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svoju
županiju

TRADICIONALNA JELA PREMA
MODERNOJ RECEPTURI

Volim
Svoj
županiju

TRADICIONALNA JELA PREMA
MODERNOJ RECEPTURI

NASLOV:

*Volim svoju županiju – Tradicionalna jela
prema modernoj recepturi*

NAKLADNIK:

*Hrvatska zajednica županija, Ivana Zahara 9,
10 000 Zagreb, hrvzz.hr*

UREDNICI:

Iva Pintauer Šmit, Tomislav Đukić

LEKTURA/KOREKTURA/PRIJEVOD:

*Melita Golubić
Dialogo - Centar za poduku i prevođenje*

DIZAJN I TIPOGRAFSKO OBLIKOVANJE:

Ivan Dilberović

AUTORICA NASLOVNE FOTOGRAFIJE:

Mateja Zvirotić Andrijanić

TISAK:

*Printera Grupa d.o.o.
Položnica 2A, 10431 Sveta Nedelja, Hrvatska*

NAKLADA

2000 primjeraka

*CIP zapis je dostupan u računalnome katalogu Nacionalne i sveučilišne
knjižnice u Zagrebu pod brojem 001255520.*

ISBN: 978-953-58788-3-4

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Zagreb, veljača 2025.

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Dragi čitatelji,

pred vama se nalazi projekt *kuhan* s puno ljubavi, satkan od tradicije svih hrvatskih krajeva i *posut* daškom modernog pristupa kuhanju.

Hrvatsku administrativno i upravno čini 20 županija i Grad Zagreb s posebnim statusom — i grada i županije. Mala zemlja, ujedinjena u različitostima, najbolje može biti predstavljena svojom kulinarskom tradicijom. Utjecaji brojnih susjednih zemalja, posebnosti geografskog položaja, ali i kulturološki utjecaji iz davne povijesti čine hrvatsku kulinarsku ponudu jednom od najraznovrsnijih i najboljih u svijetu.

Cilj je projekta *Volim svoju županiju*, koji započinje 2016. godine, promocija ljepota svih hrvatskih krajeva, posebice onih ne tako poznatih i ne tako popularnih. U osam godina provedbe fotografskim natječajem prikupili smo tisuće fotografija, otvorili brojne putujuće izložbe diljem Hrvatske, ali i izvan granica Lijepe Naše. Trudili smo se približiti posebnosti hrvatskih krajeva svima koji su s njima možda malo manje upoznati. I vjerujemo da smo tome dali svoj doprinos.

Županijska kuharica *Volim svoju županiju* nastavak je spomenutog projekta, a sastoji se od recepata iz svih županija koje je potrebama modernog doba prilagodio *chef* Tomica Đukić, kojemu od srca zahvaljujemo na tome što je pristao biti duša ovoga projekta.

Iz svake županije odabrali smo po dva recepta za vaš stol i s ljubavlju pripremili jela. Nadamo se da ćete uživati u ovome gastronomskom putovanju koje će vas inspirirati da svojim najmilijima pripremite okuse i mirise hrvatske tradicijske kuhinje. Odvažite se kuhati jela iz drugih krajeva Lijepe Naše ili se prisjetite recepata svojih baka.

Uslast!

Predsjednik Hrvatske zajednice županija i župan
Brodsko-posavske županije **Danijel Mđrušić**



Dear Readers,

You have before you a project prepared with a lot of love, woven from the tradition of all Croatian regions and sprinkled with a touch of modern cooking.

Administratively, Croatia consists of 20 counties and the City of Zagreb with a special status — both city and county. A small country united in diversity can best be represented through its culinary tradition. Influences from numerous neighbouring countries, the peculiarities of its geographical location, as well as cultural influences from ancient history make the Croatian culinary offer one of the most diverse and best in the world.

The goal of the project I Love My County, which began in 2016, is to promote the beauty of all Croatian regions, especially those that are not as well-known or as popular. In eight years of implementation, we have collected thousands of photographs through a photography competition, opened numerous travelling exhibitions throughout Croatia, as well as beyond the borders of our beautiful country. We have tried to introduce all those who may be a little less familiar with them to the uniqueness of Croatian regions. And we believe that we have contributed to this.

The County Cookbook: I Love My County is a continuation of the aforementioned project, and consists of recipes from all counties, adapted to the needs of the modern living by chef Tomica Đukić, whom we sincerely thank for agreeing to be the soul of this project.

From each county, we have selected two recipes for your table and prepared the dishes with love. We hope you will enjoy this gastronomic journey that will inspire you to prepare the tastes and aromas of traditional Croatian cuisine for your loved ones. Dare to cook dishes from other regions of our beautiful country or remember your grandmothers' recipes.

Enjoy!

*President of the Croatian County Association and
County Prefect of the Brod-Posavina County*
Danijel Marušić



Dragi prijatelji, ljubitelji hrvatske gastronomije,

dobro došli u svijet okusa koji pričaju priču o bogatstvu i raznolikosti hrvatske kulinarske tradicije. Već to što u rukama držite ovu knjigu ohrabruje me pri pomisli da tradicija hrvatskih okusa neće ostati samo slovo na papiru, spremjeno u kutak police s knjigama. Neka vam kuharica bude uvijek pri ruci, jer ona je mnogo više od zbirke recepata. Predstavlja putovanje kroz vrijeme i prostor, koje povezuje svaki kutak Hrvatske kroz jedinstvenim okusima i mirisima. Kao *chef* koji s ponosom reinterpreтира baštinu naše zemlje u svakom svojem tanjuru, ponosan sam na ovaj projekt i želim vas povesti na putovanje koje slavi gastronomiju svih županija i Grada Zagreba.

U ovoj kuharici pronaći ćete jela koja su hranila naše stare, od Istre do Slavonije, od Dalmacije do Zagorja, predstavljajući najbolje od svake županije. Čuvanje tradicije ključno je za očuvanje našeg identiteta, a prilagodba tih jela današnjem načinu života, modernim ukusima i potrebama mladih ljudi čini to da isti okusi žive i dalje. Svaki je recept prilagođen kako bi bio pristupačan suvremenim kuharima, ali s poštovanjem prema izvornim sastojcima i metodama pripreme.

Želja nam je očuvati okuse prošlosti i recepte naših baka te ih prenijeti budućim generacijama, svojoj djeci. Ova je kuharica poziv da zajedno slavimo svoju bogatu kulinarsku baštinu, da istražite nove kombinacije i da u svojim domovima krenete okusom na putovanje kroz povijest, gdje tanjur svake županije priča svoju priču. Ne štedite našu kuharicu, listajte je, isprobavajte jela susjednih županija, upotrebljavajte je bez straha. Trag koji ostane na stranicama pri pripremi jela neće uništiti ovu knjigu, već će joj dati vaš osobni pečat, svjedočeci o dragocjenim trenucima provedenima u kuhinji.

S ljubavlju i poštovanjem prema okusima tradicije

chef Tomica Đukić



Dear friends, lovers of Croatian gastronomy,

Welcome to the world of flavours that tell the story of the richness and diversity of the Croatian culinary tradition. Just holding this book in your hands encourages me to think that the tradition of Croatian flavours will not merely remain written word, tucked away in the corner of a bookshelf. May you have this cookbook always on hand, because it is much more than a collection of recipes. It represents a journey through time and space, connecting every corner of Croatia through unique flavours and aromas. As a chef who proudly reinterprets the heritage of our country in every dish I make, I am proud of this project and want to take you on a journey that celebrates the gastronomy of all the counties and the City of Zagreb.

In this cookbook, you will find dishes that nourished our ancestors, from Istria to Slavonia, from Dalmatia to Zagorje, representing the best of each county. Preserving our tradition is crucial for preserving our identity, and adapting these dishes to today's lifestyle, modern tastes and the needs of young people means that the same flavours will live on. Each recipe is adapted to be accessible to modern chefs, but with respect for the original ingredients and preparation methods.

Our desire is to preserve the flavours of the past and the recipes of our grandmothers and pass them on to future generations, our children. This cookbook is an invitation to celebrate our rich culinary heritage together, to explore new combinations and to embark on a taste journey through history in your own homes, where the dish of each county tells its own story. And don't be gentle with our cookbook, leaf through it, try dishes from the neighbouring counties, use it without fear. The traces left on the pages while preparing a dish will not destroy this book, but will give it your personal touch, testifying to precious moments spent in the kitchen.

With love and respect for the flavours of tradition

Chef Tomica Đukić
Tomica Đukić



Bjelovar-Bilogora County



Bjelovarsko- -bilogorska županija

FOTO: Željko Smrček



Dobra klima, blagi brežuljci te čista i očuvana priroda, kao i bogatstvo biljnog i životinjskog svijeta oduvijek su bili izvor za uzgoj i pripremu najukusnije domaće hrane i vina. Njima su još na području današnjeg Daruvara nazdravljali i stari Rimljani uživajući u toplim daruvarskim izvorima *Aquae Balissae*.

Ovdje se hrana oduvijek pripremala na tradicionalan način, od namirnica uzgojenih u vrtu, na polju, u voćnjaku, vinogradu ili od onih pronađenih i ulovljenih u stoljetnim šumama. Okusi su to u kojima je očuvana svježina, ljubav, jednostavnost i umijeće pripreme hrane. A uz jelo idu najbolja vina koja svojim okusom griju srce i vesele dušu.

Oduševit će vas okusi i mirisi žganaca, gibanica, fiš-paprikaša, najukusnijih kobasica, bunceka ili posebne moslavačke brašnjače, pa dizanih makovnjača i orehnjača te svih drugih kolača i slastica pripremljenih od domaćih marmelada. Domaće namirnice davale su i svoje gastronomske posebnosti. Tako se u posebnim prigodama pekao slatki kruh *kovrtanj*, a od svježeg mlijeka pripremao se sir stožasta oblika *kvargl*. On je u ove krajeve došao još u 18. stoljeću s austrijskom vojskom, a vrijedne domaćice poboljšale su ga i doradile, pa je *kvargl* prepoznat i u Europi te je dobio oznaku zaštićenog zemljopisnog podrijetla. Vrijedi spomenuti kako je dolaskom različitih naroda na ovo područje svaki od njih sa sobom donio recepturu svojih tradicionalnih jela koja i danas obogaćuju ovdašnju gastronomsku ponudu, kao što su *bramborak* ili češke palačinke.

Vinsku priču počinjemo u okolici Daruvara. Ondje je najveće vinorodno područje naše županije, gdje brojne vinarije proizvode najkvalitetnija vina: rajnski rizling, *chardonnay*, *sauvignon*, portugizac, a i popularna graševina nezaobilazno

je piće za nazdravljanje uz svaki obrok. U posljednjih nekoliko godina na vinsku kartu ucrtava se i Bilogora sa svojim vinarijama i vinotočjima, a moslavački škrlat jedan je od vinskih dragulja ovog dijela Hrvatske.

I dok neki uživaju u vinu, nekima je ipak draže pivo. Daruvar je nadaleko poznat po pivima, među kojima su Staročesko i cijela linija *craft* piva koja nude vrhunski pjenušavi užitak u svakoj prigodi. Ovdje svakako vrijedi spomenuti i bjelovarsku pivovaru Zeppelin s *craft* pivima koja svojim okusom osvajaju Hrvatsku.

ZANIMLJIVA ČINJENICA

U Bjelovarsko-bilogorskoj županiji od ukupno 22 službene nacionalne manjine živi 21 nacionalna manjina čiji se utjecaj osjeti u svim poljima života, pa tako i u gastronomiji. Moramo otkriti i jednu posebnost vezanu za nacionalne manjine, a to je Romska kuća koja se nalazi u Maglenči, u Općini Veliko Trojstvo. Ovaj jedinstveni objekt poseban je u Hrvatskoj, ali i u Europi, a donosi priču o životu i običajima autohtonih hrvatskih Roma Lovara. Uz postav koji prikazuje tradicionalni način života i običaja, posjetitelji mogu uživati u opojnom mirisu lavande koju uzgaja obitelj Đurđević.

Otkrivajući posebnost i kulturno bogatstvo svakog pojedinog naroda koji živi na području Bjelovarsko-bilogorske županije, primijetit ćete da oni zajedno s domicilnim stanovništvom čine različitost koja povezuje i najljepši je ukras zajedništva.



The good climate, gentle hills and pristine nature, as well as the wealth of flora and fauna, have always been a source for growing and preparing the most delicious local food and wine. The ancient Romans, around today's Daruvar, also toasted them while enjoying the warm Daruvar springs *Aquae Balissae*.

Food has always been prepared here in the traditional way, from ingredients grown in the garden, field, orchard, vineyard or from those found and caught in centuries-old forests. These are flavours that preserve the freshness, love, simplicity and the art of food preparation. And the food is accompanied by the best wines whose taste warms the heart and delights the soul.

You will be mesmerized by the tastes and smells of polenta, *gibanica*, fish stew, the most delicious sausages, smoked ham hock or the special Moslavina white sausage *brašnjača*, as well as leavened poppy seed and walnut rolls and all other cakes and desserts made with homemade jams. Local ingredients also provided their own gastronomic specialities. For example, a sweet bread called *kovrtanj* was baked on special occasions, and cone-shaped cheese called *kvargl* was made from fresh milk. It came to these regions in the 18th century with the Austrian army, and hardworking housewives improved and refined it, until finally *kvargl* was recognized in Europe and was given a protected geographical indication. It is worth mentioning that when different peoples came to this area, each of them brought along recipes for their traditional dishes that still enrich the local gastronomic offer today, such as *bramborok* or Czech crepes.

We begin our wine story in the vicinity of Daruvar. This is the largest wine-growing area in our county, where numerous wineries produce the highest quality wines:

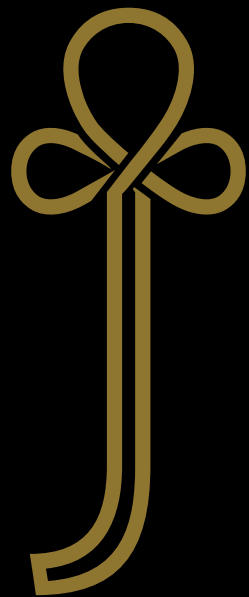
Rhine Riesling, Chardonnay, Sauvignon, *Portugizac*, while the popular *Graševina* is an indispensable drink for toasting with every meal. In the last few years, Bilogora has also been included on the wine map with its wineries and wine bars, while the Moslavina Škrlet is one of the wine gems of this part of Croatia.

And while some enjoy wine, others prefer beer. Daruvar is widely known for its beers, including Staročeško and a whole line of craft beers that offer top-notch foaming pleasure for every occasion. The Bjelovar Zeppelin brewery is certainly worth mentioning here, with craft beers that are conquering Croatia with their taste.

INTERESTING FACT

Out of a total of 22 official national minorities, 21 live in the Bjelovar-Bilogora County, and their influence is felt in all areas of life, including gastronomy. We also want to highlight a special feature related to national minorities, which is the Roma House located in Maglenča, in the Municipality of Veliko Trojstvo. This unique facility is special in Croatia, as well as in Europe, and tells the story of the life and customs of the indigenous Croatian Roma - the Lovari. Along with an exhibition showing their traditional way of life and customs, visitors can enjoy the intoxicating scent of lavender grown by the Đurđević family.

Discovering the uniqueness and cultural wealth of each individual nationality living in the Bjelovar-Bilogora County, you will notice that they, together with the domicile population, create diversity that unites and is the crowning glory of togetherness.



Bjelovarsko-bilogorska županija
Bjelovar-Bilogora County

Šumski odrezak

Forest steak





4



1:45 h

ŠUMSKI ODREZAK

900 g teletine
10 jaja
500 g margarina
250 g kuhane šunke
1,5 l tamnog umaka
500 ml vrhnja
100 g senfa

50 g luka
200 g gljiva
2 feferona, sol
100 g brašna
2 jaja
100 g mrvica
Svježe sjeckani peršinov list

Priprema

Odreske tanko istucite i posolite. Za nadjev skuhajte jaja, očistite ih, ohladite i narežite na kockice. Zatim ih napunite nadjevom i zamotajte. Napunjene odreske uvaljajte u brašno, jaja i mrvice te pohajte u dubokoj masnoći. Pohane odreske poslužite uz pire ili svitak od krumpira i prelijte umakom. Kuhanu šunku također narežite na kockice te sve zajedno pomiješajte s margarinom.

Umak: Na masnoći popržite kosti s povrćem da dobijete tamniju boju, dodajte brašno te još popržite do zlatnožute boje, zalijte vodom, kuhajte oko sat vremena i posolite. Na kraju pasirajte. U pasirani umak dodajte senf, feferone, pirjane gljive na luku, ostavite da prokuha te dodajte vrhnje.

FOREST STEAK

900 g veal
10 eggs
500 g margarine
250 g cooked ham
1.5 l dark sauce
500 ml cream
100 g mustard

50 g onion
200 g mushrooms
2 chili peppers, salt
100 g flour
2 eggs
100 g bread crumbs
Freshly chopped parsley leaves

Preparation

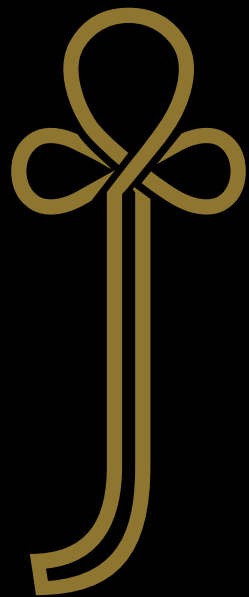
Tenderize the steaks until they are thin and season with salt. For the filling, boil, peel, cool and dice the eggs. Then fill them with the filling and wrap them. Roll the filled steaks in flour, eggs and breadcrumbs and deep fry. Serve the fried steaks with mashed potatoes or potato rolls and pour the sauce over them. Also dice the cooked ham and mix everything together with the margarine. For the sauce, fry the bones with vegetables in fat until they turn darker, add the flour and fry until golden yellow, pour in water, cook for about an hour and season with salt. Finally, strain it. Add mustard, chili peppers, mushrooms sautéed on onions to the strained sauce. Let it come to a boil and add cream.



4



1:45 h



Bjelovarsko-bilogorska županija
Bjelovar-Bilogora County

Bilogorska pita

Bilogora pie





15



2:00 h

BILOGORSKA PITA

500 g tijesta za savijače

Nadjev od oraha:

500 g mljevenih oraha

150 g šećera

1 vanilin šećer

200 g groždica

namočenih u rum

Nadjev od sira:

1 kg svježeg sira

150 g šećera

1 vanilin šećer

5 jaja

200 g maslaca

1 kiselo vrhnje

100 ml slatkog vrhnja

Priprema

Za nadjev od oraha u mljevene orahe dodajte sve namirnice i dobro izmiješajte. To je suhi nadjev. Za nadjev od sira istucite čvrsti snijeg od bjelanjaka sa šećerom, dodajte žumanjke i propasirani svježi sir te dobro izmiješajte. Dno lima za pečenje namažite rastopljenim maslacem i stavite koru tijesta. Koru poprskajte rastopljenim maslacem i premažite malom količinom kiselog vrhnja. Stavite drugu koru, poprskajte maslacem i premažite vrhnjem. Na tu koru stavite pola nadjeva od sira i razvucite po limu. Na sir stavite koru, poprskajte je maslacem, premažite kiselim vrhnjem. Stavite drugu koru tijesta, poprskajte je i premažite vrhnjem. Na koru stavite pola nadjeva od oraha. Na orahe opet koru, poprskajte je maslacem, premažite vrhnjem i stavite drugu koru. Stavite preostali nadjev od sira, koru, poprskajte maslacem, premažite vrhnjem, ponovno stavite koru. Na nju stavite nadjev od oraha i slaganje kolača završite korom, prethodno poprskajte maslacem i premažite vrhnjem. Složeni kolač narežite na kocke i sta-

vite peći u pećnicu na 200 °C oko 10 minuta. Kada kolač odozgo malo porumeni, zalijte ga sa svih strana slatkim vrhnjem. Kolač ponovno stavite peći (oko 40 minuta) dok ne upije sve vrhnje i dobije lijepu zlatnožutu boju. Pečeni kolač pospite šećerom u prahu i vanilin šećerom. Prije posluživanja kolač prethodno malo ohladite.



15



2:00 h

BILOGORA PIE

500 g phyllo dough leaves

Walnut filling:

500 g ground walnuts

150 g sugar

1 package vanilla sugar

200 g raisins soaked

in rum

Cheese filling:

1 kg fresh cheese

150 g sugar

1 package vanilla sugar

5 eggs

200 g butter

1 sour cream

100 ml whipping cream

Preparation

For the walnut filling, add all the ingredients to the ground walnuts and mix well. This is a dry filling. For the cheese filling, beat the egg whites with the sugar until stiff, add the egg yolks, the strained cottage cheese and mix well. Grease the bottom of the pan with melted butter and place a sheet of phyllo pastry on it. Sprinkle it with butter and spread some sour cream over it. Place a second sheet, sprinkle it with butter and spread sour cream over it. Place half of the cheese filling on this sheet and spread it across the pan. Place a sheet of dough on the cheese, sprinkle with butter, spread sour cream over it. Place another sheet on top, sprinkle it with butter and spread a little sour cream over it. Place half of the walnut filling on the phyllo sheet. Place another sheet on the walnuts, sprinkle with butter, spread cream over it and place another sheet on top. Place the remaining cheese filling over it, another sheet, sprinkle with butter, spread sour cream over it, place one more sheet on top. Place the walnut filling on

top and finish stacking the cake with a sheet, previously sprinkling butter and spreading cream over it. Cut the stacked dessert into cubes and bake in the oven at 200 °C for about 10 minutes. When the cake is slightly browned on top, pour whipping cream all over it. Place the cake back in the oven (about 40 minutes) until it absorbs all the cream and turns a nice golden yellow. Sprinkle the baked cake with icing sugar and vanilla sugar. Cool the cake slightly before serving.

Brod-Posavina County



Brodsko- -posavska županija

FOTO: Igor Lulić



Brodsko-posavska županija smještena je između južnih obronaka slavonskih gora i rijeke Save. Prekrasna priroda, bogata trpeza, gostoljubivi domaćini te bogata povijest kombinacija su koja naš kraj čine vrijednim ne samo stanjanja usput nego i zadržavanja u njemu.

Od prirodnih ljepota krasi ju pašnjak Gajna, na kojemu se mogu vidjeti autohtone pasmine podolskih goveda, posavskih konja i slavonskih svinja te područje Bare Dvorine, s dugačkom šetnicom oko bare bogate ptičjim i ribljim svijetom te visokim drvenim promatračnicama. Sjeverno od Slavenskog Broda nalazi se akumulacijsko jezero Petnja, omiljeno okupljalište lokalnih ribiča, smješteno između brežuljaka obraslih šumom kroz koju se proteže lijepa šetnica oko jezera. U zapadnom dijelu Županije nalazi se prašuma Prašnik s divovskim stablima starima više od 300 godina, a u blizini je pašnjak Iva, gdje će svakome zaigrati srce pri pogledu na velika krda konja koja slobodno tumaraju ovim prostranim travnatim područjem koje je izuzetno bogato i brojnim vrstama ptica.

Za ljubitelje tradicije i običaja tu je jedinstveni Muzej tambure u Tvrđavi Brod, a kako se nekad živjelo na selu, može se pogledati u biseru ruralnog turizma — Eko-etno selu Stara Kapela.

U Brodsko-posavskoj županiji četiri su građevine velike kulturno-povijesne vrijednosti. Najveća je slavna brodska Tvrđava Festung, jedinstveni primjerak fortifikacijske arhitekture u sklopu koje se nalazi već spomenuti Muzej tambure, ali i Muzej moderne umjetnosti, Muzej Tvrđave i Galerija Ružić. U Slavonskom Brodu nalazi se i

vrijedni sakralni objekt — franjevački samostan predivne barokne arhitekture. Sličan mu je franjevački samostan u Cerniku, u blizini Nove Gradiške, u kojemu se nalazi i bogata biblijska izložba te arheološko-paleontološka zbirka. A ako se već nađete u Cerniku, vjerojatno ćete se prošetati perivojem oko najljepšeg dvorca u našoj županiji — Kulmerovih dvora.

Osim Gradskog muzeja u Novoj Gradiški i Muzeja Brodskog Posavlja u Slavonskom Brodu, vrijedna je spomena i Galerija Meštrović u Vrpolju, rodnom mjestu ovog velikog kipara.

ZANIMLJIVA ČINJENICA

Lubanja stepskog slona, pronađenog tijekom iskopa kanala Glogovice u samom gradu Slavonskom Brodu 1957. godine (vrsta *Mamuthus armenicus*), starosti oko 400 tisuća godina, predstavlja najcjelovitiji takav nalaz u ovom dijelu Europe.



BROD-POSAVINA COUNTY

The Brod-Posavina County is located between the southern slopes of the Slavonian Mountains and the Sava River. Beautiful nature, rich cuisine, gracious hosts and a rich history are a combination that makes our region worthy of not only stopping by but also staying there.

Among its natural beauties are the Gajna pasture, where you can see indigenous breeds of Podolia cattle, Posavina horses and Slavonian pigs, and the region of Bara Dvorina, with a long promenade around a pond abounding in bird and fish life and high wooden observation posts. North of Slavonski Brod is the Petnja reservoir, a favourite gathering place for local fishermen, located between forested hills with a beautiful promenade stretching around the lake. The western part of the County boasts the Prašnik primeval forest with giant trees over 300 years old, while nearby is the Iva pasture, where your heart will dance at the sight of large herds of horses freely roaming this vast grassy area that is also exceptionally rich in numerous species of birds.

Lovers of tradition and customs should check out the unique Tambura Museum in the Brod Fortress, while the old way of life in the countryside can be seen in the pearl of rural tourism — the Eco-Ethno Village Stara Kapela.

The Brod-Posavina County is also home to four buildings of great cultural and historical value. The largest is the famous Festung Fortress in Slavonski Brod, a unique example of fortification architecture that houses the aforementioned Tambura Museum, as well as the Museum of Modern Art, the Fortress Museum and the Ružić Gallery. Slavonski Brod also has a valuable sacral building — a Franciscan

monastery built in beautiful Baroque architecture. A similar one is the Franciscan monastery in Cernik, near Nova Gradiška, which also houses a rich biblical exhibition and an archaeological and paleontological collection. And if you find yourself in Cernik, you will probably want to take a walk in the park around the most beautiful castle in our county — *Kulmerovi dvori*.

