

GASTRONOMY GUIDEBOOK & TOURIST ITINERARY

*Gastronomski  
vodič*

& TURISTIČKI ITINERAR



*Friuli Venezia Giulia*

*Veneto*

*Istria*

*Lošinj*

*Emilia Romagna*





# GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



HR\_EN







*dobrodošli u Istriju*

WELCOME TO ISTRIA



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## KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



CULTURE & TOURISM

### **Projekt KeyQ+**

*Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska*

### **Project KeyQ+**

*Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.*

## ABOUT THIS GUIDEBOOK

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# O V O D I Č U

Istria je pravi mali izvor neotkrivenih prirodnih i kulturnih ljepota, povijesnih činjenica o kojima se malo zna jer ih je povijest nekim slučajem izbrisala iz sjećanja. A upravo ono neotkriveno ili pomalo skriveno budi znatiželju, pustolovni duh, želju za pronalaskom „skrivenog“ blaga koje će tada postati javno i u središtu interesa i razgovora. A i prikazat će jednu sasvim drugačiju sliku Istre, ove bogate hrvatske regije s gledišta kulturne baštine, arhitekture, povijesti, pučkih priča i gastronomije.

Projekt KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske omogućuje vam da saznate nešto novo o Istri što će vas iznova oduševiti i potaknuti na istraživanje mjesne povijesti i prije svega gastronomije. Osmislili smo posebnu povijesno-gastro-nomsku rutu koja će vas poput vremenskog stroja vratiti u slavno razdoblje prije nešto više od stotinu godina kada je ovim prostorom vladala Austro-Ugarska Monarhija.

Ova je država, koja se raspala nakon Prvog svjetskog rata, Istri donijela poseban urbanistički i arhitektonski procvat. Oblikovala je, uz antičke spomenike, najznačajniju kulturnu baštinu Istre koja je i danas najreferentnija kada je u pitanju najveći grad na poluotoku – Pula. Isto tako, svi ostali istarski gradići, a posebno Pazin, sa sobom nose to nasljeđe. U ovome vas vodiču vodimo na naj slikovitija i najupečatljivija mjesta nastala u tom razdoblju.

Međutim, to nasljeđe nije ostalo samo u kamenu, zgradama, spomenicima, grobljima, prometnoj infrastrukturi, nego ono još i danas živi u lokalnoj gastronomiji. Mnoga su se jela iz tog razdoblja udomačila u istarskoj kuhinji, kao i recepti koji su aktualni i danas. Zato uz posjet najprivlačnijim austrougarskim znamenitostima pomoću ovoga vodiča možete upoznati i austrougarska jela i recepte koji su postali dio istarske svakodnevnice, a sve to zajedno kušati u najprobranim restoranima i konobama na ovoj povijesno-gastro-nomskoj ruti koju smo osmislili baš za vas. Želimo vam ugodno istraživanje austrougarske Istre i njezinih slasnih i neodoljivih poslastica.

*Istria is a true hidden gem of natural and cultural beauties, as well as little-known and forgotten historical facts. It is these undiscovered or somewhat hidden tidbits that arouse curiosity, awaken a spirit of adventure, and kindle the desire to find the "hidden" treasure, which then becomes the talk of the town. These tidbits portray an entirely different image of Istria, this rich Croatian region – rich from the viewpoint of cultural heritage, architecture, history, folklore and gastronomy.*

*The "KeyQ+ project: Culture and tourism as keys for the quality cross-border development of Italy and Croatia" provides you with the opportunity to gain new insights into Istria that will fascinate you time and again and move you to research local history and above all gastronomy. A special historical and gastronomic route has been developed to serve as a figurative time machine and take you back to the time of the glorious reign of the Austro-Hungarian Monarchy in these parts of the world, which was a little over a hundred years ago.*

*This monarchy, although it fell apart after World War I, transformed Istria into an urbanistic and architectural masterpiece. It has shaped the ancient monuments, as well as the most significant cultural heritage of Istria, which can to this day be most clearly observed in the peninsula's largest city – Pula. Moreover, all other Istrian cities and towns, Pazin in particular, carry this heritage. This guidebook takes you on a tour of the most picturesque and memorable places dating from this period of history.*

