



cro  gourmet

TRUFFLES:

Black diamonds of Istrian forest

TRUFFLES

The underground mushroom with potato-like body called Tuber, lives in the Istrian soil of Croatia's region and is considered the highlight of the world cuisine. Istria has become known for the highest quality truffles - especially the white truffle that can rival those of Italian regions of Alba and Piedmont.

Their fruiting bodies grow underground.

The word truffle comes from the Latin word 'tuber' which means outgrowth. Historians trace it back to early Egyptians, who ate them in goose fat. Truffles are black or white and are complex in flavor, which means they need to be paired with bland foods like pasta, eggs, rice, steak, chicken or veggie.

There are lots of different ways to describe the flavor and odor, but commonly you'll hear it described as slightly garlicky with a deep musky aroma. It's a very earthy, pungent and deliciously funky.

Why the fresh truffles are expensive? Because it is very hard to farm them. They only like very specific kinds of soil and tree. They live in close mycorrhizal association with the roots of specific trees and their fruiting bodies grow underground. Because they live inside tree roots, you can't just plant truffle seeds in a field or something. Also they can be found only by well trained dog or pigs, traditional way.

Although truffles are very costly, there are many more reasons to eat it apart from the truth that it is very exciting to eat a delicacy. If you are fond of eating truffles and mushrooms generally, here are 5 beneficial reasons to consider this delectable fungus, fresh truffle.

Truffles contain a high amount of protein and are very good for vegetarians. Protein can range from 20 to 30 percent per cup. Animal protein contains all the essential amino acids in the right ratios. It is important for muscle mass and bone health. Vegans don't get any animal protein, so truffles could help here.

They are low in carbs - compared to other vegetables, truffles have lower proportions of carbohydrates. This is good for diabetics.

They are high in fiber - Truffles also contain up to 20 grams of fiber in a cup! Adults require a total of 25 to 38 grams of fiber a day to keep the body healthy. There are two different types of fiber - soluble and insoluble. Each type of fiber helps your body in different ways, so a normal healthy diet should include both types. Truffles are a soluble fiber, which will aid in digestion.

They are cholesterol free - High cholesterol has been linked to peripheral arterial disease, a disease of the blood vessels outside the heart and brain. High cholesterol is associated with an elevated risk of cardiovascular disease. That can include coronary heart disease, stroke, and peripheral vascular disease.

They have vitamin D - There is more as truffles are a good source of vitamin D since they produce vitamin D when they're exposed to the sunlight just like we are. A lack of vitamin D can cause kidney disease, cancer and rheumatoid arthritis.





White truffle

“The gold of Istria”, the most highly appreciated truffle variety with a distinctive intense scent and a harmonious taste having aphrodisiac powers. It is harvested in the area of inland Istria from September till January when it is best to eat it fresh, grated onto different type of dishes; throughout the rest of the year we offer frozen white truffles.



Black truffle

Also known as summer truffle although it can be found all year round. It has a light scent and an aromatic pleasant taste. Truffles infuse their flavor to whatever they are cooked with, which makes them the perfect star of the dish. Truffles should not be cooked with other strong flavors and aromas or the prized truffle flavor will be lost. Typically paired with butter, cream, cheese and oils, fatty foods work great and help bring the full flavor out. Foods like pasta, rice, potato, eggs, fish or red meat are perfect compliments to bring out the truffle flavor. Because truffles are so expensive, it is important to maximize the flavor while using the least amount of truffle as possible. Although truffles are suitable for wide range of dishes our favorite plates are simple Linguine Pasta tossed with truffle oil and topped off with fresh black truffle slices or just shaved over eggs scrambled in olive oil.



Cutted black truffle in olive oil

Whole and chopped black truffles soaked in salt water or olive oil are excellent cooking all type of pasta, risotto, scrambled eggs or different sauces, creamy beschamel etc. Also it matches well with meat or fish. During preparation it is important to add truffles to dish together with the liquid in which they have been kept. Consume as soon as possible once it is opened. Keep the opened bottle in refrigerator



Salsa Tartufata

Sauce made from button mushrooms, olives, olive oil and black truffles. It gives an extreme smooth texture and is an excellent ingredient to use when preparing all kinds of cheese spreads, fine risottos, pasta and “fritaja” (creamy truffle scrambled eggs dishes). Practical use, matches with various ingredients and cuisines.



Truffles and Olives

Mediterranean blend of black and green olives paired with black truffle sauce is an excellent speciality that will awaken your Mediterranean senses. It is used to prepare brad, polenta, cakes or simple with with cottage cheese on toast and crackers.



Truffles and champignons

Paté with a specific profile shall impress evry gourmet.It gives a extreme smooth texture with a natural earthy taste. It can be used for refining ready meals, topping for different kind of meat, for preparing sauces or as a spread. Matches well with pasta and eggs.



Spread with white truffles

A supreme delicatessen with added cheese and crea. It has an irresistible taste, and is used to cook pasta or as a spread.



Medufino

Uniquely flavoured acacia eco-honey with added white truffle is a special delicatessen for all you gourmets out there. It is excellent when served in a sweet-salty combination; just pour it over truffle cheese, pancakes or pastries.



Truffella blanc

Great combination of white chocolate, sparkling wine and first class truffles. Chocolate cream truffella, dessert for all occasions.



Truffella noir

Creamy dark belgian chocolate with the finest istrian truffles certainly will not disappoint you. Chocolate spread with truffle truffella will become your favorite dessert. Topping for pancakes, crapes, icecream, cake or just simple on bread....



Truffle slicer (olive wood)



KARLIC TRUFFLE

KARLIC TRUFFLE is our brand for Fresh truffles and variety of truffle's products.

The truffle business of the Karlič family from Istria was established last century in 1966 to be exact in Motovun forest.

Both white and black truffles found in that area were considered to be among the best quality truffles in Istria. However, one of the richest truffle fields now lies at the bottom of the Butoniga lake!

Mrs Radmila Karlič used to go truffle hunting with her father Ivan ever since she was ten years old.

This passion never faded and so from 1994 on, together with her husband Goran, and now with the help of her children as well, she continued the tradition that her father Ivan established investing a lot of effort in the process.

With the help of their 12 dogs (7 first-rate dogs, 5 dogs currently undergoing training), some of which are mix-breeds (their extensive practical experience has taught them these dogs are more resilient to diseases, rain and low temperatures), and some are pure breed dogs, the family goes on daily truffle hunts. There is no fixed working schedule meaning any member of the family may go truffle hunting with the dogs, be it the son, the mother or the father; the crucial thing is, of course, to maintain a daily training routine for both the family and the dogs.

A company that commits itself to truffle hunting with great dedication, through buying up and selling of fresh and frozen truffles, as well as processing and launching of the products in the domestic and international markets. Let us introduce to you our treasure – the truffle, a gastronomic delight in all its various forms.

Karlic Family guarantee by tradition and expertise high quality of the Truffles.





We export truffles in 22 countries worldwide

Istria (Croatia)



cro  **gourmet**

CROATIAN NATURAL AND ORGANIC,
GOURMET FOOD AND SKIN CARE
PRODUCTS

CRO GOURMET Limited
19/F Tai Yau Bldg,
181 Johnston RD Wanchai,
Hong Kong

Phone: +852 5492 2979
Email: info@crogourmet.com

www.crogourmet.com