In addition to the City Museum in Nova Gradiška and the Museum of Brodsko Posavlje in Slavonski Brod, the Meštrović Gallery in Vrpolje, the birthplace of this great sculptor, is also worth a visit

INTERESTING FACT

The skull of a steppe elephant, found during the excavation of the Glogovica canal in the city of Slavonski Brod in 1957 (species *Mamuthus armenicus*), about 400 thousand years old, is the most complete such find in this part of Europe.

Uskrsna janjetina

Easter lamb



Brodsko-posavska županija
Brod-Posavina County





4



1:45 h

USKRSNA JANJETINA

1 kg janječih koljenica
5 g ružmarina
10 g soli
5 g peršinovog lista
50 ml ulja
Povrće (1 mrkva, 1 paprika, 2 tikvice)
500 g krumpira
Maslac
Mlijeko
Svježe sjeckani peršinov list

Priprema

Svježi ružmarin nasjeckajte i pomiješajte sa soli. Začinsku sol utrljajte u meso i ostavite sa strane. Stavite koljenice u posudu za pečenje, prelijte uljem i pecite u pećnici zagrijanoj na 180 °C. Nakon 30 minuta pečenja meso okrenite, pecite još 30 minuta, okrenite i nastavite peći do željene boje još 15 – 30 minuta. Prije posluživanja meso prelijte umakom od pečenja i pospite sjeckanim peršinom.

Poslužite uz povrće rezano na tanke trakice i krumpir. U *woku*, na dobro zagrijanom ulju, pecite povrće: prvo stavite mrkvu, zatim papriku i na kraju tikvice kako bi istodobno bilo gotovo. Oguljeni krumpir narežite na kocke, stavite u kipuću posoljenu vodu i kuhajte 10 – 15 minuta dok krumpir ne omekša.

Krumpir ocijedite i gnječilicom za krumpir napravite pire. Dodajte maslac, vruće mlijeko i sve dobro izmiješajte.

EASTER LAMB

1 kg lamb shanks
5 g rosemary
10 g salt
5 g fresh parsley leaves
50 ml oil
Vegetables (one carrot, one bell pepper, two zucchini)
500 g potatoes
Butter
Milk
Freshly chopped parsley leaves

Preparation

Chop the fresh rosemary and mix with the salt. Rub the seasoning salt into the meat and set aside to allow the meat to marinate. Place the shanks in a baking dish, drizzle with oil and roast in an oven preheated to 180 °C. After 30 minutes of roasting, turn the meat over, roast for another 30 minutes, turn and continue roasting until reaching the desired colour for another 15 – 30 minutes. Before serving, pour the drippings over the meat and sprinkle it with chopped parsley. Serve with vegetables cut into thin strips and potatoes. Fry the vegetables in a wok in well-heated oil. First add the carrots, then the peppers and finally the zucchini so that they are done at the same time. Dice the peeled potatoes, place in boiling salted water and cook for 10 – 15 minutes until the potatoes are soft.

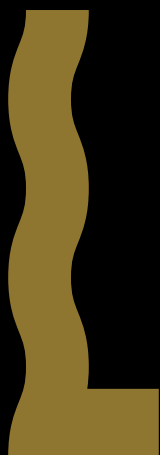
Drain the potatoes and mash them with a potato masher. Add the butter, hot milk and mix everything well.



4



1:45 h



Brodsko-posavska županija
Brod-Posavina County

Krancelje *Krancelje*





8 – 10



1:30 h

KRANCLE

500 g brašna
½ praška za pecivo
1 jaje
250 g maslaca ili margarina
80 g šećera
1 vanilin šećer
200 g pekmeza po želji

Priprema

Brašnu dodajte prašak za pecivo pa promiješajte. Zatim dodajte omekšani maslac i prstima napravite mrvičasto tijesto. Dodajte ostale sastojke – šećer, vanilin šećer i jaje pa umijesite glatko tijesto. Umotajte ga u foliju i ostavite u hladnjaku najmanje sat vremena. Zatim razvaljajte tijesto na pola centimetra debljine. Uzmite željeni kalup za rezanje i izrežite kekse. Svakom drugom keksu manjim rezanjem izbušite rupu na sredini. Pecite ih na 180 °C sedam do deset minuta (ne smiju potamniti).

Gornji dio kranclje, onaj s rupom, pospite šećerom u prahu. Donji dio kranclje premažite pekmezom, zalijepite gornji dio na njega i to je to!

Ostavite oko pola sata da se sve još malo ohladi te poslažite kekse u limenu kutiju, gdje mogu dočekati blagdanski stol.

KRANCLE

500 g flour
1/2 package baking powder
1 egg
250 g butter or margarine
80 g sugar
1 package vanilla sugar
200 g jam of your choice

Preparation

Add the baking powder to the flour and mix. Then add the softened butter and using your fingers make a crumbly dough. Add the remaining ingredients – sugar, vanilla sugar and egg and knead into a smooth dough. Wrap it in foil and leave in the refrigerator for at least an hour. Then roll out the dough to half a centimetre in thickness. Take the desired cutter and cut out the cookies. With a smaller cutter, make a hole in the middle of every second cookie. Bake them at 180 degrees for 7 – 10 minutes (they should not darken).

Sprinkle icing sugar on the top part of the *kranclje* – the one with the hole. Spread jam on the bottom part of *kranclje* and stick the top part on top of it and that's it!

Leave for about half an hour to cool down a bit more and then place them in a tin box to serve for the holidays.



8 – 10



1:30 h



Dubrovnik-Neretva County

Dubrovačko- -neretvanska županija

FOTO: *Zvonko Kežić*



Dubrovačko-neretvanska županija, kao najjužnija regija Republike Hrvatske, pravi je biser Lijepe Naše, ali i Mediterana u cijelosti. Burne povijesti, bogate kulture i nestvarnih prirodnih ljepota krajnji jug je već desetljećima mamac za turiste kako domaće tako i one strane.

Tome uvelike pridonose i već dobro poznate turističke destinacije: od Dubrovnika, šampiona hrvatskog turizma čija je popularnost već dulje vrijeme nepobitna, preko Stona i njegovih zidina, grada i otoka Korčule, Nacionalnog parka Mljet pa sve do Neretvanske doline.

Svi oni, koji dio svog vremena odluče provesti u Dubrovačko-neretvanskoj županiji, zasigurno neće pogriješiti za koji god se njezin dio odlučili i u koje god doba godine planirali svoj posjet.

Jer osim već spomenutih kulturno-povijesnih znamenitosti ili jedne od brojnih tradicionalnih manifestacija ili pak otkrivanja prirodnih ljepota, na krajnjem jugu uvijek je bilo i one tradicionalne, ukusne hrane, ali i autohtonih vinskih sorti. Naravno, sve to začinjeno s nekoliko kapi lokalnog maslinovog ulja.

Malostonske kamenice, koje su najbolje na svijetu, riba koja pliva najčišćim i najljepšim morem, čaša dobrog pošipa, grka, plavca ili malvazije ili pak dobra porcija neretvanskog brudeta ili žrnovskih makaruna sami po sebi dovoljni su razlozi za posjet Dubrovačko-neretvanskoj županiji.

A ako vam je potrebno još nešto slađe, uvijek ima mjesta za komadić tradicionalne lumblije, stonske torte ili rožate. Svakome po njegovom guštu!

ZANIMLJIVA ČINJENICA

Priču o lumbliji najbolje je započeti legendom po kojoj je i dobila ime.

Legenda kaže da se jedna Blajka zaljubila u Francuza koji je došao s francuskom Napoleonovom vojskom u Blato i ljubav je trajala. Odlazeći s otoka, na rastanku je svojoj dragoj darovao kolač izgovarajući *Ne m'oubliez pas* (ne zaboravi me), pa se smatra da je tako kolač dobio ime.

Legenda je prije svega zanimljiva turistima, ali značaj lumblije puno je važniji. Riječ je o prvom proizvodu iz naše Županije koji je obogaćen naslovom zaštićene oznake zemljopisnog podrijetla.



The Dubrovnik-Neretva County, as the southernmost region of the Republic of Croatia, is a true pearl of our beautiful country, as well as of the entire Mediterranean. With its turbulent history, rich culture and unreal natural beauty, the far south has been a lure for both domestic and foreign tourists for decades.

This is largely due to the well-known tourist destinations: from Dubrovnik, the champion of Croatian tourism whose popularity has been undeniable for a long time, to Ston and its walls, the town and island of Korčula, the Mljet National Park, all the way to the Neretva Valley.

All those who decide to spend some of their time in the Dubrovnik-Neretva County will certainly not go wrong, no matter which part of it they choose and at what time of year they plan their visit.

Because in addition to the already mentioned cultural and historical sites or one of the numerous traditional events or discovering natural beauty, the far south has always been known for its traditional, delicious food, as well as indigenous wine varieties. Of course, all of this is seasoned with a few drops of local olive oil.

Mali Ston oysters, which are the best in the world, fish that swim in the cleanest and most beautiful sea, a glass of good Pošip, Grk, Plavac or Malvasia wines or a good portion of the Neretva *brudet* fish stew or *Žrnovski makaruni* pasta are reasons enough to visit the Dubrovnik-Neretva County.

And if you need something sweeter, you can always find room for a piece of traditional *lumblija*, Ston cake or *rožata*. Something for every palate!

INTERESTING FACT

The story of *lumblija* is best started with the legend which gave it its name.

Legend has it that a woman from Blato fell in love with a Frenchman who came there with Napoleon's French army, and their love lasted. When leaving the island, he gave his beloved a cake saying *Ne m'oubliez pas* (don't forget me), which is how it's believed the cake got its name.

The legend is primarily of interest to tourists, but the significance of *lumblija* is much greater. It is the first product from our County to be enriched with the title of protected geographical indication.

Neretvanski brudet

Neretva brudet stew



Dubrovačko-neretvanska županija
Dubrovnik-Neretva County





4



1:30 h

NERETVANSKI BRUDET

800 g jegulje
10 žaba
150 g luka
Lovorov list
Sol
50 g koncentrata rajčice
100 ml kvasine (vinskog octa)
Ljute papričice

Priprema

U pravu neretvansku *teću* na ulje stavite pirjati luk. Posolite ga da omekša. S lukom pirjajte i ljutu papričicu i lovorov list. Kad luk omekša, dodajte mu koncentrat rajčice i malo podlijte vodom. Na to ide riba.

Budući da je jegulja ljepša kad je izrezana na *zvona*, svako se zvono posebno čisti. Jegulju narezanu na *zvona* stavite u *teću*, zalijte vodom i posolite. Nakon 15 minuta ulijte kvasinu. Jegulji je potrebno 35 minuta da se skuha, a pred sam kraj dodajte i žabe. Na ovaj način kuhaju se svježije žabe, no ako se upotrebljavaju uvozne, do kakvih lakše dođemo, ipak se trebaju dulje kuhati, gotovo otpočetak s jeguljom.

NERETVA BRUDET STEW

800 g eel
10 frogs
150 g onion
Bay leaf
Salt
50 g tomato concentrate
100 ml wine vinegar
Chili peppers

Preparation

In a real Neretva pan, sauté the onions on oil. Add salt to soften them. Sauté the chili pepper and bay leaf with the onion. When the onion softens, add the tomato concentrate and pour in a little water. Add the fish.

Since eel looks better cut into *bells*, each bell is cleaned separately. Place the eel cut into bells in a saucepan, add water and season with salt. After 15 minutes, pour in the vinegar. The eel takes 35 minutes to cook, and towards the very end, add the frogs. Fresh frogs are cooked this way, but if you use imported ones, which are easier for us to get, they need to be cooked longer, almost from the beginning with the eel.

While cooking, the dish is not stirred; instead, the saucepan is turned. Serve the stew with polenta and, of course, a glass of good wine.



4



1:30 h

Lumblija

Lumblija



Dubrovačko-neretvanska županija
Dubrovnik-Neretva County



5 kom



2:45 h

LUMBLIJA

1 kg brašna
2 kocke kvasca
150 ml mlijeka
300 g šećera
250 g otopljenog maslaca
100 ml maslinova ili suncokretova ulja
100 g prženih sjeckanih badema
100 g sjeckanih oraha
100 g groždica namočenih u rum
Po pola žličice mljevenih začina: muškatnog oraščića, cimeta, klinčića, anisa ili koromača
Ribana korica limuna i naranče
Malo soli

Priprema

Umiješajte kvasac, žličicu šećera, žličicu brašna i mlake vode. Ostavite na toplom mjestu da nabubri. Groždice operite i namočite u lozovači. Bademe lagano prepržite na tavi bez ulja (pazite da ne zagori!) i krupno sameljite. U veliku posudu stavite prosijano brašno, šećer, vaniliju te cimet, klinčiće, muškatni oraščić, anis (samljevene, količina po želji) te koricu limuna i sol. Dodajte groždice s rakijom, bademe te maslinovo ulje i kvasac pa umijesite srednje tvrdo tijesto dodajući varenik i mlaku vodu. Ostavite tijesto na toplome sat-dva da se dignu. Premijesite i podijelite na pet dijelova. Oblikujte male okrugle krušičice i stavite ih da se peku u ugrijanu pećnicu na 170 °C stupnjeva 40 do 50 minuta.

LUMBLIJA

1 kg flour
2 cubes of yeast
150 ml milk
300 g sugar
250 g melted butter
100 ml olive oil or sunflower oil
100 g toasted chopped almonds
100 g chopped walnuts
100 g raisins soaked in rum
Half a teaspoon ground spices: nutmeg, cinnamon, cloves, star anise or fennel
Grated lemon and orange zest
Pinch of salt

Preparation

Mix the yeast, a teaspoon of sugar, a teaspoon of flour and lukewarm water. Leave in a warm place to swell. Wash the raisins and soak them in alcohol. Lightly dry toast the almonds in a pan (be careful not to burn them!) and grind them coarsely. In a large bowl, place the sifted flour, sugar, vanilla, cinnamon, cloves, nutmeg, anise (ground and in desired quantity), lemon zest and salt. Add the raisins with alcohol, almonds, olive oil and yeast, then knead a medium-hard dough by adding varenik and lukewarm water. Leave the dough in a warm place for an hour or two to rise. Knead and divide into five parts. Shape into small round loaves and bake in a preheated oven at 170 °C, for about 40 to 50 minutes.

5 pcs.



2:45 h

City of Zagreb



Grad Zagreb

FOTO: Bojan Benčić



GRAD ZAGREB

Zagreb — šarmantan i živopisan glavni grad Hrvatske — grad je bogate povijesti, dinamične sadašnjosti, zanimljive arhitekture, izuzetne atmosfere i nenametljive gostoljubivosti. Uz eklektičnu mješavinu srednjoeuropskog i mediteranskog stila života, Zagreb spaja austro-ugarsku tradiciju i topli duh našeg Jadrana.

Ponekad ozbiljna, ponekad zabavna, ponekad neobična, ova metropola po mjeri čovjeka nudi pravi izbor aktivnosti koje možete doživjeti i vidjeti. Sa svojom kulturnom ponudom, zadivljujućom arhitekturom, nevjerojatnim brojem zelenih površina, zanimljivim muzejima, ugoštiteljskom ponudom za sve ukuse i širokim izborom smještajnih mogućnosti, Zagreb je grad koji jednostavno dopire do srca. Svakog dana i u svako doba godine nude se brojna događanja: od koncerata domaćih i svjetskih zvijezda, atraktivne i bogate kazališne ponude klasičnih i avangardnih predstava do zanimljivih festivala, manifestacija i sportskih natjecanja.

Zagreb na svim listama uvjerljivo vodi kao grad s najvećim dnevnim boravkom na otvorenom. Naime, čim sunce pokaže svoje toplo lice u rano proljeće, otvaraju se terase kavana, kafića, restorana i slastičarnica. Ulice i trgovi postaju mjesta za promenu, a druženje i poslovni sastanci spajaju se s uživanjem u kavi. Također, tu je i zagrebačka okolica, uvijek atraktivna zbog brojnih dvoraca, vinskih cesta, termalnih izvora, netaknute prirode i pitoreskkih gradića savršenih za jednodnevne izlete.

ZANIMLJIVA ČINJENICA

Zanimljiv i gostoljubiv, stvoren za posao, ali i za užitek, Zagreb ima svoju jedinstvenu priču. Putovanje Zagrebom uvijek je zadivljujuće, ali najveća je vrijednost ovoga grada njegova atmosfera i ljudi koji nikada ne dopuštaju da se osjećate sami. Na vama je samo da osjetite i doživite kako on, uistinu, diše i živi i otkrijete zašto ga zovu gradom s dušom...



CITY OF ZAGREB

Zagreb — the charming and colourful capital of Croatia — is a city of rich history, dynamic present, interesting architecture, exceptional atmosphere and unobtrusive hospitality. With an eclectic mix of Central European and Mediterranean lifestyles, Zagreb combines the Austro-Hungarian tradition with the warm spirit of our Adriatic.

Sometimes serious, sometimes fun, sometimes unusual, this human-sized metropolis offers a real choice of activities to experience and see. With its cultural offering, stunning architecture, an incredible number of green spaces, interesting museums, a catering and hospitality offer for all tastes and a wide selection of accommodation options, Zagreb is a city that simply touches the heart. Every day and at any time of the year, numerous events are offered: from concerts by domestic and international stars, an attractive and rich theatre offer of classical and avant-garde performances to interesting festivals, events and sports competitions.

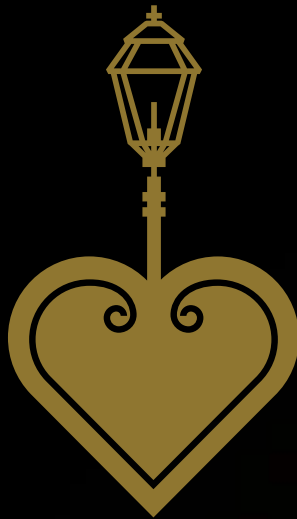
Zagreb convincingly leads all lists as the city with the largest outdoor living space. Namely, as soon as the sun shows its warm face in early spring, the café terraces, coffee shops, restaurants and pastry shops open. Streets and squares become a place to promenade, while socializing and business meetings are combined with a cup of good coffee. The Zagreb surroundings are also always attractive due to their numerous castles, wine roads, thermal springs, pristine nature and picturesque towns perfect for day trips.

INTERESTING FACT

Interesting and hospitable, made for business as well as pleasure, Zagreb has its own unique story. A trip to Zagreb is always amazing, but the greatest value of this city is its atmosphere and people who never let you feel alone. It's up to you to feel and experience how it truly breathes and lives and discover why it is called the city with a soul...

Zagrebački odrezak

*Zagreb-style
Cordon Bleu*



*Grad Zagreb
City of Zagreb*





4



1:00 h

ZAGREBAČKI ODREZAK

Za zagrebačke odreske:

4 velika odreska od svinjskog buta
16 ploški sušene vratine
16 ploški punomasnog sira gauda
100 g glatkog brašna
2 jaja
150 g krušnih mrvica

Za umak tartar:

180 g kiselog vrhnja
1 režanj češnjaka
30 g sjeckanih kiselih krastavaca
50 g majoneze
1 žlica senfa
1 žlica sjeckanog peršina
1 žlica soka od limuna

Također:

300 ml ulja za prženje
Sol i mljeveni bijeli papar

Priprema

Za umak tartar u zdjelu s kiselim vrhnjem dodamo majonezu, senf, sjeckani peršin, sjeckane kisele krastavce, protisnemo češnjak, sok od limuna, mljeveni bijeli papar i sol te sve zajedno dobro izmiješamo i stavimo u hladnjak. Na čvrstoj podlozi batom za meso istučemo svinjske odreske i svaki malo posolimo. Zatim svaki zasebno raširimo na radnu površinu, prekrijemo kriškama punomasnog sira i dimljene vratine te smotamo u svitak. U zasebne zdjelice rasporedimo glatko brašno, umučena jaja i krušne mrvice. Pripremljene nadjevene odreske redom prvo uvaljamo u brašno pa u umučena jaja i na kraju u krušne mrvice. Ovako panirane odreske stavimo na vruću masnoću i pohamo povremeno ih okrećući 20 minuta, dok ne dobiju lijepu zlatnožutu boju. Gotove zagrebačke odreske vadimo na kuhinjski papir da upije višak masnoće od prženja i odmah, još vruće, po želji poslužimo s prilogom od krumpira i pripremljenim umakom tartar.

ZAGREB-STYLE CORDON BLEU

For Zagreb-style

Cordon Bleu steaks:
4 large pork leg steaks
16 slices of dried pork neck
16 slices of Gouda cheese
100 g fine wheat flour
2 eggs
150 g breadcrumbs

For tartar sauce:

180 g sour cream
1 garlic clove
30 g chopped dill pickles
50 g mayonnaise
1 tablespoon mustard
1 tablespoon chopped parsley
1 tablespoon lemon juice

Also:

300 ml oil for frying
Salt and ground white pepper

Preparation

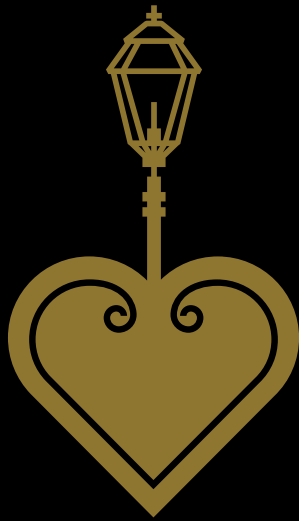
For tartar sauce, in a bowl with sour cream, add the mayonnaise, mustard, chopped parsley, chopped pickles, crushed garlic, lemon juice, ground white pepper and salt, mix everything well and place in the refrigerator. On a solid surface, pound the pork steaks with a meat mallet and slightly season each one with salt. Then spread each one out on the work surface, cover with slices of cheese and smoked pork neck and roll into a roll. Place the flour, beaten eggs and breadcrumbs in separate bowls. Roll the prepared stuffed steaks in flour, then in the beaten eggs and finally in breadcrumbs. Place the breaded steaks in hot oil and fry, turning occasionally, for 20 minutes until they are a nice golden yellow colour. Remove the finished Zagreb steaks and place them on paper towels to absorb excess frying fat, and serve immediately, still hot, as desired with a side dish of potatoes and prepared tartar sauce.



4



1:00 h



*Grad Zagreb
City of Zagreb*

Ajngemahtes

Ajngemahtes soup





6



1:30 h

AJNGEMAHTES

Za juhu:

500 g pilećeg mesa
1 glavica luka
200 g mrkve
100 g korijena peršina
200 g korabice
100 g korijena celera
150 g graška
1 žlica sjeckanog peršina

Za jetrene žličnjake:

2 kriške bijelog kruha
100 ml mlijeka
100 g pilećih jetrica
50 g omekšanog maslaca
1/2 glavice luka
1 jaje
1 žlica sjeckanog peršina
60 – 80 g glatkog brašna

Također:

Biljno ulje
Sol i mljeveni crni papar

Priprema

Bijeli kruh narežemo na kockice, posolimo, ulijemo mlijeko i ostavimo da odstoji 30 minuta. Za to vrijeme na ugrinjano ulje dodamo sjeckani luk, posolimo i kratko pržimo. Zatim dodamo piletinu narezanu na kockice i pržimo je 2 – 3 minute. Potom dodamo kockice mrkvice, korijena celera i peršina te korabice i kratko pirjamo. Nakon 2 – 3 minute sastojke posolimo, ulijemo vodu i ostavimo da zavri. Kada sastojci prokuhaju, francuskom žlicom obereemo pjenu koja se stvorila na površini i kuhamo 30-ak minuta. Za to vrijeme ocijedimo namočene kockice kruha, dodamo sjeckana jetrica, maslac, sjeckani luk, jaje, sjeckani peršin, začimimo solju i paprom, dodamo brašno te dobro izmiješamo sastojke. Od dobivene smjese oblikujemo žličnjake i stavimo ih u juhu da se kuhaju 15-ak minuta. Po želji posipamo svježje sjeckanim peršinom i još vruće poslužimo.

AJNGEMAHTES SOUP

For the soup:

500 g chicken meat
1 onion
200 g carrots
100 g parsley root
200 g kohlrabi
100 g celeriac
150 g peas
1 tablespoon
chopped parsley

For liver dumplings:

2 slices of white bread
100 ml milk
100 g chicken livers
50 g softened butter
1/2 onion
1 egg
1 tablespoon chopped parsley
60-80 g fine flour

Also:

Vegetable oil
Salt and ground black pepper

Preparation

Cut the white bread into cubes, salt it, pour in the milk and let it stand for 30 minutes. During this time, add the chopped onion to the heated oil, salt it and sauté briefly. Then add the diced chicken and sauté it for 2 – 3 minutes. Then add the diced carrots, celeriac and parsley roots and kohlrabi and sauté briefly. After 2 – 3 minutes, season the ingredients with salt, pour in the water and let it boil. When the ingredients come to a boil, use a slotted spoon to skim off the foam that has formed on the surface and cook for about 30 minutes. During this time, drain the soaked bread cubes, add the chopped liver, butter, chopped onion, egg, chopped parsley, season with salt and pepper, add the flour and mix the ingredients well. From the resulting mixture, form spoon-shaped balls and place them in the soup to cook for about 15 minutes. Sprinkle with freshly chopped parsley if desired and serve hot.



6



1:30 h

Istria County

Istarska županija

FOTO: Sonja Diklić



Istra je stoljećima bila raskrižje civilizacija, što se ogleda u njezinoj jedinstvenoj kuhinji koja spaja najbolje od mediteranske, srednjoeuropske i balkanske tradicije. Ova regija, poznata po svom blagom klimatskom pojasu, bogatim vinogradima, maslinicima i očaravajućim obalnim krajobrazima, odiše poviješću koja seže tisućama godina unatrag. Autentičnost Istre leži i u njezinim običajima i manifestacijama koje njeguju duh zajedništva i slavlje života te okupljaju lokalno stanovništvo i posjetitelje iz cijelog svijeta pružajući priliku da okuse i dožive pravu Istru. Folklorne skupine čuvaju tradicijske plesove i pjesme, dok se na raznim sajmovima i manifestacijama mogu kušati i kupiti domaći proizvodi izravno od proizvođača.

Istarska gastronomija odražava bogatstvo plodne zemlje i plodova mora kombinirajući svježe sastojke s autohtonim receptima koji se prenose s generacije na generaciju. Vinske ceste Istre vode kroz slikovite gradiće i vinograde gdje se proizvode vrhunska vina, poput malvazije i terana, čije arome i okusi savršeno nadopunjuju lokalne delicije. Tradicija vinogradarstva ovdje datira još iz rimskih vremena, a danas se u Istri može pronaći više od stotinu vrhunskih vinara. Svakako ne smijemo zaboraviti ni maslinovo ulje, koje se smatra jednim od najboljih na svijetu.

