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CUHaCHA



Enhancing Sustainable Tourism Development through Culinary Heritage -

CUHaCHA

Project No. 509

MONOGRAFIJA

kulinarske baštine

Zadarske županije, Hercegovačko-neretvanskog kantona i Bokotorskog zaljeva





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Uvod

Hrana je oduvijek bila ne samo jedna od osnovnih ljudskih potreba, već i područje u kojem je kreativnost nailazila na plodno tlo. Nekada iz nužde, jer je trebalo malim količinama nahraniti mnoga gladna usta, a kasnije iz želje da se ne zadovolji samo glad, već i razvesele okusni pupoljci raznolikošću.

Priprema hrane ima svoju historiju kao i svaka druga ljudska djelatnost. S vremenom je postajala sve složenija jer su nove namirnice osvajale svijet. No kako svaki razvoj dođe do određene tačke, tako je i s kulinarstvom. Savremeni čovjek sve više počinje razmišljati o kvaliteti onoga što jede te je stoga možda i logično što se u posljednja dva desetljeća posebna pažnja počela posvećivati proučavanju tradicionalnih kuhinja.

Tradicionalna hrana i način njene pripreme oduvijek su bili vrlo značajan dio kulturnog naslijeđa. Ni naše područje u tome nije izuzetak.

Zato je bilo samo pitanje vremena kada će se osmisliti i provesti projekat koji će inspiraciju pronaći upravo u povezivanju kulinarskog tradicijskog naslijeđa i one privredne grane koja je u novije vrijeme dominantna – turizma.

Projekat pod nazivom *Enhancing Sustainable Tourism Development through Culinary Heritage - CUHaCHA*, iz kojeg je proizašla ova monografija, osmislila je i napisala Agencija za ruralni razvoj Zadarske županije – AGRRA. Inspiracija za pisanje proizašla je iz vizije da lokalna kuhinja i lokalni proizvodi trebaju potaknuti inovacije i promociju te u konačnici

Introduction

Food has always been not just one of the basic human needs, but also an area where creativity found its fertile ground. Once out of necessity, because there was a need to feed many hungry mouths with small amounts of food, and later out of a desire to not only satisfy hunger, but also delight the taste buds with variety.

Food preparation has its own history, like any other human activity. Over time, it became more and more complex as new ingredients conquered the world. However, as every development reaches a certain point, so did the culinary arts. Modern people give more thoughts to quality of the food they eat, so it is perhaps logical that in the last two decades special attention has been paid to the study of traditional cuisines.

Traditional food and the method of its preparation have always been a very important part of cultural heritage. Our area is no exception to that.

Therefore, it was only a matter of time when a project would be designed and implemented which would find inspiration precisely in the connection of traditional culinary heritage and economic branch that has been dominant in recent times - tourism.

The project entitled *Enhancing Sustainable Tourism Development through Culinary Heritage - CUHaCHA*, from which this monography emerged, was designed and written by the Zadar County

osigurati razvoj na regionalnom i globalnom nivou, a iznad svega i unaprijediti turističku ponudu. Stoga ne čudi da je glavni cilj projekta CUHaCHA ojačati i očuvati identitet zajedničkog kulinarskog naslijeđa programskog područja i pridonijeti razvoju turizma. Geostrateški položaj sigurno je jedan od važnijih elemenata u razvoju kulinarske tradicije. Iako postoje određene sličnosti među kuhinjama programskog područja, svaka je posebna na svoj način. Identitet proizvoda čija svojstva variraju ovisno o mjestu porijekla, predstavljaju jedinstvenu kombinaciju lokalnih prirodnih bogatstava i kulturoloških aspekata te takav proizvod povezuje ljude, mjesta i proizvode.

U ovoj monografiji pokušali smo ponuditi 45 izabranih recepata s tri programska područja, i to iz Hrvatske, Bosne i Hercegovine i Crne Gore. Pred vama su recepti za riblja i mesna jela, jela od povrća i mahunarki, priloge jela i predjela za marendu. Uz sastojke, ovdje ćete pronaći i načine pripreme hrane te njeno posluživanje.

Kroz projekat su umrežene četiri organizacije (Agencija za ruralni razvoj Zadarske županije, Ministarstvo obrazovanja, nauke, kulture i sporta Hercegovačko-neretvanskog kantona, Općina Tivat i Zadarska županija) s triju već spomenutih programskih područja. Partnerstvo se sastoji od javnih institucija s različitim pozadinama. Svaki je partner odgovoran za određeni radni paket uzimajući u obzir njihovu profesionalnu izvrsnost. Sve su odgovornosti jednako podijeljene među partnerima.

Rural Development Agency - AGRRRA. The inspiration for writing came from the vision that local cuisine and local products should stimulate innovation and promotion and ultimately ensure development on a regional and global level, and above all, improve the tourist offer. Therefore, it is not surprising that the main goal of the CUHaCHA project is to strengthen and preserve the identity of the common culinary heritage of the program areas and contribute to the development of tourism.

The geostrategic position is certainly one of the most important elements in the development of the culinary tradition. Although there are certain similarities between the cuisines of the program area, each one of them is unique in its own way. The identity of a product whose properties vary depending on the place of origin, represent a unique combination of local natural resources and cultural aspects, and such a product connects people, places and products.

In this monography, we tried to offer 45 selected recipes from three program areas in Croatia, Bosnia and Herzegovina and Montenegro. Before you, we present recipes for fish and meat, vegetable and legume dishes, side dishes and appetizers served for brunch. In addition to the ingredients, here you will also find preparation and serving instructions.

Through the project, four organizations (Agency for Rural Development of Zadar County, Ministry of Education, Science, Culture and Sports of Herzegovina-Neretva County - Canton, Municipality of Tivat and

Više detalja o projektu CUHaCHA možete pronaći na mrežnim stranicama www.cuhacha.com, no nemojte se zadržati tek na čitanju, budite nostalgичni i odvažni i pokušajte svoje jelovnike obogatiti nekim od jela za koja vam nudimo recepte.

Hrana nije tek pogonsko gorivo za ljudski organizam, ona je dio našeg naslijeđa, ona je čuvarica tradicije, ona je povod za druženje, ona je užitek. Prijatno.

Zadar County) within the three already mentioned program areas are networked. The partnership consists of public institutions with different backgrounds. Partners are responsible for a specific work package taking into account their professional excellence. All responsibilities are equally shared between the partners.

You can find more details about the CUHaCHA project on the website www.cuhacha.com, but do not stop just at reading, be nostalgic and daring and try to enrich your menus with some of the recipes we offer. Food is not only fuel for the human body, it is part of our heritage, it is the guardian of tradition, it is an occasion for socializing, and it is pleasure. Enjoy you meal.

Pojmovnik

agda = preljev

balica petrusina = svežanj peršina

biber = papar

bićerin = čašica za rakiju

biži = grašak

bjelanac = bjelanjak

cukar = šećer

česam = češanj, režanj

česan = češnjak, bijeli luk

čipula = luk

ćikara/šolja = veća šoljica za bijelu kafu

ćikarica/šoljica = mala šoljica

dolma = luk

fažol, fažo = grah

feta = kriška (npr. kruha)

fildžan = šoljica za kafu

frižiti = pirjati, dinstati

geršlo = ječam

grah, grav = sikirica, fažol

jagnjetina = janjetina

javor = lovor

jufka = pita

kacijol = zaimača / grabilica

kanavaca = kuhinjska krpa

kapula = luk

kašika = žlica

kašikica, kašičica = žličica

kaštradina = kozletina, ovčestina, bravetina (sušeno meso)

kokot = pijetao

koroman = suha tvrda kiflica kružnog oblika

krtola = krumpir

kućarin = žličica

kućarin = žličica

kunšerva, konšerva = koncentrat rajčice

kutljača = zaimača / grabilica

kuvati = kuhati

lešati, lešivati = kuhati u vodi

lopiž = glinena posuda u kojoj se kuhao brudet ili palenta

luk/čipula = češnjak

makaruli = makaroni/tjestenina

mantije = vrsta pita od mesa

mendula = badem

mol = oslić

mošt = iscijeđeni sok grožđa

mušlje = dagnje

oriz = riža

ostac = ocat

ožica = žličica, kašičica

papršnjak = pečena, prednja, dobro nasoljena noga od janjeta

pasulj = grah

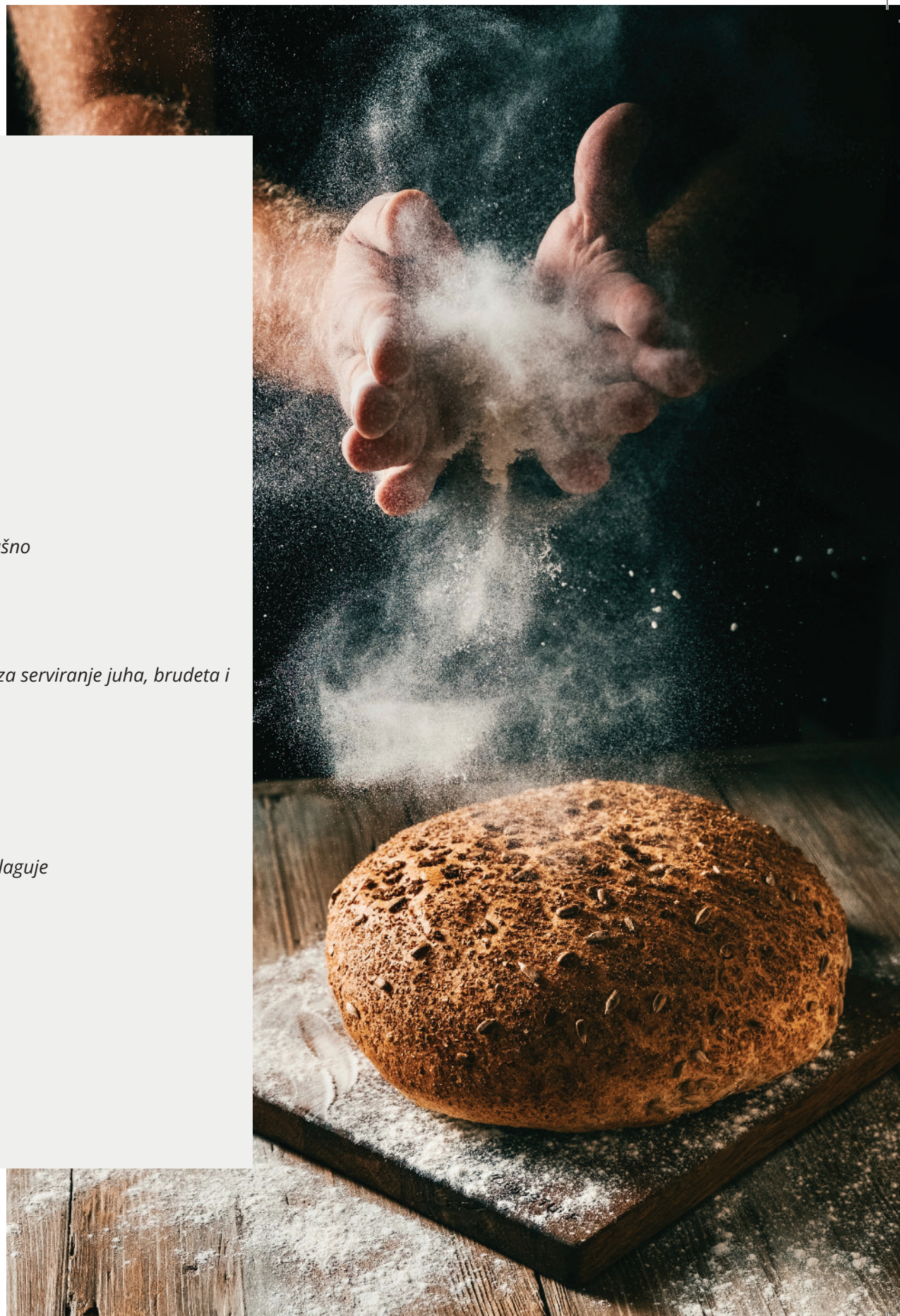
pašabrod = cjedilo

pavlaka = kiselo vrhnje

peršun/petrusin/petesimul/partesimul = peršin

riži/pirinča = riža

pirun = vilica
pivac = pijetao
pomidor = rajčica
prezle = krušne mrvice
priganje = friganje
prosulja = tava
ringla = štednjak
sače = peka
saketić = paketić
supa = juha
šerbet = šećerna otopina
škuro brašno = tamno brašno
šufigati, šufigivati = pirjati
tanjir = tanjur
teća = lonac
terina = keramička zdjela za serviranje juha, brudeta i drugih jušnih jela
terina = zdjela
tirit = nadjev
toć = umak, šug
trak = krak hobotnice
trpeza = stol za kojim se blaguje
ugor = gruj uligna
ulignja = lignja
zlica = žlica
žučenica = žutenica
žumanac = žumanjak



Tradicionalna hrana Zadarske županije

Zadarska županija vjerojatno najslikovitije odražava plavo-zelenu Hrvatsku. Njezina zemljopisna raznolikost ogleda se u iznimnoj raznolikosti regionalno obojenih kulinarskih tradicija, tradicija koje su odraz ne samo prirodno-zemljopisnih osobitosti već i veoma složenih povijesnih previranja koja su snažno i u gastronomskom smislu obilježila njezine prostore. Specifičnost je najvećega dijela ovoga prostora potpuna gospodarska i kulturna usmjerenost prema Zadru, odnosno Gradu kao urbanom i kulturnom središtu kojemu gravitira područje čitave županije. Za razliku od srednjodalmatinskih (primjerice Hvara, Korčule, Visa) i kvarnerskih otoka (primjerice Cresa, Krka, Lošinja, Raba) koji su razvili svoja urbana središta, zadarski su otoci u pravilu težački, okrenuti moru, maslinama i vinu. Njihovo je urbano središte oduvijek bio Zadar, Grad koji je svima bio dovoljno blizu, Grad koji je bio susretištem razmjene dobara između otoka i zaleđa, Grad koji je kao jedino stvarno gospodarsko i kulturno središte razvio i nešto sofisticiraniju gastronomsku tradiciju. Jedino otočno urbano središte je grad Pag, ali čitav je otok Pag tijekom povijesti, i zbog povijesnih prilika gravitirao Kvarneru, a i danas je otok podijeljen između dvije županije, Zadarske i Ličko-senjske. Priobalje južno od Zadra kao i otok Pašman do izgradnje mosta koji ga je povezo s Ugljanom gravitirali su Biogradu kao urbanom središtu.

Prostor Zadarske županije obuhvaća veoma razveden obalni i otočni pojas većinom škrte

Traditional food of Zadar County

Zadar County probably most vividly reflects the blue-green Croatia. Its geographical diversity is reflected in the exceptional variety of regionally colored culinary traditions, traditions that are a reflection not only of natural and geographical peculiarities but also of a complex historical turmoil that strongly marked its spaces in the gastronomic sense. The specificity of the largest part of this area is the complete economic and cultural orientation towards Zadar, i.e. the City as an urban and cultural center to which the area of the entire county gravitates. Unlike the central Dalmatian (Hvar, Korčula, Vis) and Kvarner islands (Cres, Krk, Lošinj, Rab) which have developed their own urban centers, Zadar islands are generally rural, oriented towards the sea, olives and wine. Their urban center has always been Zadar, a city that was close enough to everyone, a city that was a meeting point for the exchange of goods between the island and the hinterland, a city that, as the only real economic and cultural center, also developed a somewhat more sophisticated gastronomic tradition. The island's only urban center is the town of Pag, but the entire island of Pag has gravitated towards Kvarner throughout history, and due to historical circumstances, even today, the island is divided between two counties, Zadar and Lika-Senj. The coast south of Zadar, as well as the island of Pašman until the construction of the bridge that connected it to Ugljan gravitated towards Biograd as an urban center.

The area of Zadar County includes a very indented coastal and island belt of mostly poor land where a relatively simple Mediterranean culinary tradition



Kanjon rijeke Zrmanje

zemlje na kojemu prevladava relativno jednostavna mediteranska kulinarska tradicija, prostor plodnih Ravnih kotara i dijela škrte Bukovice te konačno dio brdovite Like. Iako je svaka od tih mikroregija djelomice zatvorena u svoje kampanilističke okvire te svaki od tih prostora njeguje vlastitu kulinarsku tradiciju, veze otoka s kopnom i zaleđem bile su kontinuirane, određene jasnim okvirima raznolike ponude i potražnje.

Tradicionalna kuhinja Zadarske županije oslanja se na svježije namirnice, mnogo svježeg povrća i mahunarki (sočiva) uz jednostavnu pripremu s dodatkom maslinova ulja i vrlo malo začina i začinskog bilja, od čega se redovito rabi luk (kapula), češnjak (luk), peršin (petersimul), lovor i ružmarin. U pravilu se pri kuhanju ne rade zaprške niti se tradicionalno hrana prži, povrće se začini samo hladnim maslinovim uljem. Meso se jelo jednom ili dva puta mjesečno, a riba barem jednom tjedno, no oboje se uglavnom jelo kuhano (lešo), riba često i na gradele ili na brudet. Mnoga svakodnevna jela u nazivu imaju „na suho“ (= bez suhoga mesa), „na slano“, a mnogima se dodaje i naziv „po domaći“ na „na siromaški“: artičoci, bubanići (bobanci), mišancija (žutenica i ostale divlje biljke s tvrdo kuhanim jajima). Kolači i slatkiši nisu obilježje tradicionalne kuhinje Zadarske županije, slatko se jelo možda nedjeljom i to vrlo jednostavna jela, a za blagdane i posebne prigode, posebice o Božiću i Uskrsu pripremale su se zahtjevnije slastice, uz obvezne fritule. Iako se takva bazična prehrana nekoć doživljavala kao sirotinjska ili težačka, danas ona postaje mjerom suvremene zdrave mediteranske prehrane.

prevails, the area of fertile Ravni Kotari, part of very infertile Bukovica, and finally part of hilly Lika. Although each of these micro-regions is partially closed in its own framework, each of these areas nurtures its own culinary tradition. Connections of the island to the mainland and hinterland were continuous, determined by clear frameworks of diverse supply and demand.

The traditional cuisine of Zadar County relies on fresh ingredients, lots of fresh vegetables and legumes, simple preparation with the addition of olive oil and very little spices and herbs, mainly onion, garlic, parsley, laurel and rosemary. As a rule, no flower browning is used, nor is food traditionally fried; vegetables are seasoned only with cold olive oil. Meat was eaten once or twice a month, and fish at least once a week, but both were mostly eaten boiled in water, fish often grilled or cooked in a stew. Many everyday dishes are labeled as „dry“-meaning no meat is added or „home style“, meaning poor people’s food: artichokes, mišancija- wild leafy greens with hard-boiled eggs). Cakes and sweets are not a feature of the traditional cuisine of Zadar County; sweets were eaten sometimes on Sundays, made by very simple recipes. Only on holidays and special occasions, especially Christmas and Easter more demanding desserts were prepared with the obligatory fritters. Although such a basic diet was once perceived as poor or difficult, today it is becoming the measure of a modern healthy Mediterranean diet.



Crkva Sv. Donata u Zadru



Stari most u Mostaru

Tradicionalna hrana Hercegovačko-neretvanskog kantona

Kako i sam naziv kaže Hercegovačko-neretvanski kanton (HNK) je smješten u središnjem dijelu Hercegovine i obuhvata područje oko rijeke Neretve, te u Neumu izlazi na more.

Kultura i hrana se prepliću na području Hercegovine, vezani tradicijom gostoprimstva koja je prisutna u Hercegovini od pamtivijeka. Putnik namjernik, gost ili neznanac uvijek su dočekivani otvorenih vrata sa svim onim što škrti hercegovački krš nudi svojim stanovnicima. U tome je posebnu ulogu igrala tradicionalna hrana, koja se ljubomorno čuvala stoljećima, uz minimalne prilagodbe vremenu. S ponosom se nudila gostu, pripremala se za vrijeme svečanosti, vjenčanja, vjerskih proslava.

Kulinarstvo naslijeđe Hercegovine nastalo je na vjetrometini kultura, civilizacija, religija i politika. U njoj se osjeti miris Mediterana, ali su prepoznatljivi uticaji turske, grčke i srednjoevropske kuhinje, koji su se neprekidno prožimali i uklopili u već zatečeno naslijeđe. Uz kamenite planine i rijeke i blizinu mora taj spoj ili sudar, kako ko posmatra, stvorio je riznicu bogatog kulinarskog naslijeđa, koja blista u širokom rasponu prehrambenih navika, stilova kuhinje i izbora lokalnih namirnica. Sve te razlike i proturječnosti stopile su se s bogatstvom svojih okusa i mirisa u prepoznatljiv kulinarski užitak.

Traditional food of Herzegovina-Neretva County-Canton

As the name suggests, the Herzegovina-Neretva County-Canton (HNŽ-K) is located in the central part of Herzegovina and includes the area around the Neretva River, which opens to the sea in Neum.

Culture and food are intertwined in the territory of Herzegovina, bound by the tradition of hospitality that has been present in Herzegovina forever. Any traveler, guest or stranger is always welcomed with open doors and with everything that poor Herzegovinian karst has to offer to its inhabitants. Traditional food played a special role in this, which was jealously guarded for centuries, with minimal adjustments through time. It was proudly offered to guests, prepared during ceremonies, weddings, and religious celebrations.

The culinary heritage of Herzegovina was created in the whirlwind of cultures, civilizations, religion and politics. One can smell the Mediterranean in it, but the influences of Turkish, Greek and Central European cuisine are also recognizable, which continuously permeated and blended into the already encountered heritage. With rocky mountains and rivers and the proximity of the sea, this combination or collision, has created a treasure trove of rich culinary heritage, which shines in a wide range of eating habits, cuisine styles and choices of local ingredients. All these differences and contradictions merged with the richness of their flavors and aromas into a recognizable culinary delight.



Set za tursku kafu

Kako hlađenje nije postojalo, meso i riba su se dimili ili sušili, a svježe meso vješalo u „čatrnju“, iznad vode. Sol je korištena za kiseljenje jela. Drugi načini konzerviranja uključivali su ulje, ocat ili uranjanje mesa u zgusnutu, otopljenu mast. Za konzerviranje voća koristili su se liker, med i šećer. Povrće i voće se sušilo i tako koristilo zimi.

Kulinarske se navike razlikuju od mjesta do mjesta, kako u izboru namirnica, načinu pripreme jela, načinu konzumacije, pa i običaja proizišlih iz prehrambene tradicije. U sjevernim dijelovima HNK prehrana je nešto kaloričnija u odnosu na južne krajeve, zbog oštrije klime, pa je primjetan udio mliječne, mesne i teže biljne hrane. Kravlje, ovčje i kozje mlijeko se kuhalo (varenika), kiselilo (kiselina) ili se sirilo. U začinjavanju se najčešće koristilo maslo. Uz obroke se često pilo kiselo mlijeko. Pravila se turšija, “kisele” zimnice, osvježavajući napici, pekmezi, bestilji...) i alkoholna pića (hercegovačka grozda, rakija “šljivovica”, “himber” od domaćih jabuka, krušaka, šljiva...). Ramski kraj je poznat po šljivama i proizvodnji rakije i pekmeza od šljiva, Jablanica je čuvena po janjetini s ražnja, dok u Konjicu možete probati poznati repovački sir.

U središtu HNK smjestio se Mostar, kraj u kojem trešnje najranije sazrijevaju. Među značajnijim mostarskim specijalitetima je svakako dolma (mesom i rižom punjene paprike, tikvice, luk ili rajčica) i japrak. U tradicionalnoj kuhinji posebno mjesto zauzimaju jalan sarma i smokvara, specijaliteti kojima ćete teško moći odoljeti.

Since there was no refrigeration, meat and fish were smoked or dried, and fresh meat was hung above the cold water wells. Salt was used to pickle food. Other methods of preservation included oil, vinegar, or immersing the meat in thickened, melted fat. Liquor, honey and sugar were used to preserve fruit. Vegetables and fruits were dried and thus used in winter.

