and wine tourists, it is a land rich in tasting tours from the mountains to the seaside. Land, cuisine and history have combined to add a unique touch to the regional food and wines. The **cuisine of Trieste and Gorizia** falls midway between the Hapsburg and Slav traditions; that of the **Carnia** area is based on herbs, fruit and mushrooms, while in **Friuli** you can enjoy genuine and tasteful products. Nor must one forget fish and seafood, which is so abundant in this area. The coast roads are dotted with bars and small restaurants offering local dishes based on freshly caught fish and shellfish. And what can we say about Friuli Venezia Giulia’s wine production? Land of **top white wines** with **eight DOC** (Registered Designation of Origin) **zones**, **two DOCG** (Controlled origin denomination) **zones** and two **interregional DOC zone**, 1,500 vineyards producing **80 million bottles** a year, with names renowned worldwide, including the two true gems, **Ramandolo** and **Picolit**. Not to forget is also the **Friulano**, the wine symbol of the regional territory.

Friuli Venezia Giulia certified products

Agri-food products - DOP: Montasio cheese, San Daniele raw ham, Tergeste extra-virgin olive oil, Salamini Italiani alla Cacciatora, Julia Apple and brovada; Sauris ham (**IGP**), smoked trout from San Daniele, grappas, honey, the Asino cheese. **8 regional Slow Food Presidia:** the *formadi frant*, the *garlic from Resia* or *Strok*, the *radic di mont*, the *pestât*, the *patina*, the *pan di sorc*, the *red onion of Cavasso* and the *rose of Gorizia*. **DOC Areas:** Carso, Colli Orientali del Friuli, Collio, Friuli Annia, Friuli Aquileia, Friuli Grave, Friuli Isonzo, Friuli Latisana; interregional DOC: Lison Maggiore and Prosecco. **DOCG:** COF Picolit and Ramandolo.

Typical dishes and products

- ✓ **Trieste:** *jota* (soup made of beans, potatoes and white cabbage), *gulasch*, apple strudel, *presnitz* or *cuguluf* (ring-shaped pastry and cake of Viennese origin), but also large sardines breaded and fried, *ribaltavapori*, Trieste-style salted cod, *scampi alla busara* (a piquant dish with wine, onion and parsley), *mussoli* clams, *dandoli* (date mussels), *sarde in savôr* (sweet and sour sardines), Trieste cooked ham, cave cheese (Jamar), Karst ham. Not to be missed are the typical *bolliti* (boiled meat) or a break in the *osmizzas* (wine-tavern) on the Karst plateau.
- ✓ **Gorizia:** potato gnocchi with plums drizzled with melted butter, cinnamon and a little sugar, *patate in tecia* (potatoes sautéed with onion), *kaiserfleish* (smoked pork loin scattered with grated fresh horseradish and served with sauerkraut), the *rosa di Gorizia* radicchio, the raw ham from Cormòns.
- ✓ **Udine:** *frico* (crunchy delicacy based on flaked mountain cheese and potatoes), *musèt e brovada* (spiced pork sausage with turnips marinated in must), *gubana* cake, white asparagus from Tavagnacco, white truffle from Muzzana del Turgnano, raw ham from Sauris (slightly smoked).
- ✓ **Pordenone:** *peta*, *pitina*, *petuccia* (cured meats produced with game, ewe’s meat or mutton mixed with beef and kneaded with red wine, a pinch of salt, pepper, tubular water dropwort - known as *caren* in local dialect - or other herbs) and the Asino cheese (typical of Clauzetto, Vito d’Asio and Spilimbergo), the *FigoMoro* fig from Caneva, the potatoes from Ovoido and the Biscuit from Pordenone.

Dishes from the sea: *boreto a la graisana* (fish soup served with white polenta), squids in their own ink, *sievoli sotto sal* (grey mullets preserved in salt for two or three months).

Dishes from the mountains: *cjarsòns* (ravioli with a contrasting sweet and savoury filling), *savôrs* (a special dish of chopped vegetables). Worth trying too is *sot la trape* (a particular kind of cheese marinated in marc).



San Daniele hams



Seafood dish



Vineyards



Montasio cheese

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