*However, this heritage is not only manifested in stone, buildings, monuments, cemeteries and transport infrastructure, it also lives to this day as part and parcel of the local gastronomy. Many dishes dating back to that period have become an integral part of Istrian cuisine, along with a plethora of recipes that remain of relevance to this day. Using this guidebook, you will be able to familiarize yourself with the most beautiful landmarks dating from Austro-Hungarian times, as well as treat your taste buds to a variety of dishes and recipes from the period – now part and parcel of Istria's everyday life. All of this can be experienced in the most exquisite restaurants and taverns outlined in the enclosed route, which has been tailor-made just for you. We wish you a most memorable experience of Austro-Hungarian Istria and its tasty and irresistible delicacies.*





Istra je maleni poluotok na sjeverozapadnom dijelu Hrvatske s 200 tisuća stanovnika i čak 655 naselja koji graniči s Italijom i Slovenijom. Toliko je raznovrsna i bogata prirodnim ljepotama da je mnogi dijele na plavu i zelenu Istru. Plava Istra priobalno je područje s razvijenim ribarskim i turističkim gradićima, dok je njezina unutrašnjost pitoma oaza zelenila te pitoresknih gradića na brežuljcima koji su ispresijecani maslinicima i vinogradima. Na sjeveru je omeđena planinskim masivom Učke i Ćićarije.

Tijekom povijesti Istra je bila na sjecištu mnogih kultura i naroda iz svih dijelova Europe. Zbog toga ovo područje krase multikulturalnost, raznovrsnost baštine, narodnih običaja, kulinarska razigranost, ali i dvojezičnost. U Istri se danas govori hrvatskim i

talijanskim jezikom, a svako selo i grad gotovo da imaju svoje posebno narječje i poseban govor. Nevjerojatno je da se ponekad čak ni Istrani međusobno ne razumiju. Na jugu se primjerice govori štokavskim narječjem, u unutrašnjosti čakavskim, a na sjeveru kajkavštinom. Talijanskim se jezikom pak govori na obali, odnosno u gradskim središtima poput Vodnjana, Pule, Rovinja, Poreča ili Umaga.

Kao što se razlikuju međusobno po govoru, Istrani se razlikuju i po svojoj kuhinji, narodnoj nošnji, plesovima. Tako su se u gradovima poput Vodnjana mogle jesti bogate slastice i piti slatko vino imena „vin de rosa“ koje je slično toskanskom Vinu Santu, dok je u unutrašnjosti kuhinja bila siromašna pa su se samo za velike blagdane pripremale gozbe u



# Istria

obliku fuži sa šugom od kokoši, kiselog kupusa, juhe od pijetla te kroštula. Sve te razlike nastale su tijekom povijesti jer je Istra uvijek bila rascjepkana između različitih gospodara, a samo u 20. stoljeću bila je pod vlašću triju država – Jugoslavije, Italije i Austro-Ugarske.

Posebno zlatno doba Istra je doživjela upravo pod vlašću Austro-Ugarske, odnosno Habsburške Monarhije. Ta je država ovim dijelom Sredozemlja zavlдалa nakon Napoleonova pada 1813. godine. Vrlo brzo ovo područje postaje jako privlačno austrijskoj vlasti. Odlučili su od Pule stvoriti glavnu ratnu luku za čitavo



kraljevstvo, što znači da su velik novac i snage uprli kako bi od malog primorskog mjesta s antičkom Arenom napravili pravi grad koji nije bio samo vojni, već i plemićki. U samo 60 godina iz temelja je izgrađeno gotovo sve što danas Pulu čini Pulom.

