A savory and natural cuisine.

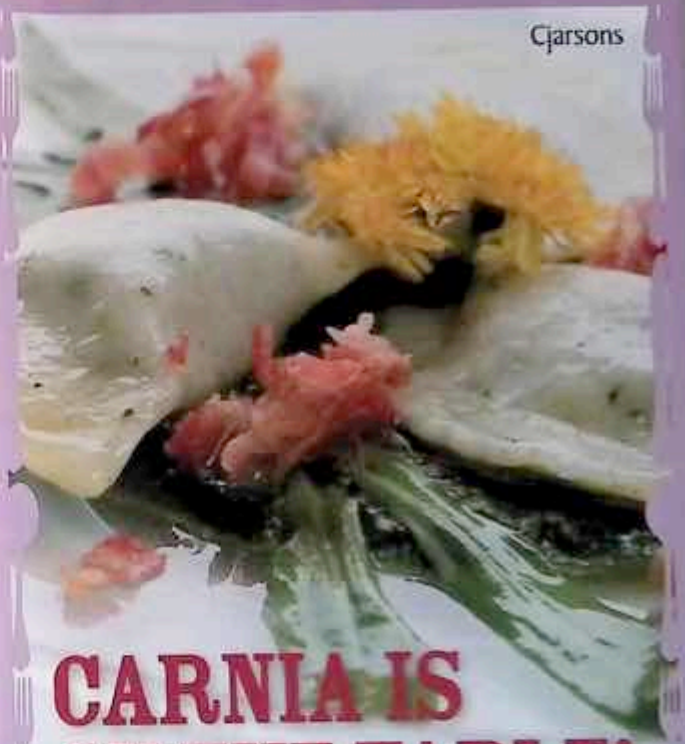
Carnic traditional cuisine reflects the particular situation of a community living in the mountains. It uses simple ingredients available locally, and is often influenced by the proximity of the border and of different culinary traditions. Recipes are rich in herbs and vegetables which preserve the strong fragrance and taste of authenticity. Every valley has its own specific versions of traditional recipes, and it is wonderful to lose one's way in this maze, comparing the ever changing flavours and sensations offered by the various dishes. Try our cuisine when visiting Carnia, and take it back to your own home with some easy original recipes that evoke woods, grazing lands and inspiring silence.

"If I could choose (...) where to live, I would have no doubts.
I would choose Carnia. (...) It is not only the crystal clear
beauty of the land that attracts me...
I am conquered, charmed, absorbed by its cuisine.
A cuisine that is strong, severe, without hesitations..."
Luigi Veronelli in *Vecchia e Nuova Cucina di Carnia*, Arti Grafiche Friulane, 1996

Carnia prides itself on its excellent chefs, winners of prestigious awards. Its greatest celebrity is Gianni Cosetti (1939-2001) of the "Roma" restaurant in Tolmezzo, a restaurant "of undeniable world-leading level" according to Gianni Brera, which earned a Michelin star in 1991 for its great international culinary mastery, and its surprising ability to merge tradition and originality.

CARNIA 700 · Città di Tolmezzo Città di Fumeç · Museo Carnico delle Arti Popolari Michele Gortani · FRIULI VENEZIA GIULIA

Cjarsons



CARNIA IS ON THE TABLE!

The pleasure of a refined cuisine

The Carnia region is not only renowned for its landscapes and its human and cultural values, but also for its remarkable cuisine. Once at home, try the traditional recipes proposed by our excellent restaurants.

"Fregoloz a las jerbas"

Carnic "fregoloz" are thick soft dumplings, similar to Tyrolese "Spätzle"

TRADITIONAL RECIPE

Servings: 4; Ingredients for the "fregoloz":
330 gr green leaf vegetables, like spinach, chard, cress or nettle,
250 gr flour, 1 egg, 1 dl milk, parsley, onion, salt, pepper, nutmeg
For the dressing: Butter, smoked ricotta cheese

Quickly blanch and chop the vegetables, then put them into a salad bowl. Add all the other ingredients, mix well and knead until you obtain a soft dough. Boil water in a large pan with a little salt. Take small spoonfuls of dough and make little balls, then put them in the boiling water a few at a time. When the "fregoloz" come to the surface, take them out with a skimmer and put them in plates, coating them with melted butter and grated smoked ricotta cheese.