Culinary habits differ from place to place, both in the choice of ingredients, the way the food is prepared, the way it is consumed, and customs derived from food traditions. In the northern parts of HNŽ-K, the diet is slightly higher in calories compared to the southern regions, due to the harsher climate, so the proportion of dairy, meat and heavy plant foods is noticeable. Cow, sheep and goat milk was boiled, fermented or curdled. Butter was most often used for seasoning. Sour milk was often drunk with meals. They made pickles, “sour” winter drinks, refreshing drinks, jams and alcoholic beverages (Herzegovinian grape or plum brandy, liqueurs made from local apples, pears, plums...). Rama region is famous for its plums and the production of brandy and plum jam, Jablanica is famous for its lamb on a spit, while in Konjic you can taste the famous Repovac cheese.

Mostar is located in the center of HNŽ-K, the area of early ripening cherries. Among the most important specialties from Mostar are certainly dolma (peppers, zucchini, onions or tomatoes stuffed with meat and rice) and japrak. In traditional cuisine, jalan sarma and smokvara occupy a special place, specialties that will be hard to resist.

Čitlučki kraj prepoznatljiv je po poznatim vinima i ćufteru, okruglastom slatkišu, zlatno smeđe boje, spravljenom od brašna i vinskog mošta. Konzumira se narezan na duge trakice i služi uz bademe, orahe ili suhe smokve.

Stolačku kuhinju čini obilje okusa nastalih od domaćih kvalitetnih proizvoda. Sir dozrio u ovčjoj mješini ponos je svake domaće trpeze. Uz pršut čini neizostavni dio hercegovačke meze, a obično se služi uz uštipke, komad hljeba ili pogače. Teško je odoljeti tradicionalnim specijalitetima kao što su pura, raštika, boranija, ičija, janjetina ispod sača ili lešo, biber meso, sataraš, te razne vrste pita. Posebnost je „himber“ od latica ruža i slatko od grožđa.

Čapljinski kraj prepoznatljiv je po ribljim delicijama, pripremi jela od liske i divljači te jednostavnih jela od povrća, poput sataraša. U Neumu se riba priprema na brudet, uvaljana u brašno i pržena na tavi, pečena na gradelama premazana maslinovim uljem i usitnjenim bijelim lukom i peršinom, marinirana ili usoljena. U ravanjskom bronzinu se kuhaju tradicionalna jela poput českeka i pirjana, janjetine ispod peke, lešo janjetine, raštike sa suhim mesom, ravanjskih uštipaka, gaovice, pure i lojanice.

HNK je dio male zemlje velike raznolikosti s bogatom gastronomskom ponudom. Hrana se ovdje priprema lagano, a u njoj se isto tako lagano i „ćeifi“, uz dobro društvo.

Čitluk region is recognizable by its famous wines and ćufter, a round sweet, golden brown in color, made from flour and wine must. It is eaten cut into long strips and served with almonds, walnuts or dried figs.

Stolac cuisine is made up of an abundance of flavors created from high quality domestic products. Cheese ripened in sheep paunch is the pride of every domestic table. Along with prosciutto, it forms an indispensable part of the Herzegovinian meze, and it is usually served with fried dough or a piece of bread. It is hard to resist traditional specialties such as pura (polenta), raštika (collard greens), green beans, boiled or baked (ispod sača) lamb, biber meat, sataraš (vegetable stew) and various types of pies. The specialty is himber made from rose petals and sweets made from grapes.

Čapljina region is known for its fish delicacies, the preparation of water hen and game dishes, and simple vegetable dishes, such as sataraš. In Neum, fish is prepared in brodetto stew or rolled in flour and fried in a pan, grilled coated with olive oil and chopped garlic and parsley, marinated or salted. Traditional dishes such as českek and braised or roast lamb, raštika with dried meat, Ravanj uštipak, gaovica, polenta and lojanica are cooked in the Ravanja bronzin (a traditional pot).

HNŽ-K is part of a small country of a great diversity with very rich gastronomic offer. The food here is prepared and enjoyed easily, always in a good company.



Vrelo Bune i tekija u Blagaju

Tradicionalna hrana Bokokotorskog zaliva

Boku Kotorsku geografija dijeli na četiri manja zaljeva: HercegNovski, Tivatski, Risanski i Kotorski. Povezani moreuzom Verige čine leptirastu cjelinu neponovljive ljepote, zaliv uvršten među deset najljepših na svijetu. Njegove obale naseljavaju ljudi prije više od pet milenija, o čemu svjedoče arheološka nalazišta u kojima sačuvani materijalni ostaci daju sliku o načinu života i ishrani prastanovnika Boke. U pećinama Spila, Deletina, Brštanova, Tamnica i Vrahaj pronađeni su ostaci kostiju životinja, riba i školjaka koje su prvi Bokelji lovili, skupljali i jeli 3.500 godina prije n.e. Vrijeme plovidbe zaljevom i van njega istovremeno je i vrijeme trgovine, ali i vrijeme upoznavanja sa drugim kulturama iz kojih Bokelji preuzimaju sve što se moglo prilagoditi i koristiti. Nekoliko vjekova prije nove ere, ovo je područje koje naseljavaju Iliri, potom stižu razna plemena sa sjevera i istoka Europe, pa Grci čiji gastronomski tragovi su sačuvani do danas, posebno u načinu upotrebe i preradi žitarica, voća, povrća te čuvanju mesa. Poslije njih stižu Rimljani čija je ishrana počivala na mesu, mlijeku, siru, medu, jajima, voću, mahunarkama i žitaricama. Rimljani su prihvatili bogatstvo i profinjenost kuhinje starih Grka, obogatili je po svom ukusu i načinu posluživanja. Stari Grci ostavili su nam maslinovo ulje, sir iz ulja, musake od povrća, pašticađu, ražnjiće, a ostavljaju i prva pravila lijepog ponašanja za stolom u vrijeme jela. Za povijest gastronomije dragocjeni su popisi

Traditional food of the Bay of Kotor

Bay of Kotor is geographically divided into four smaller bays: Herceg Novi Bay, Tivat Bay, Risan Bay and Kotor Bay. Connected by the Strait of Verige, they form a butterfly-shaped area of unrepeatable beauty, a bay listed among the ten most beautiful in the world. Its shores were inhabited by people more than five millennia ago, as evidenced by the archaeological sites in which preserved material remains give a picture of the lifestyle and diet of the original inhabitants of Boka. In the Spila, Deletina, Brštanova, Tamnica and Vrahaj caves, the remains of animal bones, fish and shellfish were found, which the first Boka's inhabitants hunted, collected and ate 3,500 years before AD. The time of sailing in and out of the bay is at the same time the time of trade, but also the time of acquaintance of other cultures from which the Boka people took everything that could be adapted and used. A few centuries BC, this area was inhabited by the Illyrians, then various tribes from the north and east of Europe arrived, and then the Greeks, whose gastronomic traces have been preserved to this day, especially in the way of using and processing grains, fruits, vegetables and preserving meat. After them came the Romans, whose diet was based on meat, milk, cheese, honey, eggs, fruit, legumes and cereals. The Romans accepted the richness and refinement of the cuisine of the ancient Greeks, enriching it with their taste and way of serving. The ancient Greeks left us olive oil, cheese preserved in oil, vegetable



Tivat



Tivatski zaljev

roba koje stižu brodovima, pa saznajemo da se trguje suhim i usoljenim mesom, raznim sirevima, crnogorskim i grčkim, lojem, uljem, vinom, sušenim škorancima sa Skadarskog jezera, beškotom, suhim smokvama, usoljenom jeguljom i drugim namirnicama. Med je isuviše značajan, pa je njegov izvoz zabranjen. Povijest događanja na ovim prostorima ostavljaju tragove različitih naroda i vladavina ilirske, grčke, rimske, vizantijske, srpske, osmanlijske, mletačke, francuske, ruske i austro ugarske države. Bokelji su zadržali dio mirisa drugih kuhinja, a uz egzotične začine jelima su dodali domaće koje, uglavnom nisu gajili, već su ih brali na obližnjim livadama. Zato danas možemo govoriti o bokeškom brodetu, muljanskom, ali i brodetu od suve hobotnice na način kako to rade u Krašićima. Uz to, priroda čini čuda, pa sudar dvije klime: primorske i planinske, u njedrima i na padinama Orjena i Lovćena, stvara nadaleko čuveni pršut, njeguški sir, kaštradinu i jedinstvena jela od krtole, zelja, mrkve, mahunarki i žitarica, pa se stvorila čvrsta veza primorske i kontinentalne kužine. Njeguški i luštički sir u domaćem maslinovom ulju, tučene zelene i crne masline, vino koje se negda izvozilo i nalazilo na trpezi Mletačkog dužda, riba s gradela, kuhana u maslinovom ulju, sušena, soljena, marinirana i jednostavno pripremljena „na lešo“ uz obavezni peršin i češnjak, tek su neke odlike Bokeške kužine - dovoljne da je svrstamo u Mediteranski gastronomski krug. Svakako treba spomenuti neizostavni pešt (slanina, češnjak, peršin) – dodatak brojnih jela koji, u kombinaciji

moussaka, pašticama, skewers, and they also left the first rules of good table manners. Precious for the history of gastronomy, the lists of goods arriving by ships were saved, so we learn that dried and salted meat, various cheeses, Montenegrin and Greek, lard, oil, wine, dried fish from Skadar Lake, beškot, dried figs, salted eel and other foods were traded. Honey was way too important, so its export was prohibited. The history of these areas leave traces of different peoples and governments of Illyrian, Greek, Roman, Byzantine, Serbian, Ottoman, Venetian, French, Russian and Austro-Hungarian states. People of Boka kept some of the aromas of other cuisines and in addition to exotic spices, they added local spices to the dishes, which, for the most part, they did not grow, but were foraged from the nearby meadows. That is why today we can talk about brodet from Boka, brodet from Muljani, but also brodet made from dried octopus in the way they do it in Krašići. In addition, nature works wonders, so the collision of two climates: coastal and mountain, in the bosom and on the slopes of Orjen and Lovćen, creates the famous prosciutto, Njeguš cheese, kaštradinu and unique dishes made from potatoes, greens, carrots, legumes and grains, therefore creating a strong connection between coastal and continental cuisine. Njeguš and Luštica cheese in homemade olive oil, beaten green and black olives, wine that used to be exported and found on the table of the Doge of Venice, grilled fish, fish cooked in olive oil, dried, salted, marinated and simply prepared boiled with the obligatory parsley and garlic are just some of the features of Boka cuisine

sa začinskim biljem, sve pretvara u delicije. Sve iz mora, povrće, voće i brojne jestive trave kao što su žutenica, kopriva, štavelj, divlja mrkva, čučeg, morač, kostriš, podbjel i druge sastavni su dio dnevnog menija Bokelja. Kombinacijom proizvoda krševitog okruženja, posebno, mesa i mesnih prerađevina i onih sa primorja - nastaju kaštradina i crno zelje, bumbari, janjeće i juneće tripice, iznutrice omotane janječim crijevima, pečene, pa kuhane janjeće noge, meso ispod peke uz obavezan ruzmarin, a na trpezu stiže i divljač. Bokešku kužinu obogatila je rajčica, svježja, kuhana ili sušena, koja daje boju i onaj uzvišeni kiselo - slatkasti ukus svakom jelu. Rajčica ubrana u Grbaljskom polju smatrana je najboljom na Mediteranu. U Bokeljskoj kuhinji često se spremaju i poslastice, jednostavnije za pripremu, ali prepune korice agruma, vanilije, cimeta, karanfilića i drugih začina koji omamljuju čula. Štrudel sa jabukama i trešnjama, dobrotka i peraška torta, paradizot, rožata, kroštule, priganice, krempite, pince i naravno padišpanj. Kada i odakle su stigli recepti? Priča se može nastaviti kazivanjem o lovoru, majčinoj dušici, slanoj ribi i dagnjama, o manžurani, maginji, pelinu, crnom rižotu i pašticiadi, palenti, pašta - šuti i njokama, prijesnacu i peraškim bobima, žutenici „na koliko hoćeš načina“, kukama i šparogama, pašta – fažoli, manestarama...

- enough to classify it as a part of the Mediterranean gastronomic circle. We should certainly mention the indispensable pesto (bacon, garlic, parsley) - an addition to many dishes that, in combination with herbs, turns everything into a delicacy. Everything from the sea, vegetables, fruits and numerous edible herbs such as yellowtail, nettle, tangerine, wild carrot, čučeg, morač, kotriš, podbjel (wild herbs) and others are an integral part of the daily menu of Boka's people. The combination of products from the rugged environment, especially meat and meat products and those from the coast created kaštradina and black greens, bumbari, lamb and beef tripe, offal wrapped in lamb intestines, roasted and boiled lamb legs, meat ispod peke with the obligatory rosemary, and game is also served. Boka's cuisine was enriched by tomatoes, fresh, cooked or dried, which give color and that sublime sour-sweet taste to every dish. Tomatoes harvested in Grbaljsko polje are considered the best in the Mediterranean. In Boka's cuisine, sweets are often prepared, simple but full of zests of citrus fruits, vanilla, cinnamon, cloves and other spices that stun the senses. Strudel with apples and cherries, Dobrota and Perast cake, paradizot, rozata, kroštule, priganice, krempita, pinca and of course padišpanj. When and where did the recipes come from? The story can be continued by telling about bay leaves, thyme, salted fish and mussels, marjory, wild fruits and herbs, black risotto and pašticiada, polenta, paštašuta and gnocchi, prijesnac, and Perast bobi, wild greens and asparagus "prepared as many ways as you like", pasta and beans, manestra...

Bokeška kuhinja ima jednu karakteristiku koja o njoj sve kazuje: nasljedstvo! Brojni namjernici s mirom ili silom stizali su do ovih obala. Bilo je i slučajnih gostiju, robova, zarobljenika, putujućih glumaca i zabavljača, galiota i stradiota, plaćenika sa svih strana svijeta: od učitelja, ljekara i apotekara, do vojnika i zaštitnika. Svi su imali nešto svoje što su ostavili u Boki, a Bokelji su to znalački upotrijebili, kao nasljednik koji zna i umije da sačuva i uveća nasljedstvo.

Boka's cuisine has one characteristic that says everything about it: inheritance! Numerous aspirants reached these shores by peace or force. There were also random guests, slaves, prisoners, traveling actors and entertainers, galliots and stradiots, mercenaries from all over the world: from teachers, physicians and apothecaries, to soldiers and protectors. Everyone had something of their own that they left in Boka, and the Boka's people used it expertly, as an heir who knows how to preserve and increase the inheritance.



Tivat



Tradicionalni recepti **Zadarske županije**
/ Traditional recipes of **Zadar County**



KALJSKI BRUDET

Sastojci

1,5 do 2 kg ugora
oko 1 kg krumpira
par glavica luka (kapule)
nekoliko češnja češnjaka (luka)
sol i papar po potrebi
1 dl maslinovog ulja

Ingredients

1.5 to 2 kg of conger eel
about 1 kg of potatoes
several onions
a few cloves of garlic
salt and pepper as needed
1 dl of olive oil

Priprema:

Na dno velike plitke posude (*teće*) posložiti na ploške narezan luk (*kapulu*), potom ploške krumpira, na koji se naslažu komadi očišćenog ugora i na vrh se doda češnjak (*luk*) koji ne treba sjeckati na sitno. Sve se zalije maslinovim uljem, posoli i popapri te se doda vode do razine koja treba pokriti ribu (ne da pliva u vodi). Potom se posuda stavi na jaku vatru i kuha otprilike 45 minuta, s tim da se nakon pola sata vatra malo smanji. Tradicionalno se kaljski brudet priprema na otvorenoj vatri, na koju se postavi željezni tronožac, a na njega glinena ili željezna posuda.

Preparation:

At the bottom of a large shallow cooking dish arrange sliced onions, sliced potatoes, top with pieces of conger eel and roughly chopped garlic. Pour olive oil over it; add salt, pepper, and just enough water to cover the fish. Put the dish on high heat and cook for approximately 45 minutes, reduce the heat a little after half an hour. Traditionally, Kali brudet is prepared on an open fire, on which an iron tripod is placed, and a clay or iron dish is placed on top of it.





Napomena:

Crni rižoto tipično je mediteransko jelo koje se pripremalo diljem Jadrana. Nekoć je to bilo težačko jelo, a danas je neizostavno predjelo u tradicionalnoj kuhinji većine mjesta Zadarske županije. Recept je uglavnom sličan, a varijacije se odnose na dodavanje ribljeg ili povrtnog temeljca, odnosno crnog umjesto bijelog vina, ili u nekim mjestima čak prošeka. Tradicionalno se crni rižoto nije servirao s parmezanom (ili nekim drugim ribanim sirom) kao što se to danas često čini.

Remark:

Black risotto is a typical Mediterranean dish that was prepared all over the Adriatic. It used to be a poor people's dish, but today it is an indispensable appetizer in the traditional cuisine of most places in Zadar County. The recipe is mostly similar; the variations mostly refer to the addition of fish or vegetable stock, or red instead of white wine, or in some places, even prosecco. Traditionally, black risotto was not served with Parmesan cheese (or any other grated cheese) as it is often done today.

CRNI RIŽOTO

Sastojci

1 kg sipe
½ šalice maslinovog ulja (oko 1 dl)
rajčica ili veća žlica koncentrata rajčice (kunšerva)
1 veća ili 2 manje glavice crvenog luka (kapule)
4-5 režnja češnjaka (luka)
sol, papar, peršin (petersimul)
1 šalica (čikara) riže
½ šalice bijelog vina (1 dl)

Priprema:

Sipama treba prije pripreme i pažljivo izvaditi vrećicu s crnilom koju spremimo u šalicu, odstraniti središnju kost i tamnu kožicu te potom dobro oprati i osušiti i narezati na manje komade (oko 1 cm). U širu posudu (*teću*) na maslinovom ulju popržiti luk, te nakon što omekša dodati sitno narezani češnjak i peršin te sasvim kratko popržiti. Dodati komadiće sipe, posoliti i kratko pirjati te dodati vrlo sitno narezanu oguljenu rajčicu ili u malo vode razmućen koncentrat (*kunšervu*).

Doliti 1 dl bijelog vina te vode da prekrije meso (ne previše) i pirjati dok sipa napola ne omekša te potom dodati očišćenu i opranu rižu i malo popirjati „na suho“. Postupno dolijevati procijeđene riblje i povrtnje juhe (može i vode) uz povremeno miješanje dok riža ne omekša, ali ne smije biti prekuhana.

Pri kraju dodati sipino crnilo, dobro promiješati i pustiti da još kratko prokuha, ugasiti vatru i ostaviti još malo da odstoji kako bi se okusi proželi.

Ingredients

1 kg cuttlefish
½ cup of olive oil (about 1 dl)
tomato or a large spoonful of tomato paste
1 large or 2 small red onions
4-5 cloves of garlic
salt, pepper, parsley
1 cup of rice
½ cup of white wine (1 dcl)

Preparation:

Before preparing cuttlefish, carefully remove the bag with the ink and save it for later. Remove the central bone and the dark skin, then wash and dry well and cut into smaller pieces (about 1 cm). In a wide cooking dish sauté the onion in olive oil and after it softens, add finely chopped garlic and parsley and cook it very briefly. Add pieces of cuttlefish, salt and sauté a bit longer; add very finely sliced and peeled tomatoes or tomato paste diluted in water.

Add 1 dl of white wine and water to just cover the ingredients and sauté until the cuttlefish is half done, then add rice and sauté it a while without adding liquid. Gradually add the strained fish and vegetable stock (or water) with occasional stirring until the rice is soft, but not overcooked.

At the end, add the cuttlefish ink, stir well and let it cook for a little while. Then turn off the heat and let it stand for few minutes till all the flavors are imbued.



Napomena:

Hobotnica ispod peke priprema se u mnogim mjestima diljem Jadrana, pa tako i na otocima Zadarske županije. Jelo se pripremalo za osobite prigode i slavlja, odnosno nije riječ o svakodnevnom jelu. Ovakav način pripreme u malim varijacijama zabilježen je na Dugom otoku, na Ugljanu, u Biogradu, Pakoštanima.

Na isti se način danas hobotnica može pripremati i u pećnici na temperaturi od 200°C, ali okus naravno nikada neće biti isti.

Remark:

Octopus under peka is prepared in many places throughout the Adriatic, including the islands of Zadar County. The dish was prepared for special occasions and celebrations, that is, it is not an everyday dish. This method of preparation in small variations was recorded on Dugi otok, Ugljan, Biograd and Pakoštane.

Today, octopus can be prepared in the oven at a temperature of 200°C, but it will never taste the same, of course.

HOBOTNICA ISPOD PEKE

Sastojci:

*jedna veća hobotnica (1,5 do 2 kg)
pola šalice maslinovog ulja (oko 1 dl)
1 šalica kvalitetnog bijelog vina (oko 1/2 dl)
1 kg mladog krumpira (bolje crvenog)
3 do 4 režnja češnjaka
sol, papar
sitno narezani peršin*

Priprema:

Da bi hobotnica bila mekana, treba ju prije pripreme „istučiti“, a danas se obično prethodno stavi u hladnjak za duboko zamrzavanje. Prije pripreme hobotnicu se odmrzne, očisti i opere. Pripremiti vatru, najbolje od maslinova ili nekog tvrdog drva.

Očišćenu hobotnicu staviti u veći lonac i pirjati na suho u poklopljenom loncu. Tijekom pirjanja treba ju nekoliko puta okrenuti. Hobotnica se pirja sve dok njezina tekućina potpuno ne ispari te na dnu lonca ostane samo ljubičasti talog. Potom se makne s vatre. Staviti je u lonac na vatru bez kapi vode, poklopiti je i pirjati na suho.

Dok se hobotnica pirja opere se krumpir, ali se ne guli kora. Krumpire se nareže na polovice ili ako je veći na četvrtine. Hobotnicu staviti u sredinu velikog okruglog pekača (*pleh, tepsija*) te oko nje posložiti

blago posoljene prerezane krumpire, po želji i glavicu luka (*kapule*). Dobro zaliti maslinovim uljem i poklopiti pekom. Preko peke ravnomjerno nabacati žar i peći najmanje 45 min.

UMAK (*šug*): Kad je hobotnica već skoro pečena, u loncu (*teći*) u kojem smo pirjali hobotnicu doliti malo maslinovog ulja i na ljubičastom talogu koji je ostao od pirjanja hobotnice vrlo kratko prepržiti sitno sjeckani češnjak. U taj talog doliti pola čaše bijelog vina, malo papra i sitno nasjeckani peršin (*petersimul*) te kuhati par minuta dok vino malo ne ispari. Nije potrebno dodatno soliti. Otvoriti peku i proliti umak (*šug*) po hobotnici i krumpirima te ponovno pokriti još nekoliko minuta da se sve prožme i krumpir upije šug.

/ Hobotnica ispod peke

Ingredients:

one larger octopus (1.5 to 2 kg)
half a cup of olive oil (about 1 dl)
1 cup of high quality white wine (about 1/2 dl)
1 kg of potatoes (preferably red)
3 to 4 cloves of garlic
salt, pepper
finely chopped parsley

Preparation:

In order for the octopus to be soft, it used to be "beaten" before preparation, and nowadays it is usually placed in the deep freezing for few days. Before preparation, the octopus is thawed, cleaned and washed. Prepare a fire, preferably from olive wood or some other hard wood.

Place the cleaned octopus in a larger pot and dry-roast in a covered pot. During roasting, it should be turned over several times. The octopus is roasted until its liquid evaporates completely and only a purple residue remains at the bottom of the pot. Then it is removed from the fire.

While the octopus is cooking, wash the potatoes but do not peel them. Potatoes are cut into halves or, if larger, into quarters. Place the octopus in the middle of a large round baking dish and arrange

slightly salted sliced potatoes around it, and, if desired, an onion. Sprinkle well with olive oil and cover with peka (baking lid). Spread the embers evenly over the baking lid and bake for at least 45 minutes.