Ovim receptima pozivamo vas da otkrijete istarske kulinarske čarolije. Svaki od njih priča priču o bogatoj prošlosti, kulturi i ljubavi prema zemlji, moru i obitelji te pruža priliku za putovanje uz okuse i mirise Istre.

ZANIMLJIVA ČINJENICA

Istarska županija je područje bogato kulturom, tradicijom, florom i faunom, ali i gastronomijom koja je prepoznatljiva diljem svijeta. Međutim, neka od tih bogatstava s vremenom su postala ugrožena te im prijete izumiranje. Jedno od njih je i boškarin, govedo golemih rogova i prepoznatljive boje te najdragocjenije *blago*, odnosno domaća životinja koju je istarski *čovik* posjedovao. U prošlosti se koristio za oranje plugom i vuču kola, a narodno ime boškarin dobio je jer se nekada većina volova nazivala tim imenom odmilja. Kako bi se sačuvao boškarin kao istarska autohtona pasmina, ali i jedan od najprepoznatljivijih simbola Istre, pokrenula se gastronomska valorizacija i promocija u kojoj su sudjelovali svi — od lokalne zajednice, Županije, uzgajivača i vrhunskih hrvatskih *chefova* do znanstvenika i stručnjaka. Danas se od visokovrijednog mesa boškarina pripremaju pravi gastronomski specijaliteti, a najčešće *šugo* uz tradicionalnu tjesteninu, odnosno fuže ili njoke. Na taj se način ova pasmina spasila od zaborava, a osim na zaštiti i revitalizaciji boškarina, radi se i na očuvanju drugih istarskih pasmina – magarca, ovce i koze.



ISTRIA COUNTY

Istria has been a crossroads of civilizations for centuries. This is reflected in its unique cuisine, which combines the best of the Mediterranean, Central European and Balkan traditions. This region, known for its mild climate, rich vineyards, olive groves and enchanting coastal landscapes, exudes history stretching back thousands of years. The authenticity of Istria also lies in its customs and events, which foster a spirit of togetherness and celebration of life, bringing together locals and visitors from all over the world, providing an opportunity to taste and experience the real Istria. Folklore groups preserve traditional dances and songs, while you can taste and buy local products directly from the producers at various fairs and events.

Istrian gastronomy reflects the richness of the fertile land and seafood, combining fresh ingredients with indigenous recipes that have been passed down from generation to generation. Istria's wine roads lead through picturesque towns and vineyards where top-quality wines are produced, such as Malvasia and Teran, whose aromas and flavours perfectly complement the local delicacies. The tradition of viticulture here dates all the way back to Roman times, and today more than a hundred top winemakers can be found in Istria. We should also highlight olive oil, which is considered one of the best in the world.

With these recipes, we invite you to discover the culinary magic of Istria. Each of them tells a story about a rich past, culture and love for the land, sea and family, and provides an opportunity to travel with the flavours and aromas of Istria.

INTERESTING FACT

The Istrian County is an area rich in culture, tradition, flora and fauna, as well as gastronomy that is recognizable throughout the world. However, some of these treasures have become endangered over time and are threatened with extinction. One of the aforementioned is the *Boškarin*, cattle with huge horns and specific colour, and the most precious “treasure”, domestic animal that Istrians owned. In the past, it was used for ploughing and pulling carts, and the folk name *Boškarin* was given because most oxen were once called by that name. In order to preserve the *Boškarin* as an Istrian indigenous breed, as well as one of the most recognizable symbols of Istria, a gastronomic valorisation and promotion was launched in which everyone participated — from the local community, the County, breeders and top Croatian chefs to scientists and experts. Today, real gastronomic specialities are prepared from the high-quality *Boškarin* meat, most often sauce with traditional pasta, i.e., *fuži* or *gnocchi*. This way, the breed was saved from oblivion, and in addition to protecting and revitalizing the *boškarin*, work is also being done to preserve other Istrian breeds – donkeys, sheep and goats.

Let us also mention that after Istrian prosciutto and Istrian extra virgin olive oil, in 2022 the meat of Istrian cattle – *Boškarin* – was also protected with a designation of origin at the EU level.

I

Istarska županija
Istria County

**Fuži sa šugom
od boškarina**

*Fuži pasta with
boškarin sauce*





8



3:00 h

FUŽI SA ŠUGOM OD BOŠKARINA

Fuži:

500 g glatkog brašna

5 jaja

Šugo:

700 g mesa boškarina

(vrat, mišić, plećka, rebra, koljenica, but)

50 ml ulja

400 g luka

40 g brašna

40 g koncentrata rajčice

200 ml crnog vina

Sol, papar, ružmarin, lovorov list po potrebi

Priprema

Od navedenih sastojaka umijesite glatko tijesto, umotajte ga u prozirnu foliju i ostavite neko vrijeme da odstoji. Tijesto tanko razvaljajte, oblikujte male kvadrane stranice 3 – 4 cm te s pomoću drvenog štapića ili štibanjem tijesta oblikujte fuže.

Kuhajte u posoljenoj vodi.

Izrežite meso na kocke i posolite. U posudi zagrijte ulje i popržite meso sa svih strana, izvadite meso te dodajte usitnjen očišćen luk i nastavite pirjati dok ne požuti. Dodajte meso i koncentrat rajčice te pržite uz konstantno miješanje kraće vrijeme, pobrašnite po potrebi, a potom

podlijte vinom. Kad alkohol ishlapi, dodajte vode da prekrije sastojke, začinite i u pokrivenoj posudi na laganoj vatri pirjajte dok meso ne omekša. Pred sam kraj dodajte začinsko bilje jer u suprotnom postane gorko – ne treba pretjerati s količinom začinskog bilja. Poslužite uz tjesteninu, palentu, krumpir, pirjani kupus i sl.

Ako vam je umak rijedak, zgusnite ga brašnom ili gustinom tako da u čaši izmiješate brašno ili gustin u malo vode te dok se kuha, postupno dodajete do željene gustoće.



8



3:00 h

FUŽI PASTA WITH BOŠKARIN SAUCE

Fuži:

500 g fine wheat flour

5 eggs

Sauce:

700 g boškarin meat

(Neck, muscle, shoulder, ribs, shank, thigh)

50 ml oil

400 g onion

40 g flour

40 g tomato concentrate

200 ml red wine

Salt, pepper, rosemary, bay leaf as needed

Preparation

From the listed ingredients, knead a smooth dough, wrap in cling film and leave to rest for a while. Roll out the dough thinly, shape into small squares 3 – 4 cm in size, using a wooden stick, or pinching the dough to shape fuži.

Cook in salted water.

Dice the meat and season with salt. Heat the oil in a pan and fry the meat on all sides, remove the meat and add the chopped, peeled onion and continue to sauté until it turns yellow. Add the meat and tomato concentrate and fry for a short time, stirring constantly, adding flour if necessary and then pour in the wine. When the alcohol evaporates, cover with water, season and simmer in a covered pan over

low heat until the meat is tender. Add the herbs towards the very end, because otherwise it will become bitter - do not overdo it with the quantity of herbs. Serve with pasta, polenta, potatoes, sautéed cabbage, etc.

If the sauce is too thin, thicken it with flour or stock by mixing the flour or stock in a glass with a little water, and gradually adding it while cooking until the desired thickness.

Pazinski cukerančić

*Pazin cukerančić
cookies*

I

*Istarska županija
Istria County*





10



1:00 h

PAZINSKI CUKERANČIĆ

5 jaja
2 prstohvata soli
300 g šećera pomiješanog s vanilin šećerom
25 do 50 g naribane korice limuna
25 do 50 g naribane korice naranče
150 g maslaca sobne temperature
150 ml ulja
Malo ruma
100 ml mlijeka
25 g amonijaka (amonijev karbonat)
700 g brašna
Istarska malvazija
Kristal-šećer

Priprema

Umutite jaja, sol, šećer i vanilin šećer u pjenastu smjesu. Dodajte naribanu koricu limuna i naranče.

Pjenastoj smjesi polako dodajte maslac sobne temperature te ulje i rum.

Neprestano miješajući, u posudu s kipućim mlijekom dodajte amonijak da se stvori pjena koju zatim umiješajte u brašno. Potom dodajte smjesu s jajima i šećerom te zamijesite tijesto.

Tako pripremljeno tijesto pustite da odstoji najmanje dva sata, a zatim oblikujte cukerančiče u njihov specifični oblik.

Oblikovane cukerančiče pecite 8 do 10 minuta u pećnici zagrijanoj na 180 do 200 °C, odnosno dok ne porumene.

Ohladene cukerančiče umačite u istarsko bijelo vino (malvaziju) te u kristal-šećer.

Prije konzumiranja cukerančiče pustite da odstoje nekoliko sati, odnosno dok se ne osuše.



10



1:00 h

PAZIN CUKERANČIĆ COOKIES

5 eggs
2 pinches of salt
300 g sugar mixed with vanilla sugar
25 to 50 grated lemon zest
25 to 50 grated orange zest
150 g butter at room temperature
150 ml oil
A little rum
100 ml milk
25 g ammonia (ammonium carbonate)
700 g flour
Istrian Malvasia
Sugar

Preparation

Beat the eggs, salt, sugar and vanilla sugar until frothy. Add the grated lemon and orange zest.

Slowly add the room temperature butter, oil and rum to the foamy mixture.

Stirring constantly, add the ammonia to the bowl of hot milk to create foam, which is then mixed into the flour. Then add the egg and sugar mixture to make the dough.

Let the dough rest for at least two hours, and then shape the cookies into their specific shape.

Bake the shaped *cukerančići* for 8 – 10 minutes in an oven preheated to 180-200°C, or until golden brown.

Dip the cooled *cukerančići* in Istrian white wine (Malvasia) and granulated sugar.

Before consuming, let the *cukerančići* stand for a few hours, or until they dry.

Karlovac County



Karlovačka županija

FOTO: *Dinko Neskusil*



Karlovačka županija sa svoje je tri turističke mikroregije — pokupskom, kordunsko-plitvičkom, ogulinskom — te gradom Karlovcem kao urbanim i administrativnim središtem nakon grada Zagreba najuspješnija turistička destinacija kontinentalne Hrvatske. To je rezultat koji se ostvaruje već duži niz godina i na koji smo iznimno ponosni, a on se ne događa slučajno. Posljedica je to sustavnog rada i konstantnog ulaganja u vrijednosti destinacije.

Županija je po svom zemljopisnom položaju smještena na prijelazu iz središnje u gorsku Hrvatsku na najužem dijelu kopnenog državnog teritorija, tzv. «Karlovačkim vratima» te time predstavlja sjecište svih prometnih i trgovačkih puteva, što je iznimno pogodno za razvoj turizma i pristupačnost destinacije (zračne luke od grada Karlovca: Zagreb — 60 km, Rijeka — 115 km, Ljubljana — 177 km, Pula — 219 km, Trst — 222 km, Zadar — 240 km).

ZANIMLJIVA ČINJENICA

Mjesto Jaškovo kraj Ozalja upisalo se 2015. godine na kartu svijeta postavljanjem Guinnessovog rekorda za najdužu štrudlu na svijetu. Štrudla je bila duga 1479,38 metara, a pripravile su je vrijedne ruke mještanki Jaškova. Tako je štrudla postala prepoznatljiv brend ovoga kraja i čitave Karlovačke županije, a Jaškovo su prozvali *Selom štrudle*. Od tada se redovito svake godine početkom rujna u Karlovačkoj županiji, inicijalno u Jaškovu, održava Štrudlafest, prepoznatljiva gastronomska manifestacija koja svake godine okuplja sve više sudionika i gostiju.

The Karlovac County, with its three tourist microregions — Pokupsko, Kordun-Plitvice, Ogulin and the city of Karlovac as its urban and administrative centre — is the most successful tourist destination in continental Croatia after the city of Zagreb. This is a result that has been achieved for many years and of which we are extremely proud, one that does not happen by chance. It is a result of systematic work and constant investment in the value of the destination.

Due to its geographical position, the county is located at the transition from central to mountainous Croatia, in the narrowest part of the mainland state territory, the so-called “Karlovac gate” (*Karlovačka vrata*), representing thus the intersection of all traffic and trade routes, which is extremely suitable for the development of tourism and accessibility of the destination (airports from the city of Karlovac: Zagreb — 60 km, Rijeka — 115 km, Ljubljana — 177 km, Pula — 219 km, Trieste — 222 km, Zadar — 240 km).

INTERESTING FACT

The town of Jaškovo near Ozalj entered the world map in 2015 by setting the Guinness World Record for the longest strudel in the world. The strudel was 1479.38 meters long, prepared by the hardworking hands of the local women of Jaškovo. Thus, strudel became a recognizable brand of this region and the entire Karlovac County, and Jaškovo was nicknamed the *Village of strudel*. Since then, Štrudlafest has been held every year at the beginning of September in the Karlovac County, initially in Jaškovo, a recognizable gastronomic event that gathers more and more participants and guests every year.



Smuđ na grofovski način

*Perch in the
Count's style*



Karlovačka županija
Karlovac County





4



1:30 h

SMUĐ NA GROFOVSKI NAČIN

1 smuđ oko 500 g
100 g šunke
100 g mrkve
Maslac
300 g svježih šampinjona
2 žumanjka
Bijelo vino
Sol
Papar
Za prilog: kuhano povrće

Umak:
100 ml vrhnja
2 žlice majoneze
2 češnja češnjaka
1 žlica nasjeckanog
peršinovog lista

Priprema

Očistite ribu i posolite. Načinite nadjev od šampinjona, šunke, mrkve i bijelog vina, sve sitno nasjeckano. Sve povežite žumanjcima pa dobivenom smjesom napunite smuđa. Kuhajte ga na laganoj vatri oko 20 minuta. Poslužite uz kuhano povrće i umak.

PERCH IN THE COUNT'S STYLE

500 g perch
100 g ham
100 g carrots
Butter
300 g fresh mushrooms
2 egg yolks
White wine
Salt
Pepper
As side dish, boiled vegetables

Preparation

Clean the fish and season with salt. Use the mushrooms, ham, carrots and white wine, all finely chopped to make the filling. Combine everything with egg yolks and fill the perch with the resulting mixture. Cook it over low heat for about 20 minutes. Serve with cooked vegetables and a sauce.



4



1:30 h

Jabuke u šlafroku kuharice Zrinski

*Fried apples
by chef Zrinski*



*Karlovačka županija
Karlovac County*





8



1:00 h

JABUKE U ŠLAFROKU KUCHARICE ZRINSKI

8 jabuka
4 jaja
800 ml mlijeka
4 žlice šećera
1 žlica cimeta
600 g brašna
300 ml vrhnja za šlag

Za prženje:
500 ml ulja

Priprema

Ogulite i narežite jabuke po širini, na kriške, a prije toga iz sredine izvadite dio s košticama. Načinite tijesto od jaja, mlijeka, šećera i zgusnite ga brašnom. Jabuke namočite u tijesto i ispecite na vrućem ulju. Ispečene jabuke posložite na pladanj, obilno ih posipajte šećerom i cimetom, a možete ih poslužiti uz šlag od slatkog vrhnja.

FRIED APPLES BY CHEF ZRINSKI

8 apples
4 eggs
800 ml milk
4 tablespoons sugar
1 tablespoon cinnamon
600 g flour
300 ml whipped cream

For frying:
500 ml oil

Preparation

Core the apples, then peel and cut them lengthwise into slices. Mix the eggs, milk and sugar into dough and thicken with flour. Dip the apples in the dough and fry in hot oil. Arrange the fried apples on a platter, sprinkle them generously with sugar and cinnamon, and serve with whipped cream.



8



1:00 h

Koprivnica-Križevci County

a *Koprivničko-
-križevačka
županija*

FOTO: *Danko Šostarec*



Koprivničko-križevačka županija sa svoja tri grada i 22 općine smještena je na plodnom podravskom tlu između mađarske granice uz rijeku Dravu i šumom prekrivenog gorja Kalnika i Bilogore. Županiju, čiji je zaštitnik treći kanonizirani hrvatski svetac Marko Križevčanin, najbolje opisuju brojne prirodne ljepote i posebnosti koje su isprepletene kulturnim sadržajima i tradicionalnim vrijednostima oplemenjene u suvremenom izrazu naivnog slikarstva, domaće kuhinje, manifestacija, folkloru te poznate susretljivosti i gostoprimstva Podravaca i Prigoraca.

Koprivničko-križevačka županija na turističkom se tržištu pozicionirala kao cjelogodišnja izletnička destinacija koja nudi osebujni doživljaj zbog kojeg se na ovom prostoru, bogatom prirodnim ljepotama i kulturnom baštinom, vrijedi zadržati. Od rijeke Drave preko Bilogore i Kalnika posjeduje niz turističkih atrakcija koje će zadovoljiti i najizbirljivijeg posjetitelja, a sjajne gastronomske delicije te vrhunska vina kalničkog i bilogorskog vinogorja nikoga neće ostaviti ravnodušnim.

Gastronomija je važan dio identiteta Podravine i Prigorja, a ponuda tradicionalnih jela, na čije su oblikovanje u prošlosti značajan utjecaj imale austrijska i mađarska kuhinja, zadovoljit će i najzahtjevnije gurmane i sladokusce. Uglavnom su to jela od mesa i riječnih riba pripremljena pečenjem i prženjem te razni suhomesnati domaći specijaliteti poput sušenog dimljenog jezika i bunceka. Od mliječnih proizvoda specijaliteti su domaći sir i vrhnje, mlaćenica te dimljeni kravliji sir (prge), a najpoznatiji specijalitet od svježeg kravljeg sira su nadaleko poznati zape-

čeni štrukli. Orehnjače, makovnjače, štrukli s nadjevima od voća, bučnica, kukuruzna zlevka, krafne, uštipci, kuglof, medenjaci, salenjaci i šape samo su neki od ukusnih zalogaja koji dolaze na kraju blagovanja. Slani podravski specijalitet su *kašnjaki*, štrukli s hajdinskom ili prosenom kašom i bučnim uljem, a jedan slatki specijalitet je 2012. godine proglašen i nematerijalnim kulturnim dobrom Hrvatske — *bregofska pita*, slasni kolač koji se, prema zapisima, priprema već više od dvjesto godina.

ZANIMLJIVA ČINJENICA

Bijela repa je korisna jer ubija bakterije, osobito u dišnim putevima, a istraživanja su pokazala i da jača opći imunitet.



The Koprivnica-Križevci County, with its three cities and 22 municipalities, is located on the fertile Podravina soil between the Hungarian border along the Drava River and the forest-covered mountains of Kalnik and Bilogora. The county, whose patron saint is the third canonized Croatian saint, Marko Križevčanin, is best described by its numerous natural beauties and peculiarities that are intertwined with cultural contents and traditional values refined in the modern expression of naive painting, local cuisine, events, folklore, and the famous friendliness and hospitality of the people of Podravina and Prigorje.

The Koprivnica-Križevci County has positioned itself on the tourist market as a year-round excursion destination offering a unique experience that makes it worth staying in this area rich in natural beauty and cultural heritage. From the Drava River through Bilogora and Kalnik, it has a number of tourist attractions that will satisfy even the most discerning visitor, while the great gastronomic delicacies and top-quality wines of the Kalnik and Bilogora vineyards will not leave anyone indifferent.

Gastronomy is an important part of the identity of Podravina and Prigorje, while the offer of traditional dishes, whose formation in the past was significantly influenced by the Austrian and Hungarian cuisines, will satisfy even the most demanding gourmets and connoisseurs. These are mainly meat and fresh water fish dishes prepared by baking and frying, and various cured meat local specialties such as dried smoked tongue and ham hock. Among the dairy products, it boasts as its specialties homemade cheese and cream,

buttermilk and smoked cow cheese (*prge*), while the most famous speciality made from fresh cow cheese is the widely known baked *štrukli*. Walnut cake *orehnjača*, poppy seed cake *makovnjača*, *štrukli* with fruit fillings, *bučnica*, corn *zlevka*, donuts, fritters, marble cake, gingerbread, *salenjaci* and *šape* are just some of the delicacies that come at the end of the meal. Savory Podravina specialities include *kašnjaki*, *štrukli* with buckwheat or millet porridge and pumpkin oil, while one sweet speciality was declared an intangible cultural asset of Croatia in 2012 — *bregofska pita*, a delicious cake that, according to records, has been prepared for more than two hundred years.

INTERESTING FACT

White turnip is useful because it kills bacteria, especially in the respiratory tract, and research has also shown that it strengthens general immunity.

a

Koprivničko-križevačka županija
Koprivnica-Križevci County

Pevec s
bijelom repom

*Rooster with
white turnip*





4



1:30 h

PEVEC S BIJELOM REPOM

Pijetao (1,5 do 1,8 kg)

150 g mrkve

100 g peršina

1 kg bijele repe

1 žlica Vegete

Sol

Priprema

Stavite pijetla kuhati zajedno s korjenastim povrćem. Posolite vodu.

Repu ogulite, narežite na sitne kockice i stavite kuhati u drugu vodu. Kad je kuhana, ocijedite je.

Kad je pijetao kuhan, izvadite ga iz juhe i razrežite na komade, a u juhu dodajte repu.

Poslužite uz juhu od slatke repe.

ROOSTER WITH WHITE TURNIP

Rooster (1.5 kg – 1.8 kg)

150 g carrots

100 g parsley

1 kg white turnip

1 tablespoon Vegeta

Salt

Preparation

Put the rooster to boil together with the root vegetables. Add salt to the water.

Peel the turnip, cut it into small cubes and put it to boil in another pot. When it is cooked, drain it.

When the rooster is cooked, remove it from the broth and cut it into pieces, and add the turnip to the broth.

Serve with sweet turnip soup.



4



1:30 h

a

**Cicvara ili dizana
kukuruzna zlevka**

*Cicvara or raised
cornbread*

*Koprivničko-križevačka županija
Koprivnica-Križevci County*





6



1:15 h

CICVARA ILI DIZANA KUKURUZNA ZLEVKA

Jogurt ili kiselo mlijeko
100 ml mlijeka
Kiselo vrhnje
165 g kukuruznog brašna
2 kockice svježeg kvasca
1 žlica šećera za posipanje
Malo soli
150 g mljevenih oraħa
Pekmez od šljiva

Priprema

Kvasac otopite u malo mlakog mlijeka uz dodatak šećera. U jogurt dodajte kukuruzno brašno, malo soli, oraħe i na kraju kvasac. Pjenjačom umutite tekuće tijesto.

Izlijte tijesto u kalup koji ste namazali maslacem. Na kraju dodajte nekoliko žlica razmućenoga kiselog vrhnja (može i slatko).

Pustite da odstoji 10 minuta na toplome pa po želji dodajte pekmez od šljiva. Pecite 30 do 40 minuta u pećnici zagrijanoj na 180 °C.

Kad je kolač pečen, pospite ga šećerom.

CICVARA OR RAISED CORNBREAD

Yoghurt or butter milk
100 ml milk
Sour cream
165 g corn flour
2 cubes fresh yeast
1 tablespoon sugar for sprinkling on top
Pinch of salt
150 g ground walnuts
Plum jam

Preparation

Dissolve the yeast in a little lukewarm milk, adding sugar. Add corn flour, a little salt, walnuts and finally the yeast to the yoghurt. Whisk the liquid dough.

Pour the dough into a mould that you have greased with butter. Finally, add a couple of tablespoons of whisked (can be sweet) cream.

Let it stand for 10 minutes in a warm place and add plum jam if desired. Bake for 30 – 40 minutes in an oven preheated to 180 °C.

When the cake is baked, sprinkle it with sugar.



6



1:15 h

Krapina-Zagorje County



Krapinsko- -zagorska županija

FOTO: *Bin Han*



Hrvatsko zagorje diči se bogatom prirodnom i kulturnom baštinom, uz brojne dvorce i kurije, termalne izvore, muzeje i zaštićena prirodna područja.

Neizostavan dio bogate ponude ovog kraja svakako je i eno-gastro ponuda. Ova se županija ponosi brojnim vinarijama koje svojim trudom i preciznošću stvaranja vinske kaplje postižu izvrsne rezultate na europskoj i svjetskoj vinskoj sceni te otvaraju svoja vrata za degustacije s najljepšim pogledima na vinograde. Najčešće sorte su graševina, rajnski rizling, *sauvignon* bijeli, silvanac, *chardonnay*, muškati žuti, traminac, frankovka, pinot sivi, a autohtone sorte su sokol i belina.

Zagorski štrukli specifično su jelo koje se može poslužiti kao juha, glavno jelo ili pak desert. Glavni sastojak zagorskih štrukli je svježi sir, no može ih se pripremati s raznim punjenjima kao što su naprimjer heljda, orasi, jabuke, buča, mak ili zelje. Štrukli se rade od nekoliko jednostavnih sastojaka: glatkoga brašna, malo vode, jaja, sira i vrhnja. Tijesto se razvlači preko ruba stola, puni nadjevom i savija do kraja, zatim se reže tanjurom, prelije maslacem ili vrhnjem te se peče.

Utjecaj na zagorsku kuhinju imale su i plemićke obitelji koje su nekad obitavale u brojnim dvorcima i kurijama te vladale ovim krajem. Tako je običan puk, koji je služio na dvorima svojih gospodara, usvojio nove recepture za jela od teletine, razne umake, jela od gljiva, divljači i ribe.

Zagorska kuhinja također je određena raznim svetkovinama, pa je tako običaj za Martinje *guska z mlincima*, a za Bo-

žić *purica z mlincima*. Na Staru godinu običaj je pripremati jela s peradi, a na Novu godinu pečeni odojak sa salatama od krumpira i luka. Tijekom *fašnika* se priprema svinjska glava s kiselim zeljem, krafne i buhtle s pekmezom, a za Uskrs kuhana šunka ili suho meso s hrenom i jabukom, kuglof i razne gibanice.

ZANIMLJIVA ČINJENICA

Krapinsko-zagorska županija jedina je regija u Europi koja ima europsku zaštićenu oznaku izvornosti za cijeli jelovnik: meso zagorskog purana, zagorske mlince i zagorski bagremov med te europsku zaštićenu oznaku zemljopisnog podrijetla za zagorske štrukle.



The Croatian Zagorje region boasts a rich natural and cultural heritage, with numerous castles and manors, thermal springs, museums and protected natural areas.

An indispensable part of the rich offer of this region is certainly the wine and dine experience.

This county boasts numerous wineries that, with their effort and precision in creating wine, achieve excellent results on the European and international wine scene and open the doors of their wineries for tastings with the most beautiful views of the vineyards. The most common varieties are Graševina, Rhine Riesling, Sauvignon Blanc, Sylvaner, Chardonnay, Yellow Muscat, Traminer, Frankovka, Pinot Gris, while the indigenous varieties are Sokol and Belina.

