

Recipes from the Salt pans



**Scuola elementare Dante Alighieri Isola
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Salted sardines



Ingredients

- sardines
- sea salt

Procedure

1. Place a layer of uncleaned sardines into a small wooden barrel and cover them with salt.
2. Fill up the barrel with layers of sardines and salt. Close it and put a heavy Istrian stone on top of it.
3. After about four months, open the barrel and thoroughly clean the sardines.
4. They are served boneless on a plate. Drizzle them with some olive oil.

Tips

Salted sardines can be served with polenta, pasta or on slices of bread from the salt-pans.

Fried sardines



Ingredients

- sardines
- oil for frying
- olive oil
- parsley
- garlic
- sea salt

Procedure

Sardines:

1. Clean the sardines and wash them.
2. Season them with salt
3. Roll them in flour and fry them in hot oil.

Sauce:

1. Finely chop the garlic and parsley.
2. Add a pinch of salt and some olive oil.
3. Pour the sauce over the sardines while they are still warm.

Tips

Sardines can be served with polenta or bread from the salt-pans.

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Chicken Stew



Ingredients

- 1 chicken
- 3 onions
- 2 cloves of garlic
- a few red tomatoes
- 1 dl olive oil
- 1 tablespoon flour
- 1 dl white wine
- herbs (marjoram, basil)

Procedure

1. Cut the chicken into smaller pieces.
2. Saute the onions and garlic in olive oil.
3. Then add the chicken meat, sliced tomatoes, herbs and spices.
4. Dust with flour, add water and braise until the meat becomes tender.

Tips

Serve the chicken stew with polenta or boiled potatoes.

White Cod Spread



Ingredients

- 1/2 kg of cod
- 1 liter of olive oil
- 2 cloves of garlic
- sea salt
- pepper

Procedure

1. Pound the cod thoroughly.
2. Roll it up and leave it to soak overnight.
3. On the next day, cook the cod until tender.
4. Remove the bones and skin, place the cod into a pot.
5. Mash it up using a large wooden spoon.
6. Add the garlic, salt and the pepper.
7. Add the olive oil gradually and stir it until it has a creamy consistency.

Fish Stew

“Brodet”



Time: 1 hour and 45 mins.

Ingredients

- a bunch of parsley
- 2 onions
- one garlic
- pepper
- salt
- some brown scorpionfish
- 3 cuttlefish
- the middle part of a shark
- 3 crabs
- 3 spoons of salsa
- 3 spoons of olive oil
- ½ a glass of water
- ½ a glass of white wine

Procedure

1. First, chop the onion and the garlic and put them both in a pot, so that it can fry. Pour 3 spoons of olive oil in the pot and fry the onion and garlic for a few minutes.
2. Then, clean the crabs, the cuttlefish and the shark.
3. First, add the cuttlefish in because it takes more time to cook. We cook it for 20 minutes until it becomes soft.
4. Then add the shark, scorpionfish and the crabs. We leave them to cook for 10-15 minutes.
5. Then add 3 spoons of salsa. Pay attention not to put too much of it. Finally, add some parsley, salt and pepper. Don't mix the brodet, shake the pot.
6. Now take the fish out, because it finished cooking. If you don't take it out, it will crumble.

Tips

It tastes well with polenta.

Stewed cuttlefish



Time: 25 minutes

Ingredients

- 1 kg of cuttlefish
- 2 onions
- a glass of white wine
- parsley
- 1 bunch of herbs: rosemary, thyme, oregano, basil
- salt
- pepper
- 1 clove of garlic

Procedure

1. Clean the cuttlefish first and chop it into 1 cm large pieces. Pour some olive oil in a pot. Chop the onion and add it to the pot.
2. Sautè the onion for a couple of minutes, then add garlic and the cuttlefish.
3. Fry for a few minutes more until the cuttlefish turns yellow and the liquid boils.
4. Chop the parsley and the herbs. Add them to the stewed cuttlefish and sautè a little longer.
5. Mix a little. Pour in some white wine and leave the pot open until the liquid and the acid evaporates.
6. Add salt and simmer until soft.
7. Add a little more pepper and it is ready.