RECIPE OF THE RESTAURANT "BORGO POSCOLLE", Cavazzo Carnico/Cjavaç

This recipe uses a greater variety of herbs and vegetables, up to seven different types. It is typically a spring and summer dish. Depending on the season, these "fregoloz" can be made with bladder campion, marjoram, mallow, plantain, nettle, wild spinach, tarragon, dandelion, chickweed, mint, lemon balm, etc...

Quickly blanch the herbs, then sear them in a pan with some butter and sliced shallot (not onion). Put them in a mixer with the flour and egg. To soften the dough, add some of the water used to blanch the herbs. Proceed as above, then coat the "fregoloz" with melted butter and smoked ricotta cheese, or if you prefer with fresh tomato sauce, ratatouille of vegetables, cheese, walnut cream and smoked ham.

Rita Lenisa, Lucio Pillinini

"Jote" With Chards

This recipe is from Sauris, a village enclosed in a beautiful valley where an ancient German dialect is still spoken nowadays.

TRADITIONAL RECIPE OF THE "NEIDER" HOTEL, Sauris/Zahre

Servings: 4; Ingredients 600 gr chards, ½ liter milk, 1 cup corn flour, 1 cup buckwheat flour, 1 knob of butter, 200 gr stewed Pesariis beans, salt and pepper

Warm up the milk with some water and salt, then add the chards. When they are tender, take them out and chop them. Then put them back into the cooking water, adding the corn and buckwheat flour and the butter. Stew for about 30 minutes, then add the beans and cook some more. In some versions, the chards are boiled in water and the milk is served on the side. In spring, chards can be replaced with other herbs and vegetables, like bladder campion, wild spinach, dandelion and nettle.

"Jote" is a thick soup which was made with different ingredients, depending on what was available. Probably its strange name comes from the vernacular "jutta", which in turn stems from the celtic word "yot" meaning hotchpotch, concoction.

Beans, like many other vegetables and fruit, did not grow in Sauris. The inhabitants of Sauris got them from Pesariis in exchange for cabbages, sauerkraut, salted cheese and salami...

Elena Cossutta

"Cjarsons"

"Cjarsons", or sweet ravioli, are undoubtedly a symbol of Carnia, and one of its most well-known dishes. Every valley and almost every village has its own and very typical version of this recipe.

RECIPE OF THE RESTAURANT "AL SOLE", Forni Avoltri/For Davôtri

Servings: 4; Ingredients

For the "cjarsons": 1kg potatoes, 400 gr wheat flour, oil, salt.

For the filling: 500 gr ricotta cheese, 20 gr raisins, 120 gr crumbled macaroons, parsley, salt, 1 tsp cinnamon,1 egg

For the dressing: smoked ricotta cheese, melted butter, ground cinnamon.

Mix all the ingredients of the filling in a salad bowl, then put it into the fridge. Boil the potatoes in salted water, peel and mash them, then leave the mash to cool down on the table.

Add the flour, eggs, oil and salt, and knead the dough with your hands until it is smooth and elastic. Roll the dough on the table to make a long sausage, then cut it into small pieces.

Shape them into rather thick round disks. Put a spoonful of filling on each disk, then fold them up and close them by pressing the edges together. The "cjarsons" have the form of a half-moon.

Boil water in a large pan with some salt. Put the "cjarsons" into the boiling water a few at a time. When they come to the surface, take them out with a skimmer and put them in plates.

Finally, coat them with melted butter, grate the smoked ricotta cheese on top and sprinkle with cinnamon.

Tiziana Romanin

Nettle "Gnocchi"

Nettle is not generally liked because of its irritating effect, but is very appreciated in traditional recipes, where the sprouts and leaves of the plant are widely used.

RECIPE OF THE RESTAURANT "CORTE DEI SAPORI", TOLMEZZO/TUMIEÇ

Servings: 4; Ingredients

For the "gnocchi":

500 gr potatoes, 200 gr white flour, 2 eggs, salt, nutmeg.

For the filling:

500 gr nettle sprouts, 50 gr butter, 1 small onion, 100gr raisins.

For the sauce:

100 ml cream, 200 gr cheese

Boil the potatoes in salted water, peel and mash them, then leave the mash to cool down on the table.