U to je doba osnovan Arsenal, izgrađena je željeznica s golemom infrastrukturom koja je Beč povezivala s Istrom, a gradnja je počela u Pazinu na mjestu današnjeg željezničkog kolodvora. Sagrađen je masivan obrambeni sustav s nizom utvrda i bitnica u gradu i 30 kilometara od njega koji i danas postoji te se smatra jednim od najvećih obrambenih sustava u Europi. Među njima je i onaj na Verudeli gdje je smješten akvarij koji prikazuje morski svijet cijelog planeta. Uređene su elegantne gospodske palače i rezidencijalna naselja, pulska gradska tržnica, mornarički kasino, današnji Dom hrvatskih branitelja, gdje su dolazili car Franjo i krema austrougarskog društva, stvorena je tramvajska mreža te park-šume. Pula je bila, kao i drugi istarski gradovi, pravo gradilište, a tisuće i tisuće kamenoklesara sa sjevera Italije dolazili su graditi pulske zgrade.

U vrijeme austrougarske vladavine najveći istarski grad narastao je s 800-tinjak stanovnika na 60 tisuća duša i postao je uz Zagreb najveći grad na ovim prostorima. Istodobno s njim stasala su i druga mjesta poput Poreča, Rovinja i Pazina koji je u to doba u svojem središtu dobio i prvu gimnaziju na hrvatskom jeziku.

# Istria

Istria is a small peninsula located in northwest Croatia with a population of 200,000 and 655 settlements, sharing a border with Italy and Slovenia. It is highly diversified and rich in natural beauties, causing it to be informally divided into "blue" and "green" Istria by many. Blue Istria is the coastal area, with its well-developed fishing and tourist towns, while its inland is the green oasis of nature and picturesque hilltop towns, interspersed with olive groves and vineyards. The northernmost part of the peninsula is bounded by the Učka and Ćićarija mountain ranges.

Historically, Istria has been at the crossroads of numerous cultures and peoples from all over Europe. As a consequence, this area has become well-known for its multiculturalism, diversity of heritage and folklore, culinary playfulness, and its bilingualism. Croatian and Italian are spoken in Istria today, along with a wide range of village- and town-specific local dialects. The fact that sometimes even Istrians have a hard time understanding each other's local dialects never ceases to amaze. E.g. in the south, the Štokavian dialect is spoken, the inland area is predominantly Čakavian, while people in the northernmost parts speak Kajkavi-

POLA — Mercato centrale.

attendo la fotografia



an. Italian is spoken along the coastline and in urban areas such as Vodnjan, Pula, Rovinj, Poreč or Umag.

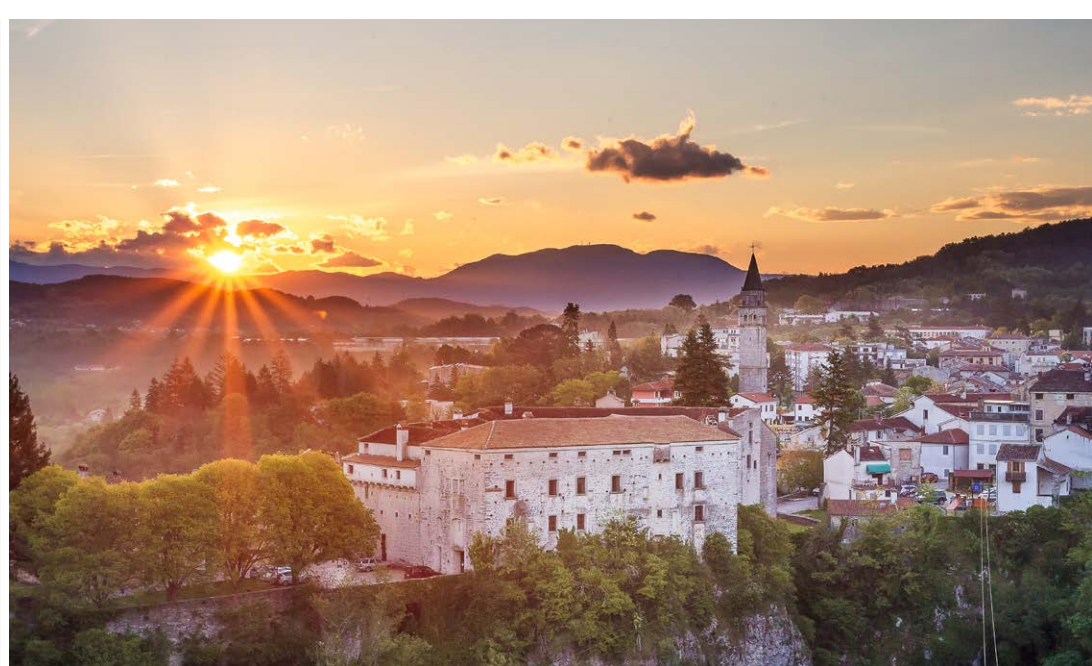
As they differ in the dialects spoken, they also differ in their local cuisine, as well as folk costumes and dances. Historically, in towns such as Vodnjan, people would eat lavish desserts and drink a type of sweet wine named "Vin de rosa", similar to the "Vin Santo" wine from the Italian region of Tuscany. The inland cuisine was considerably less elaborate, with delicacies such as "fuži" (traditional Istrian pasta) with chicken stew, sauerkraut, rooster soup and "kroštule" (most similar to Italian bow tie cookies: Frappe or Cioffe) strictly reserved for major feast days. All these differences emerged as a result of varying historical circumstances and because Istria has historically always been divided between many different rulers. In the 20th century alone, it was under the reign of three different powers – Yugoslavia, Italy and the Austro-Hungarian Monarchy.