Pasta“Bigoli” with cuttlefish and wild asparagus



Time: 30 minutes

Ingredients

BIGOLI:

- eggs
- flour
- water

SAUCE:

- 1 onion
- 1 clove of garlic
- olive oil

- 1dl Malvasia wine
- salt
- pepper
- homemade tomato sauce
- a bunch of wild asparagus
- 4 cuttlefish

Procedure

1. Pour some olive oil in a pot. Add one chopped onion and stir.
2. When it is sautéed, start to chop the cuttlefish in slices.
3. Add it into the pot and stir a little. Leave it cooking for 20 min.
4. Meanwhile, prepare the Bigoli.
5. Mix all the ingredients well. When the bigoli dough is ready, put it in the pasta machine. Then, roll the bigoli in the flour and cook them in salted water.
6. We salt and pepper the cuttlefish. We add the homemade tomato sauce and 1dl of Malvasia wine.
7. Finally, add the last ingredient, the wild asparagus, and go on cooking for the last 15 minutes.
8. Put the bigoli on a plate and pour some sauce on top of it.

Glasswort frittata



Ingredients

- a bunch of salicornia / glasswort
- olive oil
- vinegar
- pepper
- a clove of garlic

Procedure

1. First, boil the salicornia / glasswort for 30 minutes.
2. Then drain it, and separate the hard stem from the leaves.
3. Put the soft parts of the glasswort into a bowl.
4. Then pour a little bit of olive oil, some vinegar and add a bit of pepper.
5. Finally, finely chop a clove of garlic, and sprinkle it over the salicornia.
6. Serve it in a salad bowl with some olive oil.

Tips

Never put any salt, because the glasswort contains salt itself, since it grows on saline ground.

Bean Minestrone from the salt-pans



Time: 3 hours

Ingredients

1 can of beans
2 sausages or a piece of bacon
salt, pepper
a bunch of parsley
1 onion
3 cloves of garlic
2 spoons of lard

Procedure

1. Soak the beans the day before to make them softer.
2. Pour the water away . Then, add fresh water in a pan. Add some salt and bring to the boil. Add sausages or bacon and cook until the meat is ready and the bacon is soft.
3. Pour the lard in a pan on medium heat. Let the lard melt, then add chopped onion and sauté it for some minutes. Add it to the minestrone.
4. Stir it in the minestrone, mix it well and season it with salt and pepper and fresh parsley.

Tips

The beans should be soaked overnight
You can use smoked pork ribs or ham instead of sausages and bacon.

Vegetable Soup “Bobiči”



Ingredients

- ½ kg sweet corn
- 300 g young brown beans
- 3-4 potatoes
- bacon
- 2 cloves of garlic
- 2 carrots
- ¼ kohlrabi
- celery, parsley, bay leaf
- sea salt and pepper

Procedure

1. Finely dice the bacon, and fry it until the fatty parts melt and the meat roasts.
2. Add the onion and garlic, saute them and add the water in which the beans were cooked.
3. Use a stick blender to blend half of the beans into a thick paste, then add it to the pot.
4. Add the rest of the beans, sweet corn, parsley, diced carrots and kohlrabi.
5. Add water, salt and pepper to taste.
6. Cook for another 10 minutes.

Tips

Serve the soup with bread.

Glasswort Frittata



Ingredients

- common glasswort / salicornia
- olive oil
- eggs
- pepper

Procedure

1. Wash the glasswort and place it in a pot with water to cook.
2. Change the water, so that the glasswort loses some of its salty flavour.
3. When it is cooked, strip off the shoots and remove the wooden stalks.
4. Heat up some olive oil in a pan.
5. Fry the glasswort and eggs.
6. When it is cooked, drizzle some olive oil over it.

Tips

Serve it with some grated young cheese.

Salad with sea snails



Time: 25 minutes

Ingredients

- 2 handful of sea snails
- ½ kg of cuttlefish
- a bunch of parsley
- 2 cloves of garlic
- juice of half a lemon
- olive oil
- salt and pepper

Procedure

1. Put the sea snails and the cuttlefish in salt water and cook them for 20 minutes.
2. Pull the snails out of their shells with a needle and put them in a bowl.
3. Clean and chop the cuttlefish. Mix them with the snails.
4. Pour some olive oil and lemon juice on top. Chop the parsley and garlic and add to the snails.
5. Finally, season with salt and pepper and put the salad in the fridge so it cools down.

Strunjan artichokes



Time: 40 minutes

Ingredients

- 8 artichokes
- salted water
- olive oil
- pepper

Procedure

1. Pour a lot of water in a big bowl . Salt it and bring the water to the boil.
2. Pour the artichokes in the water and cook them for 40 minutes.
3. Drain the water.
4. Arrange them on a plate and put some olive oil on the artichokes.
5. At the end, season them with pepper and serve them.

Olive spread



Ingredients

- 200 g black olives
- 80 g drained sardines
- 100 g capers
- 2 tablespoons lemon juice
- 1 tablespoon chopped Mediterranean herbs: parsley, marjoram, basil, oregano, thyme
- flower of salt
- pepper

Procedure

1. Place all ingredients into a food processor and chop well.
2. Decorate the spread with olives, capers and thyme.

Tips

Serve with toasted or freshly baked bread from the salt pans.