Add the flour, eggs, salt and nutmeg and knead the dough with your hands until it is smooth and elastic. Quickly blanch the nettles in salted water, chop them up and sear them in a frying pan with the butter and the sliced onion. Roll the potato dough on the table to make a long sausage, then cut it into small pieces. Shape them into rather thick round disks. Put a spoonful of nettles on each disk, then fold them up to form a small cylinder. Boil water in a large pan with some salt. Put the "gnocchi" into the boiling water a few at a time. When they come to the surface, take them out with a skimmer and put them in plates. In a small pot, warm up the cream with the diced cheese, until the cheese is melted.

Coat the "gnocchi" with the cheese cream.

Giorgio Spagnolo

"Blecs"

In the Friulian language, "blec" means patch, and these squares of fresh pasta look exactly like patches. In this Carnic recipe, they are made with buckwheat flour and mushrooms

RECIPE OF THE RESTAURANT "ALLA FRASCA VERDE", Lauco/Lauc

Servings: 4; Ingredients

For the pasta: 100 gr soft wheat flour, 100 gr durum wheat flour, 100 gr buckwheat flour, 2 eggs, lukewarm water, salt, 2 tbsp oil or a knob of butter;

For the sauce: 200 gr porcini mushrooms, 1 clove of garlic, parsley, salt, pepper, 4 tbsp oil, white wine;

For the dressing: smoked ricotta cheese

Make a soft dough with the three types of flour, the eggs, oil, salt and water. Knead the dough with your hands until it is smooth and elastic, then let it rest under a dishcloth for about an hour. Spread the dough on the table using a rolling pin, but do not make it too thin, then cut it into small squares. Put the oil and garlic in a frying pan. As soon as the garlic turns brown, take it out and throw it away. Add the sliced mushrooms, parsley, salt and pepper, and sprinkle with white wine. Boil water in a large pan with some salt. Put the "blecs" into the boiling water for 5 minutes, then take them out with a skimmer and add them to the sauteed mushrooms. Stir-fry for some minutes, add fresh parsley, put the "blecs" in plates and top with grated smoked ricotta cheese.

Ezio Gressani

Mallow Sauce

This is a simple and tasty recipe made with mallow, a green leaf vegetable well-known for its healing properties.

RECIPE OF THE RESTAURANT "BELLAVISTA", Ravascletto/Ravasclêt

Ingredients

400 g mallow flowers and leaves, 50 g butter, 1 small onion or some chives, 2 tbsp whole wheat flour, 2 tbsp rice semolina, marjoram, 1,5 liter vegetable broth, salt, butter.

Sear the sliced onion or chives in warm butter, then add the flour and mix for some minutes over low heat.

Chop the mallow flowers and leaves, put them into the boiling broth together with the seared onions.

Then add the semolina, stirring briskly with a whisk to avoid lumps. Cook for another 20 minutes, add salt and marjoram or nutmeg, and sour cream to your liking.

The bowl containing the mallow sauce is an exact reproduction of a cone-shaped eighteenth century bowl. People didn't sit down to eat: they held the bowl and ate very quickly while standing; chores were waiting, no one had time to lose!

Dina e Pietro De Infanti

"Frico"

Together with "cjarsons", one of the most typical and well-known Carnic dishes is "frico", a cheese pie recipe dating back to the middle of the sixteenth century. It exists in two quite different versions.
The first version is a crunchy cheese pie: grate some cheese, warm up a frying pan with some oil in it, then sprinkle the grated cheese all over the bottom of the pan. Cook over low heat until you obtain a large golden cheese crust.
Leave it to cool down, then serve with "polenta" (cornmeal mush).

The second version is a kind of omelette: sear some diced potatoes in a frying pan with salt and pepper – some recipes add sliced onions or apples – then cook the potatoes over low heat for half an hour, adding some water from time to time until they are smooth and not yet crunchy.
Add some diced cheese and stir over low heat to melt it, then turn the "frico" upside down and fry until golden.

Frico the old-fashioned way

Cheeses

"Formadi frant"

"Formadi frant" is an old recipe which has been recently rediscovered and is now proposed by many dairies.
In a poor rural economy where nothing was to be wasted, it was a way of reusing stale leftover cheese or cheese that hadn't turned out well. Today it is an appreciated speciality made with a variety of cheeses of different aging, diced and cooked over low heat with salt, pepper, cream and milk.
The mixture is then left to age for about 40 days.
The result is a seasoned cheese with a very distinctive sweet and spicy flavour.