SAUCE: When the octopus is almost cooked, add a little olive oil to the pot in which you roasted the octopus and briefly fry finely chopped garlic on the purple residue left over from roasting the octopus. Add half a glass of white wine, some pepper and finely chopped parsley to that residue and cook for a few minutes until the wine evaporates a little. No additional salting is necessary. Lift the peka and pour the sauce over the octopus and potatoes then cover again for a few more minutes so all the flavors bind and the potatoes absorb the sauce.





JUHA OD MOLA

Sastojci:

700 do 800 g mola
½ dl maslinova ulja
2 režnja češnjaka (luka)
1 žlica sitno narezanog peršinova lista
soli i papra po potrebi
1 žličica limunova soka

Ingredients:

700 to 800 g of European hake
½ dl of olive oil
2 cloves of garlic
1 tablespoon of finely chopped parsley
salt and pepper as needed
1 teaspoon of lemon juice





Priprema:

Očišćene i oprane mole staviti kratko kuhati u hladnu vodu. Moli su mekana riba i ne smije se prekuhati. U širokoj i plićoj posudi na maslinovu ulju kratko popržiti sitno sjeckani češnjak i odmah zaliti ribljim temeljcem. Dodati začine i kuhati na laganoj vatri 20-ak minuta uz povremeno miješanje. Dok se kuha očistimo ribu i potom komade dodamo u juhu i još malo prokuhamo na laganoj vatri. Pred kraj dodamo sok od limuna i sitno sjeckani peršin.

Napomena:

Juha od mola često se jela uz kuhanu rižu. Riža se kuha odvojeno u procijeđenoj juhi od mola, ali se mora paziti da ne popije svu juhu pa ju se po potrebi polijeva vrućom vodom.

Preparation:

Boil the cleaned and washed hake (start with cold water) for a short time. Hakes are soft fish and should not be overcooked. In a wide and shallow dish, briefly fry the finely chopped garlic in olive oil and immediately pour over the fish stock. Add spices and cook over low heat for about 20 minutes, stirring occasionally. While cooking, debone the fish and then add the pieces to the soup to cook a little more on low heat. Towards the end, add lemon juice and finely chopped parsley.

Remark:

Hake soup was often eaten with boiled rice. The rice is cooked separately in the strained hake broth, but it shouldn't absorb all the broth, so, if necessary, hot water is added.



Napomena:

Pohanje kao način pripreme namirnica nije tipičan za područje Zadarske županije. Ovaj način pripreme daganja naziva se pohane dagnje, iako se ne rabe krušne mrvice za pohanje što je uobičajeno na sjeveru. Posedarje se nalazi u samom zaljevu Novigradskoga mora koje je na Jadranu poznato po dagnjama vrhunske kvalitete. Najčešće se ipak pripremaju jednostavno na buzaru.

Remark:

Deep-frying as a way of preparing food is not typical for the area of Zadar County. This way of preparing mussels is called „breaded mussels“, although bread crumbs are not used, which is common in the north. Posedarje is located in the very bay of the Novigrad Sea, which is famous all over the Adriatic for mussels of the highest quality. However, they are most often prepared very simply, the buzara style.

POHANE DAGNJE

Sastojci

2 kg očišćenih daganja
4 domaća jaja
brašno prema potrebi
2 režnja češnjaka (luka)
½ dl maslinovog ulja
sol (po potrebi)
peršin (petersimul)

Priprema:

Izmutiti 4 jaja i doliti vodu od prethodno očišćenih (vrtanih) daganja. Ako nije dugo bilo kiše dagnje će biti dovoljno slane pa neće biti potrebno dodavati sol, a inače se doda prstohvat soli. U smjesu dodati naribani češnjak i na vrlo sitno nasjeckani peršin. Lagano dodavati glatko brašno dok se ne dobije smjesa za pohanje u koju se uranjaju dagnje i prže na vrućem maslinovom ulju. Jelo se obično služi uz blitvu s krumpirom i maslinovim uljem.

Ingredients

2 kg of cleaned mussels
4 free range eggs
flour (as needed)
2 cloves of garlic
½ dl of olive oil
salt (as needed)
parsley

Preparation:

Beat 4 eggs and add water from previously cleaned (deshelled) mussels. If it hasn't been raining for a long time, the mussels will be salty enough so it won't be necessary to add salt; otherwise, a pinch of salt is added. Add grated garlic and very finely chopped parsley to the mixture. Slowly add flour until thick mixture is obtained, in which the mussels are dipped and fried in hot olive oil. The dish is usually served with boiled chard and potatoes seasoned with olive oil.



SIPA S ČIČVARDOM

Sastojci:

1 kg sipa
2 šalice prethodno kuhanog slanutka (čičvarde)
2 glavice luka (kapule)
½ dl maslinova ulja
3 režnja češnjaka (luka)
2 rajčice (pomidora), očišćene i izrezane na kockice
crnilo od sipe
oko ½ l vode i 2 dl vode u kojoj se kuhao slanutak
2 dl crnog vina i 2 žlice prošeka
grančica ružmarina
prstohvati kosane kadulje i lista celera
1 žličica kosanog peršina
sol i papar po potrebi

Priprema:

Sipu očistiti, izvaditi vrećicu s crnilom i izrezati ju na rezance. Na maslinovom ulju popržiti sitno narezani luk (*kapulu*), dodati očišćenu i narezanu sipu te pirjati dok ne omekša. Dodati na listiće rezani češnjak (*luk*), potom očišćenu i na komadiće narezanu rajčicu te sve zaliti vodom i crnim vinom. Kad vino malo ispari dodati crnilo od sipe, prošek i začinsko bilje (ružmarin, kadulju, celer, peršin), sol i papar.

Kuhati dok sipa potpuno ne omekša te pred kraj dodati prethodno dobro kuhani slanutak i malo vode u kojem se kuhao.

Ingredients:

1 kg cuttlefish
2 cups of pre-cooked chickpeas
2 onions
½ dl olive oil
3 cloves of garlic
2 tomatoes cut into cubes
cuttlefish ink
about ½ l of water and 2 dl of water in which the chickpeas were cooked
2 dl of red wine and 2 tablespoons of prosecco
sprig of rosemary
pinch of chopped sage and celery leaf
1 teaspoon of chopped parsley
salt and pepper as needed

Preparation:

Clean the cuttlefish, (remove and save the ink) and cut it into stripes. Fry finely chopped onion in olive oil; add cleaned and sliced cuttlefish and sauté until soft. Add the garlic cut into thin slices, then cubed tomato, and cover everything with water and red wine. When the wine evaporates a little, add the cuttlefish ink, prosecco and herbs (rosemary, sage, celery, parsley), salt and pepper.

Cook until the cuttlefish is completely soft, and towards the end add the previously cooked chickpeas with some of their cooking water.



Napomena / Remark:

Sipa sa slanutkom priprema se u mnogim mjestima Zadarske županije jer su sve potrebne namirnice bile široko dostupne. Kao i crni rižoto, bilo je to nekoć težačko jelo, a danas se nalazi na probranim jelovnicima mnogih restorana i konoba. Varijacije u pripremi uglavnom se odnose na odabir začinskoga bilja, uporabu koncentrata ili svježih rajčice, dodavanje i prošeka ili samo vina, ali bazični je postupak uglavnom isti. Vrlo sličan način pripreme zabilježen je i na otoku Pagu.

Cuttlefish with chickpeas is prepared in many places in Zadar County because all the necessary ingredients were widely available. Like black risotto, it was once a poor people's dish, and today it is on the selected menus of many restaurants and taverns. Variations in the preparation mainly refer to the selection of herbs, the use of tomato paste or fresh tomatoes, the addition of prosecco or only wine, but the basic procedure is mostly the same. A very similar method of preparation was recorded on the island of Pag.

SRDELE NA ŠĆAPU (NA RAŽNJU)

Sastojci:

*otprilike 10 većih srdela po osobi
sol*

Priprema:

Srdelama se odstrane ljuske i glava i potom ih se stavi na „ražanj“, odnosno naoštreni štapić izrađen od komada daske. Dobro ih se posoli i stavi na jaki žar, najbolje od grana loze. Ražanj se stavi na dva kamena i kratko peče, otprilike 2 do 3 minute. Prvo se peče tako da kost srdele bude s donje, a nakon okretanja s gornje strane. Kad su gotove, pažljivo se izvuku sa štapića i istresu u posudu (*teću*) te pokriju da se *spotu*, odnosno da odstoje nekoliko minuta i puste svoj umak (*šug*). Srdelu se ne ulji jer ona ima svoj masnoću.

Napomena:

Srdela na šćapu (ili na ražnju) pripremaju se i na nekim južnodalmatinskim otocima, dapače smatra se da je riječ o izvornom jelu s otoka Lastova (tamo se srdelama izvade iznutrice). Ipak, u Salima na Dugom otoku smatraju se tipičnim jelom toga mjesta. Smatra se da su srdela dobre za peći od Sv. Ante (sredinom lipnja) te čitavo ljeto. Obično se serviraju uz salatu od rajčice (pomidora) i krastavaca (kukumara) ili lešo krumpirom kuhanim u kori.

Ingredients:

*approximately 10 larger sardines per person
salt*

Preparation:

The scales and heads are removed from the sardines and then they are put on a “skewer”, i.e. a sharpened stick made of a piece of wood. Salt them and put them on a well-heated grill, preferably on fire made from vine branches. The skewer is placed on two stones and grilled for a short time, approximately 2 to 3 minutes. First, put the sardine bone-side on the bottom, and then turn it on the top side. When they are ready, they are carefully removed from the sticks, put into a serving dish, and covered to “sweat”, i.e. to stand for a few minutes and release their sauce. Sardines are not oiled because they have enough of their own fat.

Remark:

Sardines on a skewer (or on a spit) are also prepared on some South Dalmatian islands, in fact it is considered to be an original dish from the island of Lastovo (there the sardines are gutted). However, in Sali on Dugi otok, they are treated as a typical local dish. Sardines are considered to be best for consumption since St. Ante (mid-June) and through the summer. They are usually served with a salad of tomatoes and cucumbers or boiled unpeeled potatoes.



PAŠTICADA S NJOKIMA

Sastojci za meso i umak (toć):

1 kg junećeg ili goveđeg buta
3 mrkve
2 glavice luka (kapule)
5 režnjeva češnjaka (luka)
par žlica masti
2 dl vinskog octa (kvasine)
3 dl crnog vina

Priprema:

Večer prije treba pripremiti marinadu (*pac*). Meso se opere, osuši, razreže po površini kako bi u njega mogli nabosti komadiće češnjaka, suhe slanine (*pancete*) i klinčiće. Stavi se u veću široku zdjelu te se potopi u mješavinu domaćeg vinskog octa (*kvasina*) i crnog vina, doda se mrkva, luk (*kapula*), češnjak, selen i peršin. Posudu treba pokriti i ostaviti u pacu preko noći.

Sutradan se meso izvadi iz paca te dobro isprži na masti sa svih strana. Nakon što se meso isprži sa svih strana, polako se dolijeva voda i još malo prži u tom umaku (*toću*). Potom se u široku zdjelu stavi to meso s toćom, dodaju se 2 na veće komade nasjeckana luka, također na veće komade izrezane 2 mrkve, češnjak, komad celerova korijena, par grančica peršinova i celerova lista te nekoliko suhij šljiva i smokava. Potom se sve posoli, doda malo

1 žlica koncentrata rajčice (*konšerve*)
2 žličice šećera
komad korijena celera
listovi peršina i celera
suho voće (*obično suhe šljive, može se dodati i par suhij smokava*)
par lovorovih listova i malo ružmarina
klinčići i muškatni oraščići
sol i papar

muškatnog oraščića i zalije sa 2 dl crnog vina u kojem se razmutila žlica koncentrata rajčice (*konšerve*) i 2 žličice šećera. Stavi se kuhati na srednje jaku vatru te kada tekućina uzavre dodatno se podlije sa još 1 dl vina pomiješanog s vodom do razine da prekrije meso. Kada uzavre kuha se na laganoj vatri barem 3 sata. Nakon što je meso kuhano, izvadi se iz zdjele i nareže na fete. Povrće se izvadi i dobro istisne da se stvori gusti toć koji treba biti tamnosmeđe boje. Potom se meso i taj umak (*toć*) od povrća vrate u zdjelu te kuhaju još pola sata na vrlo laganoj vatri. Pred kraj se doda 3 žlice sitno narezanog peršinova lista.

Njoke se umijesi od krumpira, brašna, jaja, soli i masti (ili ulja). Rezati na male komade veličine pola palca te kuhati u slanoj vodi. Kada isplivaju na površinu, gotovi su.



Napomena:

Paštica nije tradicionalno jelo samo Zadarske županije već se priprema diljem Dalmacije. To nije težačko jelo, dapače pripremala se uglavnom samo među građanstvom i to prigodno, obično za krštenja i za osobite blagdane. Kao kod brudeta, svaka je obitelj imala specifičan način pripreme. Ponekad se u pašticađu dodaje i prošek, ponekad uz suho voće i jabuke, ponekad se dodaje i dalmatinska panceta. Ovaj je recept zabilježen u gradu Zadru.

Remark:

Paštica is not only a traditional dish of Zadar County, but is prepared all over Dalmatia. It is not a common everyday dish, in fact it was prepared mostly only among the citizens and on special occasions, usually for baptisms and special holidays. As with the brudet, each family had a specific method of preparation. Sometimes prosecco is added to *paštica*, sometimes dried fruits and apples, sometimes-Dalmatian pancetta. This recipe was recorded in the city of Zadar.

/ Paštica s njokima

Ingredients for meat and sauce:

*1 kg of beef thigh
3 carrots
2 onions
5 cloves of garlic
a couple of tablespoons of lard
2 dl of wine vinegar
3 dl of red wine*

Preparation:

Marinade should be prepared the night before. The meat is washed, dried, pricked on the surface so that pieces of garlic, dry bacon (pancetta) and cloves can be stuck into it. Put it in a large, wide bowl and immerse it in a mixture of homemade wine vinegar and red wine, add carrots, onions, garlic, celery and parsley. The bowl should be covered and left overnight.

The next day, the meat is removed from the marinade and fried well in lard on all sides. After the meat is browned on all sides, water is added slowly and it is sautéed a bit more in that sauce. Then the meat is placed in a wide bowl, with 2 coarsely chopped onions, 2 carrots cut into larger pieces, garlic, a piece of celery root, a couple of sprigs of parsley and celery leaves, and a few prunes and figs. Everything is salted, then add a little nutmeg and

*1 tablespoon of tomato paste
2 teaspoons of sugar
a piece of celery root
parsley and celery leaves
dried fruit (usually prunes or dried figs)
a couple of bay leaves and a sprig of rosemary
cloves and nutmeg
salt and pepper*

2 dl of red wine in which a tablespoon of tomato paste and 2 teaspoons of sugar have been diluted. Put it to cook on a medium-high heat and when the liquid boils, add another 1 dl of wine mixed with water to cover the meat. When it boils, it is cooked on low heat for at least 3 hours. After the meat is cooked, it is removed from the bowl and cut into slices. The vegetables are taken out and pureed well to create a thick mixture that should be dark brown in color. Then the meat and the vegetable sauce are returned to the bowl and cooked for another half hour on very low heat. Towards the end, add 3 tablespoons of finely chopped parsley.

Gnocchi is kneaded from potatoes, flour, eggs, salt and lard (or oil). Cut it into small pieces the size of half a thumb and cook in salted water. They are done when they float to the surface.



PIVAC ISPOD PEKE

Sastojci:

1 kastrirani (uškopljeni) pivac (pijetao, u mnogim mjestima naziva se kopun), oko 1,5 kg
komad slanine (pancete)
1,5 kg mladoga krumpira (manjih)
2 glavice luka (kapule)
svinjska mast
čaša bijelog vina
začinsko bilje (kadulja, malo ružmarina)

Napomena:

Pivac pod pekom smatra se delikatesnim jelom te se u posebnim prigodama priprema diljem Dalmacije. Pijetao bi trebao biti uškopljen, a uškopljeni pijetao naziva se u nekim mjestima kopun (od tal. cappone). Na zadarskim otocima pijetao se najčešće naziva peteh, odnosno petešić ako je mlad.

Ingredients:

1 castrated rooster, about 1.5 kg
a piece of bacon (pancetta)
1.5 kg of new potatoes (smaller)
2 onions
lard
a glass of white wine
herbs (sage, a little rosemary)

Remark:

Rooster under peka is considered a delicacy and is prepared on special occasions all over Dalmatia. The rooster should be castrated.







Napomena:

Artičoke se i danas može pronaći gotovo u svakome vrtu čak i na širem području grada Zadra, osobito na području Borika i Puntamike koje su naselili otočani, potom u priobalnim naseljima te na svim otocima Zadarske županije. Nisu toliko uobičajeni u drugim dijelovima Dalmacije. Obično se sade uz rub vrta, uz zid gdje su zaštićeni. Tradicionalno su se nikada kupovali već je svatko u proljeće imao svoje. Tradicionalno su se pripremali u glinenom lopižu.

Remark:

Even today, artichokes can be found in almost every garden, even in the wider area of the city of Zadar, especially in the area of Borik and Puntamika, which were inhabited by the islanders, then in the coastal settlements and on all the islands of the Zadar County. They are not so common in other parts of Dalmatia. They are usually planted along the edge of the garden, under the wall where they are protected. Traditionally, they were never bought, but everyone had their own in the spring. They were prepared in a clay pot (lopiž).

ARTIČOCI

Sastojci

10 artičoka
½ šalice maslinova ulja
300 g mladoga boba
400 g mladoga graška (biži)
3 veća mlada krumpira (u nekim mjestima ga stavljaju u nekima ne)
3 češnja češnjaka (luka),
sitno sjeckani peršin (petersimul)
krušne mrvice, sol, papar

Priprema:

Artičocima se odreže vrh i svi šiljci, te se odstrane vanjski tvrdi listovi. Malo se rastvore listovi i stavi se močiti u dosta hladne vode da iziđe nečistoća i gorčina. Potom ih se okrene naopako da se ispusti voda. U posudi s uljem se zamiješaju mrvice, sitno narezani češnjak i peršin (u novije doba u tu se smjesu dodaje i parmezan, ali u tradicionalnim otočnim receptima nije se stavljao). Listove artičoka treba dobro rastvoriti i obilato napuniti tom smjesom.

U plitku široku posudu poslože se artičoci, oko njih se doda se bob i grašak (ponegdje i na kockice narezani krumpir), ulije se vode do razine vrhova artičoka (voda ne smije biti preko artičoka) te doda soli i papra. Kuha se na laganoj vatri dok povrće ne omekša.

Ingredients

10 artichokes
½ cup of olive oil
300 g of young broad beans
400 g of young green peas
3 large new potatoes (in some places they are added, in others not)
3 cloves of garlic
finely chopped parsley
bread crumbs, salt, pepper

Preparation:

Cut off the top and all the spikes from the artichokes, and remove the hard outer leaves. Spread the leaves a little and soak them in plenty of cold water to remove impurities and bitterness. Then they are turned upside down to drain. Mix breadcrumbs, finely chopped garlic and parsley in a bowl with oil (in recent times, parmesan is added to this mixture, but in traditional island recipes it was not added). The artichoke leaves should be thoroughly spread and abundantly filled with this mixture.

Place the artichokes in a shallow, wide dish, add beans and peas around them (sometimes also diced potatoes), pour water just to cover the tops of the artichokes, add salt and pepper. It is cooked on low heat until the vegetables are soft.

JOTA



Sastojci: Ingredients:

<i>½ kg kiselog kupusa</i>	<i>½ kg of sauerkraut</i>
<i>šalica graha (fažola), oko 250 g</i>	<i>a cup of dried beans, about 250 g</i>
<i>½ kg suhoga mesa / ili komad pršuta</i>	<i>½ kg of dry meat / or a piece of prosciutto</i>
<i>1 veći krumpir</i>	<i>1 large potato</i>
<i>2 režnja češnjaka</i>	<i>2 cloves of garlic</i>
<i>nekoliko listova lovora (javora)</i>	<i>a few bay leaves</i>
<i>žlica koncentrata (konšerve)</i>	<i>a spoonful of tomato paste</i>
<i>1 žlica crvene mljevene paprike</i>	<i>1 tablespoon of ground red pepper</i>
<i>maslinovo ulje</i>	<i>olive oil</i>
<i>sol i papar</i>	<i>salt and pepper</i>

Večer prije očistiti i oprati grah te ga namočiti. Prije pripreme jela prokuhati grah i prvu vodu baciti. Kiseli kupus oprati. U dubljem loncu staviti kuhati grah i na komade narezano suho meso (ili komad pršuta) i začiniti (sol, papar, crvenu papriku) i kuhati na srednje jakoj vatri te potom dodati na kockice narezani krumpir i sjeckani peršin. U drugoj, široj posudi na maslinovom ulju vrlo kratko popirjati češnjak, dodati oprani kiseli kupus i žlicu razmućenog koncentrata rajčice te dinstati barem pola sata uz podlijevanje „juhom“ u kojoj se kuhao grah. Kad kupus omekša dodati ga u juhu s grahom, promiješati i još malo prokuhati. Skinuti s vatre, pustiti da malo odstoji i poslužiti toplo. pustiti da malo odstoji i poslužiti toplo.

Napomena:

U nekim mjestima u jotu se ne stavlja krumpir, a ponekad se i sve namirnice kuhaju zajedno. Ovaj je recept zabilježen na biogradskom području.

The night before cooking clean and wash the beans and soak them. Before preparing the dish, boil the beans and discard the first water. Rinse sauerkraut. In a deep pot, put boiled beans and dry meat cut into pieces (or a piece of prosciutto) and season (with salt, pepper, red pepper), cook on medium heat, then add diced potatoes and chopped parsley. In another, wider cooking dish, sauté the garlic for a very short time in olive oil, add the rinsed sauerkraut and a spoonful of tomato paste and simmer for at least half an hour, adding the “broth” in which the beans were cooked. When the sauerkraut is soft, add it to the soup with beans, stir and boil a little longer. Remove from heat, let it rest for a while and serve warm.

Remark:

In some places, no potatoes are put in the jota, and sometimes all the ingredients are cooked together. This recipe was recorded in the Biograd area.





Napomena / Remark:

Pašta fažol je jelo poznato diljem Jadrana te nije naravno specifično samo za Zadarsku županiju. Svaka regija međutim ima neke specifičnosti u pripremi. Ovaj je recept iz grada Nina.

Pasta and beans is a dish known throughout the Adriatic, not specific only to Zadar County. However, each region has some specifics in preparation. This recipe is from the city of Nin.

Sastojci:

*½ kg graha (fažola)
1 luk
1 mrkva
2 lovorova lista
ulje
malo koncentrata od rajčice
tjestenina (pašta)
prstohvat ninske soli
pola žličice crvene paprike
papar*

za pest:

*15 dkg pancete
4 češnja češnjaka
1 svježi list celera
1 svježi list peršina*

Ingredients:

*½ kg of dried beans
1 onion
1 carrot
2 bay leaves
oil
a little tomato paste
pasta
a pinch of Nin salt
half a teaspoon of dried red
pepper
pepper*

for pesto:

*150 g of pancetta (smoked and
dried bacon)
4 cloves of garlic
1 fresh celery leaf
1 fresh parsley leaf*

PAŠTA I FAŽOL

Priprema:

Grah se ostavi močiti preko noći, pa se ujutro stavi kuhati u hladnu vodu, a nakon što proključa oko 10 minuta ta se prva voda baca zbog manjeg nadimanja. U posudi u kojem će se dalje kuhati grah prvo na ulju prepržiti sitno narezani luk i naribanu mrkvu i pirjati oko 5-7 minuta. Na to ubaciti grah, staviti i lovor i preliti vodom, pa pustiti da se jelo kuha. Napraviti pešt na način da se u blenderu smiksa panceta, češnjak, peršin i celer i tu pastu dodati u jelo kada je grah na pola kuhan, pa dodati žličicu koncentrata rajčice, posoliti, popapriti i pustiti da se dalje krčka na vatri. Prije kraja ukuhava se tjestenina. Papar, sol i drugi začini dodaju se ovisno o ukusima obitelji. Ovisno o volji ukućana neki stavljaju makarone ili pužiće ili špagete koji se razlome na manje komade. Ako se jelo kuha sa pancetom ili suhim mesom tada se stavi kuhati onda kada se bacila prva voda i kad se stavio kuhati grah. Suho meso se kuha do kraja jela.