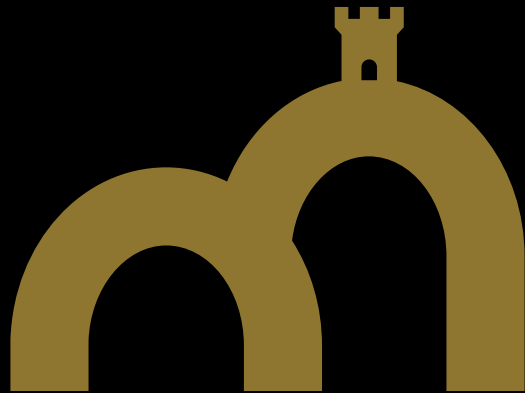
The Zagorje *štrukli* are a specific dish that can be served as a soup, main course, or dessert. The main ingredient of the Zagorje *štrukli* is fresh cheese, but they can be prepared with various fillings such as buckwheat, walnuts, apples, pumpkin, poppy seeds, or cabbage. *Štrukli* are made from a few simple ingredients: plain flour, a little water, eggs, cheese, and cream. The dough is rolled out over the edge of the table, filled with the filling, and folded to the end, then cut with a plate, topped with butter or cream, and baked.

The cuisine of Zagorje was also influenced by the noble families who once lived in numerous castles and manors and ruled this region. Thus, the common people, who served at the courts of their masters, adopted new recipes for veal dishes, various sauces, mushroom dishes, game and fish.

The Zagorje cuisine is also determined by various festivals. Thus, the custom for St. Martin's Day is goose with *mlinci*, while for Christmas it's turkey with *mlinci*. On New Year's Day, it is customary to prepare poultry dishes, and on New Year's Day, roasted suckling pig with potato and onion salad. During Carnival, pork head with sauerkraut, doughnuts and *buhle* with jam are prepared, and for Easter, boiled ham or dried meat with horseradish and apple, marble cake, and various *gibanice*.

INTERESTING FACT

The Krapina-Zagorje County is the only region in Europe that has a European protected designation of origin for its entire menu: Zagorje turkey meat, Zagorje *mlinci* and Zagorje acacia honey, and a European protected designation of geographical origin for Zagorje *štrukli*.



Krapinsko-zagorska županija
Krapina-Zagorje County

Zagorski odrezak

Zagorje steak





4



1:30 h

ZAGORSKI ODREZAK

800 g purećih prsa
150 g pureće jetre
2 manje glavice crvenog luka
3 jaja
100 g špeka
400 g boba
1 dl kiselog vrhnja
Ulje
Sol, papar
Brašno
300 g vrganja

Priprema

Pureća prsa izrezati na odreske, istući i posoliti. Jetrica narezati na ploške i pirjati na luku. Začiniti i povezati kaj-ganom od dva jaja. Nadjev od jetrica i jaja staviti na rub odreska, zamotati, uvaljati u brašno i jaja te pržiti u dubokoj masnoći.

Vrganje pirjati na luku te povezati kiselim vrhnjem. Kao prilog također se poslužuje *apšmalcani* bob. Mladi bob skuhati, ocijediti vodu, dodati pirjani luk narezan na ploške i prženi špek narezan na kockice. Dodati sol i papar te dobro izmiješati, a zatim zapeći u glinenoj posudi. Sve zajedno poslužiti na tanjuru.

ZAGORJE STEAK

800 g turkey breast
150 g turkey livers
2 smaller onions
3 eggs
100 g bacon
400 g broad beans
1 dl sour cream
Oil
Salt, pepper
Flour
300 g porcini mushrooms

Preparation

Cut the turkey breast into steaks, tenderize and season with salt. Cut the liver into slices and sauté on the onions. Season and bind with scrambled eggs made from two eggs. Place the liver and egg filling on the edge of the steak, wrap, roll in flour and eggs and deep fry.

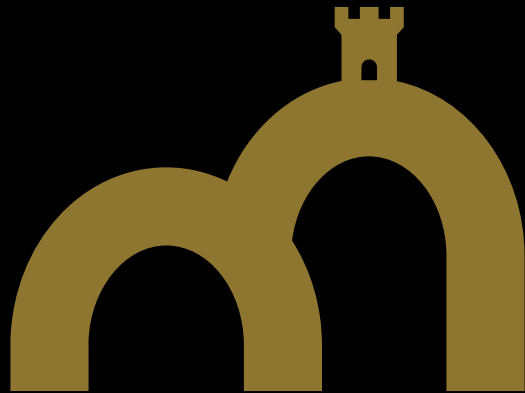
Sauté the porcini mushrooms with onions and combine with sour cream. Sautéed broad beans are also served as a side dish. Boil the young broad beans, drain the water, add the sautéed sliced onion and diced fried bacon. Add salt and pepper, mix well, then bake in a clay pot. Serve everything together on a plate.



4



1:30 h



Krapinsko-zagorska županija
Krapina-Zagorje County

Zapečeni štrukli

Baked štrukli





20



3:00 h

ZAPEČENI ŠTRUKLI

Tijesto:

1 kg brašna T-550
600 ml vode
2 jaja
10 g soli
2 žlice ulja

Nadjev:

1,5 kg svježeg sira
30 ml kiselog vrhnja
4 jaja
12 g soli

Priprema

Zamijesite tijesto od brašna, vode, jaja, soli i ulja, pokrijte krpom te ostaviti da odstoji barem pola sata. Za to vrijeme pripremite nadjev od svježeg sira, vrhnja, jaja i soli. Zatim tijesto razvlačite na stolu, na stolnjaku koji je potrebno prethodno pobrašiti. Započnite razvlačiti valjkom, potom tijesto lagano polijte uljem da se ne hvata za ruke i dalje razvlačite rukama.

Tijesto tanko razvucite jagodicama prstiju preko ruba stola. Odrežite deblje krajeve tijesta. Rasporedite nadjev s dvije strane (10 cm širine) te poskropite tijesto otopljenim maslacem ili uljem. Tijestom poklopite nadjev i potom stolnjakom zamotajte do kraja. Odvojite štruce nožem. Rukom odredite veličinu i rubom tanjura odrežite štrukle. Nauljite lim za pečenje i na njega postavite štrukle. Izmiješajte slatko vrhnje s jajima, solju i šećerom, prelijte štrukle te staviti peći 30 do 40 min na 180 °C (ovisno o pećnici).

Štrukli za pečenje

Dužina 8 do 11 cm, visina 2 do 5 cm, širina 4 do 6 cm

BAKED ŠTRUKLI

Dough:

1 kg T-550 flour
600 ml water
2 eggs
10 g salt
2 tablespoons oil

Filling:

1.5 kg fresh cheese
30 ml sour cream
4 eggs
12 g salt

Preparation

Knead the flour, water, eggs, salt and oil into dough, cover with a cloth and let it rest for at least half an hour. During this time, prepare the filling from cottage cheese, cream, eggs and salt. Then roll out the dough on the table, on a tablecloth that needs to be floured beforehand. Start rolling it out with a rolling pin, then lightly pour oil on the dough so that it does not stick to your hands and continue stretching it out with your hands.

Stretch the dough thinly over the edge of the table with your fingertips. Cut off the thicker ends of the dough. Spread the filling on two sides (10 cm wide) and sprinkle the dough with melted butter or oil. Cover the filling with the dough and then wrap the tablecloth all the way around. Separate the loaves with a knife. Determine the size with your hand and cut the *štrukli* with the edge of a plate. Oil a baking sheet and place the *štrukli* on it. Mix the sweet cream with eggs, salt and sugar, pour over the *štrukli* and bake for 30 to 40 minutes at 180 °C (depending on the oven).

Štrukli for baking

Length 8 to 11 cm, height 2 to 5 cm, width 4 to 6 cm



20



3:00 h

Lika-Senj County



Ličko- -senjska županija

FOTO: *Suzana Kevek*



Mozaičnom izgledu Ličko-senjske županije uvelike doprinosi njezina raznorodna kulturna baština. Odražavaju je razlike u dijalektu, materijalni spomenici i tradicijsko nasljeđe između kontinentalnog dijela, Primorja i otoka Paga.

Cijeli taj prostor karakterizira slojevit povijesni razvoj s materijalnim tragovima kulture od prapovijesti do danas. U Lici i Podgorju prevladavaju sakralni spomenici iz vojno-krajiškog razdoblja uz koje se nalaze i ostaci starijih kulturnih slojeva: središta srednjovjekovne glagoljaške književnosti Krbave, Senja i Kosinja, bogato antičko nasljeđe Senja i ilirske kulture Gacke. Muzej Like osnovan je 1958. godine, a unutar svoje institucije objedinjuje izložbe iz bogate prošlosti ličkoga prostora. Pod upravom Muzeja Like Gospić nalazi se Memorijalni centar „Nikola Tesla“, multidisciplinarna institucija koja objedinjuje znanost, umjetnost i turizam. Nadomak Gospića, na samo četiri kilometara udaljenosti, nalazi se selo Veliki Žitnik, rodno mjesto velikog hrvatskog povjesničara dr. Ante Starčevića, gdje se može posjetiti istoimena Memorijalna kuća.

Od ukupno osam nacionalnih parkova Hrvatske u Ličko-senjskoj županiji nalaze se tri, a od ukupno jedanaest hrvatskih parkova prirode u Ličko-senjskoj županiji smjestio se jedan. Osim toga, ova je županija atraktivno određena zbog svojih rijeka ponornica: Lika je najduža rijeka ponornica te je zbog svoje dužine od 78 kilometara također i druga najveća ponornica u Europi, a tu su još i rijeke Gacka, Krbava, Otuča. Izuzev njih, kroz Ličko-senjsku županiju jednim dijelom cirkulira i rijeka Una. Posebni rezervati u Ličko-senjskoj županiji su: Lun — divlje masline, nalazište divljih maslina na otoku Pagu gdje se na kamenitom terenu nalazi oko 1 500 starih maslina; Veli-

ka Plješivica – Drenovača je rezervat u kojem se miješaju bukva i jela prašumskog tipa te je ovo jedino područje gdje je sačuvan prašumski karakter s obzirom na to da se nalazi u minski sumnjivom području; Ludonov gaj je povijesna hrastova šuma stara oko 270 godina, a u rezervatu se nalazi otprilike 518 starih hrastovih stabala.

Na području Ličko-senjske županije svake godine raste broj biciklističkih staza, kao i zainteresiranih turista za biciklizam. Na planini Velebit nalazi se šest biciklističkih staza od kojih je najduža 44,5 kilometara. Na području Otočca također se nalazi šest uređenih biciklističkih staza od kojih je najpoznatija Barkanova staza na kojoj se svake godine održava i utrka Barkanijada. U Ličko-senjskoj županiji nalaze se brojna arheološka nalazišta, a najstarije je paleolitičko nalazište Donje Pazarište, veliki broj nekropola, špilja Bezdanjača iz brončanog doba, japodski lokaliteti u Gackoj dolini. U Otočcu se održava smotra folklor, jedina takve vrste u Ličko-senjskoj županiji gdje se okupljaju domaće i gostujuće folklorne skupine i predstavljaju materijalnu i nematerijalnu baštinu svojih krajeva. Najvažnije kulturne manifestacije su Senjski karneval, najstarija karnevalska manifestacija u Hrvatskoj, Eko-etno festival u Otočcu te tradicionalna izložba *Jesen u Lici* u Gospiću.

ZANIMLJIVA ČINJENICA

Lički krumpir razlikuje se po svojoj kvaliteti – po većem postotku suhe tvari, a to znači minerala i vitamina. Tu je ključna razlika između ličkog krumpira i krumpira uzgojenog na nekim drugim područjima.



Its diverse cultural heritage greatly contributes to the mosaic-like appearance of the Lika-Senj County. It is reflected in the differences in the dialect, material monuments and traditional heritage between the continental part, the Littoral and the island of Pag.

The entire area is characterized by a layered historical development with material traces of culture from prehistoric times to the present day. In Lika and Podgorje, sacral monuments from the Military Frontier (*Vojna krajina*) period predominate, along with the remains of older cultural layers: the centres of medieval Glagolitic literature of Krbava, Senj and Kosinj, the rich ancient heritage of Senj and the Illyrian culture of Gacka. The Lika Museum was founded in 1958, uniting within its institution exhibitions from the rich past of the Lika area. The Nikola Tesla Memorial Centre is managed by the Lika Gospić Museum, a multidisciplinary institution combining science, art, and tourism. Just four kilometres away from Gospić is the village of Veliki Žitnik, the birthplace of the great Croatian historian Dr. Ante Starčević, where you can visit the Memorial House of the same name.

Of the eight national parks in Croatia, three are found in the Lika-Senj County, and of the eleven Croatian nature parks, one is located in the Lika-Senj County. In addition, this county is an attractive destination because of its subterranean rivers: Lika is the longest subterranean river and, with its length of 78 kilometres, it is also the second largest subterranean river in Europe. Others include the Gacka, Krbava, and Otuča rivers. Apart from these, the Una River also circulates partly through the Lika-Senj County. Special reserves in the Lika-Senj County are: Lun — wild olives, a wild olive site on the island of Pag, where there

are about 1,500 old olive trees on rocky terrain; Velika Plješivica – Drenovača is a reserve where beech and fir of the rainforest type are mixed, and this is the only area where the rainforest character has been preserved, given that it is located in a mine-suspected area; *Ludonov gaj* is a historic oak forest about 270 years old, and the reserve contains approximately 518 old oak trees.

The number of cycling trails in the Lika-Senj County is on the rise every year, as are the number of tourists interested in cycling. There are six cycling trails on the Velebit mountain, the longest of which is 44.5 kilometres. There are also six well-maintained cycling trails in the Otočac area, the most famous of which is the Barkan Trail, where the Barkanijada race is held every year. There are numerous archaeological sites in the Lika-Senj County, the oldest being the Paleolithic site of Donje Pazarište, a large number of necropolises, the Bezdanjača cave from the Bronze Age, and Japodian sites in the Gacka Valley. A folklore festival is held in Otočac, the only one of its kind in the Lika-Senj County, where local and visiting folklore groups gather and present the tangible and intangible heritage of their regions. The most important cultural events are the Senj Carnival, the oldest carnival event in Croatia, the Eco-Ethno Festival in Otočac, and the traditional exhibition Autumn in Lika in Gospić.

INTERESTING FACT

Lika potatoes are distinguished by their quality – by a higher percentage of dry matter, which means minerals and vitamins. This is the key difference between the Lika potatoes and potatoes grown in other areas.



Ličko-senjska županija
Lika-Senj County

Lička kalja
Lika kalja soup





6



2:30 h

LIČKA KALJA

3 kg janjetine	2 svježe rajčice
2 veće glavice kupusa	1 do 2 režnja češnjaka
2 do 3 kg ličkoga krumpira	1 vezica peršina
2 do 3 žlice (domaće) masti	500 g luka (otprilike tri veće glavice)
3 velike mrkve	Sol i papar po ukusu
2 žlice pasirane rajčice	

Priprema

Riječ je o jelu karakterističnom za Liku i Gorski kotar, koje je poteklo od siromašnih ličkih obitelji koje nisu imale veliki izbor namirnica, već su upotrebljavale ono što su imale u vlastitom dvorištu, a danas je upravo to jelo prava poslastica. Zbog zdravih namirnica koje se upotrebljavaju u pripremi ovog jela, kalja je služila i kao odličan lijek za gripu ili prehladu. Kalju je najbolje kuhati u glinenoj posudi negdje na ognjištu ili štednjaku na drva. Može se dodati i korjenasto povrće poput celera i peršina.

U loncu debljeg dna rastopite žlicu masti. Luk narezan na ploške poslažite na dno lonca. Na luk složite narezane (malo veće) komade mesa. Na meso dodajte mrkvu i oguljenu rajčicu, zalijte vinom te ulijte vodu da sve bude pokriveno. Dodajte očišćene režnjeve češnjaka, list lovora i cijeli list peršina, poklopite i lagano kuhajte oko sat vremena. Zatim dodajte kupus narezan na velike kriške te krupnije narezan krumpir. Ako je potrebno, dodajte još vode pa opet poklopite i kuhajte još sat do sat i pol. Povremeno protresite lonac – povrće se ne miješa jer mora ostati u komadu. Pri kraju kuhanja posolite i popaprite.

LIKA KALJA SOUP

3 kg lamb	2 tablespoons tomato paste
2 large cabbages	2 fresh tomatoes
2 to 3 kg Lika potatoes	1-2 garlic cloves
2 to 3 tablespoons (homemade) lard	1 bunch of parsley
3 large carrots	500 g onion (about 3 large heads)
	Salt and pepper to taste

Preparation

This is a dish typical of Lika and Gorski Kotar, which originated from poor Lika families who did not have a large selection of ingredients, but used what they had in their own backyard. Today this dish has become a real delicacy. Due to the healthy ingredients used in the preparation of this dish, kalja also served as an excellent cure for the flu or cold. Kalja is best cooked in a clay pot somewhere on a hearth or wood-burning stove. Root vegetables such as celeriac and parsley can also be added.

Melt a tablespoon of lard in a thick-bottomed pot. Place the onion cut into slices on the bottom of the pot. Place the sliced (slightly larger) pieces of meat on top of the onion. Add carrots and peeled tomatoes to the meat, pour in wine and pour in water to cover everything. Add the peeled garlic cloves, bay leaf and whole parsley leaf, cover and simmer gently for about an hour. Then add the cabbage cut into large slices and the coarsely chopped potatoes. If necessary, add more water, cover again and cook for another hour to an hour and a half. Shake the pot occasionally – the vegetables should not be stirred because they must remain in one piece. When it is cooked, season with salt and pepper.



6



2:30 h



Ličko-senjska županija
Lika-Senj County

Ličke palačinke

Lika crepes





8



0:45 h

LIČKE PALAČINKE

Smjesa za palačinke:

3 jaja
250 g glatkog brašna
275 ml vode
225 ml mlijeka
50 g šećera
Prstohvat soli

Nadjev:

500 g pekmeza od šljiva

Za paniranje:

250 g maslaca
250 g krušnih mrvica

Priprema

Pripremite klasičnu smjesu za palačinke:

prosijte brašno te dodajte sve ostale namirnice i izradite u glatku smjesu. Smjesu procijedite kroz sitnu cjediljku da ne bude grudica i pustite da odstoji oko 10 minuta. Zatim ispecite palačinke i namažite pekmezom od šljiva. U tavi na ulju ili maslacu popržite krušne mrvice pa na njima popržite palačinke s obje strane. Palačinke ukasite malom količinom pekmeza od šljiva i šećerom u prahu. Palačinke se u restoranima spremaju na mnogo načina, ali ove su posebne upravo zbog domaćeg džema od šljiva.

LIKA CREPES

Crepe mixture:

3 eggs
250 g fine wheat flour
275 ml water
225 ml milk
50 g sugar
Pinch of salt

Filling:

500 g plum jam

For the topping:

250 g butter
250 g breadcrumbs

Preparation

Prepare a standard crepe mixture:

Sieve the flour and add all the other ingredients and mix until smooth. Strain the mixture through a fine sieve so that there are no lumps and let it stand for about 10 minutes. Then fry the crepes and spread plum jam on them. In a pan, fry the breadcrumbs in oil or butter and fry the pancakes on them on both sides. Decorate the crepes with a small amount of plum jam and icing sugar. Crepes are prepared in restaurants in many ways, but these are special precisely because of the home-made plum jam.

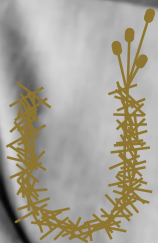


8



0:45 h

Međimurje County



Međimurska županija

FOTO: Alenka Novak



Međimurci se s pravom ponose svojom gastronomijom. Reakcije gostiju koje se mogu pročitati u knjigama dojmovala mogle bi se sažeti u ovih nekoliko rečenica: “Rado se vraćamo na mjesta za koja nas vežu ugodna sjećanja. Kad se upozna i doživi Međimurje, sjeverna Mezopotamija Hrvatske, srce je puno i zove na još. Vratit ćemo se s prijateljima jer se u zemlji jedinstvenog *črnog* bučinog ulja, mesa z *tiblice*, riječnog smuđa, impresivnih vina i međimurske gibanice u pedesetak ambijentalnih gostionica, seoskih turizama i restorana znalački pripremaju jutarnja, podnevna i večernja jela po autohtonim i novim recepturama koje u mozaičnom zbiru kreiraju okuse koji su nas osvojili.”

Naglašenije se zove u restorane s istaknutom prestižnom oznakom “Međimurski gurman” koja jamči više standarde poznavanja i pripreme namirnica, promišljene jelovnike i vinske liste, ophođenje s gostima i viši razred uređenja interijera. Osvajanje elitnog priznanja EDEN – Europske destinacije izvrsnosti u domeni enogastronomije najvjerodostojnija je pozivnica u raj *med dvema vodami*. Međimursko kulinarstvo prožima nekoliko karakteristika. Tradicionalna jela spravlja se uvelike s mlijekom, suhim mesom i obiluju povrćem. Međimurci vole jesti grah, krumpir, zelje, grah s kiselim zeljem, hajdinu kašu. Tipična mesna jela su ona od svinjetine, peradi i divljači te riječne ribe koja se peče umočena u kukuruzno brašno. Preferira se kravlje i kozje mlijeko te sir.

Povijest pišu carevi, plemstva, junaci i njihova junačka djela. Neupitna je istina, autorima povijesnih zapisa ma-

nje atraktivna, da se još od neolitika, a dokazivije od rimskog cara Tiberija i plemena Serapilla, u vremenima prije Krista na prostorima uz Muru i Dravu kuhalo, peklo i pilo. Protokom vremena pitomim i blagorodnim međimurskim prostorom prolazili su narodi i sile, a trajno ostajali utjecaji, legende i predaje. Zbog nepostojanja neupitnih pisanih tragova o Međimurju do 13. stoljeća nedostupan nam je dubinski pogled u mirise, okuse i navike za stolom Kelta, Panona, Rimljana, Ostrogota, Avara te drugih naroda koji su ostavljali traga u Međimurju. Bliže povijesne okolnosti i utjecaji Beča, Pešte ili Venecije tijekom minulih razdoblja pečate današnju kulturu stola Međimurja, zbog čega je neka jela i pripravke teško prozvati isključivo autohtonim ili apsolutno našim, no iznimno je vrijedno eno-gastro svjedočanstvo i slika svijeta.

ZANIMLJIVA ČINJENICA

Znate li da je prva knjiga recepata na našem području nastala upravo u Međimurju? Bila je to kuharica čakovečkog dvora Zrinskih, koja i danas predstavlja izvor inspiracije i povijesnih podataka važnih za slaganje mozaika života hrvatskog plemstva 17. stoljeća.



MEDIMURJE COUNTY

The people of Medimurje are rightly proud of their gastronomy. The reactions of guests that can be read in guest books could be summarized in these few sentences: “We are happy to come back to places that hold pleasant memories for us. When you get to know and experience Medimurje, the northern Mesopotamia of Croatia, your heart is full and calls for more. We will return with friends because in the land of unique black pumpkin oil, z *tiblica* meat, river perch, impressive wines and Medimurje *gibanica*, morning, noon and evening meals are expertly prepared in about fifty atmospheric inns, rural tourism establishments and restaurants according to authentic and new recipes that create a mosaic of flavours that have won us over.”

It is more popular to invite guests to restaurants with the prestigious label “Medimurje Gourmet” (*Medimurski gurman*), which guarantees higher standards of knowledge and preparation of the ingredients, well thought-out menus and wine lists, treatment of guests and a higher class of interior design. Winning the elite recognition EDEN – European Destination of Excellence in the field of wining and dining is the most credible invitation to a paradise between two rivers. The Medimurje cuisine is permeated with several characteristics. Traditional dishes are prepared largely with milk, dried meat and lots of vegetables. The people of Medimurje like to eat beans, potatoes, cabbage, beans with sauerkraut, buckwheat porridge. Typical meat dishes are those made from pork, poultry and game, as well as fresh-water fish that is baked dipped in corn flour. Cow and goat milk and cheese are preferred.

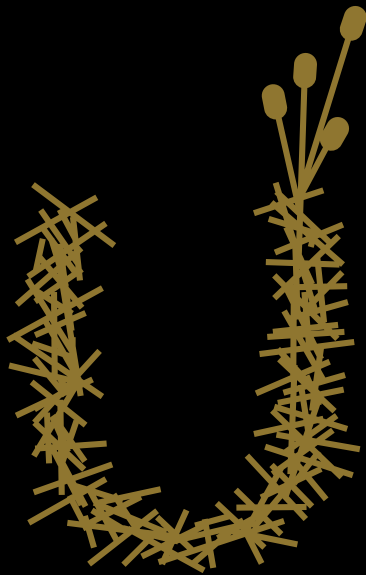
History is written by emperors, nobles, heroes and their heroic deeds. It is an unquestionable truth, less attractive to authors of historical records, that since the Neolithic era, and more demonstrably since the Roman emperor Tiberius and the Serapilla tribe, in times before Christ, people were cooking, baking and drinking in the areas along the Mura and Drava rivers. Over time, peoples and powers passed through the gentle and fertile Medimurje area, but influences, legends and traditions have remained forever. Due to the lack of unquestionable written traces of Medimurje until the 13th century, we are unable to gain an in-depth look at the smells, tastes and table habits of the Celts, Pannonians, Romans, Ostrogoths, Avars and other peoples who left their mark on Medimurje. Closer historical circumstances and the influences of Vienna, Pest or Venice during past periods have left their mark on today’s Medimurje dining culture, which is why some dishes and preparations are difficult to call exclusively indigenous or absolutely ours, but it is an extremely valuable enogastronomic testimony and picture of the world.

INTERESTING FACT

Did you know that the first recipe book in our region was created in Medimurje? It was the cookbook of the Zrinski court in Čakovec, which still represents a source of inspiration and historical data important for piecing together the mosaic of life of the Croatian nobility in the 17th century.

Trganci od heljde i koprive

*Buckwheat and
nettle trganci pasta*



Međimurska županija
Međimurje County





8



1:00 h

TRGANCI OD HELJDE I KOPRIVE

300 g heljdina brašna
200 g oštrog brašna
500 g polubijelog brašna
200 g pirea od koprive

Priprema

Koprivu operite, blanširajte, ocijedite i stavite u hladnu vodu. Ohlađenu koprivu usitnite u sjeckalici uz dodatak hladne vode. Pomiješajte sve tri vrste brašna, dodajte usitnjenu koprivu, po potrebi dodajte još malo vode i zamijesite čvrsto tijesto. Natrgajte trgance i stavite ih kuhati u posoljenu kipuću vodu nekoliko minuta. Kuhane trgance ocijedite i isperite pod tekućom vodom. Ocijeđene kuhane trgance poslužite kao prilog uz razne umake ili kao samostalno jelo, uz dodatak kosane masti, vrhnja, pečenog luka, pečenog vrhnja na kosanoj masti (*troskova*), mljevenih čvaraka (*cvirki*) ili otopljenog maslaca.

