

The “Gubana Goriziana”

The most typical Easter cake of Gorizia contains the scents of Mitteleuropa



The “Gubana Goriziana” or Presnitz is the most typical Easter cake of Gorizia. According to the oldest tradition, it is homemade by the families during Holy Week and eaten as Easter snack. The sweet sums up and mingles together spring and autumn flavors, with acute sour taste typical of citrus fruits, but also with hints of spices: sultanas, nuts, pine nuts, cedar candied and a touch of rum or marsala to make the filling, jealously guarded by a rich sheet of rolled dough. The Gubana has always been an aristocratic-bourgeois cake representing the synthesis of different cultures and

preserves all scents and flavors of the most typical Central European tradition.

For the greedy visitor, it is compulsory to stop in one of the most renowned pastry shops in Gorizia, for a taste. The Gubana can also become a tasty and original souvenir, beautifully embellished with Jugendstil friezes.



The “Gubana Goriziana” traditional recipe

Ingredients

Puff pastry: 1.5 kg butter, 1.5 kg flour, 6 yolks, juice of 3 lemons, 1 glass white wine, water needed, 30 gr salt.

In case a couple of tablespoons of sugar. Continue as usual for the puff pastry with the butter and pastel and the canonical folds of the dough. This is more tasty than the classical pastry, for the presence of yolk and wine in the pastel.

Filling: 1 kg nuts, 1 kg almonds, 1 kg hazelnuts, 1 kg raisins, 1.5 kg sugar, 300 gr of candied cedar, 300 gr candied orange, 200 gr pine nuts, crushed biscuits, rum or marsala, sweet wine, spices – add as much as you like (vanilla berry, cinnamon, nutmeg, cloves, pepper)

To brush the inside of the dough: egg (or just yolks), granulated sugar and berry vanilla

Preparation

The dried fruit is to be ground not too thin and mixed with candied fruit cut into small pieces. A good rule to enhance the fragrance of dried fruit is to bake it in the oven before using it. The raisins should be soaked in rum or sweet wine. All filling ingredients blend together and have to be left to rest for more days, stirring every now and then.

After laying out the thin dough into a rectangle to make a Gubana, brush it with a cream made with yolks, sugar and seeds of a vanilla berry. After putting the filling on the long side of the pastry, roll it and bend it to strudel.

The ratio between filling and dough weight is about 3 to 1 on average, ie for the indicated filling doses the weight of the puff pastry is 3.2 kg.

Before baking at 180°, brush it with egg. Bake it for 45'. The Gubanas typically have a size between 500 gr for the small ones to one kilogram.