Polenta



Ingredients

- 1 kg ground cornmeal
- salt

Procedure

1. In the polenta pot, boil 1 liter of salted water with 2 tablespoons of olive oil. When the water boils, gradually add the cornmeal and stir with a large wooden spoon until small lumps start to form. Always stir the polenta clockwise and keep it from sticking to the pot.
2. Cook the polenta for 50 to 60 minutes.
3. Then, shake it out of the pot onto a cutting board. Leave it to cool slightly.
4. Use a thread to cut it into slices.

Tips

1. You can prepare seasoned polenta, if - you simply add any seasonal vegetable or herb, such as asparagus, wild radicchio, anise, caraway seeds, etc while it is cooking.
2. Polenta is usually served as a side dish.
3. It can also be served as an independent dish if you fry slices of polenta in olive oil.

Bread from the salt-pans



Time: 40 minutes

Ingredients

- 1 kg of wheat flour
- 25g yeast
- 0.6 litre of water
- 1 spoon of olive oil
- sea salt

Procedure

1. Put the flour on a flat surface.
2. Put the yeast in a cup, add some warm water, a teaspoon of flour and sugar and leave until the yeast rises.
3. Add yeast, oil, salt and water to the flour.
4. Knead the dough well for 10 minutes.
5. Model the loaves and put them on a baking tray. Put the tray in the preheated oven.
6. Bake for 30 minutes at 200 degrees C.
7. Take the bread out of the oven and let it cool a bit.
8. Slice the loaves and try this delicious bread.

Tips

Add salt separately and not together with the yeast otherwise the bread will not rise.

Fried Pastries



Ingredients

- 1 egg
- 4 egg yolks
- 2 tablespoons of sugar
- 2 tablespoons of brandy
- zest of a lemon
- flour as required
- powdered sugar

Procedure

1. Beat the eggs and the sugar thoroughly.
2. Add the brandy, the oil and the lemon zest.
3. Gradually add some flour. Knead until the dough is quite firm.
4. Leave to rest for 15 minutes.
5. Roll the dough until it is as thick as a knife blade. Then, slice it into ribbons. Braid the ribbons together.
6. Fry them in a pan in the hot oil until golden.
7. Dust the pastries with powdered sugar.

Tips

Eat the cooled pastries. They taste their best when lukewarm.

Fritole



Ingredients

- 1 edible courgette
- 1 grated apple
- raisins soaked in rum
- pine nuts
- dried fruit
- 1 sachet of vanilla sugar
- 1 egg
- flour
- powdered sugar

Procedure

1. Cook the courgette one day in advance and leave it to drain overnight.
2. Add the grated apple, the soaked raisins, the pine nuts, some finely chopped dried fruit, the vanilla sugar, an egg and the flour.
3. Leave the mixture to rest for an hour.
4. Use a spoon to dip small lumps of dough into the hot oil.
5. Fry them until golden.
6. Take the fritole from the pan and place them on a paper towel to remove the excess oil.
7. Put them in a serving bowl. Dust them with powdered sugar.

Tips

Eat the cooled fritole. They taste their best when lukewarm.

Sweet “Pinca” Bread



Ingredients

- 1 kg of flour
- 40 g fresh yeast
- 200 g butter
- 200 g sugar
- 1 sachet vanilla sugar
- 6 egg yolks
- ½ l milk
- shot of rum
- shot of brandy
- zest of a lemon

Procedure

1. Warm the milk to room temperature.
2. Add two tablespoons of sugar, some flour and fresh yeast, and leave to bubble.
3. Then, add the egg yolks, melted butter and flour.
4. If necessary, add more warm milk and knead the dough until smooth.
5. Place the dough into a bowl dusted with flour. Leave to raise overnight for at least 8 to 10 hours.
6. On the next day, divide the dough into three parts, form them into balls and leave to rise again for a few hours.
7. Coat the dough with egg yolk, make three deep cuts in three different directions from the centre.
8. Dust with sugar.
9. Bake in a preheated oven at 180 degrees Celsius for about 30 minutes.

Tips

Eat the “pinca” bread, when it has cooled down.

PRODUCED

by the students of the 7th and 8th classes
of the Scuola elementare OŠ Dante Alighieri Isola Izola

within the erasmus+ project
SALT-WORK IN PROGRESS - YOUNG CICERONES
2019 - 2022



SOURCES:

- videos made by TV Koper Capodistria
<https://www.rtv slo.si/rtv365/arhiv/174834486?s=tv>
- booklet Our Grandma's Recipes, Piranske Soline
- pictures taken from the internet



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