BUCKWHEAT AND NETTLE TRGANCI PASTA

300 g buckwheat flour
200 g coarse wheat flour
500 g semi-white flour
200 g nettle purée

Preparation

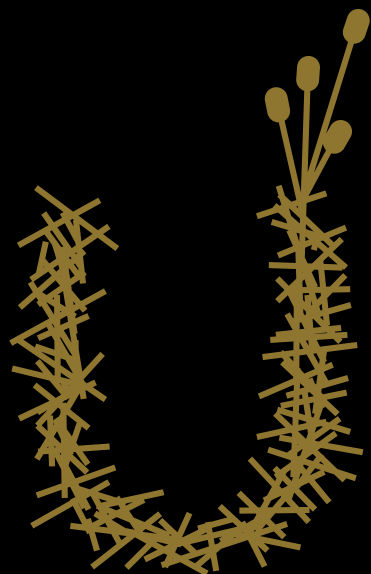
Wash the nettle, blanch it, drain it and place it in cold water. Chop the cooled nettle in a food processor, adding cold water. Mix all three types of flour, add the chopped nettle, adding a little more water if necessary and knead a firm dough. Tear the trganci past and put to cook in salted boiling water for a few minutes. Drain the cooked trganci and rinse under running water. Serve the drained cooked trganci as a side dish with various sauces or as a separate dish, with the addition of bacon fat (*kosana mast*), cream, fried onions, fried cream on bacon fat, ground cracklings (*cvirki*) or melted butter.



8



1:00 h



Međimurska županija
Međimurje County

Međimurska gibanica

*Međimurska
gibanica*





10 – 15



1:45 h

MEĐIMURSKA GIBANICA

Nadjev od sira:

1 kg svježega kravljeg sira

3 jaja

200 g šećera

1 vanilija

Žličica soli

Nadjev od jabuka:

2 kg naribanih jabuka

100 g šećera

1 vanilija

1 žlica cimeta

Žličica soli

Sok pola limuna

Nadjev od oraha:

300 g mljevenih oraha

150 g šećera

100 ml ruma

300 ml mlijeka

Nadjev od maka:

300 g maka

150 g šećera

100 ml ruma

300 ml mlijeka

Preljev za gibanicu

200 ml kiselog vrhnja

1 vanilin šećer

Priprema

Prije pripreme gibanice pripremite nadjeve od sira, oraha, maka i jabuka.

Sir pomiješajte sa šećerom, jajima, solju i vanilijom. Mak pomiješajte sa šećerom i rumom te prelijte kipućim mlijekom. Orahe pomiješajte sa šećerom i rumom te prelijte kipućim mlijekom. Jabuke ogulite, naribajte i pomiješajte sa šećerom, sokom limuna i cimetom. Gotovo vučeno tijesto narežite na šest jednakih dijelova veličine lima za pečenje. Lim za pečenje premažite maslacem, stavite pripremljenu koru tijesta koju ste prethodno premazali maslacem te po kori ravnomjerno rasporedite nadjev od oraha. Na orahe

stavite koru, premažite maslacem te slijedite isti postupak s nadjevom od maka, jabuka i sira.

Na sir stavite zadnju koru tijesta i prelijte je kiselim vrhnjem i vanilin šećerom.

Međimursku gibanicu pecite u pećnici sat vremena na 180 °C.



10 – 15



1:45 h

MEĐIMURSKA GIBANICA

Cheese filling:

1 kg fresh cow cheese
3 eggs
200 g sugar
1 vanilla sugar
1 teaspoon salt

Apple filling:

2 kg grated apples
100 g sugar
1 vanilla sugar
1 tablespoon cinnamon
1 teaspoon salt
Juice of half a lemon

Walnut filling:

300 g ground walnuts
150 g sugar
100 ml rum
300 ml milk

Poppy seed filling:

300 g poppy seeds
150 g sugar
100 ml rum
300 ml milk
Gibanica topping
200 ml sour cream
1 package vanilla sugar

Preparation

Before preparing the gibanica, prepare the cheese, walnut, poppy seed and apple fillings.

Mix the cheese with sugar, eggs, salt and vanilla. Mix the poppy seeds with sugar and rum and pour boiling milk over the mixture. Mix the walnuts with sugar and rum and pour boiling milk over the mixture. Peel, grate and mix the apples with sugar, lemon juice and cinnamon. Cut the finished pyhlo dough into six equal pieces the size of a baking sheet. Grease the baking sheet with butter, place the prepared dough crust, grease it with butter and spread the walnut filling evenly over it. Place a sheet on the walnuts,

grease it with butter and follow the same procedure with the poppy seed, apple and cheese filling.

Place the last dough crust on the cheese and pour sour cream and vanilla sugar over it. Bake the *Međimurska gibanica* in the oven for an hour at 180 °C.



Osijek-Baranja County

Osječko- -baranjska županija

FOTO: Ivica Bilandžić



Osječko-baranjska županija smještena je u srcu istočne Hrvatske, gdje se Slavonija susreće s Baranjom, a rijeke Drava i Dunav povezuju bogate krajolike ove regije. Županija je poznata po slikovitim vinogradima, kulturno-povijesnim znamenitostima i neodoljivoj gastronomiji koja spaja okuse kontinentalne Hrvatske s elementima srednjoeuropske i mađarske kuhinje. Osim vina, koje je ovdje autentično i cijenjeno, gastronomija ovoga kraja obuhvaća raznovrsna tradicionalna jela poput slavonskog kulena, fiš-paprikaša, čobanca i bogate ponude domaćih sireva i mesnih proizvoda. Kulinarske specijalitete najčešće prate vrhunski vina, posebno graševina, koja je u Osječko-baranjskoj županiji podignuta na razinu vrhunskog enološkog užitka.

Ovaj je kraj osebujan po svojoj raznolikosti — od močvarnog područja Kopačkog rita, jedne od najvećih i najvažnijih prirodnih močvara u Europi, do vinorodnih brda u Baranji i ravničarskih polja Slavonije gdje se uzgaja domaće povrće, voće i žitarice. U Parku prirode Kopački rit nalazi se nevjerojatna biološka raznolikost, gdje posjetitelji mogu uživati u promatranju ptica i netaknute prirode, dok rijeka Dunav donosi ne samo prirodne ljepote već i bogatu ribarsku tradiciju. Ljubitelji ribljih specijaliteta u ovom će kraju pronaći fiš-paprikaš i specijalitete od šarana pripremljene na autentičan način, često na otvorenoj vatri.

U Osijeku, kulturnom središtu regije, očituje se spoj povijesti i modernosti, od barokne Tvrđe do brojnih muzeja, galerija i kulturnih manifestacija. Županija također nudi i vinske ceste Baranje, gdje posjetitelji mogu degustirati

vina poput *cabernet sauvignona*, *chardonnaya* i autohtonih sorti koje odražavaju *terroir* ovog dijela Hrvatske.

Osječko-baranjska županija nije samo gastronomsko već i kulturološko bogatstvo Hrvatske, mjesto gdje tradicija i suvremeni pristupi kulinarstvu stvaraju nezaboravne okuse.

ZANIMLJIVA ČINJENICA

Jedna od zanimljivosti iz gastronomije Osječko-baranjske županije je tradicionalna priprema kulena, suhomesnatog proizvoda od svinjetine i crvene paprike koji je stekao status kulturne baštine. Pravi slavonski kulen zahtijeva dugotrajan proces sušenja i zrenja koji traje i do nekoliko mjeseci. Njegova kvaliteta ovisi o klimi i vještini majstora, a okus se s vremenom usložnjava dajući mu prepoznatljivu pikantnost i bogatstvo arome.

Osim kulena, Županija se ponosi i svojim specifičnim jelom fiš-paprikašem, ribljim specijalitetom koji se priprema od slatkovodnih riba, najčešće šarana, somova ili štuka uz dodatak paprike i domaćih začina. Fiš se tradicionalno kuha u velikom kotlu na otvorenoj vatri, što doprinosi jedinstvenom dimljenom okusu i aromi koja ga čini neodoljivim na lokalnim gastro-manifestacijama.



The Osijek-Baranja County is located in the heart of eastern Croatia, where Slavonia meets Baranja, and the Drava and Danube rivers connect the rich landscapes of this region. The county is known for its picturesque vineyards, cultural and historical landmarks and irresistible gastronomy that combines the flavours of continental Croatia with elements of Central European and Hungarian cuisines. In addition to wine, which is authentic and appreciated here, the gastronomy of this region includes a variety of traditional dishes such as the Slavonian *kulen* sausage, fish stew, *čobanac* stew and a rich selection of local cheeses and meat products. Culinary specialities are most often accompanied by top-quality wines, especially Graševina, which has been elevated to the level of supreme enological pleasure in the Osijek-Baranja County.

This region is unique in its diversity — from the Kopački rit wetlands, one of the largest and most important natural wetlands in Europe, to the wine-growing hills of Baranja and the lowland fields of Slavonia where local vegetables, fruits and cereals are grown. The Kopački rit Nature Park is home to incredible biodiversity, where visitors can enjoy bird watching and pristine nature, while the Danube River brings not only natural beauty but also a rich fishing tradition. Fish lovers will find fish stew and carp specialities prepared in an authentic way, often over an open fire.

Osijek, the cultural centre of the region, is a blend of history and modernity, from its Baroque Fortress to numerous museums, galleries and cultural events. The county also offers the Baranja Wine Roads, where visitors can taste wines

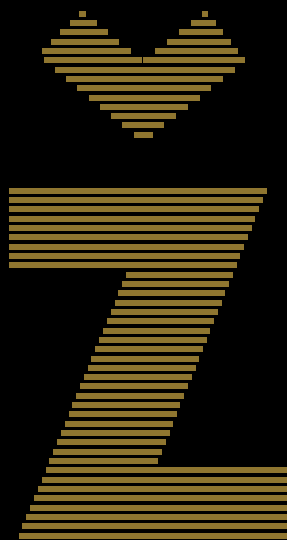
such as Cabernet Sauvignon, Chardonnay and indigenous varieties that reflect the *terroir* of this part of Croatia.

The Osijek-Baranja County is not just a gastronomic, but also a cultural treasure of Croatia, a place where tradition and modern approaches to cooking create unforgettable flavours.

INTERESTING FACT

One of the interesting facts about the gastronomy of the Osijek-Baranja County is the traditional preparation of *kulen*, a cured meat product made from pork and paprika that has acquired the status of cultural heritage. True Slavonian *kulen* requires a long drying and curing process that lasts up to several months. Its quality depends on the climate and the skill of the master, while the taste becomes more complex over time, giving it a recognizable spiciness and richness of aroma.

In addition to *kulen*, the County is also proud of its specific dish *fiš-paprikaš*, a fish stew prepared from freshwater fish, most often carp, catfish or pike with the addition of paprika and local spices. Fish stew is traditionally cooked in a large cauldron over an open fire, which contributes to the unique smoky flavour and aroma that makes it irresistible at local gastronomic events.



Osječko-baranjska županija
Osijek-Baranja County

Koljenica crne slavonske svinje na masti

*Black Slavonian
pork shank on lard*





KOLJENICA CRNE SLAVONSKE SVINJE NA MASTI



1:45 h

1,5 kg koljenice crne slavonske svinje (prednje)
375 g luka
150 g suhe slanine crne slavonske svinje
25 g slatke mljevene paprike
500 ml kiselog vrhnja
300 ml bijelog vina (graševine)
25 g češnjaka
50 g svinjske masti
Sol
Papar

Priprema

Koljenice nasolite te popaprite i ostavite u hladnjaku oko 45 minuta.

Otopite mast na srednje jakoj vatri i prepržite koljenice sa svih strana te ih izvadite iz posude, zatim dodajte na kockice izrezanu slaninu i sitno sjeckani luk. Sve skupa pirjajte do zlatnožute boje. Na luk i slaninu dodajte sitno sjeckani češnjak i mljevenu papriku. Sve skupa dobro promiješajte, dodajte graševinu i pustite minutu-dvije da se sve skupa lagano pirja. Vratite koljenice u posudu, zalijte vodom ili temeljcem, posolite i popaprite po želji. Poklopite i pirjajte na laganoj vatri dok meso ne omekša uz povremeno dolijevanje vode ili temeljca.

BLACK SLAVONIAN PORK SHANK ON LARD



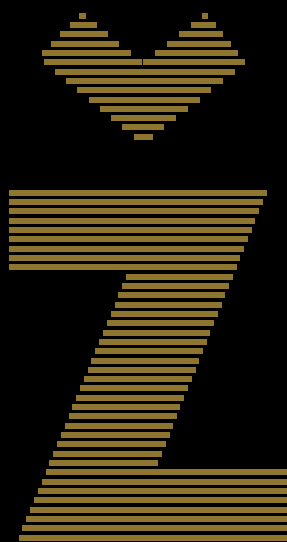
1:45 h

1.5 g black Slavonian pork shank (front)
375 g onion
150 g dried black Slavonian pork bacon
25 g sweet ground paprika
500 ml sour cream
300 ml white wine (graševina)
25 g garlic
50 g pork lard
Salt
Pepper

Preparation

Season the shanks with salt and pepper and leave in the refrigerator for about 45 minutes.

Melt the lard over medium heat and fry the shanks on all sides and remove them from the pan, then add the diced bacon and finely chopped onion. Sauté everything together until golden yellow. Add finely chopped garlic and ground paprika to the onion and bacon. Mix everything well, add the wine and let everything simmer gently for a minute or two. Return the shanks to the pot, cover with water or stock, and season with salt and pepper to taste. Cover and simmer over low heat until the meat is tender, occasionally adding water or stock.



Osječko-baranjska županija
Osijek-Baranja County

Taške s pekmezom od šljiva u krem umaku s cimetom

*Plum jam tarts
in a cinnamon
cream sauce*





TAŠKE S PEKMEZOM OD ŠLJIVA U KREM UMAKU S CIMETOM



600 g glatkog brašna
2 jaja
150 do 200 ml mlake vode
Prstohvat soli
Domaći pekmez od šljiva
Krušne mrvice

Umak s cimetom:
1 l vrhnja za kuhanje
100 g šećera
30 g vanilin šećera
7 g cimeta
Kuhajte dok se umak ne
reducira u lijepu
glatku masu.

Priprema

U posudu stavite brašno, sol i jaja te počnite mijesiti tijesto uz lagano dodavanje mlake vode dok ne dobijete jednoličnu kompaktnu smjesu. Tijesto izvadite na radnu površinu te dobro mijesite dok ne bude jednolično i glatko. Pustite da tijesto odstoji oko 30 minuta. Tijesto tanko razvaljajte na 2 mm debljine te ga izrežite na 4 do 5 cm široke trake pa na isti razmak stavite malo pekmeza od šljiva. Preklopite drugom trakom te nježno, ali dobro pritisnite rubove da pekmez ne bi tijekom kuhanja ispao. Taške narežite rezačem za tijesto. Ubacite ih u kipuću vodu i čim isplivaju, prebacite u tavu u kojoj ste popržili krušne mrvice. Sve skupa promiješajte i poslužite uz umak s cimetom.

PLUM JAM TARTS IN A CINNAMON CREAM SAUCE



600 g fine wheat flour
2 eggs
150-200 ml lukewarm water
Pinch of salt
Home made plum jam
Bread crumbs

Cinnamon sauce:
1 l cooking cream
100 g sugar
30 g vanilla sugar
7 g cinnamon
Cook until the sauce is
reduced to a nice
smooth mass.

Preparation

Put the flour, salt and eggs in a bowl and start kneading the dough, gradually adding lukewarm water until you get a uniform, compact mixture. Turn the dough out onto a work surface and knead well until it is uniform and smooth. Let the dough rest for about 30 minutes. Roll out the dough thinly to 2 mm and cut it into 4 to 5 cm wide strips, then place a little plum jam at the same distance. Fold over with another strip, gently but firmly press the edges so that the jam does not fall out during cooking, and cut the tarts with a pastry cutter. Drop them into boiling water and as soon as they float, transfer them to the pan in which you fried the breadcrumbs. Mix everything together and serve with cinnamon sauce.



Požega-Slavonia County



Požeško- -slavonska županija

FOTO: Ines Žužinjak



Još su stari Rimljani Požešku kotlinu nazvali Zlatnom dolinom, pa je i danas područje Požeško-slavonske županije poznato kao Zlatna Slavonija. Tu su se tijekom stoljeća susretale brojne kulture, stoga će istinski gurmani i pravi znalci u nekim autentičnim jelima možda i osjetiti trag austro-ugarskih, njemačkih, turskih ili bosansko-hercegovačkih utjecaja.

Toj neodoljivoj kombinaciji okusa Slavonci su dodali svoj prepoznatljiviji potpis, kreirali su neodoljiva autentična jela koja se savršeno sljubljuju s vrhunskim vinima iz čak triju županijskih vinogorja: Kutjeva, Požege-Pleternice i Pakraca. Nigdje kao u ovom dijelu Hrvatske graševina nije dala toliki spektar vina – od pjenušaca, svježih i odležanih, do mednih predikata. Nagrađivana u svijetu, vina Zlatne Slavonije sljubljena s autentičnim jelima gurmanski su doživljaj za pamćenje.

Kuhinja u ovom dijelu Slavonije poznata je i po kvalitetnim sezonskim namirnicama, a veliki dio njih proizvodi se na lokalnim obiteljsko-poljoprivrednim gospodarstvima. Ono što je u polju bilo tog jutra već će se za ručak naći na vašem stolu. I trebate krenuti redom, od predjela do slastica. A izbor je velik. Za predjelo — pikantan kulen, šunka, sir, kruh sa svinjskom masti, čvarci, namaz od svježeg sira i začinskih trava ili čips od šarana... To je tek početak, odlična uvertira.

Nakon toga prija topla juha poput kokošje *s leber noklama*, bistra goveđa ili krem juha od šumskih gljiva. Za glavno jelo birajte: mirisna sarma, odrezak od svinjetine u slavonskom umaku s restanim krumpirom, kuhana juneti-

na s umakom od rajčice uz hren i pire od krumpira, teleće pečenje, jela od divljači... Možda biste ipak vinogradarski ćevap ili odrezak Barun Trenk? Što kažete na čobanac ili fiš-paprikaš, a za ljubitelje ribe — na pastrvu sa žara?

Od slastica su tu palačinke s raznim pekmezima, *tačkrle*, salenjaci, makovnjača, orahnjača, trganci sa sirom... Neodoljivo. Želimo vam dobar tek!

ZANIMLJIVA ČINJENICA

Požeški vinogradarski ćevap je najfinije svinjsko i juneće meso umotano u svinjsku ili teleću potrbušnu maramicu, sve nanizano na ražanj sa sušenom slaninom i lukom. Vinogradarski ćevap tradicionalno se priprema u ožujku kad se u požeškim vinogradima slavi Grgurevo. Prava senzacija okusa i mirisa.



Already the ancient Romans called the Požega Valley the Golden Valley, and even today the region of the Požega-Slavonia County is known as Golden Slavonia. Numerous cultures have met here over the centuries, so true gourmets and true connoisseurs may even feel traces of Austro-Hungarian, German, Turkish or Bosnian-Herzegovinian influences in some authentic dishes.

The Slavonians have added their own distinctive signature to this irresistible combination of flavours, creating irresistible authentic dishes that pair perfectly with top-quality wines from three of the county's vine producing areas: Kutjevo, Požega-Pleternica and Pakrac. Nowhere else has Graševina produced such a wide range of wines as in this part of Croatia - from sparkling wines, fresh and aged, to ones with a honey aroma. Internationally award-winning wines from Golden Slavonia paired with authentic dishes are a memorable gourmet experience.

The cuisine in this part of Slavonia is also known for its high-quality seasonal ingredients, and a large part of them are produced on local family farms. Whatever was in the field that morning will already be on your table for lunch. You will want to work your way through them in order, from appetizers to desserts. And the selection is great. As appetizer — spicy *kulen* sausage, ham, cheese, bread with lard, cracklings, a spread of cottage cheese and herbs or carp chips... That's just the beginning, an excellent overture.

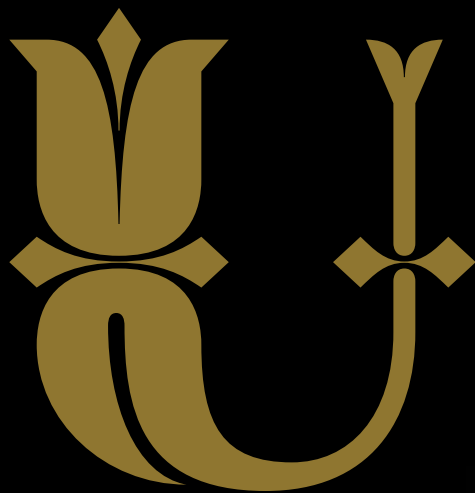
A warm soup like chicken with liver dumplings, clear beef or cream soup with forest mushrooms goes really well after that. And then the main course. Choose from: fragrant

cabbage rolls, pork chops in Slavonian sauce with sautéed potatoes, boiled beef with tomato sauce with horseradish and mashed potatoes, roast veal, game dishes... Maybe you'd like a vineyard *ćevap* or a Baron Trenk steak? How about *čobanac* stew or fish stew, and for fish lovers — grilled trout?

For dessert, there are crepes with various jams, *tačkrle*, *salenjaci*, poppy seed cake, walnut cake, *trganci* with cheese... Irresistible. We wish you bon appétit!

INTERESTING FACT

The Požega vineyard *ćevap* is the finest pork and beef wrapped in pork or veal belly tissue, strung on a skewer with dried bacon and onions. The vineyard *ćevap* is traditionally prepared in March when St. Gregory's feast day is celebrated in the vineyards of Požega. A real taste and smell sensation.



Požeško-slavonska županija
Požega-Slavonia County

Odrezak Barun Trenk u umaku od gljiva

*Baron Trenk steak
in mushroom sauce*





ODREZAK BARUN TRENK U UMAKU OD GLJIVA



1:00 h

4 svinjska odreska
8 kriški kulena
4 žlice ajvara
2 tvrdo kuhana jaja
Sol, papar
Svinjska mast

Dodatno:
300 g šampinjona
50 ml bijelog vina
Sol

Priprema

Odreske očistite od eventualnih opni i masnoće te ih stajite uz pomoć bata za meso. Posolite ih i popaprite te premažite jednom žlicom ajvara. Pazite da ne namažete preblizu ruba kako nadjev ne bi iscurio pri pečenju.

Na ajvar stavite po dvije kriške tanko rezanog kulena, a zatim na kulen složite dvije četvrtine kuhanog jajeta te sve zamotajte.

Sve zapecite na rastopljenoj svinjskoj masti. Pripazite da vam meso slučajno ne zagori. Povremeno ga okrećite kako bi bilo jednako pečeno sa svih strana.

Izvadite meso na tanjur, a na zagrijanu tavu dodajte tanko rezane šampinjone. Pirjajte ih nekoliko minuta te posolite i podlijte bijelim vinom.

Vratite mesne smotuljke u tavu s gljivama, poklopite i sve pirjajte još petnaestak minuta. Poslužite uz pire od kumpira i zelenu salatu.

BARON TRENK STEAK IN MUSHROOM SAUCE

4 pork cutlets
8 slices of kulen spicy sausage
4 tablespoons ajvar
2 hard boiled eggs
Salt, pepper
Lard

Additional:
300 g button mushrooms
50 ml white wine
Salt

Preparation

Clean the steaks of any membranes and fat and flatten them with a meat mallet. Season with salt and pepper and spread a tablespoon of ajvar on them. Be careful not to spread too close to the edge so that the stuffing does not leak out during cooking.

Place two slices of thinly sliced kulen on the ajvar, then place two quarters of a boiled egg on the kulen and roll it all up.

Fry everything in melted lard. Be careful not to burn the meat. Turn it occasionally so that it is evenly cooked on all sides.

Remove the meat to a plate and add the thinly sliced mushrooms to the heated pan. Sauté them for a few minutes, then season with salt and pour in the white wine.

Return the meat rolls to the pan with the mushrooms, cover and simmer for another fifteen minutes. Serve with mashed potatoes and a green salad.



1:00 h



Požeško-slavonska županija
Požega-Slavonia County

Knedle sa šljivama

Plum dumplings





10



1:30 h

KNEDLE SA ŠLJIVAMA

Za 50 knedli:

1,1 kg pirea od krumpira (bez začina)

250 g glatkog brašna

2 jaja

200 g oštrog brašna (ako nemate, stavite glatko)

50 šljiva bez koštica

3 žlice svinjske masti

300 g krušnih mrvica

100 g šećera kristal

Priprema

Krumpire operite, stavite ih cijele u veći lonac, zalijte vodom, dodajte žličicu soli pa kuhajte 45 do 50 minuta, odnosno dok krumpir ne bude kuhan. Krumpir ocijedite, ogulite i protisnite kroz prešu za krumpir pa mu odmah, dok je još vruć, dodajte na kockice rezani maslac i napravite pire. Ostavite ga da se potpuno ohladi. Ohlađenom pireu dodajte dva jaja i dobro promiješajte. Dodajte i glatko i oštro brašno te umijesite tijesto. Ako vam je tijesto vrlo ljepljivo, slobodno dodajte žlicu do dvije brašna.

Izvaljajte tijesto na radnoj površini, izrežite kvadratiće dovoljno velike da šljiva stane unutra, zamotajte i valjajte u kuglu – knedlu.

Knedle slažite na papir za pečenje koji ste lagano pobrašnili. Kada ste formirali sve knedle, stavite u lonac kuhati vodu.

Kada voda zakuha, polako i nježno ubacite knedle i kuhajte ih dok ne izađu na površinu, oko sedam do deset minuta.

Dok se knedle kuhaju, pripremite smjesu za valjanje. U dubokoj tavi otopite svinjsku mast i na njoj popržite krušne mrvice. Dovoljno je nekoliko minuta, samo da malo potamne. Kuhane knedle ocijedite i odmah ubacite u tavu s mrvicama i lagano valjajte. Kod posluživanja pospite šećerom ili medom.