We wish to thank for their useful contribution the above mentioned restaurants, Mrs Paola Schneider, Confcommercio, ERSA and Lidia Cremonese.

Slow Food stands for an approach to food production and gastronomy that is good, clean and fair: good food that is also part of our local culture, clean production that does not harm the environment, fair prices both for producers and consumers.
Our convivium for Carnia and Tarvisiano "Gianni Cosetti" supports Carnic typical restaurants and their cuisine, which plays an important role in handing down the core values of our land, its ancient knowledge, healthy produce and good practices.
A cuisine which preserves our traditions with exquisite recipes that value the land they come from, its history, the mutual support and the wisdom of our people.
In your plate, you will find not only great food, but also the original fragrance and taste of a whole territory. And maybe you will also find the desire of what we would like the land we inhabit to be: good, clean and fair.
Like our mountains, indeed.

Slow Food
Carnia e Tarvisiano
"Gianni Cosetti"

The five small pictures are taken from the book Nuovo Ciborio del Friuli Venezia Giulia. Atlante dei prodotti della Tradizione published by "Agenzia regionale per lo sviluppo rurale ERSA 2000". Photographic service by Laura Tosatto, Marco Virla.

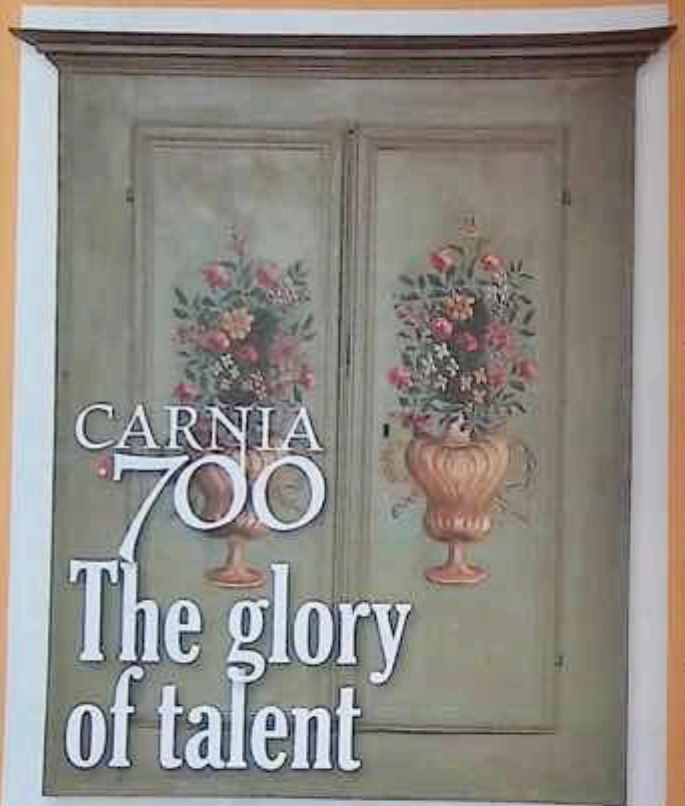
The editor reserves the right to comply with copyright obligations for the images and texts of unknown source reported in this brochure.

CARNIA 700

Città di Tolmezzo
Cidat di Tumieç

Museo Carnico delle Arti Popolari Michele Gortani

FRIULI VENEZIA GIULIA



CARNIA 700
The glory of talent

The magic of Carnic furniture

In the Carnia region, entrepreneurial prosperity and artistic sensibility contributed to the development in the eighteenth century of a high-quality craftsmanship that still impresses us, and which revives in today's new artisan workshops.

"The art of old Friulian furniture seems to date back to the beginnings of the Tolmezzo school, which bloomed in the Carnic valleys and then prospered in other areas of the Friulian region across the two centuries of the Renaissance." (Tito Miotti)

The eighteenth century was a magical moment for Carnia. Thanks to the enterprising spirit of people like Jacopo Linussio, the area experienced not only economic prosperity but also a strong cultural and architectural development, thanks to the rising of a new bourgeoisie which was very attentive to its homeland. The art of wood carving, already well-known for its quality, became more and more refined.