Preparation:

Beans are left in water to soak overnight, then the next day they are boiled in cold water, After 10 min of boiling the water is discarded (to prevent flatulation). In the dish where the beans will be cooked, first fry finely chopped onion and grated carrot in oil and simmer for about 5-7 minutes. Add beans, put the bay leaves and cover with water, then let the dish cook. Make the pesto by mixing pancetta, garlic, parsley and celery in a blender and adding this paste to the dish when the beans are half cooked, then add a teaspoon of tomato paste, salt and pepper and let it continue to simmer. Before the very end, the pasta is added. Pepper, salt and other spices are added depending on the tastes of the family, as well as pasta type: put macaroni, pipe or spaghetti that are broken into smaller pieces. If the dish is cooked with pancetta or dry meat, they are added after the first water has been discarded and when the beans have started to boil again. Dry meat is cooked until the end of the meal.



LAZANJE (DOMAĆE)

Sastojci

500 g pšeničnog glatkog brašna
1 jaje
50 g domaće masti
30 ml ulja
prstohvat ninske soli
oko 200 ml vode

Ingredients

500 g of white wheat flour
1 egg
50 g of lard
30 ml of oil
a pinch of Nin salt
about 200 ml of water

Priprema:

Na dasku staviti brašno. U brašnu napraviti udubljenje u koje se stavi jaje, sol, omekšana domaća mast (zamjenski može maslac). Dodati mlaku vodu i umijesiti glatko tijesto. Tijesto dobro izmijesiti da ne bude ni pretvrdo ni premekano, te ga prekriti krpom da odstoji pola sata. Nakon što tijesto odleži podijeliti na četiri dijela. Svaki dio valjati što tanje i rezati na širinu od 1 cm po čitavoj dužini valjanog tijesta. Lazanje položiti da se osuše oko pola do jednog sata na pobrašnjennoj dasci. Skuhati lazanje u slanoj kipućoj vodi, ocijediti i poslužiti dok je još vruće. Lazanje se prelije s masnoćom i preprženom slaninom (pancetom) koja se pokidala na duge ploške ili na komadiće ovisno o raspoloženju domaćice. Lazanje se također kuhaju u juhi u kojoj se prethodno skuhalo suho svinjsko meso ili gulašem od mlade ovčetine. Također se poslužuje sa raznovrsnim šugovima.

Preparation:

Put flour on the board. Make an indentation in the flour into which you put the egg, salt, softened lard (it can be substituted with butter). Add lukewarm water and knead a smooth dough. Knead the dough well so that it is neither too hard nor too soft, and cover it with a cloth to let it rest for half an hour. After the dough has rested, divide it into four parts. Roll each part as thin as possible and cut to a width of 1 cm along the entire length of the rolled dough. Place the lasagna on a floured board to dry for half an hour to an hour. Cook lasagna in salted boiling water, drain and serve while still hot. The lasagna is topped with fat and fried bacon (pancetta). It is also cooked in a broth in which dry pork has previously been cooked or in a stew made from young mutton, or with a variety of sauces.



Napomena / Remark

Lasanje se kao prilog pripremaju diljem Dalmacije i Istre, a ovo je recept iz grada Nina

Lasagna is prepared as a side dish all over Dalmatia and Istria, and this is a recipe from the city of Nin.



FRITE (FRITULE)



Sastojci

*3 šalice bijeloga brašna (koliko treba)
mlaka (do topla) voda (koliko treba)
1 kockica kvasa (može i suhi)
naribana korica jednog domaćeg limuna
10 dkg grožđica (može i narezane suhe smokve)
pola šalice šećera
žličica soli
mast za prženje (može i na ulju)*

Priprema:

U posudu s okruglim dnom uliti toplu vodu, sol, šećer (može dodatno i vanilin šećer), kvasac i naribanu koricu od limuna. Dodavati brašno i kuhačom izraditi tijesto srednje gustoće (rjeđe nego za kruh, gušće nego za palačinke) pa dodati grožđice i ostaviti da

odstoji pola sata na toplom. Žlicom oblikovati tijesto u kuglice i polagati u duboko vruće ulje (ili mast) dok frite ne zažute sa svih strana te slagati na papir da se masnoća ocijedi. Uvaljati u kristalni šećer (*grezi*).

Napomena:

Frite ili fritule najrasprostranjenija su slastica na čitavome Jadranu i nisu naravno tipične samo za Zadarsku županiju. Kao kod brudeta, frite se rade u svakoj kući u posebnim prigodama (obavezno za Badnjak, Novu godinu, karneval, Uskrs i za sva slavlja), i postoji nebrojeno varijacija. Tijesto za fritule radi se s toplim mlijekom, a dodaje se i par

žumanjaka. U mnogim mjestima u Dalmaciji u frite se obavezno dodaje po bićerin rakije (loze) i ruma ili nekog likera (primjerice kruškovca), a negdje se čak umjesto rakije dodaje bijelo vino. Nadalje, ponekad se frite posipaju šećerom u prahu, a ne kristalnim. Ovaj je recept zabilježen u Kolanu na otoku Pagu.

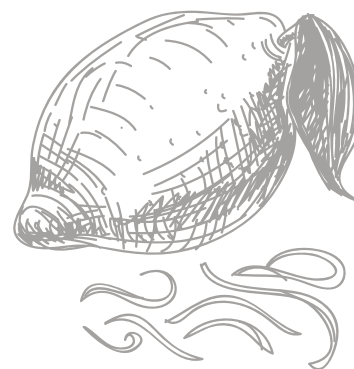
/ Frite (fritule)

Ingredients

3 cups of white flour (or as much as needed)
lukewarm (to warm) water (as much as needed)
1 cube of fresh yeast (dry yeast can also be used)
grated rind of one lemon
100 g of raisins (or sliced dried figs)
½ cup of sugar
a teaspoon of salt
lard for frying (or oil)

Preparation:

Pour warm water, salt, sugar (you can also add vanilla sugar), yeast and grated lemon zest into a round-bottomed container. Add flour and use a wooden spoon to make a dough of medium thickness (thinner than bread dough, thicker than crepes), then add raisins and let it stand for half an hour in a warm place. Shape the dough into balls with a spoon and place them in deep hot oil (or lard) until the fritters turn yellow on all sides and place them on paper towels to drain the fat. Roll in granulated sugar.



Remark:

Frites or fritters are the most widespread dessert in the entire Adriatic area and are of course not typical only for the Zadar County. As with brudet, frites are made in every house on special occasions (obligatory for Christmas Eve, New Year's Eve, carnival, Easter and for all celebrations), and there are countless variations. The dough for fritters is made with warm milk, and a couple of egg yolks are sometimes added. In many places in Dalmatia, it is mandatory to add a shot of grape brandy (loza) and rum or some liqueur (for example, pear brandy), and in some places even white wine instead of brandy. Furthermore, sometimes the frites are sprinkled with powdered sugar rather than granulated sugar. This recipe was recorded in Kolan on the island of Pag.



ZADARSKA TORTA

Sastojci

8 domaćih jaja
4 veće domaće nešpricane naranče
30 dkg na komadiće izrezanih
badema (ne mljevenih)
šalica šećera (cukra) = oko 15 dkg
2 žlice maraskina
2 veće šalice (oko ½ l) slatkog
vrhnja
½ kg čokolade za kuhanje

Ingredients

8 free range eggs
4 larger oranges, not treated with
pesticides
300 g of sliced almonds (not
ground)
cup of sugar, about 150 g
2 tablespoons of maraschino
liqueur
2 cups (about ½ l) of double cream
½ kg of cooking chocolate

Priprema:

Naranče izrezati na manje komadiće i vrlo kratko prokuhati u malo vode.

Bjelanjke istući u čvrsti snijeg. U dubljoj posudi dobro istući (ili izmiksati) žumanjke i šećer, dodati bademe (*mendule*), prokuhane naranče i maraskino te sve izmiješati. Dodati bjelanjke i lagano ih umiješati. Pripremljenu smjesu uliti u okrugli namašćen kalup za tortu i peći u pećnici oko jedan sat na 150 stupnjeva.

Glazura:

Ispečenu tortu preliti sa čokoladnom glazurom koju sami pripremimo od tamnog kakaa ili u slatkom vrhnju rastopimo čokoladu za kuhanje.

Preparation:

Cut the unpeeled oranges into small pieces and boil them very briefly in a little water.


Beat the egg whites into stiff peaks. In a deep bowl, beat (or mix) egg yolks and sugar well, add almonds, boiled oranges and maraschino and combine everything. Add egg whites and gently fold them in. Pour the prepared mixture into a round greased cake mold and bake in the oven for about one hour at 150 degrees.

Glaze:

Cover the baked cake with a chocolate glaze made from dark cocoa or melted cooking chocolate in sweet cream.







Recepti **Hercegovačko-neretvanskog kantona**
/ Recipes of **Herzegovina-Neretva County/Canton**



DIVLJE ZELJE

Sastojci (za pet obroka)

*divlje zelje
listovi raštike
vezica poriluka
suho meso
2-3 režnja bijelog luka
sol
voda i veliki lonac*

Priprema:

U loncu prokuhati već pripremljeno suho meso i kuhati dok se ne skuha na pola. Divlje zelje, raštiku i poriluk oprati i narezati. Dodati narezano povrće u lonac, ali u 2-3 puta jer ne stane sve, pa kad povene dodati preostali dio. Kad je gotovo dodati joj posebno usitnjene slanine s jednim do dva režnja bijelog luka, kratko pržena u tavi.

Posluživanje:

Divlje zelje se jede bez salate, bez bibera, luka i drugih jakih začina, uz domaći hljeb. Poslužuje se toplo u dubokom tanjiru.

Ingredients (for five servings)

*wild leafy greens
leafs of collard greens (raštika)
sprig of leeks
dried meat
2-3 cloves of garlic
salt
water and a large pot*

Preparation:

Boil the already prepared dry meat in a pot until it is half cooked. Wash and slice wild leafy greens, collard greens and leeks. Add the sliced vegetables to the pot in 2-3 batches because it not all will fit at once, so when one batch is wilted, add the remaining part. When it is ready, add chopped bacon with one to two cloves of garlic, briefly fried in a pan.

Serving:

Wild greens are eaten without salad, without pepper, onion and other strong spices, with homemade bread. It is served warm in a soup plate.



Zanimljive činjenice o jelu:

Ovo zelenje je zdravo, prepuno vitamina, posebno vitamina C i minerala, a čim je divlje znači da nije tretirano hemijskim sredstvima.

Interesting facts about the dish:

These greens are healthy, full of vitamins, especially vitamin C and minerals, and the fact that they are wild means that they have not been treated with chemicals.

RAŠTIKA - PIRJAN

Sastojci (za pet obroka):

500/600 g raštike/raštana
1 veći crveni luk
1 veća mrkva
Vegeta, sol, biber, ulje
crvena paprika
geršlo/ječam ili riža
suho meso po želji (šarene slanine, rebara itd.)

Ingredients (for five servings):

500/600 g of collard greens
1 large red onion
1 large carrot
Vegeta, salt, pepper, oil
red pepper
barley or rice
dry meat as desired (bacon, ribs, etc.)

Priprema:

Oprati rašniku i izrezati je na trake. Sjeći luk na manje komade, a mrkvu na kolutove. U manjem loncu kuhati posebno *geršlo* (ječam) (samo 2-3 minute dok zapjeni). Tko ne voli *geršlo* može staviti rižu. U lonac staviti ulje da se zagrije. Dodati luk, mrkvu i dinstati 5 minuta. Dodati rašniku i nastaviti dinstati još 5 minuta s lukom i mrkvom. Dodati začine, prethodno kuhano *geršlo* i suho meso (prije ga malo oprati ili otkuhati). Vodom preliterati rašniku, zavisi koliko želite da imate u njoj tečnosti i kuhati 40-ak minuta.

Posluživanje:

Raštika se jede bez salate, bez bibera, luka i drugih jakih začina, uz domaći hljeb. Poslužuje se u toplu u dubokom tanjiru.

Preparation:

Wash the collard greens and cut it into strips. Cut the onion into smaller pieces, and the carrot into rings. In a small pot, cook the barley separately (only 2-3 minutes, until it foams). If you don't like barley, you can add rice. Heat the oil in the pot. Add onions and carrots and simmer for 5 minutes. Add the collard greens and continue simmering for another 5 minutes. Add spices, pre-cooked barley and dry meat (wash or boil it a little first). Pour water over the collard greens, depending how much liquid you want in it, and cook for about 40 minutes.

Serving:

Collard greens are eaten without salad, without pepper, onion and other strong spices, with homemade bread. It is served warm in a soup plate.





Sastojci (za 5 obroka):

oko 30 manjih listova raštike

Smjesa za punjenje:

500 g mljevene junetine

glavica crvenog luka

manja mrkva

1 šoljica riže (oko 2 dl)

1 kašičica soli

1 kašika Vegete

1 kašika crvene paprike

svježi mljeveni biber

2 kašike ulja i malo vode u smjesi

Hladna zaprška:

1 kašika oštrog brašna

1 kašika crvene paprike

1/2 šoljice vode

sol

Ingredients (for 5 servings):

about 30 smaller leaves of collard greens

Filling mixture:

500 g of ground beef

1 red onion

1 smaller carrot

1 cup of rice (about 2 dl)

1 teaspoon of salt

1 tablespoon of Vegeta

1 tablespoon of red pepper

fresh ground pepper

2 tablespoons of oil and a little water in the mixture

Cold roux:

1 tablespoon of coarse flour

1 tablespoon of ground red pepper

1/2 cup of water

salt

HERCEGOVAČKI JAPRAK

Priprema:

Listove raštike oprati, stanjiti im korijen i blanširati u kipućoj vodi nekoliko minuta. Ocijediti. Staviti ih u posudu s hladnom vodom i potom ih dobro ocijediti. Na ovaj način, zadržat će svoju zelenu boju. Razdvojiti sve listove i ostaviti ih sa strane. Dobro izmiješati sve smjese za punjenje. Smjesu odvajati dio po dio i stavljati je na listove raštike. Japrak umatati jednoliko u obliku valjčića manje veličine. Složiti ih u širi lonac i sve preliteri vodom da prekrije japrachiće. Kuhati na laganoj vatri sat vremena.

Napraviti zapršku: Kašiku mljevene crvene paprike i kašiku brašna umutiti u malo vode. Po želji dodati kašiku koncentrata paradajza. Zapršku dodati u japrak pred sam kraj kuhanja pa kuhati pola sata na laganoj vatri. Lonac povremeno protresti te prema potrebi doliti malo vode.

Posluživanje:

Japrak se može poslužiti s pire krompirom ili rižom uz jogurt, pavlaku ili mileram. Ipak, najčešće se poslužuje uz mileram i malo zagrijane masnoće u koju se dodaje mljevena crvena paprika.

Prilike kada se priprema

Japrak se priprema u svečanim prilikama ali nerijetko se nađe i na trpezi kao dio svakodnevne ishrane, za ručak i/ili večeru.

Preparation:

Wash the leaves, discard the roots and blanch in boiling water for a few minutes. Drain. Put them in a container with cold water and then drain again. This way, they will retain their bright green color. Separate all the leaves and leave them aside. Mix well all the filling mixtures. Separate the mixture bit by bit and put it on collard leaves sheets. Roll japrak uniformly in the form of a smaller roll. Place them in a wider pot and cover everything with water to cover the japraks. Cook on low heat for an hour.

Make the roux: Mix a spoonful of ground red pepper and a spoonful of flour and whisk in a little water. If desired, add a spoonful of tomato paste. Add the roux to the japrak and continue cooking for half an hour on low heat. Shake the pot occasionally and add a little water if necessary.

Serving:

Japrak can be served with mashed potatoes or rice with yogurt, sour cream or milleram. However, they are most often served with milleram and a little heated fat to which ground red pepper is added.

Serving occasions

Japrak is prepared on festive occasions, but it is often found on the table as part of the daily diet, for lunch and/or dinner.

SOGAN DOLMA (punjeni luk u umaku)

Mami svojim mirisom i okusom.

Sastojci (za pet obroka):

Nadjev:

500 g mljevene junetine

tri pune šake riže

Vegeta

crvena paprika

biber

5 kašika ulja

Dolmice:

10 glavica crvenog luka

ocat

Priprema:

Podrezati vrhove na glavicama luka. Staviti glavice luka da se skuhamo u vodi, ali paziti da se ne prekuhamo. U vodu se može dodati malo octa. Skinuti lonac s *ringle* (štednjaka), ocijediti toplu i naliti hladnu vodu. Pritiskanjem prstima istiskivati košuljice odnosno prstenove luka - dolme. Prvi sloj s ljuskom se odbacuje, a upotrebljavaju se drugi slojevi. Od jedne glavice luka dobije se više dolmi koje se pune nadjevom. Izmiješati sve sastojke za nadjev (mljeveno meso, Vegetu, crvenu papriku, biber, rižu i ulje). Može se dodati pire od paradajza. Pažljivo se puni luk s nadjevom. Punjene dolme luka se slažu u lonac i poulje. Stave se na ringlu i minutu-

Zaprška:

2 kašičice brašna

1 kašičica crvene paprike

malo soli

malo bibera

voda po potrebi



dvije peku, pa potom preliju toplom vodom, tako da budu pokrivene. Ostaviti da se krčka na najvećoj temperaturi, sve dok voda ispari. Dodati vodu dok ne prekrije dolme i pustiti da ponovo proključa. Smanjiti temperaturu na srednju i poklopiti. Otprilike se kuhaju pola sata, no za svaki slučaj, možete provjeriti je li riža u potpunosti skuhan. Napraviti zapršku. Lagano sipati u sos (umak) zapršku, te pustiti da se sos krčka na maloj temperaturi još 3-5 minuta.

Posluživanje:

Kuhanu dolmu ukrasiti s malo svježeg peršina. Uz dolmu se servira kiselo mlijeko ili pavlaka.



Zanimljive činjenice o jelu:

Za vrijeme Osmanskog carstva je recept dospio u naše krajeve. Kombinirajući stare prehrambene navike s novima, nastavili su prenositi tradiciju priprema ovog jela. U međuvremenu, neki detalji u pripremi i sastojcima su promijenjeni u skladu s novim uslovima življenja. 2017. godine azerbejdžanska tradicija pravljenja dolme uvrštena je na UNESCO-ove popise nematerijalne kulturne baštine.

Interesting facts about the dish:

During the Ottoman Empire rule this recipe reached our region. Combining old eating habits with new ones, this dish became a tradition. Meanwhile, some details in the preparation and ingredients have been changed in accordance with the new living conditions. In 2017, the Azerbaijani tradition of making dolma was included in UNESCO's lists of intangible cultural heritage.

/ Sogan dolma

Ingredients (for five servings):

Stuffing:

500 g of ground beef
three full handfuls of rice
Vegeta
red pepper
pepper
5 tablespoons of oil

Dolmas:

10 red onions
vinegar

Preparation:

Trim the tops of onions. Put the onions to boil in water, but be careful not to overcook them. A little vinegar can be added to the water. Remove the pot from the stove, drain the hot water and pour cold water in. Press out the casings or rings of the onion - *dolma* with your fingers. The first layer with the shell is discarded, and the other layers are used. One onion makes several *dolmas* that are filled with stuffing. Mix all the ingredients for the filling (minced meat, Vegeta, red pepper, pepper, rice and oil). Tomato paste can be added. The onion is carefully filled with stuffing. Stuffed onion *dolmas* are placed in a pot and sprinkled with oil. Put the

Roux:

2 teaspoons of flour
1 teaspoon of ground red pepper
salt
pepper
water, as needed

pot on the stove and cook for two minutes, and then cover with warm water. Let it simmer at the highest temperature until the water evaporates. Add water until it covers the *dolma* and let it boil again. Reduce the temperature to medium and cover. They are cooked for about half an hour, but just in case, you can check if the rice is fully cooked.

Make roux. Pour the roux slowly into the sauce, and let it simmer at a low temperature for another 3-5 minutes.

Serving:

Garnish the cooked dolma with some fresh parsley. Dolma is served with sour milk or sour cream.





Zanimljive činjenice o jelu:

Ime brudeta dolazi od talijanske riječi za juhu, brodo, pa otud za riblju juhu brodetto di pesce, odnosno pojednostavljeno brodetto (lingua veneta - broeto). Ovo je jedno od najslasnijih ribljih jela u Hercegovini. A varijanti je bezbroj. Svaka kuća je imala svoj recept. Najgorljiviji zagovornici tvrde kako je upravo riblji brudet poslužen na samoj Posljednjoj večeri. Načinjen je bio, kažu, od 13 vrsta riba, po jedna za svaku osobu za stolom. Više vrsta ribe daju bolji brudet. Brudet ne smije biti ni jušan ni gust. Brudet je kuharski šah, kaže se... I malo pametno dijete ga nauči igrati, ni najveći majstori ne proniknu u sve njegove tajne.

Interesting facts about the dish:

The name brudet comes from the Italian word for soup, brodo, and hence for fish soup brodetto di pesce, or simply brodetto (lingua veneta - broeto). This is one of the most delicious fish dishes in Herzegovina. Moreover, there are countless variants. Each house had its own recipe.

The most ardent advocates claim that fish brodetto was served at the Last Supper itself. It was made, they say, of 13 types of fish, one for each person at the table.

More types of fish make a better brodetto. It should be neither soupy nor thick. Brodetto is a chef's chess, they say... A smart child learns how to play it, but even the greatest masters do not comprehend all its secrets.

BRUDET S JEGULJOM

Sastojci (za 4 osobe):

3 velika crvena luka
500-700 g jegulje
3 lovorova lista
1-2 kašike koncentrata paradajza

Začini:

1 kašike Vegete (možete preskočiti), sol
1 kašičica slatke crvene paprike
čili papričica (po želji)
3, 4 režnja bijelog luka
peršinov list
150 ml octa
maslinovo ulje

Priprema:

U širi lonac s debljim dnom, na masnoći se pirja crveni luk. Podlijeva se vrućom vodom. Jegulja se isiječe na komade. Doda se sjeckani bijeli luk i koncentrat paradajza i začini. Položiti jegulju. Dodati vodu kako bi jegulja bila pokrivena. Protresti i pustiti na jakoj vatri da proključa. Dodati ocat. Smanjiti temperaturu kuhanja i pustiti da se lagano krčka. Povremeno protresti lonac, jer se brudet ne miješa. Tačno vrijeme kuhanja nakon vrenja je 35 minuta. Ubaciti sjeckani peršin, još jednom protresti i pustiti da se malo smiri.

Ingredients (for 4 servings):

3 large red onions
500-700 g of eel
3 bay leaves
1-2 tablespoons of tomato paste

Seasonings:

1 tablespoon of Vegeta (optional), salt
1 teaspoon of sweet ground red pepper
chili pepper (optional)
3, 4 cloves of garlic
parsley leaf
150 ml of vinegar
olive oil

Preparation:

In a wider pot with a thicker bottom, red onion is sautéed in olive oil. Add hot water, bit by bit. The eel is cut into pieces. Add chopped garlic, tomato paste and spices, then the eel. Add water to cover the eel. Shake and let it boil over high heat. Add vinegar. Reduce the cooking temperature and let it simmer gently. Shake the pot occasionally, do not stir. The exact cooking time after boiling is 35 minutes. Add the chopped parsley, shake once more and let it cool down a bit.

JANJETINA

Hrskava kožica zlatno smeđe boje. Meso je sočno, mirisno i slatko.

Sastojci:

Domaće janje optimalne težine oko 12-13 kg

Priprema:

Ispere se unutrašnjost trbušne šupljine i usta od ostatka krvi, te se natakne na ražanj, a odmah potom treba posoliti unutrašnjost. Na leđima probijte rupu i provucite žicu te učvrstite janje za ražanj. Treba ga dobro pričvrstiti za ražanj, da se ne bi okretalo prilikom pečenja. Odrežite prednje noge u koljenu. Glavu, leđa i zadnje nogice također treba učvrstiti za ražanj. Stražnje noge prebacite preko ražnja, jednu nogu provucite kroz tetivu druge, pa obje vežite žicom za ražanj i dobro stegnite.