10



1:30 h

PLUM DUMPLINGS

For 50 dumplings:

1.1 kg mashed potatoes (without spices)

250 g fine wheat flour

2 eggs

200 g coarse wheat flour (if you don't have any, use plain flour)

50 pitted plums

3 tablespoons lard

300 g breadcrumbs

100 g granulated sugar

Preparation

Wash the potatoes, place them whole in a large pot, cover with water, add a teaspoon of salt and cook for 45 to 50 minutes, or until the potatoes are cooked. Drain, peel and press the potatoes through a potato ricer, then immediately, while still hot, add the diced butter and make mashed potatoes. Leave it to cool completely. Add two eggs to the cooled potatoes and mix well. Add both the fine and coarse flour and make the dough. If your dough is very sticky, feel free to add up to two tablespoons of flour.

Roll out the dough on a work surface, cut out squares large enough for the plum to fit inside, wrap and roll into a ball – a dumpling.

Place the dumplings on a lightly floured baking sheet. When you have formed all the dumplings, put the water to boil

in a pot. When the water boils, slowly and gently add the dumplings and cook until they rise to the surface, about seven to ten minutes.

While the dumplings are cooking, prepare the topping mixture. Melt the lard in a deep pan and fry the breadcrumbs on it. A few minutes is enough, just to darken a little. Drain the cooked dumplings and immediately add them to the pan with the crumbs and roll lightly. When serving, sprinkle with sugar or honey.

Primorje-Gorski Kotar County

▣ *Primorsko-
-goranska
županija*

FOTO: *Višnja Magdalena Bolf*



Primorsko-goranska županija nalazi se na mjestu gdje je Sredozemlje najbliže srcu Europe. Njezin očuvani goranski kraj među rijetkima je u Europi u kojem obitavaju sve tri velike zvijeri: smeđi medvjed, sivi vuk i euroazijski ris. Otok Susak jedan je od dvaju pješčanih otoka na svijetu, a zanimljivost je i ta da se u zeleno-plavoj županiji nalazi i najuža ulica na svijetu čija širina ne prelazi širinu ramena. Riječ je o Grškovićeveu prolazu u Vrbniku na otoku Krku.

Mnoštvo dojmljivih zanimljivosti čine Primorsko-goransku županiju uistinu posebnom, a te specifičnosti odražavaju se i u njezinoj gastronomiji.

Naime, šire područje Kvarnera obiluje jelima prepunim povijesti, običaja i mudrosti proizišlima iz života u ovim krajevima te brojnih generacija prenošenih do današnjih dana. Tako se primorska kuhinja temelji na ribi, najčešće plavoj, morskim plodovima, mediteranskom voću i povrću uz dodatak samoniklog bilja i, naravno, vrhunskih sorti maslinovog ulja. U nešto hladnijem i šumovitijem Gorskom kotaru uvijek se može uživati u jelima od divljači, gljivama i šumskim plodovima. Tradicionalnim receptima Gorskog kotara, Liburnije, otoka i riječkog zaleđa okusite bogatstvo raznolikosti primorsko-goranskog zavičaja.

ZANIMLJIVA ČINJENICA

Goranski nadjev

Svako mjesto u Gorskom kotaru ima svoj naziv za ovo jelo pa ih tako zovu želucima, žeucima, želocima, naduavajnama, nadelima, nadevima, nadvima, hrgama... Osim imena, svako mjesto ima i drukčije recepture.

Lošinjski krokant

Od zlatnog doba lošinjskih jedrenjaka torta od krokanta bila je neizbježan dio otočkih svečanosti, a za najvažnije događaje priprema se na čak sedam katova. U jeku slavlja razbija se za sreću, tradicionalno sabljom.



The Primorje-Gorski Kotar County is located where the Mediterranean is closest to the heart of Europe. Its preserved Gorski Kotar region is one of few in Europe where all three large carnivores live: the brown bear, the grey wolf and the Eurasian lynx. The island of Susak is one of the two sandy islands in the world, while an interesting fact is that the green-blue county is also home to the narrowest street in the world, whose width does not exceed the width of the shoulders. This is the Grškovičev prolaz in Vrbnik on the island of Krk.

A multitude of impressive attractions make the Primorje-Gorski Kotar County truly special, and these specificities are also reflected in its gastronomy.

Namely, the wider Kvarner region abounds in dishes full of history, customs and wisdom derived from life in these regions and passed down through numerous generations to the present day. Thus, the coastal cuisine is based on fish, most often bluefish, seafood, Mediterranean fruits and vegetables with the addition of wild herbs and, of course, top-quality varieties of olive oil. In the slightly cooler and more forested Gorski Kotar, you can always enjoy game dishes, mushrooms and forest fruits. With traditional recipes from Gorski Kotar, Liburnija, the islands and the Rijeka hinterland, taste the richness of the diversity of the Primorje-Gorski Kotar region.

INTERESTING FACT

Goranski nadjev

Every place in Gorski Kotar has its own name for this dish, so they call it *želuci*, *žeuci*, *želoci*, *naduavajni*, *nadela*, *nadevi*, *nadivi*, *hrge*... In addition to the name, each place also has a different recipe.

Lošinj brittle

Since the golden age of the Lošinj sailing ships, the brittle cake has been an inevitable part of island festivities, while for the most important events as many as seven layers are prepared. In the midst of celebrations, it is broken for luck, traditionally with a sabre.



Primorsko-goranska županija
Primorje-Gorski Kotar County

Lošinjski krokant

Lošinj brittle





10



0:30 h

LOŠINJSKI KROKANT

600 g šećera
250 g očišćenih badema
100 ml vode

Priprema

Bademe prognječite valjkom ili nasjeckajte nožem te kratko popržite na tavi. U posudu s debelim dnom ulijte vodu i u njoj rastopite sav šećer dok gust sirup ne bude ravnomjerno obojen (karameliziran). Kada sirup dobije boju karamela, dodajte popržene bademe, sve zajedno izmiješajte i izlijte na radnu površinu koju ste prethodno premazali tankim slojem ulja, pustite kratko da se smjesa malo ohladi i počne stezati pa izvaljajte na debljinu od 5 mm. Izvaljanu smjesu nožem izrežite na vrpce širine 4 do 5 cm te savijte u željene oblike.

LOŠINJ BRITTLE

600 g sugar
250 g peeled almonds
100 ml water

Preparation

Crush the almonds with a rolling pin or chop them with a knife and toast briefly in a pan. Pour water into a thick-bottomed pan and dissolve all the sugar in it until the thick syrup is evenly coloured (caramelized). When the syrup turns caramel-colored, add the toasted almonds, mix everything together and pour onto a work surface that you have previously coated with a thin layer of oil, let the mixture cool down a little and start to set, then roll out to a thickness of 5 mm. Cut the rolled-out mixture with a knife into ribbons 4 to 5 cm wide and bend into desired shapes.



10



0:30 h



*Primorsko-goranska županija
Primorje-Gorski Kotar County*

Bakalar na gulaš *Codfish stew*





8



2:00 h

BAKALAR NA GULAŠ

*1 kg bakalara
1 kg krumpira
1-2 glavice luka
Ulje ili mast
Sol, papar, češnjak, peršin,
Pire od rajčice, brašno, bijelo vino*

Priprema

Bakalar stavite u vodu i močite tri dana uz svakodnevno mijenjanje vode. Zatim ga očistite od kosti i stavite kuhati. U drugoj posudi na ulju ili masti pirjajte sitno narezan luk te u to dodajte kuhani i očišćeni bakalar, nakon toga još malo pirjajte i podlijevajte. Dodajte narezani češnjak, peršin, sol, papar i pire od rajčice te po potrebi pomiješajte brašno s vodom i vinom kako bi se gulaš zgusnuo.

CODFISH STEW

*1kg codfish
1 kg potatoes
1-2 onions
Oil or lard
Salt, pepper, garlic, parsley,
tomato paste, flour, white wine*

Preparation

Put the cod in water and soak for three days, changing the water daily. Then remove the bones and put it to boil. In another pot, sauté the finely chopped onion in oil or lard and add the cooked and cleaned cod, then sauté for a while longer and add liquid bit by bit. Add the chopped garlic, parsley, salt, pepper and tomato paste and, if necessary, mix the flour with water and wine to thicken the stew.



8



2:00 h

Sisak-Moslavina County



Sisačko- -moslavačka županija



FOTO: Goran Groš



Dolaskom u Sisačko-moslavačku županiju dotičete Moslavinu, Posavinu, Pounje, Slavoniju, Pokuplje, Turopolje, Banovinu i Kordun. Ova zeleno-plava zipka Hrvatske, u koju je ukomponirano sedam gradova i dvanaest općina, prostire se južno od Zagreba. Područje je to djelomično močvarne ravnice nizinskog toka rijeka Save, Kupe, Odre, Lonje, Gline, Česme, Ilove i Une obrubljeno pitomim, šumovitim obroncima Vukomeričkih gorica, Moslavačke, Petrove i Zrinske gore s brežuljkastom Banovinom.

Turističke osobitosti Sisačko-moslavačke županije nude vam opuštanje u netaknutoj prirodi, vraćanje vremena u neke viteške dane, opuštanje u ljekovitim vodama, uživanje u domaćim jelima i dobroj moslavačkoj kapljici. Kao što je raznolika i osobita priroda ovog područja, tako su raznolika i jela koja su nastajala stoljećima zahvaljujući domišljatosti seoskih žena u svakodnevnoj pripremi namirnica uzgojenih u dvorištu, ubranih ili ulovljenih u šumama i rijekama.

Posna juha, juha od buče, varivo od kisele repe, krpice sa zeljem, vanjkuši sa špekrom, krvavice sa zeljem, trganci s vrhnjem, juha od vrganja, bijeli žganci s prepečenim vrhnjem, posavski odrezak, posavski lonac, kukuruzna bazlamača, *šufnudle*, kifle s pekmezom, štrudl, knedle s kestenom... samo su neka od autohtonih jela Banovine, Moslavine i Posavine.

ZANIMLJIVA ČINJENICA

Jedna od najpoznatijih i najcjenjenijih delicija je šaran na rašlje – podsjetnik na bogatu ribolovnu tradiciju ovog područja i poseban gastronomski doživljaj koji ne smijete propustiti: šaran pečen uz žar, pričvršćen na granu vrbe zabodenu u zemlju, jedna je od glavnih zvijezda brojnih manifestacija koje se održavaju na području Posavine i Moslavine.

Obiteljska domaćinstva, kleti i mala obiteljska gospodarstva koja vam otvaraju svoja vrata nude okrepu i smještaj u autohtonom ambijentu, a servirat će vam dašak prošlosti na tanjuru pripremljen od domaćih namirnica i prema tradicionalnim receptima.

Autohtona jela Banovine, Moslavine i Posavine oduševljavaju jednostavnošću pripreme, ali i plijene svojim okusima i mirisima, a sljubljena s vrhunskim vinima, prije svega autohtonim škrletom, pružit će vam istinski užitak blagovanja i uživanja.



Arriving in the Sisak-Moslavina County, you will touch Moslavina, Posavina, Pounje, Slavonia, Pokuplje, Turopolje, Banovina and Kordun. This green-blue strip of Croatia, which includes seven cities and twelve municipalities, extends south of Zagreb. This area is a partially marshy plain of the lowland course of the Sava, Kupa, Odra, Lonja, Glina, Česma, Ilova and Una rivers, surrounded by the gentle, forested slopes of Vukomeričke gorice, Moslavačka, Petrova and Zrinska gora with the hilly Banovina.

The tourist attractions of the Sisak-Moslavina County offer you relaxation in pristine nature, going back in time to some knightly days, relaxing in healing waters, enjoying home-made dishes and excellent Moslavina wine. Just as the nature of this area is diverse and special, so are the dishes that have been created over the centuries thanks to the ingenuity of village women in their daily preparation of ingredients grown in their backyards, harvested or caught in the forests and rivers.

Lenten soup, pumpkin soup, pickled turnip stew, pasta with cabbage, *vanjkuši* with bacon, blood sausage with cabbage, *trganci* with cream, boletus soup, white polenta with toasted cream, Posavina steak, Posavina pot, corn *bazlamača*, *šufnudle*, rolls with jam, strudel, dumplings with chestnuts... these are just some of the indigenous dishes of Banovina, Moslavina and Posavina.

INTERESTING FACT

One of the most famous and most appreciated delicacies is carp on a skewer – a reminder of the rich fishing tradition of this area and a special gastronomic experience that you should not miss: carp grilled on a skewer, attached to a willow branch stuck into the ground, is one of the main stars of numerous events held in the Posavina and Moslavina regions.

Family households, wineries and small family farms that open their doors to you offer refreshment and accommodation in an authentic atmosphere, and will serve you a touch of the past on a plate prepared from local ingredients and according to traditional recipes.

The authentic dishes of Banovina, Moslavina and Posavina delight with the simplicity of preparation, captivating with their flavours and aromas. Paired with top-quality wines, above all the authentic Škrlet, they will provide you with a true wine and dine pleasure.



Sisačko-moslavačka županija
Sisak-Moslavina County

Juha od buče *Pumpkin soup*





6



1:00 h

JUHA OD BUČE

1,5 kg buče
4 žlice ulja
40 g brašna
50 g koncentrata rajčice
100 ml mlijeka ili kiselog vrhnja
Sol
Ocat
Kopar

Priprema

Buču, ne pretvrde kore, oprati te oguliti. Buču naribati i posoliti te ostaviti da odstoji. Na masnoći prepirjati ocijeđenu buču, dodati začine te zaliti vodom.

Kad juha prekupi, napraviti zapršku na masnoći (tamna zaprška) te zapržiti juhu. Ostaviti da lagano kuha 5 minuta. Na kraju dodati mlijeko ili vrhnje po želji. Po potrebi dodati sol.

PUMPKIN SOUP

1.5 kg pumpkin
4 tablespoons oil
40 g flour
50 g tomato concentrate
100 ml milk or sour cream
Salt
Vinegar
Dill

Preparation

Wash and peel the pumpkin, with a shell that's not too hard. Grate it, salt it and let it sit. Sauté the drained pumpkin in the oil, add the spices and add water.

When the soup boils, make a dark roux and add to the soup. Leave to simmer for five minutes. Finally, add milk or cream if desired. Add salt as needed.



6



1:00 h



Sisačko-moslavačka županija
Sisak-Moslavina County

Šaran na rašljama

Carp on a fork







4



3:00 h

ŠARAN NA RAŠLJAMA

2,5 – 3 kg šarana (težina jedne očišćene ribe)

Sol

Crvena paprika

Priprema

Ribu očistiti od ljusaka i iznutrica te dobro oprati. Šarana prerezati po leđima tako da dobijemo veliki “list” te ga posoliti i ostaviti da sol dobro upije.

Unutrašnju stranu natrljati crvenom paprikom. Od vrbe napraviti rašlje na koje nabodemo šarana cijelom širinom. Ribu peći kraj dobro napravljenog žara tako da rašlje ubodemo u zemlju, uz povremeno okretanje da bi se ravnomjerno pekla s obje strane. Uz ribu se može poslužiti salata od krumpira ili graha.

CARP ON A FORK

2.5 – 3 kg of carp (weight of one cleaned fish)

Salt

Paprika

Preparation

Clean the fish of scales and entrails and wash it well. Cut the carp along the back so that you get a large “leaf” and salt it and leave for the salt to be well absorbed.

Rub the inside with paprika. Make a fork out of willow on which you will impale the carp across its entire width. Roast the fish over a well-made grill by sticking the fork into the ground, turning it occasionally so that it cooks evenly on both sides. You can serve potato or bean salad with the fish.



4



3:00 h

Split-Dalmatia County



Splitsko- -dalmatinska županija



FOTO: *Dalibor Gabela*



Marenda je međuobrok između doručka i ručka, ali u Dalmaciji je svakako više od toga. Ona je zapravo društveni događaj, prava mala fešta, ali uz izbor jeftinijih namirnica. Veliki obrok za male novce! Jela su topla, iz bogate palete pučke tradicijske *kužine*, a izbor će ovisiti o sezoni i dostupnosti. Marende se kuhaju u velikoj *teći* i krčkaju na laganoj vatri. Uz marendavanje se ćakula i raspravlja o svemu i svačemu, a najčešće o onome što se upravo jede. Marenda se smatrala težačkim ritualom, ali ostala je dio tradicije pa se služi u mnogim restoranima. Na popisu jela su tripice, bakalar, *brujet*, frigani gavuni, srdele...

Brujet, brudet, brodet nazivi su koji potječu od talijanske riječi *brodetto*, što znači juha ili ujušak. Temelj je riba i što ih je više vrsta, to bolje, ali dobra je samo ona koja je svjež. Kaže se: Koliko Dalmatinaca, toliko i recepata za *brujet*! I ne samo to jer je, prema legendi, i Isus jeo *brujet* na Posljednjoj večeri. Ne kuha se dugo, već samo toliko da riba omekša, ali da ostane u komadu. Stoga se ne smije mijesati, već samo širu i pliću *teću* svako toliko protresti. U povijesti se *brujet* radio od ribe koja se nije prodala. Najčešće se priprema od ugora, grdobine i škarpine, ali svaka druga je dobrodošla zajedno s pokojim škampom, kozicom ili školjkom. Poznato je i da se *brujet* znao raditi bez ribe, od šupljeg kamenja iz mora obraslog travama i algama. Juha je imala okus i miris *brujeta*, a donekle i hranjivost.

Bez arambaša na stolu nema važnog događaja u Cetinskoj krajini, a dva najvažnija su Sinjska alka i Velika gopa. Arambaši se sastoje od kiselog kupusa (a najboljim se smatra onaj iz mjesta Glavice s polja Smradovo) te sjecka-

nog mesa. Zanimljivo je da porijeklo vuče upravo od istočnjačkih osvajača, ali se udomaćilo kao originalno jelo te steklo status zaštićenog nematerijalnog kulturnog dobra. Najukusnije je kad se kuha u glinenom loncu na vatri. Arambaši su puni prirodnog antibiotika, a neki vjeruju i da podižu libido.

ZANIMLJIVA ČINJENICA

Arambaši su jelo koje simbolizira otpor prema turskim osvajačima, a ime je nastalo od riječi harambaša, kako se nazivao zapovjednik hajdučke čete.



Marenda is a snack between breakfast and lunch, but in Dalmatia it is certainly more than that. It is actually a social event, a real little party, but with a selection of cheaper ingredients. A great meal for little money! The dishes are hot, from a rich palette of traditional folk cuisine, while the choice will depend on the season and availability. *Marenda* is cooked in a large pot and simmered over a low fire. While having *marenda*, people chat and discuss pretty much anything, most often - what they are eating. *Marenda* was considered a peasant ritual, but it has remained part of the tradition and is served in many restaurants. The menu includes tripe, cod, *brujet*, fried smelt, sardines...

Brujet, *brudet*, *brodet* are names that come from the Italian word *brodetto*, which means soup or stew. The basis is fish and the more types there are, the better, but only the freshest will do. There is a saying: There are as many recipes for *brujet* as there are Dalmatians! And not just that, because, according to legend, Jesus also ate *brujet* at the Last Supper. It is not cooked for long, just long enough for the fish to soften, while remaining in one piece. Therefore, it must not be stirred, and only a wide and shallow pan should be shaken every now and then. Historically, *brujet* was made from fish that was not sold. It is most often prepared from eel, monkfish and grouper, but any other is welcome along with the occasional shrimp, prawn or mussels. It is also known that *brujet* was sometimes made without fish, from hollow stones from the sea overgrown with grass and algae. The soup had the taste and smell of *brujet*, and to some extent it was also nutritious.

No important event in the Cetina region, and the two most important are the Sinj Alka tournament and the Assumption of the Virgin Mary, can be served without *arambaši* on the table. *Arambaši* consists of sauerkraut (the one from the village of Glavice from the Smradovo field is considered the best) and chopped meat. Interestingly, it originated from the Eastern conquerors, but it became a native dish and gained the status of a protected intangible cultural asset. It is most delicious when cooked in a clay pot over a fire. *Arambaši* is full of natural antibiotics, and some believe that it increases the libido.

INTERESTING FACT

Arambaši is a dish that symbolizes resistance to the Turkish invaders, and the name comes from the word *harambaša*, as the commander of the *hajduk* band was called.



Splitsko-dalmatinska županija
Split-Dalmatia County

Pileći tingul

Chicken tingul





4



1:45 h

PILEĆI TINGUL

*Piletina 1 kom, oko 1,5 kg
2 crvena luka
1 mrkva
1/4 korijena celera
Češnjak, peršin
Dalmatinsko bijelo vino, 200 ml
Sol, papar, slatka crvena mljevena paprika
Biljno ulje
1 žlica koncentrata ukuhane rajčice
400 g tjestenine (širokih rezanaca)
50 g maslaca*

Priprema

Na malo ugrijanog ulja popržite kockice luka, kad požuti, dodajte naribanu mrkvu i celer. Kad malo omekšaju, dodajte na komade izrezanu piletinu. Kratko pirjajte, pa dodajte začine, koncentrat rajčice i podlijte vinom. Čim alkohol ispari, podlijte vodom ili pilećom juhom, tek toliko da prekrije meso, i u polupokrivenoj posudi pirjajte oko pola sata, uz povremeno miješanje i podlijevanje po potrebi. Meso bi trebalo omekšati, a tekućina bi se trebala pretvoriti u fini umak. Uz tingul poslužite kuhanu tjesteninu, koju kuhate u slanoj kipućoj vodi. Kad je kuhana, višak vode ocijedite i po želji u nju dodajte maslac i/ili sjec-kani peršin.

Savjet: Uz tingul, kao prilog možete poslužiti i kuhanu rižu, neku drugu domaću tjesteninu ili njoke.

CHICKEN TINGUL

*1 chicken, approximately 1.5 kg
2 onions
1 carrot
¼ celeriac
Garlic, parsley
200 ml Dalmatian white wine
Salt, pepper, sweet paprika
Vegetable oil
1 tablespoon tomato concentrate
400 g pasta – wide noodles
50 g butter*

Preparation

Fry the diced onion in a little heated oil. When it turns yellow, add the grated carrot and celeriac. When they soften a little, add the chicken cut into pieces. Sauté briefly, then add the spices and tomato concentrate and pour in the wine. As soon as the alcohol evaporates, pour in water or chicken broth, just enough to cover the meat, and simmer in a half-covered pot for about half an hour, stirring occasionally and adding more if necessary. The meat should be tender, and the liquid should turn into a nice sauce. Serve the tingul with cooked pasta, which you cook in boiling salted water. When cooked, drain the excess water. If desired, add butter and/or chopped parsley to the pasta.

Tip: You can also serve cooked rice, some other homemade pasta, or gnocchi as a side dish with the *tingul*.



4



1:45 h



Splitsko-dalmatinska županija
Split-Dalmatia County

Mandulat
(bademovac)

Mandulat
(almond cake)





10



1:30 h
+ hlađenje
8-10 h

MANDULAT (BADEMOVAC)

5 bjelanjaka
Prstohvat soli
450 g šećera
250 g *domaćeg meda*
250 g badema
Dvije oblatne

Priprema

Bademe popržiti i krupno narezati.

Od bjelanjaka izraditi čvrsti snijeg (prethodno dodati prstohvat soli).

Lagano dodavati šećer i dalje miješati. Med dobro zagrijati na pari i polako dodavati u bjelanjke uz stalno miješanje.

Dodati sav med te nastaviti miješati smjesu na pari još pola sata.

Zatim dodati pržene bademe i nastaviti kuhati na pari dok se smjesa ne počne odvajati od stijenke posude.

Na dno posude staviti oblatnu, izliti još vruću smjesu, poravnati, preko nje staviti drugi list oblatne i pritisnuti. Ostaviti da se preko noći dobro ohladi.

Rezati ugrijanim nožem na jednake komade.

MANDULAT (ALMOND CAKE)

5 egg whites
Pinch of salt
450 g sugar
250 g *homemade honey*
250 g almonds
2 wafer bases

Preparation

Toast the almonds and chop coarsely. Beat the egg whites until they are stiff (add a pinch of salt). Slowly add the sugar and continue mixing. Heat the honey well over steam and slowly add it to the egg whites, stirring constantly. When all the honey has been added, continue mixing the mixture over steam for another half hour. Then add the fried almonds and continue to steam until the mixture starts to separate from the sides of the pan.

Place a wafer on the bottom of the baking sheet, pour in the still hot mixture, level it, place another wafer sheet on top and press. Leave to cool overnight.

Cut into equal pieces with a warm knife.



10



1:30 h
+ cooling
8-10 h

Šibenik-Knin County

 Šibensko-
-kninska
županija

FOTO: Ivana Rakić



Smještena u srcu Dalmacije, Šibensko-kninska županija obiluje brojnim prirodnim i kulturnim znamenitostima. Raznolikost regije oslikava se kako u njezinom reljefu, klimi i vegetaciji tako i u bogatom kulturnom nasljeđu, tradiciji i gastronomiji. Administrativno, podijeljena je na pet gradova i 15 općina, a u trenutnim granicama ustrojena 1997. godine.

Na njezinom području nalaze se dva nacionalna parka (NP Kornati, NP Krka), tri parka prirode i veći broj zaštićenih područja, ali i najviši vrh Hrvatske Dinara na istoimenoj planini (1831 m). Ipak, okosnicu Županije čini rijeka Krka, koja izvire u podnožju Dinare i utječe u Šibenski zaljev. Od oko 300 otoka, otočića i nadmorskih grebena, tek nekolicina je stalno naseljena, pri čemu izdvajamo „otok koralja“ Zlarin, „otok spužvi“ Krapanj te Prvić, u kojem je djetinjstvo proveo poznati hrvatski izumitelj i humanist Faust Vrančić.

Za Šibensko-kninsku županiju možemo reći da je kraljevska županija, jer nije samo Šibenik Krešimirov grad i najstariji samorodni grad na Jadranu, već je i Knin Zvonimirov grad. Šibenik je, također, jedan od svega pet gradova u svijetu s čak dva spomenika na UNESCO-ovom popisu svjetskog kulturnog nasljeđa: katedralom sv. Jakova i „morskom“ Tvrđavom sv. Nikole iz 16. stoljeća. Gotičko-renesansna katedrala poznata je po tome što su je izgradili sami građani Šibenika, i to u potpunosti od kamena, bez korištenja ikakvog vezivnog materijala.

U Šibensko-kninskoj županiji nalazi se više od 200 spomenika kulture i 600 arheoloških lokacija, među kojima

izdvajamo četiri šibenske i jednu kninsku tvrđavu, franjevački spomenik na otočiću Visovcu, tajanstvene posude Danilske kulture, starorimski vojni logor Burnum te jedno od središta srednjovjekovne hrvatske države – Bribirsku glavicu.