Craftsmen built fashionable pieces of furniture that revealed their customers' high social status, while remaining faithful to their own popular traditions.

A magnificent we can still delight in, thanks to the wise endeavours of senator Michele Gortani (1883-1966), a geologist, geographer and politician who spent part of his life collecting the objects now on exhibit in the Carnic Museum of Popular Arts dedicated to his memory.

Museo Carnico delle Arti Popolari "Michele Gortani"
Palazzo Campeis, via della Vittoria 2, Tolmezzo
opening hours: 9.00 - 13.00 / 15.00 - 18.00
closed on Mondays; always open in August
tel. +39 0433 43233
www.museocarnico.it info@museocarnico.it

Museo Carnico delle Arti Popolari "Michele Gortani"
Photographic Archive

Chests

Chests were the most common pieces of furniture in Carnic homes, and the most important ones for newly-weds. Many were used as hope chests, and were the symbol of a new family.
Chests were made mostly of walnut, but chestnut, cherry-wood and larch were also used.
After a long aging, the boards were decorated with carvings or inlays and then sealed with iron nails or dovetail joints. A single board, notched or chiselled all along the edge, was used for the lid, which was then linked to the chest by iron hinges usually forged in the form of leaves, lilies or ringlets.
The front board is usually divided into three panels: two side frames and a large central panel carved all around the keyhole. When the chest has feet, they are mounted exactly below the side frames and have the same length, so that they seem to be part of the same element.
According to the use they were put to, chests were built differently and had different dimensions and different names. Hope chests mostly had standard length and width, suitable for the storage of women's apparel. Chests that were used to store cereal grains were larger, with the inside divided into compartments; there were also smaller chests used for storing flour.
Chests were almost always decorated with carvings rather than inlays.

Up to some decades ago, chests have been used to store clothing and linen, and many were built with a small hidden drawer for jewellery. They have also had the important function of preserving food from humidity, dust, small rodents, moths and any other damaging agent.

walnut hope chest Ovasta/Davaste (Ovaro/Davâr)

front panel with keyhole

chest interior with drawer and compartment

Identifying a Chest's Place of Origin

Many years ago Michele Gortani mapped the typical motives traditionally used in the different Carnic valleys to decorate chests, so as to be able to identify their place of origin.

In the **higher areas of Carnia** - from Paularo to Paluzza, Comeglians, Prato Carnico and Pesariis – we find either:
* acanthus leaves, with a central shield surrounded by a motive of leafy branches,
* compositions with geometric and floral motives;
* two acanthus bouquets tied with ribbon or lace.

In the area of **Ligosullo** we find mainly:
* sea animals, palm leaves and rosettes recalling the carvings found on chests from the Trento area.

Chests coming from **Canal d'Incarojo** are more difficult to identify. They mostly feature very small palmettes or briar-root inlays. Michele Gortani describes these carvings as *"exquisite acanthus, with very small leaves and geometric or floral motives."*

In the **Ampezzo valley** we find stylised spruce (the symbol of the valley), bare trees in vases or hearts surrounded by fluttering birds, rosettes, Greek frets, spikes, small rhombuses, spherical fruit or flowers.

In the **lower areas of Carnia** – namely the Tolmezzo valley – we find:
* simple decorations made of frames arranged so as to form rhombuses or other polygons;
* wheels with five or more spokes;
* Sansovino-style decorations revealing the influence of the Venetian

Shapes and decorations of Carnic chests often recall a former style. Were it not for the written date of construction, they could be easily ascribed to the seventeenth century.

transformation from hope chest to commode with a single drawer in the lower shelf, Forni di Sotto/For Dsot

small chest with hearts and spruce, Ampezzo/Dimpaç

* wheels with five or more spokes;
* Sansovino-style decorations revealing the influence of the Venetian Renaissance, with a central heart or shield surrounded by two spirals, and mascarons on the lesenes.

walnut hope chest with fall front, Forni di Sopra/For Disore

hope chest with inlays, Ampezzo/Dimpeç

from the left: composition with built-in closet and cupboard, inlaid built-in wardrobe and painted built-in wardrobe