Janje se posoli najprije iznutra pa zatim izvana (soli treba oko 2% težine janjca).

Dobro je da odstoji posoljeno minimalno pola sata. Trbušna šupljina se zatvara prorezivanjem opeke ili papršnjaka (koljenica). Nožem zarezite butove i posolite, napravite ubod nožem kod obje plećke i posolite, zatim posolite cijelo janje izvana. Kad se janje dobro ugrije (oko 45 minuta), pod butove i plećke dodajte malo žara. Stavlja se peći iznad

laganog žara uz stalno okretanje ražnja.

Plamen vatre ne smije biti preblizu da meso ne izgori i da se pretjerano ne isušuje. Da meso ne izgori i popuca na početku pečenja, janje se premazuje slanom vodom. Pečenje traje, ovisno o veličini janjca i količini raspoloživog žara, prosječno od dva i po do tri sata na laganoj žeravi.

Posluživanje:

Uz krompir i salatu domaći hljeb.

Prilike kada se hrana pravi i jede:

Janjetina je simbol trpeze – služenje janjetine znači posebno izraženu čast gostima u svim važnim događajima za neku porodicu.



Zanimljive činjenice o jelu:

Gotovo da nema porodične, ni poslovne proslave na kojoj se ne servira janjetina. Nezaobilazna je za Bajram, Božić i Uskrs.

Glavni razlog zbog čega je pečenje na ražnju toliko prisutno i popularno u mnogim zemljama Mediterana nije samo primordijalnost stočarske pripreme, već i kulinarska jednostavnost sagledana u strpljivom i polaganom pečenju mesa koje na taj način postaje sočno i mekano.

Značaj:

Janjetina je društvena hrana i mora se jesti u društvu, tek tada je to pravi doživljaj. Pivo uz ražanj, priča i smijeh kraj otvorene vatre, dijeljenje i zajedničko blagovanje.

/ Janjetina

Crispy golden brown skin. The meat is juicy, fragrant and sweet.

Ingredients:

Homegrown lamb, optimally weighing 12-13 kg

Preparation:

The inside of the abdominal cavity and the mouth is washed from the blood residue, then it is put on a skewer, and immediately salted on the inside. Punch a hole on the back and thread the wire through, then fasten the lamb to the skewer. It should be firmly attached to the skewer, so that it does not spin during baking. Cut off the front legs at the knee. The head, the back and hind legs should also be secured to the skewer. Put the rear legs over the skewer, pass one leg through the tendon of the other, then tie both of them with wire to the skewer and tighten well.

The lamb is salted first on the inside and then on the outside (amount of salt: about 2% of the weight of the lamb).

It is good to leave it salted for at least half an hour. The abdominal cavity is closed by cutting through shin. Cut the thighs with a knife and salt, make a stab at both shoulders with a knife and salt it, then

salt the whole lamb on the outside. When the lamb is well heated (after about 45 minutes), add a little ember under the thighs and shoulders. It is placed over burning ember at low heat while constantly turning the skewer.

The flame of the fire should not be too close so that the meat wouldn't burn and dry out. To prevent the meat from burning and cracking at the beginning of roasting, the lamb is basted with salty water several times. Roasting takes, depending on the size of the lamb and the amount of available embers, on average two and a half to three hours on low heat.

Serving:

With potatoes, salad and homemade bread.

Occasions when this dish is prepared and eaten:

Lamb is a symbol of the abundant table - serving lamb means special honor to guests in all-important events for a family.



Interesting facts about the dish:

There is almost no family or business celebration where lamb is not served. It is indispensable for Eid, Christmas and Easter.

The main reason why grilling on a skewer is so present and popular in many Mediterranean countries is not only the primordiality of livestock preparation, but also the culinary simplicity seen in the patient and slow roasting of the meat, which in this way becomes juicy and soft.

Importance:

Lamb is a social food and must be eaten in company, only then is it a real experience: Drinking beer around the skewer, talk and laughter by the open fire, sharing and dining together.





PEKA

Sastojci

3 kg teletine
2 kg krompira
3 režnja bijelog luka
3 luka
sol i biber
ulje

Priprema:

Meso izrezati na veće komade i dodati sol, biber, ulje i crvenu papriku. Povrće se također nareže na velike komade. U pekač se dodaju ulje i meso, a po njemu poreda povrće. Dodati još malo soli i crvene paprike. Pripremiti peku i na nju staviti žar. Otvoriti je nakon 50 minuta i povući krompir na vrh. Svakih pola sata je otvoriti i miješati. Ovako je peći oko dva i pol sata, sve dok se sok od pečenja ne reducira.

Posluživanje:

Vruće, uz salatu. Obično mu prethodi bistra juha.

Ingredients

3 kg of veal
2 kg of potatoes
3 cloves of garlic
3 onions
salt and pepper
oil

Preparation:

Cut the meat into larger pieces and add salt, pepper, oil and ground red pepper. Vegetables are also cut into large pieces. Oil and meat are added to the baking dish, then vegetables are arranged over it. Add a little more salt and red pepper. Prepare the baking dish and place the peka on it. Open it after 50 minutes and pull the potatoes on top. Open and mix every half an hour, then put the lid back on. Bake like this for about two and a half hours, until the baking juices are reduced.

Serving:

Hot, with salad. It is usually preceded by clear soup.

ĆEVAPI

Jednostavno jelo, genijalnog okusa. Izvor je uživanja.

/ A simple dish with a brilliant taste. It is a source of enjoyment.

Suvjesa:

Za ćevape se uzme goveđe i janjeće meso (omjer 1:1 ili 3/5 goveđeg i 2/5 janječeg). Prilikom nabavke mesa treba paziti da je ono čisto (ne smije se prati). Meso se izreže, izmiješa, posoli i samelje, pa se ponovo "propusti" kroz mašinu. Meso se dobro miješa oko pola sata i nakon toga ostaviti da odleži 2-3 sata. Od odležanog mesa formiraju se ćevapi pomoću mašine za punjenje kobasica ili rukama.

Priprema:

Peći na roštilju na jakoj vatri (po mogućnosti na drvenom ugljenu). Stalno se premazuje rešetka roštilja s ovčjim (goveđim) lojem (može i ulje). Paziti da se ćevapi ne prepeku jer će biti tvrdi i suhi. Sredina ćevapa mora biti malo roza boje kad je pečen.

Posluživanje:

Vrući ćevapi se serviraju u vrućoj lepinji. Dodaje se luk ili neki drugi prilog (kajmak, ajvar i slično). Lepinja se prethodno zalije juhom te zapeče na roštilju. To daje posebnu aromu ćevapima i lepinji. Poljev (juha) se spravlja od iskuhanog junećeg mesa.

Prilikom serviranja na tanjir uz isječeni luk (oko 1 glavica na jednu porciju), ćevapi se malo posole odnosno popare.

Mixture:

Beef and lamb are used for kebabs (ratio 1:1 or 3/5 beef and 2/5 lamb). When purchasing meat, you should make sure that it is clean (it must not be washed). The meat is cut, mixed, salted and ground, then "passed" through the grinding machine again. Mix the meat well for about half an hour and then let it rest for 2-3 hours. Kebabs are formed from rested meat using a sausage-stuffing machine or by hand.

Preparation:

Grill on high heat (preferably on charcoal). The grid of the grill is constantly coated with sheep (beef) fat (or oil). Be careful not to overcook the kebabs, as they will be hard and dry. The center of the kebab should be slightly pink when cooked.

Serving:

Hot kebabs are served in a hot bun. Add onion or some other side dish (sour cream, kajmak, ajvar, etc.). The bun is previously moistened with soup and baked on the grill. This gives a special aroma to kebabs and buns. The soup is made from boiled beef.

Kebabs are served on a plate with sliced onions (about 1 onion per portion), sprinkled with a little salt and pepper.





Zanimljive činjenice o jelu:

Na području Bosne i Hercegovine pod burekom se razumijeva pita punjena mesom. Prvi burek na ovim prostorima se pojavio dolaskom Osmanlija. Burek se smatrao hranom vezira i bogataša, ali je vremenom postao sastavni dio bosanskohercegovačke kuhinje. Postoji jeftina verzija sa dodavanjem krompira i zove se „šareni burek“.

Interesting facts about the dish:

In the territory of Bosnia and Herzegovina, burek is a pie filled with meat. The first burek in this area appeared with the arrival of the Ottomans. Burek was considered the food of the rich, but over time, it became an integral part of Bosnian cuisine. There is a cheap version with the addition of potatoes called “colorful burek”.

BUREK

Burek je vrsta pite punjena mesnim nadjevom, hrskave kore, s okusom koji pokreće sva čula. Može se oblikovati u oblike potkovice, kolutove, cilindre ili okrugle pite i jedu se na različite načine kao predjelo ili kao glavno jelo.

Sastojci (za 4-8 obroka):

*3 suhe jufke (listovi tanko razvučenog tijesta) / 8-12 listova veličine tepsije
½ kg janječeg ili junećeg mesa od buta (ili miješano)
3-4 glavice crvenog luka
oko 20 dkg masla (ili druge masnoće)
sol, biber*

Priprema:

Meso se isjecka ili samelje. Luk sitno isječe. Razviju se *jufke* i *suhnu* (prosuše). U lonac se stavi malo masnoće i lagano preprži luk, posoli, te ohladi, a zatim doda meso, sol i biber, pa izmiješa.

Polagani burek:

Jufke se režu u veličini tepsije. Pekač se pomasti i prekrije jednom jufkom koja se začini rastopljenom masnoćom, pa drugom jufkom, tako da se stvori "donja podloga". Zatim se ravnomjerno pospe fil, pa prekrije trećom jufkom i tako nekoliko puta naizmjenično fil-jufka. Svaka jufka se začini rastopljenom masnoćom. Na kraju se stavljaju dvije završne jufke i svaka pomasti. Burek se peče u pećnici, a ispečen se reže na kocke ili romb.

Burek u gužve:

jufke na kojima je raspoređen nadjev se zgužvaju (srolaju) i slažu u zamašćenu tepsiju. U uglastu tepsiju srolane jufke se slazu uzduž - jedna do druge, a u okruglu naokrug - počevši od središta pa prema rubu tepsije.

Burek u frk/zvrk (spiralu):

svako pola jufke čini zasebni frk, zasebno formiranu cjelinu. Frkovi mogu biti okrugli ili elipsasti. Ovakav način slaganja pite čest je kod pripremanja pite za put, izlet, te u buregdžinicama i ašćinicama.

Posluživanje:

Uz burek poslužiti kiselo mlijeko.

/ Burek

Burek is a type of pie filled with meat filling, with crispy crust and a taste that touches all the senses. It can be shaped into horseshoe, rings, cylinders or round pies and eaten in different ways as an appetizer or as a main course.

Ingredients (for 4-8 servings):

3 dry sheets of thinly stretched pastry dough (filo) / 8-12 sheets the size of a pan

½ kg of lamb or beef thigh (or mixture of both)

3-4 onions

about 200 g of butter (or other fat)

salt, pepper

Preparation:

The meat is chopped or ground. Finely chop the onion. Spread the pastry sheets and let them dry a little. A little fat is put in the pot and the onion is lightly fried, salted and cooled, then meat, salt and pepper are added and mixed.

Layered burek:

Pastry sheets are cut to the size of the pan. The baking pan is greased and covered with one sheet, sprinkled with melted fat, and then covered with another sheet, so that a "bottom base" is created. Then the filling is sprinkled evenly, covered with the third sheet, alternating the filling and sheets several times. Each sheet is sprinkled with melted fat. At the end, two final sheets are placed and each is greased. Burek is baked in the oven, and when baked, it is cut into cubes or rhomboid shapes.

„Crumpled“ burek:

spread the filling on filo sheets and crumple (roll) them, then put in a greased pan. In a square pan, the rolled sheets are placed lengthwise - next to each other, and in a round pan - rolled starting from the center outwards.

Spiral burek:

each sheet of pastry is cut into half, filled and spirally rolled (in a round or elliptical shape) as a separate burek. This way of stacking pies is common when preparing pies for a trip, excursion, or to be sold in burek shops.

Serving:

Serve with sour milk.





Zanimljive činjenice o jelu

Burek je dobio ime od turske riječi bur-savijača, s obzirom da su manji dijelovi savijače, da ne bi bili burekčići jer je teško za izgovor, pretpostavlja se da je izvedeno ime burekčići.

Buredžici se od mantija razlikuju po sastavu i veličini, mnogo su veći ako ne i duplo.

Pite su općenito svakodnevno jelo, ali imaju svoje mjesto u svečanim prilikama. U prošlosti posluživao se za svečane prilike (slijed od 12 jela) i to negdje na sredini ručka ili večere, za svakog gosta po 1 porcija. Bili su specifični za mostarski kraj.

Interesting facts about the dish:

Burek got its name from the Turkish word bur-something bent or curled. Buredžiks differ from mantije in terms of composition and size; they are much larger, almost as twice. Pies are generally an everyday dish, but they have their place in festive occasions, too. In the past, they were served in festive occasions (a course of 12 dishes) somewhere in the middle of a lunch or dinner, 1 portion for each guest. They were specific to the Mostar region.

MOSTARSKI BUREDŽICI

Buredžici su neizostavni dio naše tradicionalne kuhinje, slični su bureku i mantijama. / *Buredžici* are an essential part of our traditional cuisine, they are similar to *burek* and *mantije*.

Sastojci:

2 jufke,
1/2 kg mljevenog ili sjeckanog mesa (janječeg,
junečeg, bravljeg, goveđeg)
masnoća,
oko 1/2 l kiselog mlijeka,
režanj bijelog luka

Priprema:

Jufke se rasuču (razvaljaju), malo *suhnu* (prosuše), razrežu na dvije polovice, te pomaste. Meso se posoli i izmiješa. Na svaku polovicu jufke na razmaku od oko 6-8 cm redaju se komadići mljevenog mesa, tako da u svaki burek doda po 1 zalogaj mesa.

Jufke se saviju u gužve, izrežu na burekčiče, koji se slažu u zamašćeni pekač. Zatim se buredžici pomaste i ispeku.

Kiselo mlijeko se malo posoli, izmiješa, te (po želji) utuče više česni bijelog luka. Sve se dobro izmiješa. Vrući buredžici se polijevaju kiselim mlijekom, zatim pomaste, te vrata u toplu pećnicu da se kiselo mlijeko upije.

Posluživanje:

Poslužuju se hladni ili mlaki.

Ingredients:

2 sheets of filo pastry,
1/2 kg of minced or chopped meat (lamb, beef, lamb,
beef)
fat (butter or oil),
about 1/2 l of sour milk,
garlic

Preparation:

The sheets are spread out, left to dry out a little, cut into two halves, and greased. The meat is salted and mixed. Pieces of minced meat are arranged on each half of the sheet at a distance of about 6-8 cm, so that 1 bite of meat is added to each *buredžik*.

The sheets are rolled and crumpled, cut into *buredžiks*, and placed in a greased baking pan. Then *buredžiks* are greased and baked.

Sour milk is slightly salted and mixed with several cloves of crushed garlic. The mixture is poured over *buredžiks*, then greased again, and returned to a warm oven to absorb the sour milk.

Serving:

They are served cold or lukewarm.

HERCEGOVAČKI UŠTIPCI

Vrućim hercegovačkim uštipcima malo tko može da odoli. Uvršteni su na Svjetski atlas hrane. / Few people can resist the hot Herzegovinian fritters. They are included in the World Food Atlas.

Tijesto:

500 g brašna
1 kašičica soli
250 ml vode
2 kašike loze (rakije od grožđa)
ulje za prženje

Priprema:

U brašno dodati sol, lozu i vodu i zamiješati gusto lijevano tijesto. Tijesto bi trebalo lagano kliziti sa kašike kojom se grabi. Zagrijati malo ulja u velikoj tavi za palačinke i izliti tijesto kutljačom praveći duguljaste oblike (primjerice u obliku stopala). Odjednom peći dva ili najviše tri komada. Pržiti ih sa obje strane dok ne dobiju žućkastu boju.

Obično se brašnu može dodati raženo ili heljdino brašno.

Posluživanje:

Hercegovački uštipci mogu se poslužiti kao predjelo, užina ili pak zaseban obrok, slatki ili slani, s prilozima ili bez. Obično se poslužuju uz sir, hercegovački pršut i kajmak.

Dough:

500 g of flour
1 teaspoon of salt
250 ml of water
2 tablespoons of loza (grape brandy)
oil for frying

Preparation:

Add salt, vinegar and water to the flour and mix into a dough. The dough should easily slide off the spoon. Heat a little oil in a large pan for pancakes and pour the dough with a ladle, making oblong shapes (for example in the shape of a foot). Bake two or at most three pieces at a time. Fry them on both sides until they get a yellowish color.

Rye or buckwheat flour is usually added to the wheat flour.

Serving:

Herzegovinian fritters can be served as an appetizer, a snack or a separate meal, sweet or savory, with or without side dishes. They are usually served with cheese, Herzegovinian prosciutto and cream.

Zanimljive činjenice o jelu:

Pravog, odnosno preciznog recepta za uštipke nije bilo, sve se radilo od oka. Malo brašna, mlake vode, prstohvat soli, te malo rakije. Hercegovački uštipci se razlikuju od drugih po svom izduženom obliku papučice. Prema većini starih recepata za uštipke, tajni sastojak ovog jela je domaća rakija, koja se stavlja da uštipci ne upiju puno masnoće tokom prženja. Ono što je specifično za hercegovačke uštipke zapravo je način spremanja, dakle posebna gustoća i temperatura.

Uštipak je svoje mjesto pronašao u narodnim izrekama, među kojima je najpoznatija ona „Ko o čemu, baba o uštipcima“, što se najčešće kaže za osobe koje jednostavno uvijek usmjeravaju razgovor na sebi omiljenu temu. Uštipak je i opjevan: „Željan ti sam majko divojaka, i ja sinko s masla uštipaka“.

Interesting facts about the dish:

There was no real or precise recipe for fritters, everything was done by approximation. A little flour, lukewarm water, a pinch of salt, and a little brandy. Herzegovinian fritters differ from others by their elongated shape. According to most old recipes, the secret ingredient of this dish is homemade brandy, which is added so that the fritters do not absorb a lot of fat during frying. Fritters found their place even in folk proverbs.





Sastojci:

Tijesto:

- 1 šolja (šalica) ulja*
- 1 šolja (šalica) mlijeka*
- 1 šolja (šalica) vode*
- 2 fildžana (šaličice) pekmeza od smokava*
- 1 ½ šolja (šalica) kukuruznog brašna*
- 1 vrećica praška za pecivo*
- 1 jaje*

Preljev (agda):

- 2 šolje (šalica) šećera*
- 2 šolje (šalica) vode*
- 2 fildžana (šaličice) pekmeza od smokava*

Ingredients:

Dough:

- 1 cup of oil*
- 1 cup of milk*
- 1 cup of water*
- 2 cups of fig jam*
- 1 ½ cups of corn flour*
- 1 package of baking powder*
- 1 egg*

Dressing (agda):

- 2 cups of sugar*
- 2 cups of water*
- 2 cups of fig jam*

SMOKVARA

Smokvara je tradicionalna hercegovačka slastica. Priprema se sa pekmezom od smokava koji joj daje poseban, neodoljiv okus. / Smokvara is a traditional Herzegovinian dessert. It is prepared with fig jam, which gives it a special, irresistible taste.

Priprema:

Agda:

Prokuhati šećer, vodu i pekmez. Ne smije se previše ukuhati. Ostaviti da se ohladi.

Tijesto:

Staviti ulje, vodu, mlijeko i pekmez u posudu da proključa. Dodati kukuruzno brašno sa praškom za pecivo. Dobro se izmiješa da se smjesa izjednači. Vratiti posudu na vruću ringlu i promiješati nekoliko minuta. Tijesto ostaviti da se ohladi. Od mlakog tijesta formirati smokvare veličine dlana, narezati ih nožem i slagati u pouljeni pekač. U vruću rernu na temperaturi od 200 stepeni staviti smokvare da se peku. Poslije 10-ak minuta smanjiti temperaturu na 150 stepeni i peći 15-20 minuta. Treba obratiti pažnju da se lijepo ispeku, jer smokvare ne smiju odozdo zagoriti, ni da budu tvrde. Pečene i vruće smokvare zaliti hladnim šerbetom.

Posluživanje:

Smokvara se servira uz malo naranče/limuna koja pusti svoj sok zajedno s pekmezom od smokve.

Preparation:

Agda:

Boil sugar, water and jam. It should not reduce too much. Leave it to cool.

Dough:

Put oil, water, milk and jam in a pot to boil. Add corn flour with baking powder. Mix well to even out the mixture. Put the pan back on the hot stove and stir for a few minutes. Leave the dough to cool. Form palm-sized smokvaras from the lukewarm dough, cut the surface with a knife and place them in a greased baking pan, in a hot oven at a temperature of 200 degrees. After about 10 minutes, reduce the temperature to 150 degrees and bake for another 15-20 minutes. Take care they are just done, because the smokvaras must not burn from below, nor be hard. Pour cold agda over the roasted and hot smokvaras.

Serving:

Smokvara is served with orange or lemon that release their juices together with fig jam.



Sastojci:

Za 20 komada

55 dkg brašna
10 dkg oštrog brašna
15 dkg oraha
20 dkg masla
ulje
1 jaje
60 dkg šećera
limun
vanilija
malo soli

Tijesto (jufka):

½ kg brašna
malo ulja
malo soli i tople vode
pola jajeta

Punjenje (tirit):

5 dkg glatkog brašna pomiješa se
s malo vode i ½ jajeta

Preljev (agda):

1 kg šećera
voda
limun

BAKLAVA

Slastica koja se siječe u obliku dijamanta ili pahulja. Bogata, sočna i slatka, prava kalorijska bomba kojoj je teško odoljeti.

Priprema:

Jufka:

Od ½ kg brašna, ulja, soli, tople vode i pola jajeta, zamijesi se tijesto za *jufke*. Razdijeljene kupe tijesta se natiru oštrim brašnom, dok ne postanu nešto tvrđe. *Jufke* se rasuču tanko, kao fini tanki papir.

Agda:

Sipati šećer u loncu i prelići ga vodom (dva prsta iznad šećera). Kuhati oko 20-ak minuta na jačoj vatri. *Agda* ne smije biti pregusta. Gustina treba biti između sirupa i vode. Dodati limun. *Agda* se mora ohladiti prije nego što se njome zalije baklava.

Tirit:

5 dkg mekog brašna posipa se s malo vode i ½ jajeta. Trljajući među dlanovima naprave mrvice, sitne kao zrna riže. *Tirit* se poprži na maslu na tihoj vatri, ali samo toliko da ostane svijetao i mek. Mrvice se izmiješaju sa samljevenim orasima uz dodatak šećera (ili bez šećera).

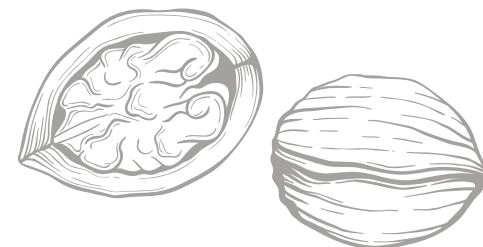
Jufke se slažu na podmašćeni pekač. Naslaže se nekoliko *jufki* (3 do 4 *jufke*) i začini (poškropi rastopljenim maslom). Zatim se pospe *tiritom* i ponovno se začini. Postupak se ponavlja dok se ne potroše sastojci. Sve se pokrije gornjom *jufkom* (ili nekoliko *jufki*) i začini. Gornja *jufka* treba biti lijepa i tanka.

Baklava izreže na *dilume* ili rombove i peče. Na početku baklavu se peče na umjerenoj, a onda na nešto jačoj vatri, pa opet na umjerenoj dok sve ne požuti. Baklava se ne smije prepeći.