The golden age of Istria's history was especially during the reign of the Austro-Hungarian Monarchy, also known as the Habsburg Monarchy. This monarchy began its reign over this part of the Mediterranean after the fall of Napoleon in the year 1813. Soon after, the Austrian authorities gained interest in this area. They decided to transform Pula into the main wartime harbour of their entire empire, meaning that considerable amounts of money and power were channelled into making a small seaside town with an amphitheatre into the true military and nobility hub of the empire. It took them only 60 years to

build almost everything that makes the city of Pula what it is today from the ground up.

At that time, the maritime arsenal was founded, the railway was built connecting Vienna to Istria, and its construction began in the town of Pazin where the railway station is situated today. A massive defence system with an array of forts and batteries was also erected in the city extending out for 30 kilometres. It still exists today and it is considered one of Europe's largest defence systems. One of these systems can also be found in Verudela where the aquarium is situated, featuring sea creatures from around the world. Elegant mansions and residential settlements were furnished, as well as the Pula Market, Marine Casino, and today's Home of Croatian Homeland War Veterans, which was at the time visited by emperor Francis Joseph and by the Austro-Hungarian elite. A network of tram lines and forest parks was also set up at the time. Along with other cities of Istria, Pula was a veritable construction site and thousands upon thousands of stonemasons flocked here to build Pula's buildings.

During the Austro-Hungarian reign, the largest Istrian city had grown from a population of about 800 to 60,000, which made it the second-largest city in our part of the monarchy, second only to Zagreb. Alongside these two, other towns and cities were also growing in population, such as Poreč, Rovinj and Pazin, which then became home to the first Croatian Gymnasium (educational institution) in Istria.



# LOKALNI PROIZVODI

## *local products*

### *Krumpir*

#### POTATO

Krumpir se u Istri toliko udomaćio da je danas gotovo nezamislivo zamisliti ručak ili večeru bez nje, a zapravo je u Istri tek od 18. stoljeća. Kako bi postao omiljeno povrće, morao je prijeći jako dug put, čak iz Južne Amerike. Njegovu vrijednost prvi su prepoznali Španjolci koju su ga još u 16. stoljeću donijeli u Europu, a potom je zasađen u Engleskoj. No, na početku nije bio omiljeno povrće. U Prusiji ni naredbe vladara nisu bile dovoljne da se krumpir udomaći među pukom, a seljaci su ga prihvatili tek kada ga je sam Fridrik II. Veliki zasadio na kraljevskom polju. Slično je bilo i u Francuskoj te Rusiji. U Hrvatsku je krumpir došao u 18. stoljeću naredbom vladarice Marije Terezije. Prvi krumpir posađen je davne 1769. godine, a tada su ga nazivali "zemaljske jabuke". Pretpostavlja se da je naziv krumpir došao s Nijemcima koji su se tada doselili