Uz raznoliko i živo kulturno nasljeđe, Županija se može pohvaliti i zavidnom gastronomskom i enološkom ponudom, sve od drniškog pršuta, maslinovog ulja, sira iz mišine, peke, brudeta, pašticide, raznih rižota, tradicionalne božićne govede juhe s *luganicima* (aromatičnim mini-kobasicama) do „skromnijih“ *pispalja*, *kroštula*, *fritula* i *zavajola* ili, pak, raskošne skradinske torte koja se spominje još u 14. stoljeću.

ZANIMLJIVA ČINJENICA

Skradinsku tortu je, po predaji, pekla mladenka uoči prve bračne noći kako bi impresionirala svog budućeg muža, a prvi put se spominje u 14. stoljeću. Ova poslastica od badema, oraha i meda tradicionalno se priprema za sve važnije svečanosti i blagdane.



Located in the heart of Dalmatia, the Šibenik-Knin County abounds in numerous natural and cultural sights. The diversity of the region is reflected in its relief, climate and vegetation as well as in its rich cultural heritage, tradition and gastronomy. Administratively, it is divided into five cities and 15 municipalities, and was established in its current borders in 1997.

Its area includes two national parks — NP Kornati, NP Krka, three nature parks and a number of protected areas, as well as the highest peak in Croatia, Dinara, on the mountain of the same name (1831 m). However, the backbone of the County is the Krka River, with a spring at the foot of the Dinara, flowing into the Bay of Šibenik. Of the approximately 300 islands, islets and reefs, only a few are permanently inhabited, including the “coral island” Zlarin, the “sponge island” Krapanj and Prvić, where the famous Croatian inventor and humanist Faust Vrančić spent his childhood.

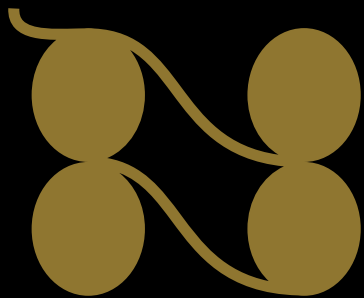
We can say that the Šibenik-Knin County is a royal county, because not only is Šibenik King Krešimir’s city and the oldest native city on the Adriatic, but Knin is also King Zvonimir’s city. Šibenik is also one of only five cities in the world with two monuments on the UNESCO World Heritage List: the St. James Cathedral and the “sea” Fortress of St. Nicholas from the 16th century. The Gothic-Renaissance cathedral is famous for being built by the citizens of Šibenik themselves, entirely of stone, without the use of any binding material.

There are more than 200 cultural monuments and 600 archaeological sites in the Šibenik-Knin County, including four Šibenik and one Knin fortress, a Franciscan monument on the islet of Visovac, mysterious vessels of the Danilo culture, the ancient Roman military camp of Burnum, and one of the centres of the medieval Croatian state – Bribirska glavica.

In addition to its diverse and vibrant cultural heritage, the County can also boast an enviable gastronomic and wine offering, from the Drniš prosciutto, olive oil, cheese from *mišina*, *peka*, *brudet* fish stew, *pašticada* stew, various risottos, traditional Christmas beef soup with *luganice* (aromatic mini-sausages) to the “humbler” *pispalja*, *kroštuli*, *frituli* and *zavajoli*, or, on the other hand, the luxurious Skradin cake, which was mentioned as early as the 14th century.

INTERESTING FACT

According to legend, the Skradin cake was baked by a bride on the eve of her wedding night to impress her future husband, and was first mentioned in the 14th century. This almond, walnut and honey dessert is traditionally prepared for all major celebrations and holidays.



Šibensko-kninska županija
Šibenik-Knin County

Skradinski rižot

Skradin risotto





6



6 – 8 h

SKRADINSKI RIŽOT

500 g teleće ruže (buta)
425 g luka
250 g riže
Sol, papar, muškatni oraščić
70 g ovčjeg sira

Za temeljac (3,5 lit):
Kopun
Junetina i govedina za juhu
Korjenasto povrće; mrkva,
peršin, celer, peršinov list,
list kelja i zelja
Luk

Priprema

Skuhati temeljac od navedenih sastojaka na laganoj vatri. Na masnoći pirjati nasjeckan luk pa dodati teletinu narezanu na kockice. Pirjati uz podlijevanje temeljcem minimalno šest do osam sati. Posoliti. Meso će se raspasti i pretvoriti u smjesu nalik pašteti. Dodati potom rižu i podlijevati temeljcem dok ne bude kuhana. Začiniti solju, paprom i muškatnim oraščićem. Posuti naribanim sirom netom prije posluživanja.

SKRADIN RISOTTO

500 g veal sirloin (thigh)
425 g onion
250 g rice
Salt, pepper, nutmeg
70 g sheep cheese

For the stock (3500 ml):
Capon
Beef for soup
Root vegetables: carrots,
parsley, celeriac, parsley
leaves, kale and
cabbage leaves
Onion

Preparation

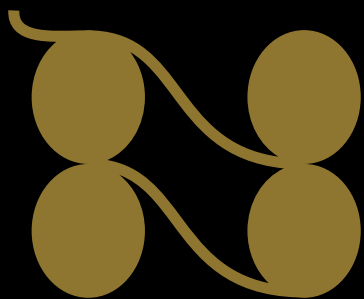
Cook the stock from the above ingredients over low heat. Sauté the chopped onion in the fat and add the diced beef. Simmer, adding stock bit by bit, for at least six to eight hours. Add salt. The meat will fall apart and turn into a pâté-like mixture. Then add the rice, adding stock gradually until cooked. Season with salt, pepper and nutmeg. Sprinkle grated cheese on top just before serving.



6



6 – 8 h



Šibensko-kninska županija
Šibenik-Knin County

Skradinska torta *Skradin cake*





4 – 6



1:45 h

SKRADINSKA TORTA

300 g badema
300 g oraha
12 jaja
100 ml meda ili odgovarajuća količina šećera
3 cl likera od ruža
100 ml prošeka
Prstohvat cimeta
1 štapic vanilije
Korica domaćeg limuna i naranče
Prašak za pecivo
200 g tamne čokolade
100 ml slatkog vrhnja

Priprema

U žumanca se umute med, mljeveni bademi i orasi, nari-bane korice limuna i naranče, a potom ostali sastojci. Od bjelanjaka se posebno izmuti snijeg koji se pažljivo i postupno izmiješa s osnovnom masom. Smjesa se stavlja u posudu za pečenje biskvita i peče u pećnici na 175 °C oko sat vremena. Premaže se glazurom od čokolade koja se rastopi u slatkom vrhnju.

SKRADIN CAKE

300 g almonds
300 g walnuts
12 eggs
100 ml honey or an appropriate amount of sugar
3 cl rose liqueur
100 ml prošek dessert wine
Pinch of cinnamon
1 vanilla pod
Bio lemon and orange zest
1 package baking powder
200 g dark chocolate
100 ml whipping cream

Preparation

Whisk the honey, ground almonds and walnuts, grated lemon and orange zest into the egg yolks, and then add the remaining ingredients. Separately, beat the egg whites until stiff and carefully and gradually mix them into the base mixture. Place the mixture in a cake pan and bake in the oven at 175 °C for about an hour. Cover with a glaze of chocolate melted in sweet cream.



4 – 6



1:45 h

Varaždin County

v **Varaždinska** **županija**

FOTO: *Matija Mihalina*



Varaždinski kraj već je od prapovijesnih vremena imao svoje lokalno-geografske prednosti u odnosu prema ostalim susjednim krajevima. Njegova prednost u razdobljima rane povijesti očituje se u kontaktnom smještaju između krajnjih ograna Alpa na zapadu i prostrane Panonske nizine prema istoku i sjeveru. Zato danas na tom prostoru i nailazimo na učestale povijesne tragove jer su u ono doba ovdje bili optimalni uvjeti za opstanak.

Tijekom povijesti su generacije i generacije ljudi izgrađivale svoje lokalne identitete. Učeci na greškama, usavršavali su svoje vještine i znanja te čuvale od zaborava poljoprivredne proizvode. Na taj način ujedno se štitio i krajobraz, koji je ostao takav kakav jest uzajamnim djelovanjem poljoprivrednog proizvoda i načina proizvodnje. U današnje vrijeme ta poveznica između proizvoda, mjesta i ljudi pronalazi sve veći broj potrošača zainteresiranih za kakvoću proizvoda koja proizlazi iz tradicije i lokalne tipičnosti. Potrošači žele biti upoznati s područjem u kojem je hrana proizvedena, biotehnologijom njezine proizvodnje i prerađivanja, ali i ljudima koji se tim poslovima bave. Iako u nas prevladavaju mala obiteljska gospodarstva, ona mogu u Hrvatskoj preživjeti kao što preživljavaju drugdje, a mnoga od njih mogu, baš kao i posvuda u Europi, biti važan izvor rasta. Iako je u ovoj kuharici riječ o hrani ili pak primarnim proizvodima Varaždinske županije, oni su u isto vrijeme i simboli jedne kulturno-povijesne regije čiji se jedan dio, evo, nalazi i pred vama. Zajednički suživot ljudi i proizvoda na vremenskoj skali obilježili su svakojaki povijesni događaji (ratovi, bolesti, politike...), koji ni u kojem obliku nisu promijenili taj odnos. I nadalje se unutar malih seljačkih gospodarstava prenosi tradicija proizvodnje na nove generacije i tako čuva povijest našeg kraja.

ZANIMLJIVA ČINJENICA

Varaždinska županija desetljećima sustavno i intenzivno potiče istraživanje gastronomske baštine kao jedan od svojih temeljnih identiteta. Netko je davno rekao: čovjeku možete uzeti sve, ali ne i zavičaj! Zavičaj je ishodište, odredište i trajni spomen. Odgovor je na pitanja tko smo, što smo, kome pripadamo i odakle dolazimo. Identitet je za svaku prigodu, svaki susret.



Since prehistoric times, the Varaždin region has had its own local-geographical advantages compared to the other neighbouring regions. Its advantage in the early historical periods is reflected in the contact location between the extreme branches of the Alps in the west and the vast Pannonian Plain to the east and north. That is why today we find frequent historical traces in this area because at that time the conditions for survival were optimal here.

Throughout history, generations and generations of people built their local identities. Learning from mistakes, they improved their skills and knowledge and preserved agricultural products from oblivion. This way, the landscape was also protected, which remained as it is through the mutual interaction of agricultural products and production methods. Nowadays, this link between the products, places and people is found by an increasing number of consumers interested in the quality of products stemming from tradition and local typicality. Consumers want to be familiar with the area in which food is produced, the biotechnology of its production and processing, as well as the people who are involved in these jobs. Although small family farms predominate in our country, they can survive in Croatia just as they do elsewhere, and many of them can, just like everywhere else in Europe, be an important source of growth. Although this cookbook is about food or the primary products of the Varaždin County, they are at the same time symbols of a cultural and historical region, a part of which is here before you. The coexistence of people and products over time has been marked by all sorts of historical events (wars, diseases, politics, etc.), which have

not changed this relationship in any way. The tradition of production continues to be passed on to new generations within small peasant farms.

INTERESTING FACT

For decades, the Varaždin County has systematically and intensively encouraged the research of gastronomic heritage as one of its fundamental identities. Someone once said: you can take everything from a person, but not their homeland! The homeland is the starting point, destination, and permanent memory. It is the answer to the questions of who we are, what we are, who we belong to, and where we come from. Identity is for every occasion, every encounter.



Varaždinska županija
Varaždin County

Sarma od varaždinskog zelja

recept Marije Cafuk

*Sarma cabbage
rolls with Varaždin
cabbage*

Recipe by Marija Cafuk





4

SARMA OD VARAŽDINSKOG ZELJA *recept Marije Cafuk*



2:00 h

1 kg mesa (600 g svinjske plečke i 400 g junetine od buta)
1 – 2 glavica varaždinskog zelja - najbolja je manja,
od kilogram, što je dovoljno za 15 sarmi
150 g dimljenog, domaćeg špeka
150 g dimljene domaće kobasice
150 g riže (bolje manje nego više)
Sol, papar, lovorov list, domaća kuhana rajčica ili
koncentrat rajčice
3 manje glavice crvenog luka
1 glavica češnjaka

Priprema

Luk i češnjak prepržiti na domaćoj masti do zlatnožute boje, maknuti s vatre. Meso staviti u zdjelu, dodati luk, začine, rižu. Dobro promiješati.

Razdvojiti listove zelja i početi savijati sarmu. List staviti na šaku, sa svake strane savinuti prema mesu i motati. Slagati u lonac: prvo rezano zelje, količina prema ukusu, narezan domaći špek i kobasice, dimljene radi *žmaha*, i na to staviti sarme. U lonac se stavljaju u krug, zato da se prilikom vrenja u sredini stvara vrtlog pa ne “curi” van. Tako složiti redove prema želji. Završiti sa špekom i kobasicom.

Na kraju kuhanja sarmu zaliti tekućinom, najbolje domaćim pripravkom od rajčice razrijeđene vodom. Za 15 sarmi u jednom loncu potrebno je oko dva sata kuhanja, na istoj temperaturi 200 °C.

Pire: ocijediti kuhani krumpir, dodati malo oštrog brašna (šaćicu) i 1,5 dl mlijeka. Promiješati mikserom.



4



2:00 h

SARMA CABBAGE ROLLS WITH VARAŽDIN CABBAGE

Recipe by Marija Cafuk

1 kg of meat (600 g pork shoulder and 400 g beef leg)

1 – 2 heads of Varaždin sauerkraut –

smaller ones are best, less than a

kilogram, which is enough for 15 cabbage rolls

150 g smoked homemade bacon

150 g smoked homemade sausage

150 g rice (less is better than more)

Salt, pepper, bay leaf, homemade cooked

tomatoes or tomato concentrate

3 smaller onions

1 head of garlic

Preparation

Fry the onion and garlic in homemade lard until golden yellow and remove from heat. Place the meat in a bowl, add the onion, spices and rice and mix well.

Separate the sauerkraut leaves and start rolling the cabbage rolls. Place the leaf in your hand, bend each side towards the meat and roll. Place in a pot: first, sliced sauerkraut (amount according to taste), sliced homemade bacon and sausages, smoked for the flavour, and place the cabbage rolls on top. Place them in a circle in the pot, so that when boiling, a vortex is created in the middle and it does not “leak” out. Arrange as many rows as you like. Finish with bacon and sausage.

When cooking is finished, pour the liquid over the sarma. It is best if it is homemade tomato sauce, diluted with water. For 15 cabbage rolls in one pot, it takes about two hours of cooking, at the same temperature, 200 °C.

Mashed potatoes: drain the boiled potatoes, add a little coarse flour (a handful) and 150 ml milk. Mix with an electric mixer.



Varaždinska županija
Varaždin County

Trnovečka makovnjača

*Trnovečka
makovnjača
poppy seed cake*





10



1:30 h

TRNOVEČKA MAKOVNJAČA

Za tijesto:

600 g glatkog brašna

5 žlica ulja

Prstohvat soli

Mlake vode po potrebi

Za nadjev:

500 g mljevenog maka

250 g šećera

400 ml mlijeka

400 ml kiselog vrhnja

150 g maslaca

Priprema

Od brašna, ulja, soli i mlake vode zamijesite glatko tijesto pa ga stavite na toplo da se odmara jedan sat. Skuhajte mlijeko i poparite mljeveni mak pomiješan sa šećerom. Kad se ohladi, dodajte vrhnje. Veliki stol prekrijte stolnjakom i tijesto razvlačite da bude što tanje. Premažite ga rastopljenim maslacem te nadjevom od maka. Razvučeno tijesto zamotajte u savijaču i razrežite na dužinu lima za pečenje koji ste prethodno dobro premazali maslacem. Premažite savijače s 50 ml vrhnja. Pecite na 180 do 200 °C 45 minuta, a kad se zažari i ispeče, posipajte šećerom u prahu.

TRNOVEČKA MAKOVNJAČA POPPY SEED CAKE

For the dough:

600 g fine wheat flour

5 tablespoons oil

Pinch of salt

Lukewarm water, as needed

For the filling:

500 g ground poppy seeds

250 g sugar

400 ml milk

400 ml sour cream

150 g butter

Preparation

Knead a smooth dough from flour, oil, salt and lukewarm water and leave it in a warm place to rest for an hour. Boil the milk and pour it over the ground poppy seeds mixed with sugar. When it has cooled, add the cream. Cover a large table with a tablecloth and roll out the dough as thin as possible. Spread the melted butter and poppy seed filling on it. Roll the dough into a roll and cut it to the length of a baking sheet that you have previously greased well with butter. Spread cream on the rolls (50 ml). Bake for 45 minutes at 180 to 200 °C, and when it is browned and cooked, sprinkle icing sugar on top.



10



1:30 h

Virovitica-Podravina County



Virovitičko- -podravska županija

FOTO: *Matija Rođak*



Virovitičko-podravska županija, iako jedna od najmanjih županija u Hrvatskoj, prostire se na 3,57 % hrvatskog teritorija, a svoje utjecaje i posebnosti stvara spajanjem Slavonije i Podravine, ali i Hrvatske i Mađarske.

Potencijali Virovitičko-podravske županije leže u njezinom gospodarstvu, poljoprivredi i trgovini, ali i vrijednim i kvalitetnim ljudima. Županija je ponajviše poznata po uzgoju duhana, ljekovitog bilja, šećerne repe i pčelarstvu, ali i po bogatoj kulturnoj baštini te prirodnim atrakcijama poput aktivnog seoskog, sportskog i gastronomskog turizma.

U zelenom okruženju za sve ljubitelje prirode i rekreativce nudi najljepše gorske doline na sjevernim obroncima Parka prirode Papuk (UNESCO-ov svjetski geopark), Park šumu Jankovac i planinarsko izletište s planinarskim domom, potocima, jezerima, dugim stazama i najvećim slavonskim slapom Skakavcem od 35 metara visine, ali i skriveni otok Križnicu, Maksimovu špilju i stoljetne bukove šume. Na padinama Bilogore, duge 80-ak kilometara, više je od deset tisuća kuća i klijeti, a prema narodnoj predaji, vile i vilenjaci čuvaju vinorodno područje čiji pogled seže do Drave, pa i dalje do Papuka i Psunja. Istinski gurmani mogu se zaputiti na tradicionalna seoska imanja gdje ih čeka ruralni pejzaž, vožnja kočijom ili biciklima, druženje s konjima te slasne domaće delicije poput pečenih pogačica, kulena, čvaraka i domaćeg ajvara. Slavonci i Podravci sjajni su slastičari i vinari te su vina, likeri i rakije lokalnih proizvođača nadaleko poznata.

ZANIMLJIVA ČINJENICA

Juha od heljde sa slaninom: u narodu se heljda u prošlosti koristila mnogo više nego danas i ljudi su je sami uzgajali na svojim poljima. Nekada glavnu seljačku namirnicu danas većinom konzumiraju poklonici zdrave prehrane zbog njezinih bogatih hranjivih sastojaka.

Supita, vrsta pite, starinski je i pomalo zaboravljeni recept koji se često jeo u Jugoslaviji. Najčešće se "mutila" za nenajavljene goste ili kada je u kući nedostajalo nešto slatko, a sastojke je imala svaka domaćica u hladnjaku ili smočnici.



The Virovitica-Podravina County, although one of the smallest counties in Croatia, spreads over 3.57% of the Croatian territory, and creates its influences and peculiarities by merging Slavonia and Podravina, as well as Croatia and Hungary.

The potential of the Virovitica-Podravina County lies in its economy, agriculture and trade, as well as in its hard-working, decent folk. The county is best known for its tobacco farming, medicinal herbs, sugar beet and bee-keeping, as well as for its rich cultural heritage and natural attractions such as active rural, sports and gastronomic tourism.

In a green environment, it offers all nature lovers and recreational enthusiasts the most beautiful mountain valleys on the northern slopes of the Papuk Nature Park (UNESCO Global Geopark), the Jankovac Forest Park and a hiking resort with a mountain lodge, streams, lakes, long trails and the largest Slavonian waterfall, Skakavac, 35 meters high, as well as the hidden island of Križnica, Maksim's Cave and centuries-old beech forests. On the slopes of Bilogora, which is about 80 kilometres long, there are more than ten thousand houses and cottages, and according to folk legend, fairies and elves guard the wine-growing area whose view reaches as far as the Drava River, and further to Papuk and Psunj. True gourmets can head to traditional farmsteads where rural landscapes await them, as do carriage or bicycle rides, socializing with horses and delicious home-made delicacies such as baked scones, *kulen*, cracklings and home-made *ajvar*. The people of Slavonia and Podravina are great confectioners and winemakers, and the wines, liqueurs and brandies made by local producers are widely known.

INTERESTING FACT

Buckwheat soup with bacon - In the past, buckwheat was used much more by the people than it is today, and people grew it themselves in their fields. Once the main peasant food, nowadays it is mostly consumed by fans of a healthy diet because of its rich nutritional content.

Supita pie is an old and somewhat forgotten recipe that was often eaten in Yugoslavia. It was most often "mixed" for unannounced guests or when there was nothing sweet in the house, and every housewife had the ingredients in the refrigerator or pantry.



Virovitičko-podravska županija
Virovitica-Podravina County

Juha od heljde sa slaninom

*Buckwheat soup
with bacon*





6



0:45 h

JUHA OD HELJDE SA SLANINOM

*1 crveni luk
50 g sušene slanine
100 g mrkve
100 g krumpira
100 g celera
50 g heljdine kaše
1 list lovora
Malo soli i papra
Malo svježeg peršina*

Priprema

Na ulju lagano ispržite nasjeckani luk. Dodajte nasjeckanu slaninu te pržite dok ne porumeni. Zatim dodajte nasjeckanu mrkvu, krumpir i celer. Kratko propirajte, zalijte vodom i dodajte dobro ispranu heljdu, lovor, sol i papar. Kuhajte dok heljda ne omekša. Juhu nakon kuhanja ostavite da kratko odstoji. Prije serviranja juhu pospite sitno sjeckanim peršinom.

BUCKWHEAT SOUP WITH BACON

*1 onion
50 g dried bacon
100 g carrots
100 g potatoes
100 g celeriac
50 g buckwheat porridge
1 bay leaf
Some salt and pepper
Some fresh parsley*

Preparation

Lightly fry the chopped onion in oil. Add the chopped bacon and fry until golden brown. Then add the chopped carrots, potatoes and celeriac. Sauté briefly, pour in water and add the well-rinsed buckwheat, bay leaf, salt and pepper. Cook until the buckwheat is tender. After cooking, let the soup sit for a short time. Before serving, sprinkle finely chopped parsley on the soup.



6



0:45 h



Virovitičko-podravska županija
Virovitica-Podravina County

Supita

Supita pie





10



1:15 h

SUPITA

3 jaja
3 žlice šećera
1 vanilin šećer
500 ml tekućeg jogurta
Prstohvat soli
8 vrhom punih žlica glatkog brašna
2 žlice ulja za premazivanje kalupa prije pečenja

Nadjev:

1 kiselo vrhnje
3 žlice šećera
2 šake voća po izboru

Priprema

Pećnicu zagrijte na 200 °C. Mikserom promiješajte jaja sa šećerima, dodajte jogurt, prstohvat soli te meko brašno ne-
prestanu miješajući. Kalup u kojem ćete peći pita nauljite i stavite u pećnicu da se grije 5 minuta. U tako zagrijan kalup ulijte pripremljenu smjesu te vratite još 5 minuta u pećnicu, dok malo ne očvrсне. Kiselo vrhnje dobro promiješajte s 3 žlice šećera, a potom pripremite voće. Nakon 5 minuta pita izvadite van i prelijte je kiselim vrhnjem sa šećerom pa ravnomjerno poslažite voće. Vratite u pećnicu i pecite još 20 do 30 minuta dok pita ne poprimi zlatnu boju.

SUPITA PIE

3 eggs
3 tablespoons sugar
1 package vanilla sugar
500 ml liquid yoghurt
Pinch of salt
8 heaping tablespoons fine flour
2 tablespoons oil for greasing the pan before baking

For the filling:

1 sour cream
3 tablespoons sugar
2 handfuls fruit of your choice

Preparation

Heat the oven to 200 °C. Mix the eggs with the sugar, add the yoghurt, a pinch of salt and the fine flour, stirring constantly. Grease the pan in which you will bake the pie and place it in the oven to heat for five minutes. Pour the prepared mixture into the heated pan and return it to the oven for another five minutes, until it hardens a little. Mix the sour cream well with three tablespoons of sugar, and then prepare the fruit. After five minutes, take the pie out and pour the sour cream and sugar over it, then arrange the fruit evenly. Return to the oven and bake for another 20 to 30 minutes until the pie is golden brown.



10



1:15 h

Vukovar-Srijem County



Vukovarsko- -srijemska županija

FOTO: Tihana Koprta



Što je slavonskom gazdi najvažnije? Da su njegovi gosti siti i sretni.

Susresti se s kuhinjom Srijema i Slavonije znači susresti se sa stoljetnim preplitanjem starosjedilaca koje je ova-
mo privukla plodnost dunavskih i savskih obala i njezinih voda, polja i stoljetnih hrastovih šuma.

Najsnažniji simbol slavonske kuhinje upravo je najvažnija životinja ovih prostora – svinja, od njuške do repa. Slavonci su konzerviranje svinjskog mesa doveli do savršenstva. To se očituje u kulenu, kobasici, kulenovoj seki, *švarglu*, čvarcima, slanini i bijeloj zrnatoj masti. Debeli šnita kruha iz krušne peći, na kojemu se nikada nije štedjelo, obilato namazana masti te posuta solju, mljevenom paprikom ili bijelom lukom istinski je zalogaj zadovoljstva okusa prošlosti koji uvijek iznova zove na još!

Za srijemskim stolom krčkaju se gulaši koji s knedlama idu „ruku pod ruku“. Krčkaju se paprikaši, riblji i mesni, začinjavaju se suhom mljevenom ljutom paprikom, a tije-
sta se naveliko dižu i razvlače. Toliko da uvijek bude i malo viška „za svaki slučaj“, jer ovdašnje gazde nikad ne znaju tko im može pokucati na vrata, a „sramota je goste dočekati praznih ruku“.

Pred goste se uvijek iznosi ono najbolje što se ima: šljivovi-
ca odležana u hrastovoj bačvi ili možda lanjska višnjeva-
ča, savršeno dozrelo suho meso s tavana, domaća pogača, podlijevani sir, ajvar ili slavonski kolači. A „fela“ slavonskih kolača je, srećom, napretek.