Vruću baklavu zaliti hladnom *agdom* i pritisnuti je tepsijom ili plehom da bi se kore izravnale, ali baklava ne bi trebala biti pritisnuta duže od deset minuta.

Posluživanje:

Baklava je najbolja kad odstoji dan ili dva, na hladnom mjestu.



/ Baklava

A dessert cut in the shape of a diamond or a snowflake. Rich, juicy and sweet, a true calorie bomb hard to resist.

Ingredients:

For 20 pieces:

550 g of flour
100 g of coarse flour
150 g of walnuts
200 g of butter
oil
1 egg
600 g of sugar
lemon
vanilla
a bit of salt

Dough (filo sheets):

500 g of flour
a little oil
a little salt and warm water
half an egg

Filling (tirit):

50 g of fine flour is mixed with a little water and ½ egg

Dressing (agda):

1 kg of sugar
water
lemon

Preparation:

Dough:

From 500 g of flour, oil, salt, warm water and half an egg, knead the dough for the sheets. The divided portions of the dough are rubbed with coarse flour until they become slightly harder. The sheets are rolled out very thin, like fine thin paper.

Agda:

Pour the sugar into the pot and cover it with water (two fingers above the sugar). Cook for about 20 minutes on high heat. *Agda* must not be too thick, somewhere between syrup and water. Add lemon. The *agda* must be cooled before pouring it over the *baklava*.

Tirit:

50 g of fine flour is sprinkled with a little water and ½ egg. Rub the mixture between the palms until they turn into small bits, the size of grains of rice. *Tirit* is fried in butter on low heat, just enough to remain light and soft. The crumbs are mixed with ground walnuts with the addition of sugar (or without sugar).



Place the sheets on a greased baking tray. Layer several sheets (3 to 4) and sprinkle with melted butter. Then it is sprinkled with tirit and greased again. The process is repeated until all the ingredients are used up. Everything is covered with the upper sheet (or several sheets) and greased. The upper sheet should be nice and thin. *Baklava* is cut into slices or rhomboids and baked. At the beginning, the baklava is baked on moderate

heat, then on a slightly stronger heat, and again on a moderate heat until everything turns yellow. It must not be overcooked.

Pour cold *agda* over the hot baklava and press it with a pan or tray to flatten the crusts, but not for more than ten minutes.

Serving:

Baklava is best when left for a day or two in a cool place.



Zanimljive činjenice o slastici:

Medna rosa se pravi od 1968. godine. Sjedinjuje dva kolača, hurmašice i tufahije koji se tradicionalno prave u Hercegovini.

Kolač „Medna rosa“ je djelo kuhara Veselka Milasa. Milas je za svoju ideju nagrađen još 1968. godine na takmičenju kuhara u Italiji. Kolač je nastao na ideji da se povežu Bosna i Hercegovina, simbioza je Mediterana i Orijenta, ovdašnje prirode i ljepote sa ukusima dobro poznatih poslastica, koje su spojene u jedan kolač.

Interesting facts about the dessert:

Honeydew has been made since 1968. It combines two cakes, hurmašica and tufahija, which are traditionally made in Herzegovina.

The “Honey dew” cake is the work of chef Veselko Milas. Milas was awarded for his idea back in 1968 at a cooking competition in Italy. The cake was created using the idea of connecting Bosnia and Herzegovina, it is a symbiosis of the Mediterranean and the Orient, the local nature and beauty with the flavors of well-known delicacies, all combined in one cake.

MEDNA ROSA

Medna rosa plijeni svojim izgledom, kvalitetom, oblikom, a posebno ukusom. Izrazito je sladak i sočan kolač čiji biskvit izgleda kao hurmašica, a nadjev kao tufahija.

Sastojci

Sastojci za tijesto:

6 dkg margarina
5 dkg šećera
1 jaje
1/2 praška za pecivo
15 dkg brašna

Sastojci za kuhane

jabuke:
50 dkg šećera
0,5 l vode
1 kom vanilinog šećera
Limun, 3 šajbe (kriške)
2 jabuke (zlatni delišes)

Šećerna otopina (šerbet)

šećer 40 dkg
limun, 2 šajbe
vanilin šećer 1 kom

Sastojci za nadjev:

orasi
grožđice
suhe smokve
med
malo vode u kojoj su se
jabuke kuhale

Priprema

Priprema za tijesto:

Napraviti masno tijesto od navedenih sastojaka. Oblikovati 6 loptica, malo ih spljoštiti i prisloniti na ribež da ostane otisak. Poredati ih u tepsiju s razmakom. Staviti tepsiju u hladnu pećnicu. Peći ih na 200°C dok ne dobiju zlatnožutu boju. Pečene podloge zaliti prokuhanim šerbetom.

Priprema jabuke:

Jabukama izvaditi sredinu, oguliti i izrezati na 2-4 ploče, ovisno o veličini jabuke. U prokuhanu šećernu otopinu dodati jabuke. Po jabukama posuti šećer i kuhati poklopljeno 2 do 7 min maknuti s vatre i poklopljeno hladiti.

Priprema nadjev:

Grožđice, smokve i orahe grubo nasjeckati i pomiješati s malo šećerne otopine od jabuka i meda. Smjesu dobro izmiješati i napuniti jabuke.

Posluživanje/serviranje:

Na desertni tanjur staviti podlogu od tijesta za mednu rosu, zatim na tijesto staviti kuhanu jabuku, šupljinu u sredini jabuke napuniti s nadjevom i okolo napraviti dekorativan vijenac od tučenog slatkog vrhnja. Nadjev se mora vidjeti. Lagano ukasiti kapljicama meda u vidu rose.

/ Medna rosa

Honeydew captivates the senses with its appearance, quality, shape, and especially its taste. It is an extremely sweet and juicy cake whose biscuit resembles hurmašica, and the filling resembles tufahija.

Ingredients

Ingredients for the dough:

60 g of margarine
50 g of sugar
1 egg
½ sachet baking powder
150 g of flour

Ingredients for boiled apples:

500 g of sugar
0.5 l of water
1 sachet of vanilla sugar
lemon, 3 slices
2 apples (golden delicious)

Sugar solution (sherbet):

400 g of sugar
lemon, 2 slices
1 sachet of vanilla sugar

Ingredients for the filling:

walnuts
raisins
dried figs
honey
a little of water in which the apples were boiled

Preparation

Preparation of the dough:

Make dough from the ingredients above. Form 6 balls, flatten them a little and press them against the grater to make a pattern. Arrange them in a baking tray, leaving room for rising. Place the tray in cold oven. Bake them at 200°C until they turn golden yellow. Pour boiled sherbet over the baked bases.

Preparation of apples:

Remove the core from the apples, peel and cut into 2-4 slices, depending on the size of the apple. Add apples to the boiled sugar solution. Sprinkle sugar over the apples and cook covered for 2 to 7 minutes, remove from heat and let cool, covered.

Preparation of the filling:

Roughly chop raisins, figs and walnuts and mix with honey and a little sugar solution reserved from apples. Mix the mixture well and fill the apples with it.

Serving:

Put a base of dough for honeydew on the dessert plate, then put a cooked apple on the dough, fill the cavity in the middle of the apple with filling and make a decorative wreath of whipped cream around it. The filling needs to remain visible. Lightly decorate with drops of honey in the form of dew.





Zanimljive činjenice o slastici:

Ćufter je jedna vrsta želatinirane slastice koja se dobiva redukcijom (ukuhavanjem) soka grožđa od naših autohtonih sorti Žilavke i Blatine. Dolazi u okrugloj formi, odakle mu i potiče ime iz perzijske riječi okruglo.

O spravljanju ćuftera u prošlosti postoje i pisani dokazi. Evlija Čelebija, koji je naše krajeve posjetio 1660-ih godina, u svojim putopisima piše „da se u Bosni i Hercegovini, čak i u Sarajevu, od ukuhanog mošta spravlja ćufter, jedna vrsta želea od grožđa.

Franjevac Ivan Frano Jukić je u knjizi Zemljopis i poviestnica Bosne, napisao:

„Nekada je u Brotnju u vrijeme berbe grožđa gotovo svako kućanstvo spravljalno ćufter i kasnije se sladilo njime uz rakiju i suho voće, ili je ovom slasticom dočekivalo goste. Za Božić je obavezan na stolu morao biti izrezan ćufter uz bajame, orahe, suho grožđe i smokve.“

Interesting facts about the dessert:

Ćufter is a type of gelatinous dessert obtained by reducing (boiling) grape juice from autochthonous Žilavka and Blatina varieties. It comes in a round form, thus its name, from the Persian word for round.

There are also written evidences about making ćufter in the past. Evlija Čelebija, who visited our region in the 1660s, wrote in his travelogues “that in Bosnia and Herzegovina, even in Sarajevo, ćufter, a type of grape jelly, was made from boiled must”.

The Franciscan monk Ivan Frano Jukić wrote in the book Geography and History of Bosnia:

“Once upon a time in Brotnjo, during the grape harvest, almost every household made ćufter and later enjoyed it with brandy and dried fruit, or welcomed guests with this dessert. At Christmas, it was mandatory to have ćufter on the table, along with almonds, walnuts, raisins and figs.”

ĆUPTER

Ćupter ima vrlo ugodan, slatkast okus. Okusom podsjeća na malo kiseliju i aromatičnu formu rahat lokuma. Dolazi u okrugloj formi. / *Ćupter* has a very pleasant, sweet taste. The taste resembles a slightly more acidic and aromatic form of *rahat lokum*. It is round shaped.

Sastojci

5 l mošta od bijelog vina
1 kg brašna
10 dkg šećera
šećer u prahu
orasima za posipanje

Tačno 5 l masta (mošta) od bijelog vina ostavite 2-3 sata da se slegne. Procijedite ga i stavite kuhati na jakoj vatri dok ne zavrije i izbacite pjenu. Nakon toga smanjite vatru. Istovremeno 1 l hladnog mošta miješa se pjenjačom s 1 kg brašna i 10 dkg šećera. Ovako dobivenu smjesu polako dodajete moštu koji se kuha dok se ćupter ne zgusne kao smjesa za palačinke. Razlijte tada u tanjure koje ste premazali svježim moštom i ostavite da se 5-6 dana suše u zračnoj suhoj prostoriji, prevrćući svaki dan. Kad su se svi ćupteri osušili, pospite ih šećerom u prahu i ukasite orasima.

Posluživanje:

Konsumira se najčešće kao desert zajedno s bademima, orasima i suhim smokvama te je neizostavni dio trpeze u mnogim hercegovačkim kućama. Reže se na trakice ili željene oblike i servira.

Ingredients

5 l of white grape must
1 kg of flour
100 g of sugar
powdered sugar
walnuts

Leave exactly 5 liters of white grape must for 2-3 hours to settle. Strain it and cook it over high heat until it boils and foams. Reduce the heat. At the same time, 1 liter of cold must is mixed by a whisk with 1 kg of flour and 100 g of sugar.

This mixture is slowly added to the must, and cooked until the pulp thickens like pancake batter. Then pour into plates coated with fresh must and leave to dry for 5-6 days in an airy, dry room, turning them every day.

When all the ćupters have dried, sprinkle them with powdered sugar and decorate with chopped walnuts.

Serving:

It is most often eaten as a dessert together with almonds, walnuts and dried figs and is an indispensable part of the table in many Herzegovinian houses. It is cut into strips or desired shapes and served.





Tradicionalni recepti **Boke Kotorske**
/ Traditional recipes of **Boka Kotorska**

JAGNJETINA S BIŽOM

Sastojci:

1 kg mlade jagnjetine (janjetine)
1 kg biža (graška)
2-3 pamidore (rajčice)
mrkva
kapula (luk)
4-5 špika luka (češnjaka)
ćikarica (šaličica) bijelog vina
petrusin (peršin)
papar u zrnu
biozačin
maslinovo ulje

Priprema:

U širu teću (posudu) staviti isjeckanu kapulu, malo propeći, dodati maslinovo ulje, zagrijati ga i dodati luk (češnjak). Oprati jagnjetinu, isjeći je na komade i staviti u teću da se isprži sa svake strane. Uliti bijelo vino i kad ispari dodati sitno isječene pamidore (rajčice) ili gotov sos od pamidore (umak od rajčice), te kuhati na srednjoj temperaturi. Kada je meso napola kuvano, dodati biž (grašak), mrkvu isječenu na fete, par zrnaca papra i biozačin. Kuhati dok biž ne omekša a toč postane gust, kada obično dobije lijepu crvenu boju. Jelu se može dodati i krtola.

Posluživanje:

Poslužuje se u dubokom tanjiru i jede se sa kašikom.

Ingredients:

1 kg of young lamb
1 kg of peas
2-3 tomatoes
carrot
onion
4-5 cloves of garlic
a small cup of white wine
parsley
pepper corns
bio spice (seasoning mix)
olive oil

Preparation:

Put the chopped onion in a wide dish, fry a little, add olive oil, heat it and add garlic. Wash the lamb, cut it into pieces and put it in the dish to brown on all sides. Pour in white wine and when it evaporates, add finely chopped tomatoes or ready-made tomato sauce, then cook at a medium temperature. When the meat is half cooked, add peas, carrots cut into slices, a couple of peppercorns and biospice. Cook until the peas softens and sauce becomes thick, when it usually turns a nice red color. Potatoes can also be added to the dish.

Serving:

It is served in a soup plate and eaten with a spoon.



Zanimljive činjenice o jelu:

Najbolje je u vrijeme kada su sastojci najboljeg kvaliteta (npr. jagnjeće meso je posebno ukusno krajem proljeća), ali se priprema i u drugim periodima godine.

Interesting facts about the dish:

It is best when the ingredients are of the best quality (e.g. lamb meat is especially tasty at the end of spring), but it is also prepared at other times of the year.



KAŠTRADINA

Sastojci:

1 košet od kaštradine (komad suhog ovčjeg mesa)
5-6 krtola (krumpira)
2 kg verzota, raštana ili bijelog zelja

Priprema:

Staviti košet kaštradine u lonac i 15-20 minuta nakon prvog ključanja prosuti vodu. Ponovo naliti vodu u lonac i kuhati dok se meso ne odvoji od kosti. Vodu sačuvati. U drugi lonac skuhati krtolu sa zeljem po vašem izboru. Pred kraj kuvanja odliti vode i doliti vodu u kojoj se kuhala kaštradina. Kontrolisati slanoću, smanjiti vatru i neka se lagano krčkaju. Kada je sve skuhan, odliti vodu, provjeriti ukus, komade kaštradine ubaciti u lonac sa zeljem, poklopiti i neka jelo malo odstoji.

Posluživanje:

Poslužuje se sa drugim tradicionalnim proizvodima sir, kajmak itd. Preporučuje se kombinovanje sa drugim „jakim“ ukusima i mirisima (npr. vino, rakija, začini, snažno maslinovo ulje itd.).

Ingredients:

kaštradina (a piece of dry mutton meat)
5-6 potatoes
2 kg of verzot (kale), raštan (collard greens) or white cabbage

Preparation:

Put *kaštradina* in the pot and let it boil for 15-20 minutes. Discard the water, add new cold water into the pot and cook until the meat is separated from the bone. Save the water. In another pot, cook the potatoes with the greens of your choice. Towards the end of cooking, drain the water and add the water in which the *kaštradina* was cooked. Control for saltiness, reduce the heat and let simmer gently. When everything is cooked, drain the water, check the taste, put the pieces of *kaštradina* in the pot with the greens, cover and let the dish stand for a while.

Serving:

It is served with other traditional products: cheese, cream, etc. It is recommended to combine it with other “strong” tastes and smells (e.g. wine, brandy, spices, strong olive oil).



Zanimljive činjenice o jelu:

Zimski period se ističe jer bogat izbor sastojaka garantuje visok kvalitet jela.

Interesting facts about the dish:

The winter period stands out for this dish because of the wide selection of ingredients guaranteeing the high quality.



Zanimljive činjenice o jelu:

Šparoge su dobile nadimak „carsko povrće“ zahvaljujući popularnosti koju su stekle još u rimsko doba jer su podanici odlazili u berbu šparoga za careve. Danas su prepoznate kao jedne od najzdravijih namirnica svijeta i prava kulinarska delicija.

Interesting facts about the dish:

Asparagus got their nickname “imperial vegetable” thanks to its popularity in Roman times, when subjects went to harvest asparagus for the emperors. Today, they are recognized as one of the healthiest foods in the world and a true culinary delicacy.

ŠPAROGE



Sastojci

800 g šparoga
8 jaja
malo vinskog octa
malo sjeckanog peršuna
maslinovo ulje
so i papar

Priprema:

Šparoge operemo, odstranimo donji drvenasti dio, a mekani dio stabljike stavimo kuvati u vrelu posoljenu vodu četiri do pet minuta. Kuvane šparoge ocijedimo i kratko uronimo u vodu, te ponovo ocijedimo. U zdjelu ulijemo 100 ml maslinovog ulja, vinski ocat, začinimo solju i paprom, peršunom i dobro izmiješamo sastojke. Zatim dodamo pripremljene šparoge i još malo izmiješamo. Jaja možemo skuvati, te narezati na sitno i pomiješati sa šparogama, prelijemo preljevom i poslužimo.

Posluživanje:

Služi se kao zasebno jelo ili kao dodatak mesu. Sve češće se konzumira kao doručak.

Ingredients

800 g of asparagus
8 eggs
a little wine vinegar
chopped parsley
olive oil
salt and pepper

Preparation:

Wash the asparagus, remove the lower hard part, and cook the soft part of the stem in hot salted water for four to five minutes. Drain the cooked asparagus and briefly immerse in cold water, then drain again. Pour 100 ml of olive oil and wine vinegar into a bowl, season with salt and pepper, parsley and mix the ingredients well. Then add the prepared asparagus and mix again. Eggs can be hard boiled, then cut into small pieces and mixed with asparagus, covered with dressing and served.

Serving:

It is served as a separate dish or as a side dish to meat. It is becoming popular as a breakfast dish.

KOLAČ OD ROGAČA

Sastojci:

4 jaja
3 šolje (šalice) šećera
3 šolje (šalice) brašna
1 1/2 šolje (šalice) ulja
1 1/2 šolje (šalice) vode (mineralna)
2 šolje (šalice) rogača
1 prašak za pecivo
1 kašičica (žličica) cimeta

Priprema:

Bjelanca izmutiti sa šećerom, te im dodajte jedno po jedno žumance. Zatim dodajte sve ostale sastojke, a brašno dodajte posljednje. Smjesu ulijte u namazanu i pobrašnjenu srednju tepsiju i pecite na 180 °C oko 40 min. Gotov kolač pospite šećerom u prahu.

Posluživanje:

Služi se kao desert.

Zanimljive činjenice o jelu:

Kolač se može pripremiti za svakodnevne prilike kao i za svečane događaje.

Ingredients:

4 eggs
3 cups of sugar
3 cups of flour
1 1/2 cups of oil
1 1/2 cups of water (mineral)
2 cups of ground carob
1 sachet of baking powder
1 teaspoon of cinnamon

Preparation:

Beat the egg whites with sugar, add egg yolks one by one. Then add all the other ingredients, the flour being last. Pour the mixture into a greased and floured medium size pan and bake at 180 °C for about 40 minutes. Sprinkle the finished cake with powdered sugar.

Serving:

It is served as a dessert.

Interesting facts about the dish:

The cake can be prepared for everyday occasions as well as for festive events.



ŽUČENICA SA KRTOLOM

Sastojci:

1/2 kg žučenice (žutenice, cikorije)
1/2 kg krtole (krumpira)
maslinovo ulje
sol
papar
ostac (ocat)
kapula (luk, po želji)

Priprema:

Žučenicu dobro oprati i sitno isjeckati, a krtolu isjeći na kockice i skuhati u posoljenoj vodi. Kuhanu krtolu izvaditi iz vode, prohladiti i dodati žučenici, posoliti i popapriti, pa obilato zaliti maslinovim uljem. Sve dobro izmiješati.

Prije služenja po želji dodati malo osta i fete kapule.

Posluživanje:

Poslužuje se kao salata ili prilog mesnom i ribljem jelu.



Ingredients:

1/2 kg of chicory
1/2 kg of potatoes
olive oil
salt
pepper
vinegar
onion

Preparation:

Wash the chicory well and chop it finely. Cut the potatoes into cubes and boil them in salted water. Take the boiled potatoes out of the water, cool them and add it to the chicory, add salt and pepper, then pour plenty of olive oil. Mix everything well.

Before serving, if desired, add cheese and sliced onions.

Serving:

It is served as a salad or as a side dish to meat and fish dishes.





Zanimljive činjenice o jelu:

Bezbroj je receptura za tripice. Pripremaju se kao gušće supe, gulaš, na ljuto, na kiselo ili kao u Boki, gušće strukture. Prema gustini reklo bi se da bokeljske tripice potiču iz sjeverne Italije gdje se oduvijek pripremaju kao gusto jelo koje se jede pirunom.

Pripremaju se sa telećim, junećim, jagnječim, kozjim ili ribljim drobom, a u zavisnosti od regije i lokalnih ukusa u tripice se dodaju i razne namirnice- od pašte, pasulja, gljiva do salse od pamiđore (umaka od rajčice).

Interesting facts about the dish:

There are countless recipes for tripe. They are prepared as thicker soups, stews, spicy, sour-style or, as in Boka, of a thicker structure. Based on the thickness, Boka tripe seems to originate from northern Italy, where it has always been prepared as a thick stew dish eaten with a fork.

They are prepared with veal, beef, lamb, goat or fish tripe, and depending on the region and local tastes, various ingredients are added to the tripe - from pasta, beans or mushrooms to tomato sauce.

TRIPICE

Sastojci:

1,5 kg kuhanih tripica (teleći ili juneći drob-želudac)
15 dkg pancete
2 – 3 glavice čipule (luka)
2 lista lovorike (lovora)
4 špice česna (češnjaka)
crveni papar
ožica (žlica) konzerve (koncentrata rajčice)
pola čikare (šalice) bijelog vina
balica petrusina (vezica peršina)
papar, sol

Priprema:

Kuhani drob izrezati na rezance, pa ih šufigati (pirjati) sa isjeckanom čipulom i pancetom, izrezanom na kockice. Dodati vruću vodu da tripice ogreznu, posoliti, popapriti, dodati lovoriku, konzervu, crveni papar i isjeckani česan. Kuhati oko pola ure, pa nasuti vino i nastaviti kuhanje do željene gustine. Pred kraj kuhanja dodati isjeckani petrusin. Služi se toplo, posuto sa gratanim (ribanim) slanim sirom. Da bi jelo dobilo na gustini i količini, pred kraj kuhanja mogu se dodati dvije krtole izrezane na kockice.

Posluživanje:

Poslužuje se vruće, posuto gratanim domaćim slanim sirom.

Ingredients:

1.5 kg of cooked tripe (veal or beef stomach)
150 g of pancetta
2-3 onions
2 bay leaves
4 cloves of garlic
red pepper corns
spoonful of tomato paste
1/2 cup of white wine
bunch of parsley
pepper, salt

Preparation:

Cut the cooked tripe into strips, then sauté them with chopped onion and cubed pancetta. Add hot water to cover the tripe, add salt and pepper, bay leaf, tomato paste, red pepper corns and chopped garlic. Cook for about half an hour, then add wine and continue cooking until it reaches the desired thickness. Towards the end of cooking, add chopped parsley. It is served warm, sprinkled with grated salty cheese. In order to increase the density and amount of the dish, two cubed potatoes can be added near the end of cooking.

Serving:

It is served hot, sprinkled with grated homemade salty cheese.