Built-in Closets

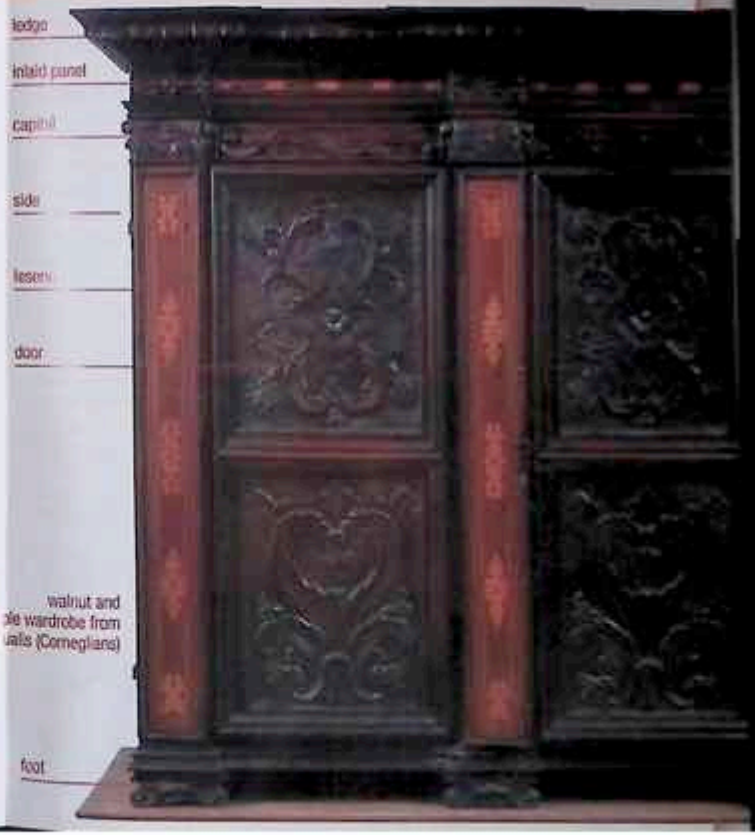
Built-in closets were very common in the higher areas of Carnia. They were mainly used in kitchens, to preserve small objects from dust and soot, but later they began to be used in bedrooms as wardrobes for everyday clothing, and they were decorated with the same motives used for chests.

"The Carnic production of built-in cupboards and cabinets is remarkable for its quality level (...). In the important collection of cupboards owned by the Tolmezzo Museum, the simple and severe gracefulness of the decorations has an exquisite artistic flavour.

Tito Miotti, Il mobile friulano, Görlich Editions, 1970

Wardrobes

Around the middle of the eighteenth century, large wardrobes became fashionable in the homes of the wealthy.
The Tolmezzo Museum owns a very nice carved walnut wardrobe, probably made in Comeglians where there was a very similar one. It is rather low, because the bedroom it was meant for had a low ceiling.
Below the ledge, there are two removable carved and inlaid panels which hide two secret drawers. The sides are flat and polished.
The front is divided vertically by three lesenes inlaid with a motive of leafy branches. The panels forming the doors are decorated with beautifully carved acanthus leaves. Above the doors, a richly carved moulding forms three capitals corresponding to the three lesenes. On top, a long inlaid panel, then the massive ledge embellished by a row of aslant indentations. The wardrobe is raised on three large carved feet mounted exactly below the lesenes.



walnut and ...le wardrobe from ...ials (Comeglians)

Tables and Chairs

We mainly find rectangular tables with Baroque cabriole legs, more or less embellished, and linked together for stability. In the most refined ones, an indentation runs all around the edge under the table's surface, and there can be a drawer. The legs are square, with smoothed edges, and connected by crosspieces. The surface is almost always square. Two consoles can be used to form a larger table.
Other tables of smaller dimensions certainly stem from this model. The legs are bent obliquely along the diagonals, and connected by a lower plane that ensures stability. This kind of table can be square, round or octagonal.

