

Solidarity Recipe Book

Culinary heritage and intergenerational memory within the THERRA Project

Skradin, Croatia – 12 and 13 September 2026



**Funded by
the European Union**



Traditional Skradin Risotto – Croatia



Preparing Skradin risotto is not just cooking; it is an 11-hour ritual of community, patience, and devotion passed down from grandfathers to sons. Traditionally prepared exclusively by men in Skradin, this dish represents community unity, requiring continuous attention and shared conversation around the hearth throughout the day.



**Funded by
the European Union**



Ingredients (4 servings):

For the veal and stock

- 800g veal shoulder or shank, cut into small cubes
- 2 litres veal or beef stock (preferably homemade)
- 2 onions, finely chopped
- 3 carrots, finely chopped
- 2 celery stalks, finely chopped
- 3 bay leaves
- 3 tbsp olive oil
- 1 tsp black peppercorns
- Salt, to taste

For the risotto

- 300g Arborio or Carnaroli rice
- 100ml dry white wine
- 50g butter
- 50g grated hard cheese (Paški sir or Parmesan)
- Fresh parsley, finely chopped

Cooking Instructions:

To begin, place the veal bones or trimmings in a pot with onions, carrots, celery, bay leaves, peppercorns, and water. Simmer gently for 2 hours, skimming impurities. Strain and keep warm. Move to cooking the veal. In a wide heavy pot, heat olive oil over medium heat. Add veal cubes and sear until lightly browned. Season with salt. Stir in finely chopped onions, carrots, and celery. Cook slowly until softened and fragrant, around 10 minutes. This base builds the depth of flavour. Pour in the white wine and stir, scraping the bottom of the pot to release caramelised bits. Allow the alcohol to evaporate before proceeding to rice.

Stir in the rice, coating each grain with the veal and aromatics. Toast for 2–3 minutes until the rice turns slightly translucent at the edges. Move to adding stock. Ladle in hot stock one portion at a time, stirring continuously until absorbed before adding more. This slow process creates the creamy consistency. Continue for 25/30 minutes. Lower the heat and allow the risotto to bubble softly, stirring often. Keep adding stock until the rice is tender yet al dente, and the veal pieces are meltingly soft. Transition to finishing. Turn off the heat. Stir in butter and grated cheese until glossy and rich. Adjust salt to taste. Rest briefly before serving. Spoon the risotto into warm bowls, garnish with parsley, and serve immediately.



Funded by
the European Union



Risotto “alla monzese” (saffron & sausage) – Italy



Representing a perfect blend of simplicity and taste, this recipe encapsulates the history of poor and peasant cuisine, transforming simple ingredients into a gastronomic experience full of flavour.



**Funded by
the European Union**



Ingredients (4 servings):

- 320g of Carnaroli rice
- 250g of fresh pork sausage
- 1 small onion
- 1 glass of red wine
- 1 litre of meat stock
- 50g butter
- 40g grated Grana Padano cheese
- Freshly ground black pepper, to taste

Cooking instructions:

Bring the meat stock to a boil and keep it warm during preparation. Melt 20 g of butter in a saucepan and sauté the finely chopped onion. Peel and crumble the sausage, then brown it with the onion until golden brown. Add the rice and toast it for 2/3 minutes, stirring. Add the red wine and let it evaporate completely (deglazing). Add the hot broth one ladle at a time, stirring and waiting for it to be absorbed before adding more. Bake for 15/18 minutes. Remove from heat, add the remaining butter and Grana Padano. Stir to achieve a creamy consistency. Season with salt and pepper and serve hot, with a sprinkling of Grana Padano cheese.



**Funded by
the European Union**



Hungarian Risotto



Ingredients (2 servings):

- 10 dkg smoked bacon, diced
- 10 dkg sausage, sliced into rounds
- 9 bell peppers
- 2 tbsp oil
- salt, pepper
- 1 red onion (large)
- 2 tomatoes
- 1 tsp ground cumin
- 1 heaped tsp paprika



**Funded by
the European Union**



- 1 clove garlic
- 1 pinch marjoram
- 2 handfuls rice
- 200 ml water

Cooking instructions:

Fry the bacon in a frying pan, then add the sausage slices. Once the fat has rendered, fry the peppers – deseeded and cut into large pieces – in the same pan. Once the skin has browned a little, add the finely chopped onion. Once the onion has softened a little, add the diced tomatoes. Mix thoroughly. Season with salt and pepper, sprinkle with caraway, paprika and marjoram, and crush in the garlic. Stir in the rice, pour in the water, cover and simmer until the rice is cooked.



Funded by
the European Union



Lithuanian Risetto



Ingredients (4 servings):

- 300 g Arborio rice
- 75 g onions
- 120 g dry white wine
- 45 g butter
- 15 g oil
- 45–60 g hard cheese
- 1–2 cloves of garlic
- Thyme
- Salt
- Black pepper



**Funded by
the European Union**



For the broth

- 1.35 L water
- 45 g carrots
- 75 g onions
- 45 g leek
- 30 g celery
- Approximately 20 g dried porcini mushrooms
- Parsley
- Approximately 10–20 black peppercorns
- 2 bay leaves
- A pinch of salt

- Roasted chanterelle mushrooms
- 240 g fresh chanterelle mushrooms
- 15 g butter
- 15 ml oil
- Salt
- Thyme

Cooking instructions:

First, prepare the broth: cook carrots, onions, leeks, and celery. Pour the water, add dried porcini mushrooms, parsley, black peppercorns, bay leaves and salt and let it simmer. Then the roasted chanterelles mushroom: clean them and cook then in butter and oil, salt and thyme for seasoning. As for the risotto, first cook the onions in oil and then add garlic. Then add the arborio rice and toast them. Add white wine. Slowly cook the rice with the broth. When the rice is cooked add butter, cheese and seasoning. Then add your chanterelles mushroom in the risotto or on top.



Funded by
the European Union