CRNI RIŽOT

Sastojci:

1 kg sipe
5 - 6 ožica (žlica) maslinovog ulja
25 dkg čipule (luka, najbolje škalonja)
1 dl bijelog vina
40 dkg oriza (riže)
4 špice česna (češnja češnjaka)
2 - 3 dl riblje juhe ili temeljca od povrća
kocka maslaca
mala balica petrusina (vezica peršina)
sol, papar

Priprema:

Sipe očistiti (sačuvati kesicu sa crnilom) i izrezati ih na trake. Luk popržiti (popržiti) na ulju, pa kada zažuti dodati sjeckani česan, a nakon minut priganja i sipu. Šufigati (pirjati) nekoliko minuta, posoliti pa usuti vino i nastaviti sa kuhanjem pet minuta. Doliti malo tople riblje juhe i nastaviti kuhanje. Kada je skoro gotova, sipi dodati oriz, promiješati i naliti juhom da oriz ogrezne. Napola kuhanom orizu dodati crnilo i rižot dokuhati dolivajući riblju juhu po potrebi. Pred kraj kuhanja popapriti i dodati kocku maslaca. Rižot na kraju posuti petrusinom.

Posluživanje:

Poslužiti vruće. Posebno servirati domaći gratani slani sir.

Ingredients:

1 kg cuttlefish
5 - 6 tablespoons of olive oil
250 g of onion, preferably shallots
1 dl of white wine
400 g rice
4 cloves of garlic
2-3 dl of fish or vegetable broth
1 cube of butter
small bunch of parsley
salt, pepper

Preparation:

Clean the cuttlefish (save the ink) and cut them into strips. Fry the onion in oil, and when it turns yellow add chopped garlic and after a minute add the cuttlefish. Sauté for a few minutes, add salt, then pour in the wine and continue cooking for five minutes. Add a little warm fish broth and continue cooking. When it is almost done, add the rice to the pan, stir and add the remaining broth. Add ink to the half-cooked rice and cook the risotto, adding fish broth as needed. Near the end of cooking, season with pepper and add a cube of butter. Sprinkle the risotto with parsley at the end.

Serving:

Serve hot, with homemade grated salty cheese.



Zanimljive činjenice o jelu:

Poslužuje se uz svečanije prilike, a jedno je od glavnih jela u dane posta i vjerskih praznika kao što su Badnji dan i Veliki petak.

Interesting facts about the dish:

It is served on festive occasions, as one of the main dishes on days of fast and religious holidays such as Christmas Day and Good Friday.



Zanimljive činjenice o jelu:

Od brašna, soli i vode odvajkada se priprema tijesto koje se u vidu palačinki ili tankih pogača peklo ispod sača (peke) ili u vrućem pepelu. Vremenom, od razvaljanog tijesta pravila se tjestenina u obliku traka, kuhala i prelivala masnoćom ili nekim točevima od mesa ili povrća. Tjestenina je našla put do bokaškog stola veoma davno i ostala jedno od omiljenih, svakodnevnih jela koje danas poslužuju u svim restoranima, podjednako onim koji nude domaću kuhinju i onima sa internacionalnim jelovnikom. Kako god pripremljena, tjestenina je u Boki jednostavno paštašuta – bila sa toćom od mesa u kockama, mljevenim mesom, pamidorom, sa sirom, sa toćom od povrća, školjaka, ribe i morskih plodova ili na drugi način.

Interesting facts about the dish:

Flour, salt and water have always been used to prepare a dough that was baked in the form of pancakes or thin scones under a baking lid or in hot ashes. Over time, the rolled dough was made into strips of pasta, cooked and topped with fat or some toppings of meat or vegetables. Pasta found its way to Boka tables a long time ago and remains one of the favorite, everyday dishes that is served today in all restaurants, both those that offer local cuisine and those with an international menu. No matter how it is prepared, pasta in Boka is simply paštašuta - whether it's with meat cubes, minced meat, tomato sauce, cheese, vegetables, shellfish, fish and seafood topping, or made in some other way.

RISANSKI MAKARULI



Sastojci:

1/2 kg brašna (najbolje škuroga - crnog)
so
mlaka voda
gratani (ribani) slani sir
2 - 3 ožice (žlice) masti

Priprema:

Od brašna, vode i soli zamijesiti srednje čvrsto tijesto, pokriti ga *kanavacom* (krpom) i ostaviti da počiva dvadesetak minuta.

Od tijesta vaditi manje kuglice, rastanjiti ih, pa pomoću drvenog štapića ili deblje igle između dlanova urolati u obliku makarona.

Makarule ostaviti da se prosuše, pa ih kuhati u dosta posoljene vode. Procijediti kroz *pašabrod* (cjedilo) i staviti u dublju *terinu* (zdjelu). Rastopljenu vruću mast preliti preko makarula, promiješati i obilato posuti *gratanim* sirom.

Posluživanje:

Poslužiti vruće.

Ingredients:

1/2 kg of flour (preferably dark wheat)
salt
lukewarm water
grated salty cheese
2 - 3 tablespoons of lard

Preparation:

Knead a medium-firm dough from flour, water and salt, cover it with a cloth and let it rest for about twenty minutes.

Nip small balls of dough, flatten them, and using a wooden stick or a thick needle, roll them into a *makaruli* (macaroni) shape between your palms.

Leave the *makaruli* to dry, and then boil them in plenty of salted water. Strain and put in a deep bowl. Pour the melted hot lard over the them, stir and sprinkle generously with grated cheese.

Serving:

Serve hot.



Sastojci:

Tijesto:

25 dkg brašna
15 dkg cukra (šećera)
10 dkg masti
5 dkg maslaca
8 žumanjaka
4 - 5 ožica (žlica) bijelog vina
paketić vanilije

Fil:

8 bjelanaca (bjelanjaka)
40 dkg cukra (šećera)
50 dkg mendula (badema)
2 ožice gratanog (žlice ribanog)
koromana
2 bićerina (čašice) maraskina,
rozulina ili višnjaka
naribana korica limuna

Ingredients:

Dough:

250 g of flour
150 g of sugar
100 g of lard
50 g of butter
8 egg yolks
4-5 tablespoons of white wine
sachet of vanilla sugar

Filling:

8 egg whites
400 g of sugar
500 g almonds
2 tablespoons of grated koroman (dry
biscuit)
2 small (shot) glasses of maraschino,
rosulina or sour cherries liqueur
grated lemon zest

PERAŠKA TORTA

Priprema:

Dobro *ubatiti* (umutiti) žumanca sa *cukrom*, pa dodati prethodno *ubačenu* (umućenu) mast i maslo, vaniliju, vino i brašno. Izraditi tijesto koje ne smije biti tvrdo. Brašno dozirati po potrebi.

Sa 2/3 tijesta pokriti dno i strane kalupa za tortu kojeg prethodno treba namazati masnoćom i posuti brašnom. Tijesto napuniti *filom* (punjenjem), a od preostalog tijesta načiniti trake širine 1,5 do 2 cm i staviti ih u vidu rešetke preko *fila*. Tortu peći oko 30 minuta na 200 stepeni, pa smanjiti na 170 stepeni i peći još tridesetak minuta. Pečenu tortu posuti mljevenim *cukrom*.

Fil:

Mendule popariti ključalom vodom, oguliti i osušiti u pećnici, pa samljati. Bjelanca ubatiti sa *cukrom*, pa postepeno dodavati *mendule*, *koroman*, koricu limuna i liker. Lagano miješati drvenom žlicom da se svi sastojci prožmu.

Posluživanje:

Poslužuje se u svečanim prilikama.

Ova delicija može da traje do mjesec dana, pa se često slala pomorcima na brodovima.

Preparation:

Beat the yolks well with sugar, then add previously whipped lard and butter, vanilla, wine and flour. Make relatively soft dough. Add flour as needed. Roll out the dough. Cover the bottom and sides of the cake mold with 2/3 of the dough, previously greased and sprinkled with flour. Fill the dough with filling and make strips 1.5 to 2 cm wide from the remaining dough, place them in the form of a grid over the filling. Bake the cake for about 30 minutes at 200 degrees, then reduce it to 170 degrees and bake for another 30 minutes. Sprinkle the baked cake with powdered sugar.

Filling:

Blanch almonds in boiling water, peel and dry in the oven, then grind. Beat the egg whites with sugar, then gradually add almonds, lemon zest, *koroman* and liqueur. Stir gently with a wooden spoon to mix all the ingredients.

Serving:

It is served on festive occasions.

This delicacy can last up to a month, so it was often sent to sailors on ships.



Zanimljive činjenice o jelu:

Tijesto od hiljadu listova, millefoglie u Italiji, mille - feuille u Francuskoj, lisnato tijesto kod nas, kažu gastronomske knjige, stvoreno je 1651. godine, a usavršeno krajem XVIII vijeka. Valja reći da su masno tijesto, osnovu današnjeg lisnatog tijesta, poznavali u starim kulturama: egipatskoj, grčkoj i rimskoj. Između dvije kore rumeno pečenoj i prhkog lisnatog tijesta, što god da stavite dobićete specijalitet. Slani ili slatki - izbor je vaš. A kada između tri ili čak pet kora lisnatog tijesta stavite podatnu, drhtavu, žučkastu kremu sa hiljadu jedva vidljivih tačkica vanilije, dobit ćete krempitu - našu kotorsku paštu. I drugi su radili

što i kotorski slastičari. Redali su kore i različite kreme i dobili poznate krempite: samoborske, skopske, bugarske, bečke, bledske... Ipak, samo je jedna pašta iz "Zdravljaka". Zato imamo pravo da rečemo: naša pašta!

Ova krempita je bila zaštitni znak za slatko u cijeloj Boki. Krajem XIX i u prvoj polovini XX vijeka na bokeškim pučkim svečanostima prodavala se krempita, kao posebna delicija. Blagdan Svete Ane u Tivtu, tridesetih godina prošlog vijeka, bila je velika ljetna fešta, a priče o krempitama gospođe Mare Šenk, najbolje tivatske majstorice za pašte, žive su i danas.

KOTORSKA KREMPITA

Sastojci:

lisnato tijesto
mahuna vanilije ili 4 sakića (paketića) vanilije
2 l mlijeka
8 žumanaca
31 dkg mekog (glatkog) brašna
40 dkg cukra (šećera)
10 dkg maslaca

Priprema:

Od lisnatog tijesta razviti tri kore i peći ih na poledini većeg pleha. Prije pečenja kore izbockati *pirunom* (vilicom). Kore ohladiti.

U pola litra mlakog mlijeka sipati brašno i dobro izmiješati kako bi se dobila gusta, glatka masa bez grudvica. Žumanca *ubatiti* (umutiti) sa cukrom, pa sipati u 1,5 litara vrelog mlijeka. Promiješati i polako dodati smjesu mlijeka i brašna. Nastaviti kuhanje uz stalno miješanje dok se krema zgusne. Sada dodati maslac i vaniliju, pa nastaviti kuhanje jedan minut. Skloniti sa vatre i pustiti da se ohladi uz stalno i lagano miješanje. Na prvu koru staviti pola kreme, pa poklopiti drugom korom. Premazati ostatkom kreme i prekriti trećom korom od lisnatog tijesta.

Krempitu obilato posuti *cukrom* u prahu i pažljivo narezati na pravougaone fete.

Posluživanje:

Najljepše i najukusnije su mlake, ali su izvrsne i hladne.



/ Kotorška krempita

Ingredients:

puff pastry
vanilla pod or 4 vanilla sachets
2 liters of milk
8 egg yolks
310 g of fine flour
400 g of sugar
100 g of butter

Preparation:

Roll out three sheets from puff pastry and bake them on the back of a larger baking sheet. Before baking, prick them with a fork. Cool the sheets.

Put flour into half a liter of lukewarm milk and mix well to obtain a thick, smooth mass without lumps. Whisk the egg yolks with sugar, then pour into 1.5 liters of hot milk. Stir and slowly add the milk and flour mixture. Continue cooking with constant stirring until the cream thickens. Now add butter and vanilla, then continue cooking for one more minute. Remove from heat and let it cool with constant and gentle stirring. Put half of the cream on the first sheet of puff pastry then cover with the second sheet. Spread the rest of the cream and cover with the third layer of puff pastry. Sprinkle the cream pie with powdered sugar and carefully cut into rectangular slices.

Serving:

Cream pies are best lukewarm, but they are also excellent cold..

Interesting facts about the dish:

Dough of a thousand leaves, millefoglie in Italy, mille-feuille in France or puff pastry, according to gastronomy books, was created in 1651 and perfected at the end of the 18th century. Fatty dough, the basis of today's puff pastry, was known in ancient cultures: Egyptian, Greek and Roman. Whatever you put between two crusts of crispy puff pastry, you will get a delicacy. Savory or sweet - the choice is yours. And when you put a pliable, shaky, yellowish cream with a thousand barely visible dots of vanilla between three or even five layers of puff pastry, you will get krempita - our Kotor pašta. Others also did what the Kotor confectioners did. They made crusts and different creams and got famous cream pies: Samobor, Skopje, Bulgaria, Vienna, Bled... However, there is only one pašta from "Zdravljak". That is why we have the right to say: our pašta!

This cream pie was a trademark for sweets in all of Boka. At the end of the 19th century and in the first half of the 20th century, krempita was sold as a special delicacy at the folk festivals in Boka. The feast of St. Ana in Tivat, in the 1930-s was a big summer festival, and the stories about krempita of Mrs. Mara Šenk, Tivat's best pastry chef, are still alive today.





Zanimljive činjenice o jelu:

Hvale se danas beškotima, baškotom, dvopek, biškotom i biškotinima, jer nikada nijesu probali kotorski beškot!

Zlačan, hrskav, mirišljav, sladunjav, lagan... A koroman? Još čuveniji od beškota! Kao manina, bijel, šupljikav, krt – a traje mjesecima!

Kotorski beškot i kolač, u literaturi, nažalost, gotovo uvijek samo dvopek, bio je poznat tokom minulih vjekova i jedan od važnijih kotorskih izvoznih artikala. Zvali su ih jednim imenom „mornarski kruh“ jer je na brodovima dugo trajao i bio prava zamjena za svježi kruh. U juhi, kafi, mlijeku, čaju, vinu – gdje god ga umočiš odmah se topi u ustima. Receptura je, kažu, stigla iz Mletaka u XV. vijeku. I nju smo, kao i druge, malo prilagodili po svome, a pekari je prenosili na mlađe, učeći ih zanatu. Do skoro. Nema više niđe kotorskoga beškota! Ni koromana!

Ni stare pekare nema. Srećom, risanski pekari još pamte što je đeci (djeci) značio koroman u vrijeme kada se jeo samo ražani, ječmeni ili kukuruzni kruh. U vrelu vareniku (mlijeko) koroman se pretvarao u najljepši, slasni kolač! Zato ga mijese i danas!

Interesting facts about the dish:

Today people brag about beškot, baskot, dvopek, biškot and biškotin, because they have never tried Kotor beškot! Golden, crunchy, fragrant, sweet, light... And koroman? Even more famous than beškot! White, hollow, crunchy - and it lasts for months!

Kotor beškot and cake was known during the past centuries as one of the most important export items from Kotor. It was called "sailor's bread" because it lasted a long time on ships and was a real substitute for fresh bread. In soup, coffee, milk, tea, wine - wherever you dip it, it immediately melts in your mouth. The recipe, they say, arrived from Venice in the 15th century. We adapted it, like the others, adding our own twist, and the bakers passed it on to the younger ones, teaching them the craft. There is no more koroman or old bakery either.

Fortunately, Risan bakers still remember what koroman meant to children at a time when only rye, barley or corn bread was eaten. In hot varenika (milk), koroman turned into the most beautiful, delicious cake! That is why it is still made today!

KOROMAN

Sastojci:

60 dkg brašna
3 dl toplog mlijeka
3 ožice (žlice) ulja ili ožica masti
po kućarin (žličica) cukra i soli
paketić kvasca

Priprema:

Sjediniti sve sastojke i umijesiti srednje tvrdo tijesto. Odvajati manje komade tijesta, pa ih razvaljati kao kobasicu, prečnika oko 1,5 do 2 cm. Savijati tijesto u krug prečnika oko 8 - 10 cm i stavljati na podmašćen pleh, ostavljajući razmak između krugova. Pustiti tijesto tridesetak minuta na toplom mjestu da nadođu, pa peći na 140 stepeni oko dvadeset minuta i još toliko na 170 stepeni. Tajna dobrog koromana je u pečenju, pa zato pripazite da se ne prepeku.

Pečene nikako ne pokrivati *kanavacom* (krpom) već ostaviti da se ohlade i postepeno suše. Nakon dva - tri dana nanižite ih na špag i objesite. Mogu trajati više mjeseci.

Posluživanje:

Poslužuju se uz juhe i čorbe, kuhana jela, čaj, mlijeko i druge napitke. *Gratan* (riban) je dio čuvene peraške torte, a najbolje prezle su od koromana.

Ingredients:

600 g of flour
3 dl of warm milk
3 tablespoons of oil or lard
a teaspoon of sugar and salt
a sachet of yeast

Preparation:

Combine all ingredients and knead into medium hard dough. Separate smaller pieces of dough, then roll them out in a sausage shape, about 1.5 to 2 cm in diameter. Fold the dough into a circle with a diameter of about 8 - 10 cm and place it on a greased baking sheet, leaving space between the circles. Let the dough rise for about thirty minutes in a warm place, then bake it at 140 degrees for about 20 minutes and then at 170 degrees. The secret of a good *koroman* is in baking, so make sure they do not overcook.

Do not cover the baked *koromans*, but leave them to cool and gradually dry. After two to three days, put them on a string to hang. They can last for several months.

Serving:

They are served with soups and stews, cooked dishes, tea, milk and other beverages. Grated, they are a part of the famous Perast cake, and the best breadcrumbs are made from *koromans*.



Sastojci:

1 veći kokot (pijetao)
3 fete (kriške) pancete
čipule (luk)
špice česna (češnjak)
1 mrkva
komad korijena selena
(celer)
sol, papar, muškatni
orah
maslinovo ulje

Marinada:

7 dl crnog vina
10 zrna papra
1 čipula (luk) izrezana
na fete (kriške)
2 pera lovorike (lista
lovora)
4 špice česna (češnjaka)
grančica ružmarina
grančica mažurane
grančica majčine dušice
malo brašna

Ingredients:

1 large rooster
3 slices of pancetta
onion
garlic
1 carrot
piece of celery root
salt, pepper, nutmeg
olive oil

Marinade:

7 dl of red wine
10 pepper corns
1 sliced onion
2 bay leaves
4 cloves of garlic
sprig of rosemary
sprig of marjoram
sprig of thyme
flour

KOKOT U TOĆU

Priprema:

Očišćenog kokota dobro oprati i izrezati na veće komade. Komade mesa staviti u zdjelu, naliti vinom, pa dodati ostale sastojke za marinadu. Meso u marinadi držati 24 sata na hladnom mjestu (najbolje u frižideru). Meso izvaditi iz marinade, (marinadu sačuvati) ocijediti i posušiti kanavacom (krpom). Na zagrijanom ulju šufigati (pirjati) isjeckanu čipulu i pancetu izrezanu na kockice. Dodati isjeckanu mrkvu i korijen selena. Šufigavati (pirjati) i podlivajući sa 1 dl vina iz marinade. Dok se povrće šufiga, posebno na ulju isprigati (ispržiti) pobrašnjene komade kokota, pa ih stavljati u teću sa povrćem. Kada su svi komadi mesa posloženi, naliti polovinu preostale marinade. Kuhati na laganoj vatri skoro dvije ure. Po potrebi dolivati preostalo vino. Poslužiti uz njoke, paštu, pire od krtole, kuhani ječam ili palentu.

Posluživanje:

Na pijat (tanjur) staviti prilog, komade mesa i preliti toćem. Poslužiti toplo jelo.

Preparation:

Wash the cleaned rooster well and cut it into larger pieces. Put the pieces of meat in a bowl; add wine and the rest of the ingredients for the marinade. Keep the meat in the marinade for 24 hours in a cool place (refrigerator). Remove the meat from the marinade, (reserve the marinade), drain and dry with a cloth. Sauté sliced onions and diced pancetta in hot oil. Add chopped carrot and celery root. Sauté, basting with 1 dl of wine from the marinade. While the vegetables are browning, fry the floured pieces of rooster in oil, then put them in the pot with the vegetables. When all the pieces of meat are arranged, pour half of the remaining marinade. Cook on low heat for almost two hours. Add the remaining wine if necessary. Serve with gnocchi, pasta, mashed potatoes, boiled barley or polenta.

Serving:

Arrange side dish and pieces of meat on the plate and pour the sauce over it. Serve it hot.



HROŠTULE

Sastojci:

500 g brašna
2 jaja
2 žumanjka
10 dkg cukra (šećera)
12 dkg otopljenog maslaca
saketić (paketić) vanilije
kupica (časića) rakije
dram (prstohvat) soli
cukar (šećer) za posipanje
ulje za priganje (prženje)

Priprema:

Ubatiti (umutiti) jaja i žumanca sa *cukrom* i vanilijom, pa dodati maslo i rakiju. Miješajući, dodavati brašno i so, pa umijesiti glatko i mekano tijesto i ostaviti ga da malo počiva. Posuti brašnom radnu površinu i tijesto *lazanjolom* (valjkom za tijesto) razvući u tanku koru. *Rodulom* (kotačem za rezanje) rezati

tijesto na trake, pa ih presaviti u mali *fiok* (mašnu) i prigati na vrelom ulju. Čim požute, vaditi ih na *kartu* (kuhinjski papir) da upije višak ulja, pa ih obilato posuti mljevenim *cukrom*.

Posluživanje:

Dobre su tople i hladne.

Zanimljive činjenice o jelu:

Bokelji vole začine i često recepture jela, bez obzira odakle pristižu, obogaćuju začinima prema svom ukusu. Začinima trguju odvajkada, pa tako jedan trgovački dokument iz prve decenije XVII vijeka ima poseban značaj za istoriju trgovine u Boki, ali i istoriju gastronomije! Riječ je o spisku tovara robe koji je stigao brodom iz Venecije za potrebe kotorskih trgovaca. U dokumentu je naznačena težina i vrijednost svakog pakovanja posebno, što ukazuje i na značaj tovara.

Bila je to luksuzna roba iz Venecije, ali i iz dalekih istočnih krajeva - skupa, a ipak tražena: šećer u prahu, bomboni, šafran, fini cimet, fini karanfilići, štapići od cimeta, kutije karanfilića, pripravljeni prženi šećer, cimet bombone, obični slatkiši, spravljeni badem i druga slična roba. Ako se zna da je i danas šafran najskuplji začim na svijetu, onda nije teško zaključiti što je značio prije 400 godina. Bez obzira na cijenu, Bokelji su u njemu uživali.

/ Hroštule

Ingredients:

500 g of flour
2 eggs
2 egg yolks
100 g of sugar
120 g of melted butter
sachet of vanilla
small glass of brandy
pinch of salt
powdered sugar
frying oil

Preparation:

Beat eggs and yolks with sugar and vanilla, then add butter and brandy. While mixing, add flour and salt, then knead a smooth and soft dough and leave it to rest for a while. Sprinkle the work surface with flour and roll out the dough with a rolling pin into a thin crust. Cut the dough into strips with cutting wheel,

Interesting facts about the dish:

People from Boka love spices and often enrich the recipes of dishes, regardless of where they come from, with spices according to their taste. Spices have been traded since ancient times, so a trade document from the first decade of the 17th century has a special significance for the history of trade in Boka, but also for the history of gastronomy! It is a list of the cargo of goods that arrived by ship from Venice for the needs of Kotor merchants. The document indicates the weight and value of each package separately, but also



then fold them into small bows and fry in hot oil. As soon as they turn yellow, take them out on a paper towel to absorb the excess oil, then sprinkle them liberally with powdered sugar.

Serving:

They are good both hot and cold.

the importance of the load. There were luxury goods from Venice, but also from the far east - expensive, yet sought after: powdered sugar, candies, saffron, cinnamon, cloves, cinnamon sticks, boxes of cloves, caramelized sugar, cinnamon candies, ordinary sweets, almonds and other similar goods. Even today, saffron is the most expensive spice in the world, so it is not difficult to conclude what it meant 400 years ago. Regardless of the price, Boka's people enjoyed it.