Chairs of the eighteenth and nineteenth century were always made of carved walnut, like the Venetian Renaissance models of earlier periods. In the most important ones, the front legs are lengthened to support the armrests, while the rear legs are carved from a single board and the high back is bent slightly backwards. The back of the chair and the rear legs are sometimes decorated with tiny notches. Two panels at the front and two at the back, one of them very large, fill the empty space and are richly decorated with carved ringlets and shells.

rustic cane chair with the engraved date 1779, Lauco/Lauc

cherry-wood chair

high chair with armrests, Clavis (Ampezzo/Dimpič)

detail of a joint

octagonal coffee table, Paularo/Paul

walnut, maple, plum tree chair

from the Michele Gortani Photographic

Bedrooms

Doors

Doors must first of all be solid and ensure protection from cold, therefore they always have very thick back frames. They must also be sufficiently elegant and refined to give the home owners the appropriate distinction when receiving guests. For this reason, they are often embellished by symmetrical panels decorated with simple inlays.

spruce and walnut door, Rigolato/Rigulât

spruce and walnut door, Pradumbli (Prato Carnico/Prât)

Michele Gortani Photographic Archive

walnut bed with inlays, Ligosullo/Ilussòl

inlaid chest of drawers with fall front, Paluzza/Paluce

"The bridegroom had to provide for the bed (...), while the bride took charge of the bed and table linen. When she moved into her new home, she brought along one or more chests (...).
The chest was the only piece of furniture brought by the bride, and for centuries it has been, apart from the bed, the only furnishing of the bedroom (...). The front panel was either painted (namely in Val Canale) or inlaid (in the eastern part of Friuli), but more often carved with characteristic motives, especially in the Carnic valleys (flowers in Val d'Incaroio, rosettes in Ligosullo, dolphins in the Pontebba area and in Val Calda, acanthus leaves in the areas of Paluzza, Val di Gorto and Val Pesarina, geometric shapes in Ovaro, roses, trees, birds and horses in the areas of Socchieve and Ampezzo)"... Andreina Nicoloso Ciceri, Tradizioni popolari in Friuli, Chiandetti Editions

walnut inlaid crib, Formeaso/Formeàs (Zuglio/Zuj)

The Carnic crib is different from the cribs and cradles used in other Italian regions because it is less flared and generally surmounted by a wooden arch holding a veil to protect babies from insects. The front and rear feet are mounted on two curved boards which allow the rocking movement. Cribs are usually embellished with geometric motives or acanthus leaves, but also with religious symbols like the initials of Jesus Christ or the cross.

Bedrooms

Bedrooms contain many important pieces of furniture: the bed with the heavy headboard, made more imposing by the traditional application of embroidered curtains, the kneeling stools, the linen cupboards and built-in wardrobes, the chests and coffers for clothes and jewellery, the newborn's crib, and sometimes a fall front dresser with compartments for documents, writing tools and family valuables. The fall front dresser has three large drawers, while the fourth and upper one has a mobile front panel and a removable lid. When the lid is lifted, the front panel of the upper drawer falls forward and becomes a writing desk. Below the fixed part of the lid there is a row of small drawers.

walnut and spruce kneeling stool, Socchieve/Socièf

Kneeling stools are among the oldest pieces of furniture. They can be found not only in churches but also in private homes, mainly in the bedrooms beside the bed. They always take the form of a cabinet or cupboard, with front doors, a drawer on top, a step at the bottom which often hides another cache, and scroll feet or lion paws. Usual decorations are notches, ringlets, acanthus leaves, flower bowls, roses and shells. In late eighteenth century kneeling stools become less commonplace and take on a more practical shape, with small drawers on the front panel.

walnut cupboard, property of the Fabiani family (ex Umutsio), Paularo

Cupboards

In the home, cupboards are the central element of everyday life. Unlike other furniture, cupboards put on display the family's valuables and reveal its affluence for all to see. Besides, above all in the cold season when everybody gathers around the fireplace, the kitchen is the beating heart of the home. Carnic cupboards, solid, simple and practical, have no ornaments apart from small carvings.

Fat di Le n

Made of Wood *The magic of Carnic furniture*
The ancient art and ability of wood carving is still alive today in Carnia, thanks to the artisan workshops and furniture makers who continue to produce custom furniture and refined objects for the home, reviving traditions of old and renewing them to suit a modern taste. Look for them when visiting our valleys, and appreciate the magic of this time-honored craft which can still communicate with nature and recreate it with amazing style.

We wish to thank for their useful contribution the Photographic Archive of the "Centro Regionale di Catalogazione e Restauro dei Beni Culturali" of Villa Manin (Passariano, Udine), Mr Giorgio di Strassoldo, the Carnic Photographic Library, Confartigianato and Società Filologica Friulana.