## MESO ISTARSKOG GOVEDA

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Gotovo da nekad u Istri nije bilo obitelji koja nije imala boškarina, odnosno istarsko govedo. Riječ je o autohtonoj hrvatskoj pasmini goveda čiji volovi znaju imati i do 1.300 kilograma, a uzgajali su se u Istri i na Krku. Nekadašnjim stočarima služili su za rad u polju. Njima su orali i vozili teret. Bili su omiljeni jer su bili poslušni. Boškarin je bio u istarskim štalama i zbog mesa, a najmanje se upotrebljavao za proizvodnju mlijeka. Danas se istarski boškarini mogu vidjeti na smotri boškarina u Kanfanaru gdje dolaze najljepši i najposlušniji primjerci ove plemenite životinje.

Danas se uzgajaju prvenstveno radi mesa koje se može naći na trpezi ponajboljih istarskih konoba i restorana. Upravo uzgoj istarskog goveda za meso pružilo mu je šansu da u potpunosti ne nestane. Naime, nakon što se istarsko selo moderniziralo, nestalo je potrebe za boškarinima kao radnim životinjama, a njihovu je ulogu preuzeo traktor.

Od 1990. djeluje Savez uzgajivača istarskog goveda koji radi na zaštiti i očuvanju preostale populacije istarskog goveda, a veliku ulogu u očuvanju i promociji ove životinje provodi Agencija za ruralni razvoj Istre.



## ISTRIAN CATTLE MEAT

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*It is safe to say that in relatively recent history, almost every family owned at least one Boskarin, the traditional Istrian cattle. This is the native Croatian breed of cattle whose oxen can weigh up to 1,300 kg. They used to be raised in Istria and on the island of Krk. Formerly they were used by farmers for doing work in the fields. They were used for ploughing the fields and carrying loads. The oxen were known for their obedience, which made them into a family pet. The Boskarin was also kept for its meat and in some very rare cases it was used in the milk production process. Today, the most beautiful and obedient specimens of this noble native Istrian cattle can be seen at the Boskarin exhibition in the village of Kanfanar, Istria.*

*Today they are primarily raised for their meat, which has found its way to the menus of the most renowned Istrian taverns and restaurants. This very purpose of raising and keeping it helped prevent this species of cattle from becoming completely extinct. With the modernization of the Istrian village, the need for keeping the Boskarin cattle as working animals began to decline with the introduction of tractors, which began overtaking the function of the animal.*

*Since 1990, the Association of Istrian Cattle Breeders (SUIG) has been actively promoting the protection and preservation of the remaining population of Istrian cattle. A major part in this endeavour is also played by the Agency for Rural Development of Istria (AZRRI).*



# Cabbage

## KUPUS

Tradicionalna istarska kuhinja nezamisliva je bez kiselog kupusa koji je zimi jedan od najboljih izvora vitamina C. Nekada su ga obitelji sa sela same spravljale po staroj recepturi, a ribanje i soljenje bili su prava procedura. Duge zimske večeri mnogi su tako proveli u svojim konobama strpljivo ribajući na velikim ribežima ovo zimsko povrće kako bi imali dovoljno zaliha za cijelu zimu. Kada bi ga nasjeckali na sitne komadiće, posolili bi ga i gnječili dok ne bi pustio vodu i tako ga konzervirali.

Kupus je povrće koje se najčešće zimi vidi na istarskim tržnicama te je uz kelj glavno zimsko povrće u Istri. Velike površine zasađene kupusom nalaze se na jugu Istre, posebno na poluotoku Marlera koje je jedno od najzahalnijih područja za uzgoj povrća. Inače, kupus se u europskoj prehrani upotrebljava još od pretpovijesnog doba.