ZANIMLJIVA ČINJENICA

Slavonija je poznata kao hrvatska regija u kojoj se od-
vijek najviše jede, i to posebice meso. Jeste li znali da se meso do polovice 20. stoljeća jelo samo dva puta tjedno – četvrtkom i nedjeljom? Tko bi rekao da je u prošlosti Slavonac bio uglavnom više gladan nego sit te je u nizu ži-
votnih i godišnjih običaja tražio priliku da pogosti i sebe i svoje goste...

Slavonac je uvijek cijenio svakog gosta. U prošlosti je sva-
ka kuća, ma koliko skromna bila, imala posebnu sobu za gosta. Za njih se čuvalo najbolje posuđe, najkvalitetnije meso, ali i namirnice poput jaja i kajmaka. Jednom godiš-
nje, od Svete Kate do Božića, klale su se svinje od kojih se ništa (osim papaka) nije bacalo i svaki je dio bio iskorišten.



What is most important for Slavonian hosts? That their guests are full and happy.

Encountering the cuisine of Srijem and Slavonia is paramount to encountering centuries of intertwining of the autochthonous population, attracted to this area by the fertility of the Danube and Sava banks and their waters, fields, and centuries-old oak forests.

The most powerful symbol of Slavonian cuisine is precisely the most important animal of this region – the pig, from snout to tail. The Slavonians have brought the preservation of pork meat to perfection. This is evident in *kulen*, sausages, *kulenova seka*, *švargl*, cracklings, bacon and white granulated fat. A thick slice of bread from the bread oven, on which no expense was spared, generously spread with lard and sprinkled with salt, ground paprika or garlic, is a true bite of the taste pleasure of the past that always calls for more!

At the Srijem table, goulash simmers, which go “hand in hand” with dumplings. *Paprikaš* stews, made of fish and meat, simmer, seasoned with dry ground hot paprika, while the dough rises and is stretched out in large quantities. So much so that there is always a little extra “just in case”, because the local hosts never know who might knock on their door, and “it’s a shame to welcome guests empty-handed”.

The best that is available is always presented to the guests: plum brandy aged in an oak barrel or maybe last year’s cherry brandy, perfectly matured dried meat from the attic, home-made bread, cheese, *ajvar* or Slavonian cakes. Fortunately, there are countless varieties of Slavonian desserts.

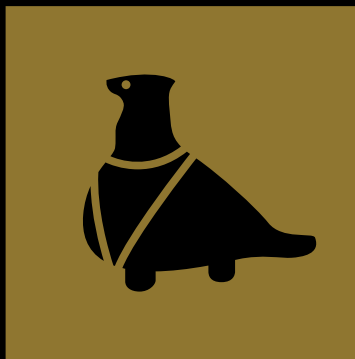
INTERESTING FACT

Slavonia is known as the region in Croatia where people have always eaten the most, especially meat. Did you know that until the middle of the 20th century, meat was eaten only twice a week - on Thursdays and Sundays? Who would have thought that in the past, Slavonians were mostly hungry rather than full, and in a series of life and annual customs, they sought the opportunity to treat themselves and their guests...

Slavonians have always valued all their guests. In the past, every house, no matter how modest, had a separate room for guests. The best dishes, the highest quality meat, and also ingredients such as eggs and cream were kept for them. Once a year, from St. Catherine’s Feast Day until Christmas, pigs were slaughtered, of which nothing (except the hooves) was thrown away and every part was used.

Fiš-paprikaš na tradicijski način

*Traditional
fish stew*



*Vukovarsko-srijemska županija
Vukovar-Srijem County*





10



1:00 h

FIŠ-PAPRIKAŠ NA TRADICIJSKI NAČIN

2 kg očišćenog šarana
1 kg soma i/ili štuke
100 ml ulja
400 g crvenog luka
500 ml domaćeg soka od rajčice
150 g pekmeza (pirea) od rajčice
10 g ljute mljevene paprike
20 g blage mljevene paprike
20 g soli
10 g Vegete
500 ml bijelog vina

Priprema

Na malo masnoće i vode pirjajte crveni luk, a potom pasirajte i zalijte vodom ili s oko pola litre temeljca bijele ribe s mljevenom kuhanom ribom. Zalijte rajčicom (sok i pire), dodajte sol i slatku i ljutu crvenu papriku, po želji i papra te pustite da kuha oko 10 minuta. Potom dodajte temeljac, 10 % više nego što treba juhe. Pustite da prokuha, pa lagano dodajte ribu koju ste prethodno marinirali u začimima (vino, par kapi octa ili limunov sok). Lagano kuhajte ribu oko 15 minuta. Kada je kuhana, dodajte ostatak vina. Servirajte s domaćim širokim rezancima.

TRADITIONAL FISH STEW

2 kg cleaned carp
1 kg catfish and/or pike
100 ml oil
400 g onion
500 ml homemade tomato juice
150 g tomato paste
10 g ground hot paprika
20 g sweet ground paprika
20 g salt
10 g Vegeta
500 ml white wine

Preparation

Sauté the onion in a little fat and water, then purée and cover with water or add about half a litre of white fish stock with ground boiled fish. Pour in the tomatoes (juice and paste), add salt and paprika (sweet and hot), pepper if desired, and let it cook for about 10 minutes. Then add the stock, 10 % more than we need for the soup. Let it boil and slowly add the fish that you have previously marinated in spices (wine, a few drops of vinegar or lemon juice). Slowly cook the fish for about 15 minutes. When it is cooked, add the rest of the wine. Serve with homemade wide noodles.



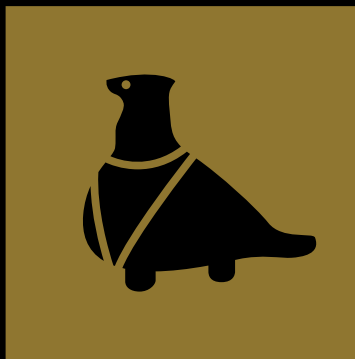
10



1:00 h

Salenjaci

Salenjaci



Vukovarsko-srijemska županija
Vukovar-Srijem County





10



3:20 h

SALENJACI

1 kg brašna (70 % glatkog i 30 % oštrog)
500 ml mlijeka
Oko 200 ml mineralne vode
3 žlice (oko 60 g) šećera
15 g soli
1 do 2 jaja
1 kocka svježeg kvasca
400 g svinjskog sala
Marmelada ili pekmez

Priprema

U malo razrijeđenog mlakog mlijeka dodajte šećer te izmrvljeni kvasac, pa pustite sa strane na toplom. U posudu za miješanje stavite brašno (90 %), napravite udubljenje u koje dodajte ostale sastojke, s tim da od bjelanjaka istucite snijeg te uskvasali kvasac. Lagano miješajte sastojke kako biste dobili mekano tijesto (ne premekano). Ostavite da se diže barem pola sata, a potom na pobrašnjenjnoj podlozi razvaljajte i mažite tijesto sa samljevenim salom te ga preklapajte kao za lisnato tijesto. Ostavite da miruje pola sata. Sve ponovite još dva puta. Što se više puta preklapa, postizete bolju lisnatost tijesta.

Nakon toga razvaljajte, režite na trokute, na svaki trokut stavite malo marmelade, zavijte i ostavite da narastu pa stavite peći na 200 °C. Pečene pospite šećerom u prahu.

SALENJACI

1 kg of flour (70% fine and 30% coarse)
500 ml milk
About 2 dl mineral water
3 tablespoons (about 60 g) sugar
15 g salt
1-2 eggs
1 cube fresh yeast
400 g pork fat
Marmalade or jam

Preparation

Add sugar and crumbled yeast to a little diluted lukewarm milk and leave it in a warm place. Beat the egg whites until stiff. Place the flour (90 %) in a mixing bowl, make a well in which to add the other ingredients and the prepared yeast. Gently mix the ingredients to get a soft dough (not too soft). Let it rise for at least half an hour, then roll out the dough on a floured surface and spread ground fat over it and fold it as for puff pastry. Let it rest for half an hour. Repeat this two more times. The more times you fold it, the puffier the dough will be.

Then roll it out and cut it into triangles, put a little marmalade on each triangle, wrap it up and let it rise, then put it in the oven at 200 °C. Sprinkle with icing sugar when baked.



10



3:20 h

Zadar County



Zadarska županija

FOTO: Mladen Radolović





Naša autohtona hrana dio je naše kulture i tradicije. Svako podneblje ima svoje namirnice i svoja jela koja su najukusnija upravo tamo gdje su i nastala.

Zadarska županija ima doista što ponuditi u gastronomskom smislu. Ona je u svakom slučaju posebna jer u svojem okruženju ima vrlo bogatu lepezu različitih namirnica. Zadarska županija ponosi se bogatstvom gastronomskih delicija koje su proizišle iz spoja mediteranske i kontinentalne kuhinje te utjecaja brojnih kultura koje su tijekom povijesti obogaćivale ovaj kraj.

Zadarska kuhinja odiše autentičnošću i jednostavnošću, a svako jelo priča svoju priču o prirodnim ljepotama, kulturnološkim posebnostima i povijesnim događajima koji su oblikovali regiju. Imamo otoke, priobalje, podvelebitski dio, Bukovicu i Ravne kotare te dio Like i čudesnog Velebita. Upravo je toliko raznolika naša gastronomska ponuda. Bogatstvo njezinih namirnica sastoji se od ribe i drugih plodova mora, mekušaca, školjki... Dio je to ribarske tradicije jer je ovo područje poznato po najiskusnijim ribarima na Jadranu.

Zadarska županija obiluje i svježim voćem i povrćem te maslinama, a maslinovo ulje predstavlja temelj naše kuhinje jer je prisutno u gotovo svakom receptu. U našoj županiji uzgaja se najpoznatija janjetina koja ispašom na škrtoj vegetaciji daje taj jedinstveni okus mesu. Najpoznatija je svakako paška janjetina, koja je zaštićena oznakom izvornosti na razini Europske unije.

Nadalje, proizvodnja sira, posebno na Pagu, pršuta, vina, likera, džemova i sličnog među najpoznatijima je u Hrvatskoj, a i šire. Naša kuhinja ima sve karakteristike mediteranske kuhinje, koja je vrlo zdrava i jednostavna za pripremu. Zadarska županija autohtona jela nastoji vratiti na stolove naših restorana i konoba jer na taj način obogaćujemo i županijsku turističku ponudu.

Gastronomska ponuda Zadarske županije nudi nezaboravno iskustvo koje povezuje tradiciju, prirodu i strast prema hrani. Bilo da uživete u jednostavnim domaćim jelima ili gurmanskim specijalitetima, svako jelo priča priču o ovoj predivnoj regiji i njezinim ljudima.

ZANIMLJIVA ČINJENICA

U benediktinskom samostanu sv. Margarite u Pagu stoljećima se proizvodi *baškotin*, zasigurno najstarija slastica, vrsta tvrdog slatkog prepečenca spravljenog po posebnoj samostanskoj recepturi. Benediktinke njeguju proizvodnju *baškotina* više od 300 godina. Pažani ga iznimno cijene – u prijašnjim vremenima goste se dočekivalo *baškotinima* i bijelom kavom, a bilo koje obiteljsko slavlje bilo je nezamislivo bez njega. Danas paški *baškotin* nosi oznaku „Izvorno hrvatsko” i „Hrvatski otočni proizvod”.



ZADAR COUNTY

Our autochthonous food is part of our culture and tradition. Every region has its own ingredients and dishes that are most delicious precisely where they originated.

The Zadar County truly has something to offer in terms of gastronomy. It is in any case special because its surroundings have a very rich variety of different foods. The Zadar County is proud of the wealth of gastronomic delicacies that have resulted from the combination of Mediterranean and continental cuisine and the influence of numerous cultures that have enriched this area throughout history.

The Zadar cuisine exudes authenticity and simplicity, while every dish tells its own story about natural beauties, cultural peculiarities, and historical events that have shaped the region. We have islands, the coast, the Velebit sub-region, Bukovica and Ravni Kotari, and part of Lika and the wonderful Velebit Mountain. That is exactly why our gastronomic offer is so diverse. The wealth of its ingredients consists of fish and other seafood, molluscs, shellfish... This is part of the fishing tradition because this area is known for the most experienced fishermen on the Adriatic.

The Zadar County also abounds in fresh fruit and vegetables and olives, and olive oil is the foundation of our cuisine because it is present in almost every recipe. The most famous lamb is raised in our county, which, by grazing on sparse vegetation, gives the meat that unique flavour. The most famous is certainly Pag lamb, which is protected by a designation of origin at the level of the European Union.

Furthermore, the production of cheese, especially on Pag, prosciutto, wine, liqueurs, jams and the like, is among the most famous in Croatia and beyond. Our cuisine has all the characteristics of Mediterranean cuisine, which is very healthy and easy to prepare. The Zadar County strives to bring indigenous dishes back to the tables of our restaurants and taverns because this way we enrich the county's tourist offer.

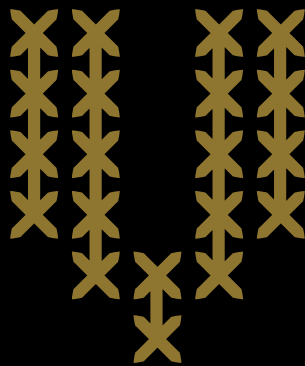
The gastronomic offer of the Zadar County offers an unforgettable experience that connects tradition, nature and passion for food. Whether you enjoy simple home-made dishes or gourmet specialities, each dish tells a story about this beautiful region and its people.

INTERESTING FACT

The Benedictine Monastery of St. Margaret in Pag has been producing *baškotin* for centuries, certainly the oldest dessert, a type of hard sweet biscuit made according to a special monastery recipe. The Benedictine nuns have been nurturing the production of *baškotin* for more than 300 years. The people of Pag highly value it – in former times, guests were welcomed with *baškotin* and white coffee, and any family celebration was unimaginable without it. Today, Pag's *baškotin* is labelled "Originally Croatian" and "Croatian Island Product".

Paška pita

Pag pie



Zadarska županija
Zadar County





12



2:00 h

PAŠKA PITA

700 g glatkog brašna
1,5 vrećice praška za pecivo
250 g margarina
250 g šećera
5 žumanjka
Korica limuna

Nadjev:
1 kg paške skute
250 g šećera
5 bjelanjaka
2 vrećice vanilin šećera
Korica od limuna
Sok od 1 limuna
Sok od 1 naranče

Priprema

Od navedenih sastojaka umijesite tijesto, podijelite ga na dva jednaka dijela i razvaljajte prema obliku i veličini lima za pečenje. Za nadjev istucite snijeg od 5 bjelanjaka. Pomiješajte skutu, šećer, vanilin šećer, limunovu koricu i sok limuna i naranče u glatku smjesu te umiješajte snijeg od bjelanjaka. Na namašćeni lim za pečenje stavite razvaljano tijesto, nadjenite i poklopite drugim dijelom tijesta. Pecite 45 minuta u pećnici zagrijanoj na 180 °C stupnjeva. Prije posluživanja pitu pospite šećerom u prahu.

PAG PIE

700 g fine wheat flour
1.5 packages baking powder
250 g margarine
250 g sugar
5 egg yolks
Lemon zest

Filling:
1 kg of Pag curd
250 g sugar
5 egg whites
2 packages vanilla sugar
Lemon zest
Juice of one lemon
Juice of one orange

Preparation

From the listed ingredients, knead the dough, divide it into two equal parts and roll out according to the shape and size of the baking sheet. For the filling, beat the egg whites until stiff. Mix the curd, sugar, vanilla sugar, lemon zest and lemon and orange juice into a smooth mixture and mix in the beaten egg whites. Place the rolled-out dough on a greased baking sheet, fill it and cover with the second part of the dough. Bake for 45 minutes in an oven preheated to 180 °C. Before serving, sprinkle icing sugar on the pie.



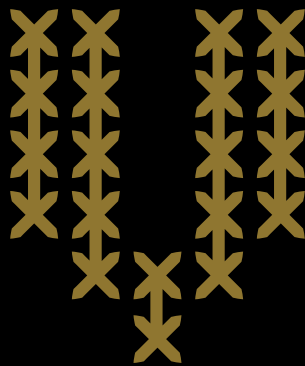
12



2:00 h

Iški lopiž

Iški lopiž



Zadarska županija
Zadar County





4



2:00 h

IŠKI LOPIŽ

600 g janjetine
100 g mrkve
200 g luka
100 g graška
200 g krumpira
4 artičoke

100 g boba
100 g koromača
200 g svježe rajčice
100 ml maslinovog ulja
20 g češnjaka
20 g peršina
Začini

Priprema

U zemljanoj posudi, na maslinovom ulju, pirjajte korjenasto povrće te dodajte janjetinu izrezanu na komade. Nakon nekog vremena dodajte i svježu rajčicu izrezanu na kocke i pirjajte desetak minuta. Zalijte vodom te dodajte bob, krumpir na male kocke, grašak, koromač i artičoke, koje ste prethodno punili smjesom od krušnih mrvica, češnjaka, peršina i maslinovog ulja. Kuhajte još sat vremena te začinite. Kad je gotovo, poslužite toplo.

IŠKI LOPIŽ

600 g lamb
100 g carrots
200 g onion
100 g peas
200 g potatoes
4 artichokes

100 g broad beans
100 g fennel
200 g fresh tomatoes
100 ml olive oil
20 g garlic
20 g parsley
Spices

Preparation

In an earthenware pot, sauté the root vegetables in olive oil and add the lamb cut into pieces. After a while, add the diced fresh tomatoes and sauté for ten minutes. Pour in water and add the broad beans, diced potatoes, peas and fennel, and artichokes that you previously filled with a mixture of breadcrumbs, garlic, parsley, and olive oil. Cook for another hour and season. When done, serve warm.



4



2:00 h



Zagreb County

Zagrebačka županija

FOTO: Tomislav Jugkala



Zagrebačka županija, popularno zvana i Zagrebačkim zelenim prstenom, područje je izuzetno velikog bogatstva baštine i prirodnih ljepota. Šume i gore isprepletene su brojnim planinarskim, pješačkim i biciklističkim stazama. Planinarima, rekreativcima i zaljubljenicima u prirodu željnima okrepe svoju ponudu nude brojni ugostiteljski objekti i planinarski domovi. Vikend-izletnici pronaći će svoje odredište u nekom od izletišta i obiteljskih poljoprivrednih gospodarstava te na tri vinske ceste: Plešivičkoj, Zelinskoj i Samoborskoj.

Ovo je kraj izuzetno bogate kulturno-povijesne baštine. Brojni su spomenici koji podsjećaju na njegovu prošlost: dvorci, kurije, drvena sakralna baština...

Kulturna ponuda Zagrebačke županije raznolika je i bogata. Manifestacije i događanja organiziraju se tijekom cijele godine: od Samoborskog fašnika, Turopoljskog Jurjeva, Dana Jelačića u Zaprešiću do Dana vina u Jastrebarskom, Bučijade u Ivanić-Gradu, Svetonedeljske fišijade, „Kaj su jeli naši stari“ u Vrbovcu, Marijagoričke štruklijade, Štrudlijade, Kestenijade, Festivala pčelarstva, Izložbe rakija i niza drugih.

Uz iznimnu gastronomsku i enološku, kulturnu i sportsko-rekreativnu turističku ponudu, Zagrebačka županija idealno je odredište za svačiji ukus.

ZANIMLJIVA ČINJENICA

Prema legendi, poznata čokolada Milka ime nosi po Milki Trnini, jednoj od najslavnijih svjetskih opernih pjevačica rođenoj 1863. godine u Vezišću u Općini Križ na istoku Zagrebačke županije. Milka Trnina bila je sjajna interpretatorica Wagnerovih tragičnih junakinja, a strastveni zaljubljenik u Wagnerova djela bio je švicarski tvorničar čokolade Carl Russ-Suchard. Stoga je oduševljen i fasciniran izvedbom naše Milke, a možda i iz pritajene zaljubljenosti u Milku Trninu, prema legendi, čokoladu nazvao njezinim imenom.



ZAGREB COUNTY

The Zagreb County, also popularly known as the Zagreb Green Ring, is an area of exceptional heritage and natural beauty. The forests and mountains are interwoven with numerous hiking, walking and cycling trails. Numerous catering facilities and mountain lodges offer their selection to hikers, recreationalists and nature lovers looking for refreshment. Weekend excursionists will find their destination in one of the picnic areas and family farms and on three wine roads: The Plešivica, Zelina and Samobor wine roads.

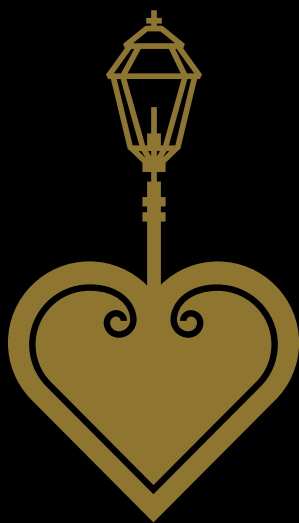
This is a region of exceptionally rich cultural and historical heritage. There are numerous monuments that remind us of its past: castles, manor houses, wooden sacral heritage...

The cultural offer of Zagreb County is diverse and rich. Events are organized throughout the year: from the Samobor Carnival, Turopolje Feast of St. George, Jelačić Day in Zaprešić to Wine Days in Jastrebarsko, *Bučijada* pumpkin festival in Ivanić-Grad, Sveta Nedelja Fish Festival, “What Our Ancestors Ate” in Vrbovec, Marija Gorica *struklijada*, *štrudlijada* and chestnut festival, bee-keeping festival, brandy exhibition, to name but a few.

With an exceptional gastronomic and oenological, cultural and sports and recreational tourist offer, the Zagreb County is an ideal destination for every taste.

INTERESTING FACT

According to legend, the famous Milka chocolate is named after Milka Trnina, one of the world’s most famous opera singers, born in 1863 in Vežišće in the Križ municipality in the east of the Zagreb County. Milka Trnina was a brilliant interpreter of Wagner’s tragic heroines, while Swiss chocolate manufacturer Carl Russ-Suchard was a passionate lover of Wagner’s works. Therefore, he was delighted and fascinated by our Milka’s performance, and perhaps out of a secret love for Milka Trnina, according to legend, he named the chocolate after her.



Zagrebačka županija
Zagreb County

Kuhana žumberačka janjetina u povrću

*Boiled Žumberak
lamb in vegetables*





KUHANA ŽUMBERAČKA JANJETINA U POVRĆU



2:00 h

3 kg janjeće plećke
Mlada mrkvice
Korijen celera
Korijen peršina
Glavica mladog kupusa
1 kg krumpira
300 ml bijelog vina
Sol, papar, lovorov list, list peršina

Priprema

Janjetinu izrezati na manje komade te nekoliko minuta prokuhati u vodi. Nakon toga janjetinu oprati, gratinirati s povrćem izrezanim na kocke (kopusom na kriške), preliti hladnom vodom i bijelim vinom. Dodati začine i kuhati sat vremena na laganoj vatri. Nakon kuhanja ostaviti još sat vremena da odstoji. Poslužiti meso zajedno s juhom i povrćem.

BOILED ŽUMBERAK LAMB IN VEGETABLES

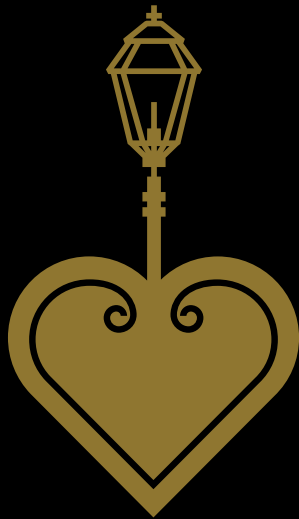


2:00 h

3 kg lamb shoulder
Young carrots
1 celeriac
1 parsley root
1 young cabbage
1 kg potatoes
300 ml white wine
Salt, pepper, bay leaf, parsley leaves

Preparation

Cut the lamb into smaller pieces and boil in water for a few minutes. Then wash the lamb, gratinate with diced vegetables (sliced cabbage) and add cold water and white wine. Add spices and cook for an hour on low heat. After cooking, leave to stand for another hour. Serve the meat with soup and vegetables.



Zagrebačka županija
Zagreb County

**Samoborska
kremšnita**

*Samoborska
kremšnita*





10 – 12



3:00 h

SAMOBORSKA KREMŠNITA

Za kremu:

3 l mlijeka
24 jaja
210 g glatkog brašna
750 g šećera
2 žlice vanilin šećera

Za 2 lista kora:

1 kg brašna
1 kg margarina
Sol, voda

Priprema

Za kore zamijesite tijesto od navedenih sastojaka te preklopite četiri puta, kao kad se radi lisnato tijesto, pustite da malo odstoji pa ispecite u pećnici. Nakon toga pripremite kremu. Mlijeko ulijte u lonac i stavite na jaku vatru, a kad zakipi, izuzmite dvije zaimače i stavite tu količinu mlijeka u 24 žumanjka te pjenasto zamutite. Postupno dodajte brašno i stalno miješajte kako ne bi nastale grudice. Potom ostatak mlijeka ubacite u smjesu s jajima i stavite na najjaču vatru dok ne zakipi. Tako mora kipjeti 12 do 15 minuta dok se krema ne zgusne. Cijelo vrijeme miješajte pjenjačom kako ne bi zagorjelo dno. Napravite i snijeg od bjelanjaka, pet minuta miješajte bez šećera, a potom ubacite šećer i miješajte još pet minuta. Kremu od žumanjaka ubacite u bjelanjak i promiješajte te sve prelijte po jednom listu kora i potom drugu koru stavite na vrh.

SAMOBORSKA KREMŠNITA

For the cream:

3 l milk
24 eggs
210 g fine wheat flour
750 g sugar
2 tablespoons vanilla sugar

For two crusts:

1 kg flour
1 kg margarine
Salt, water

Preparation

For the crust, knead the dough from the above ingredients and fold it four times, like when making puff pastry, let it rest for a while and bake in the oven. After that, prepare the cream. Pour the milk into a saucepan and place it on high heat, and when it boils, take out two ladles and add that amount of milk to 24 egg yolks and whisk until foamy. Gradually add the flour, stirring constantly so that no lumps form. Then pour the rest of the milk into the egg mixture and bring to a boil over high heat. It must boil for 12 to 15 minutes until the cream thickens. Stir the entire time with a whisk so that it does not burn on the bottom. Beat the egg whites until stiff, mix for five minutes without sugar, then add sugar and mix for another five minutes. Add the egg yolk cream to the egg whites and mix, pour everything over one sheet of crust and then place the second crust on top.



10 – 12



3:00 h

Dobar tek!

Bon appetit!