BUZARA OD MUŠULJA

Sastojci:

2 kg mušulja (daganja)

1 dl maslinovog ulja

1 čikara (šalica) bijelog vina

4 špica česna (češnjaka)

papar

balica petrusina (vezica peršina)

šaka prezle (krušnih mrvica)

Priprema:

Dva kila očišćenih i opranih *mušulja* staviti u teću, dodati decilitar maslinovog ulja, *čikaru* bijelog vina, pet – šest *špica česna*, *balicu* sjeckanog *petrusina* i papar. Poklopiti, pustiti da se *mušulje* otvore i kuvati nekoliko minuta dok vino ne ispari. Preko *mušulja* posuti šaku *prezle* ili *gratanog* (ribanog) koromana, lagano promiješati i poslužiti. Voda koju *mušulje* puste je slana, pa so nije potrebna.

Posluživanje:

Poslužuje se direktno sa vatre, najbolje u *teći* u kojoj su kuhane *mušulje*. Školjke služe umjesto ožice (žlice) za hvatanje mirisne juhe od *mušulja*. Obavezni dio buzare od *mušulja* je vino!



Zanimljive činjenice o jelu:

Na više arheoloških nalazišta u Boki Kotorskoj pronađeni su materijalni ostaci koji daju sliku o načinu života i ishrani stanovnika bokeljskih obala prije više hiljada godina. Ostaci neolitske keramike pronađeni u pećinama Spila, Deletina, Brštanova, Tamnica i Vrahaj, ukazuju na prve naseobine, a kada je ishrana u pitanju, onda jasno upućuju na zaključak o vrsti, pripremanju i termičkoj obradi jela. Pećinski materijalni dokazi vode nas u vrijeme 3.500 godina prije nove ere. Pronađeni su ostaci kostiju životinja, ali i školjaka, posebno mušulja, koje su prvi Bokelji sakupljali i jeli. Raniju pretpostavku da su koristili i druge morske plodove i lovili ribu potvrđuju pronađeni predmeti koji se danas čuvaju u Muzeju Gospe od Škrpjela.



/ Buzara od mušulja

Ingredients:

2 kg of mussels
1 dl of olive oil
1 cup of white wine
4 cloves of garlic
pepper
sprig of parsley
handful of breadcrumbs

Preparation:

Put two kilos of cleaned and washed mussels in the pot, add 1 dl of olive oil, a glass of white wine, five to six cloves of garlic, sprig of chopped parsley and pepper. Cover, turn up the heat, let the mussels open and cook for a few minutes until the wine evaporates. Sprinkle a handful of breadcrumbs or grated *koroman* over the mussels, mix gently and serve. The water released by the mussels is salty, so no salt is needed.

Serving:

It is served directly from the fire, preferably in the same pot it was cooked in. Shells are used instead of spoons to catch the fragrant mussel soup. Wine is a mandatory part of the mussel *buzara*!



Interesting facts about the dish:

At several archaeological sites in Boka Kotorska, material remains have been found that give a picture of the lifestyle and diet of the inhabitants of the Boka shores thousands of years ago.

Remains of Neolithic pottery found in Spila, Deletina, Brštanova, Tamnica and Vrahaj caves indicate the first settlements, and when it comes to nutrition, they clearly indicate the type, preparation and heat treatment of food. Cave material evidence takes us to the time of 3,500 BC. Remains of animal bones were found, as well as shells, especially mussels, which the first people of Boka collected and ate. The earlier assumption that they also used other seafood and caught fish is confirmed by the found objects that are kept today in the Museum of Our Lady of Škrpjela.





Sastojci:

1,5 kg razne ribe (gruj, škrpina, grdoba, sipa, kalamari, škampi)
1 ožica (žlica) konzerve ili 2 zrele pamidore (rajčice)
3 čipule (luka)
4 špice česna (češnja češnjaka)
2 ožice osta (žlice octa)
2 pera lovorike (lista lovora)
4 ožice (žlice) brašna
ćikara (šalica) bijelog vina
1 - 2 ćikare (šalice) riblje juhe
maslinovo ulje
petrusin (peršin)
sol
papar

Ingredients:

1.5 kg of various fish (European conger, red scorpionfish, angler, cuttlefish, squid, shrimp)
1 spoonful of tomato paste or 2 ripe tomatoes
3 onions
4 cloves of garlic
2 tablespoons of vinegar
2 bay leaves
4 tablespoons of flour
1 cup of white wine
1-2 cups of fish broth
olive oil
parsley
salt
pepper

BOKEŠKI BRODET



Priprema:

Očišćenu ribu izrezati na komade, uvaljati u brašno i kratko *poprigati* (popržiti) u ulju. Izvaditi iz *prosulje* (tave) i ostaviti na toplo.

Na zagrijanom ulju *šufigati* (pirjati) isjeckanu *čipulu* da se na površini izdvoji ulje, pa kada uvene, dodati *česan*, *petrusin*, *lovoriku* i oguljenu i isjeckanu *pamidoru*. Promiješati i pustiti da se sastojci sjedine, pa dodati ribu, vino, *ostac* i *konzervu* razmućenu u *ćikari* (šalici) riblje juhe ili tople vode. Pustiti da provri, posoliti, popapriti, smanjiti vatru i nepoklopljeno kuhati najmanje jednu uru na slaboj vatri. Ako imate rakove, staviti ih u *toć* (umak) 15 minuta prije kraja kuhanja. Brodet ne miješati. Povremeno protresti *teću* i po potrebi doliti malo riblje juhe. Brodet je gotov kada se na površini izdvoji ulje. Bokeški brodet mora biti gušće strukture.

Posluživanje:

Poslužiti uz toplu palentu. Brodet je dobar podjednako dobar topao ili hladan.

Preparation:

Cut the cleaned fish into pieces, dip in flour and fry briefly in oil. Take it out of the pan and keep it warm. Sauté the chopped onions in heated oil so that the oil separates on the surface, then when wilted, add garlic, parsley, bay leaf and peeled and chopped tomato. Stir and let the ingredients combine, then add the fish, wine, vinegar and tomato paste diluted in a cup of fish broth or warm water. Let it boil, add salt, pepper, reduce the heat and cook, uncovered, for at least one hour on low heat. If you have crabs, put them in the sauce 15 minutes before the end. Do not mix, just shake the pot from time to time and add a little fish broth if necessary. *Brodet* is ready when the oil separates on the surface. *Boka brodet* must have a denser structure.

Serving:

Serve with warm polenta. Brodet is equally good warm or cold.

Partnerstvo projekta CUHaCHA / Partnership of the CUHaCHA project:

AGENCIJA ZA RURALNI RAZVOJ ZADARSKE ŽUPANIJE – AGRRA

AGRRA je javna ustanova osnovana od strane Zadarske županije s ciljem informiranja, koordiniranja i implementiranja Programa ruralnog razvoja 2014-2020, te jačanja ljudskih i financijskih resursa regionalne i lokalne samouprave, organizacija i ustanova za provedbu politike i programa ruralnog razvoja, kao i njihova aktivnog uključivanja u osmišljavanje i provedbu programa i mjera ruralnog razvoja na lokalnoj razini. AGRRA ima izravnu i jaku povezanost s poljoprivrednim obiteljskim gospodarstvima (njih oko 7.500 u Zadarskoj županiji). Posebnu povezanost ostvaruje s malim i srednjim poduzećima u poljoprivredi, turizmu i ribarstvu. AGRRA djeluje kao pružatelj obuke, ima važnu ulogu sudionika i pokretača raznih pilot projekata u poljoprivredi i ribarstvu, te održavanju seminara i radionica različitih vrsta.

AGRRA je kao vodeći partner zadužena za cjelokupno upravljanje projektom i provedbu projekta, zajedno s izvještavanjem i praćenjem aktivnosti vezanih uz CUHaCHA projekt.

ZADAR COUNTY RURAL DEVELOPMENT AGENCY - AGRRA

AGRRA is a public institution founded by Zadar County with the aim of informing, coordinating and implementing the Rural Development Program 2014-2020, and strengthening the human and financial resources of regional and local governments, organizations and institutions for the implementation of rural development policies and programs, as well as their active involvement in designing and implementing rural development programs and measures at the local level. AGRRA has a direct and strong connection with agricultural family farms (around 7,500 of them in Zadar County). It has a special relationship with small and medium-sized enterprises in agriculture, tourism and fishing. AGRRA acts as a training provider, has an important role as a participant and initiator of various pilot projects in agriculture and fisheries, as well as in organizing various seminars and workshops. As the lead partner, AGRRA is in charge of overall project management and project implementation, along with reporting and monitoring activities related to the CUHaCHA project.



Partnerstvo projekta CUHaCHA / Partnership of the CUHaCHA project:

MINISTARSTVO OBRAZOVANJA, NAUKE, KULTURE I SPORTA HERCEGOVAČKO – NERETVANSKOG KANTONA

Ministarstvo obrazovanja, nauke, kulture i sporta odgovorno je za definisanje i postizanje strateških i razvojnih ciljeva na području predškolskog, osnovnog, srednjeg i visokog obrazovanja, te na području kulture, sporta, informisanja, edukacije i licenciranja u saobraćaju u Hercegovačko-neretvanskom kantonu. U vezi s obrazovanjem, Ministarstvo definiše stručne temelje za usvajanje dokumenata iz područja obrazovne politike, donosi prijedloge zakona, podzakonske akte, te provodi propise o obrazovnoj politici. Ono uspostavlja i unaprjeđuje procese i sistem sveobuhvatnih analiza i praćenja stanja i razvoja obrazovanja te razvija nove alate za postizanje ciljeva obrazovne politike. Ima zadaću osigurati pristupačan sistem odgoja i obrazovanja, koji je uključiv i dostupan svima.

MINISTRY OF EDUCATION, SCIENCE, CULTURE AND SPORTS OF HERZEGOVINA - NERETVA COUNTY - CANTON

The Ministry of Education, Science, Culture and Sports is responsible for defining and achieving strategic and development goals in the area of preschool, primary, secondary and higher education, as well as in the area of culture, sport, information, education and licensing in traffic in the Herzegovina-Neretva County-Canton. . In the area of education, the Ministry defines the professional basis for the adoption of documents in the field of education policy, passes legislative proposals, by-laws, and implements regulations on education policy. It establishes and improves the process and system of comprehensive analysis and monitoring of the state and development of education and develops new tools for achieving the goals of educational policy. It has the task of providing an accessible system of upbringing and education, which is inclusive and accessible to everyone.



Partnerstvo projekta CUHaCHA / Partnership of the CUHaCHA project:

OPĆINA TIVAT

Općina Tivat jedinica je lokalne samouprave koja u skladu sa Ustavom Crne Gore, Zakonom o lokalnoj samoupravi i Statutom, samostalno obavlja poslove koji su od neposrednog i zajedničkog interesa za lokalno stanovništvo. Općina je pravno lice sa pravima i obavezama, ima imovinu i svoje prihode kojima samostalno raspolaže, a rad njenih organa i javnih službi je javan. U skladu sa Zakonom Općina donosi strateški plan razvoja Općine, budžet i završni račun budžeta, planove i programe za pojedine oblasti, urbanističke projekte i druge akte u skladu sa svojim nadležnostima. Poslovi Općine uključuju obavljanje i razvoj komunalnih djelatnosti, održavanje komunalnih objekata i komunalnog reda, izgradnju i održavanje općinske infrastrukture, osiguravanje uvjeta za zaštitu i spašavanje lokalnog stanovništva od elementarnih i drugih nepogoda, staranje o lokalnim dobrima od općeg interesa, kao i razvoj i unapređenje poduzetništva, turizma, poljoprivrede, obrazovanja, socijalne, dječje i zdravstvene zaštite, kulture, sporta, zaštite životne sredine, ali i sve druge poslove koji su od interesa za lokalno stanovništvo, a koje nisu u nadležnosti državnih organa, ili drugih organa i organizacija.

MUNICIPALITY OF TIVAT

The municipality of Tivat is a unit of local self-government that, in accordance with the Constitution of Montenegro and the Law on Local Self-Government and the Statute, independently performs tasks that are of direct and common interest to the local population. The municipality is a legal entity with rights and obligations, it has property and its own income that it manages independently, and the work of its organs and public services is public. In accordance with the Law, the Municipality adopts the strategic plan for the development of the Municipality, the budget and the final budget account, plans and programs for individual areas, urban projects and other acts in accordance with its competences. The tasks of the Municipality include the performance and development of communal activities, the maintenance of communal facilities and communal order, the construction and maintenance of municipal infrastructure, ensuring the conditions for the protection and rescue of the local population from natural and other disasters, taking care of local goods of general interest, as well as the development and improvement of entrepreneurship, tourism, agriculture, education, social, child and health care, culture, sports, environmental protection, but also all other tasks that are of interest to the local population, and which are not in the competence of state bodies, or other bodies and organizations.



Partnerstvo projekta CUHaCHA / Partnership of the CUHaCHA project:

ZADARSKA ŽUPANIJA

Zadarska županija je jedinica lokalne i područne (regionalne) samouprave. Županija kao pravna osoba samostalna je u odlučivanju u poslovima iz svog samoupravnog djelokruga u skladu s Ustavom Republike Hrvatske i Zakonom o lokalnoj i područnoj (regionalnoj) samoupravi, a podliježe samo nadzoru ustavnosti i zakonitosti ovlaštenih državnih tijela. U svom samoupravnom djelokrugu Županija obavlja poslove od područnog (regionalnog) značaja, a osobito poslove koji se odnose na: obrazovanje, zdravstvo, prostorno i urbanističko planiranje, gospodarski razvoj, promet i prometnu infrastrukturu, održavanje javnih cesta, planiranje i razvoj mreže obrazovnih, zdravstvenih, socijalnih i kulturnih ustanova, izdavanje građevinskih i lokacijskih dozvola, drugih akata vezanih uz gradnju te provedbu dokumenata prostornog uređenja za područje županije izvan područja velikog grada te ostale poslove sukladno posebnim propisima. Županija može obavljati i druge poslove, ako je to uređeno posebnim zakonima za pojedine djelatnosti, ako je osigurala uvjete za njihovo obavljanje, a isto tako dužna je organizirati određene poslove u okviru posebnih zakonskih propisa koji joj tu obvezu nalažu.

ZADAR COUNTY

Zadar County is a unit of local and regional self-government. The county, as a legal entity, is independent in decision-making in matters within its self-governing scope in accordance with the Constitution of the Republic of Croatia and the Law on Local and Regional Self-Government, and is subject only to the supervision of the constitutionality and legality of authorized state bodies. Within its self-governing scope, the County performs tasks of regional significance, especially tasks related to: education, health, spatial and urban planning, economic development, transport and transport infrastructure, maintenance of public roads, planning and development of the network of educational, health, social and cultural institutions, issuance of building and location permits, other acts related to construction and the implementation of spatial planning documents for the area of the county outside the area of the big cities and other tasks in accordance with special regulations. The county can also perform other tasks, if it is regulated by special laws for certain activities, if it has ensured the conditions for their performance, and it is also obliged to organize certain tasks within the framework of special legal regulations that impose this obligation on it.



Lokalna staza kulinarske baštine **Zadarske županije**
/ *Culinary heritage trails of Zadarske županije*



Regionalna staza kulinarske baštine **Zadarske županije**
/ *Culinary heritage trails of Zadar County*



Lokalna staza kulinarske baštine **Hercegovačko – neretvanskog kantona**
*/ Culinary heritage trails of **Herzegovina-Neretva County - Canton***



Regionalna staza kulinarske baštine Hercegovačko – neretvanskog kantona
/ Culinary heritage trails of Herzegovina-Neretva County - Canton



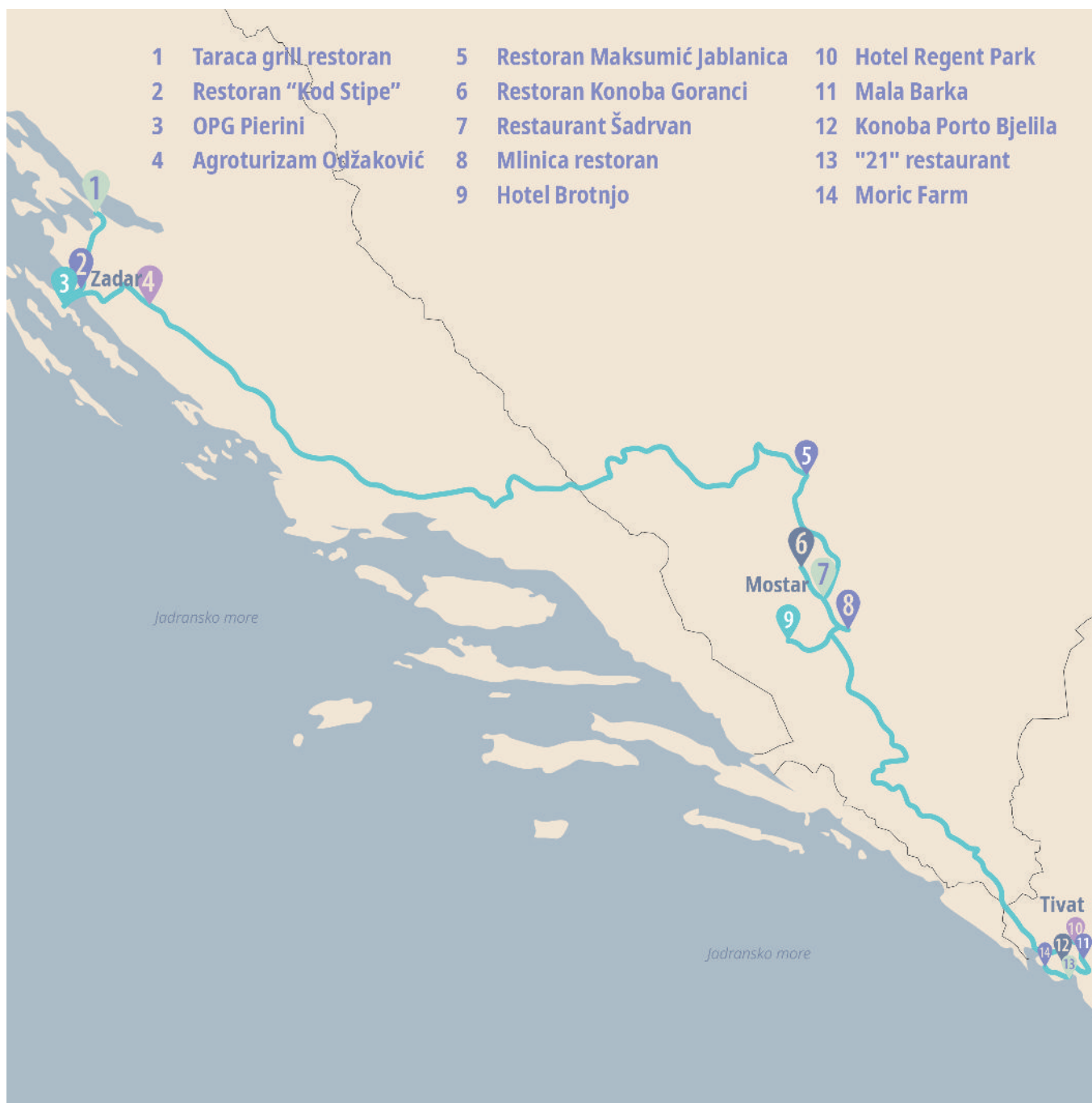
Lokalna staza kulinarske baštine **Bokokotorskog zaljeva**
/ *Culinary heritage trails of the Bay of Kotor*



Regionalna staza kulinarske baštine **Bokokotorskog zaljeva**
/ *Culinary heritage trails of the **Bay of Kotor***



Međunarodna staza kulinarske baštine
/ International Culinary Heritage Trail



Zaključak

Iskreno se nadamo kako ste uživali u tradicionalnim receptima programskog područja koje smo zabilježili kroz projekt CUHaCHA, financiran iz programa prekogranične suradnje INTERREG IPA Hrvatska – Bosna i Hercegovina – Crna Gora. U cilju povezivanja i njegovanja običaja i tradicije, partneri projekta CUHaCHA istražili su tradicionalne recepte, načine pripreme i zanimljive činjenice o hrani koja se nekad pripremala.

Pored tradicionalnih recepata, u ovoj Monografiji ćete pronaći interaktivne staze koje će Vas odvesti na put popločan tradicijom, historijom i kulturom. U sklopu projekta izrađene su tri vrste staza – lokalna, regionalna i međunarodna prekogranična staza. Tradicijsku stazu možete odabrati na temelju vlastitih preferencija, a na istima su naznačeni pružatelji usluga (agroturizam, OPG, restoran), čije će gostoprimitstvo, jela i kultura šarmirati i najzahtjevnije domaće i strane goste.

Cilj projekta CUHaCHA je ojačati i očuvati identitet zajedničkog kulinarskog naslijeđa programskog područja i pridonijeti razvoju turizma pomoću triju projektnih rezultata:

1. Kreiranje zajedničke interaktivne staze kulinarskog naslijeđa;
2. Obuka pružatelja usluga (agroturizam, OPG, restorani);
3. Uređenja tradicionalnih kuhinja za promociju kulinarskog naslijeđa ovog područja.

Conclusion

We sincerely hope that you enjoyed the traditional recipes of the program area that we recorded through the CUHaCHA project, financed by the cross-border cooperation program INTERREG IPA Croatia - Bosnia and Herzegovina - Montenegro. In order to connect and nurture customs and traditions, the partners of the CUHaCHA project researched traditional recipes, methods of preparation and interesting facts about food that was prepared in the past.

In addition to traditional recipes, in this Monograph you will find interactive paths that will take you on a trip paved with tradition, history and culture. As part of the project, three types of paths were created - local, regional and international cross-border paths. You can choose the traditional path based on your own preferences, and the service providers (agritourism, OPG –family farm, restaurant) are indicated on them, whose hospitality, dishes and culture will charm even the most demanding domestic and foreign guests.

The goal of the CUHaCHA project is to strengthen and preserve the identity of the common culinary heritage of the program area and contribute to the development of tourism through three project results:

1. Creation of a joint interactive path of culinary heritage;
2. Training for service providers (agritourism, family farms, restaurants);
3. Equipment of traditional kitchens to promote the culinary heritage of this area.

Projekat je sufinansiran iz fondova Evropske unije u iznosu 604.304,89 €, a ukupan iznos raspoloživih sredstava iznosi 710.946,94 €.

Vodeći partner Agencija za ruralni razvoj Zadarske županije, zajedno s projektnim partnerima Ministarstvom obrazovanja, nauke, kulture i sporta Hercegovačko – neretvanskog kantona, Općinom Tivat i Zadarskom županijom Vam žele ugodno otkrivanje skivenih blaga našeg podneblja, a Vi samo trebate odlučiti kad ćete krenuti stazama ove Monografije i otkriti sve tajne i bogatstva koja nudi programsko područje.

The project was co-financed from European Union funds in the amount of €604,304.89, and the total amount of available funds is €710,946.94.

The leading partner, the Agency for Rural Development of Zadar County, together with the project partners, the Ministry of Education, Science, Culture and Sports of Herzegovina - Neretva County - Canton, Municipality of Tivat and Zadar County, wish you a pleasant discovery of the hidden treasures of our climate, and you just need to decide when to go along the paths of this Monography and discover all the secrets and riches that the program area offers.

Enhancing Sustainable Tourism Development through Culinary Heritage - CUHaCHA	
Prioritetna os / Priority axis	Doprinos razvoju turizma i očuvanju kulturnog i prirodnog naslijeđa / Contribution to the development of tourism and the preservation of cultural and natural heritage
Ukupan proračun projekta i EU sufinanciranje / Total project budget and EU co-financing	Ukupan budžet / Total budget – 710.946,94 € Sufinanciranje EU / EU co-financing - 604.304,89 €
Trajanje projekta / Project duration	15/08/2020 – 31/12/2022
Web stranica / Web page	www.cuhacha.com www.interreg-hr-ba-me.eu/project/cuhacha/

Projekat je sufinansiran sredstvima EFRR i IPA II fondova Evropske unije.

“Ova publikacija je izrađena uz pomoć Evropske unije. Sadržaj publikacije odražava isključivo stavove autora i ni na koji način ne može odražavati stajališta Evropske unije”

The project was co-financed by ERDF and IPA II funds of the European Union.

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