*Traditional Istrian cuisine is unthinkable without sauerkraut – one of the top sources of vitamin C during the winter season. Sauerkraut dishes used to be made by peasant families according to traditional recipes, and the process of shredding and salting it became quite a procedure in its own right. These families spent the long winter evenings in their cellars, patiently slicing and shredding this winter vegetable with the help of large shredders, so as to keep their food store well-stocked during the entire winter season. Having finely chopped it, they would salt it and mash it until it released the water and thus it was preserved.*

*Cabbage is a vegetable most often available in the Istrian open markets during the winter, making it, along with kale, the main vegetable of the season in Istria. Vast cabbage plantations are located in the south of Istria, especially in the Marlera peninsula, which is one of the most rewarding vegetable-growing areas of the region. To wrap up the cabbage story, here's another interesting tidbit: it has been part and parcel of European cuisine ever since prehistoric times.*







# Čašnjak

## ČEŠNJAK



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Češnjak je od davnine poznat kao biljka s vrhunskim kulinarskim i medicinskim svojstvima, a njegov glavni sastojak alicin ima iznimno antibakterijsko, antivirusno, antigljivično, anti-parazitsko i antioksidacijsko djelovanje. Stoga ne čudi što se češnjak ne upotrebljava od davnine samo u kuhinji, već i pučkoj medicini. Češnjak je zaštitnik tijela i zdravlja, a onaj tko ga voli, nezaobilazno ga kao začin upotrebljava u svojoj kuhinji –u raznim salatama, s ribljim specijalitetima, u peštu, gulašu ili rižotu. U Istri se češnjak uzgaja stoljećima, a u zadnje vrijeme pridaje mu se posebna pažnja zbog sve većeg uvoza češnjaka iz Azije. Posebno je omiljen istarski crveni češnjak koji se svojom kvalitetom i svojstvima razlikuje od drugih sorti. Naime, njegova je proizvodnja iznimno zahtjevna jer se gotovo sve mora raditi ručno nakon što se posadi u jesen ili u rano proljeće. Većinom se ručno bere u lipnju ili srpnju, zatim se čisti i uvezuje u pakiranja za daljnju distribuciju. Želja je istarskih proizvođača zaštititi proizvodnju ove povrtne kulture u Europi pa je stoga osnovana Udruga proizvođača istarskog češnjaka.



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*Garlic has been famous since ancient times for its remarkable nutritional and medicinal properties. Its main constituent, allicin, has exceptional antibacterial, antiviral, antifungal, antiparasitic, and antioxidative properties. It should come as no surprise then that since ancient times, garlic has not been used only in cooking, but also in folk medicine. Garlic protects the health and wellbeing of the entire body, and for those who love eating it, it is an indispensable seasoning or condiment for their salads, fish specialities, different types of pesto, stews and risottos. In Istria, it has been grown for centuries and it has of late received a lot of attention due to the increasing import volumes of garlic from Asia. The all-time favourite is the Istrian red garlic, whose exceptional quality and other properties make it stand out among other varieties. It is exceptionally demanding to grow, as almost everything regarding its growth needs to be done manually once it has been planted in autumn or early spring. It is predominantly harvested by hand in June or July, then it is cleaned, bound into sheaves and packaged for further distribution. Driven by their desire to protect the production of this vegetable on a wider European scale, Istrian producers have founded the Association of Producers of Istrian Garlic.*



# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH

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# G U L A Š O D D I V L J A Č I S N J O K I M A O D P I R O V O G B R A Š N A



VRIJEME  
TIME  
60 MIN



PORCIJA  
SERVES  
4



TEŽINA  
DIFFICULTY  
8/10

## VENISON STEW WITH SPELT GNOCCHI

### P R I P R E M A

#### METODA METHOD

COOK - FRY  
KUHANJE-PRŽENJE

#### SEZONA SEASON

JESEN - ZIMA  
FALL - WINTER

#### SASTOJCI \_ INGREDIENTS

Meso divljači bez kosti / Venison meat, boneless	800 g
Luk / Onion	500 g
Crveno vino / Red wine	350 g
Češnjak / Garlic	5 g
Koncentrat rajčice / Tomato paste	60 g
Lovor list / Bay leaf	1 kom/pcs
Ružmarin / Rosemary	1 grančica /sprig
Timijan / Thyme	2 g
Borovica / Juniper	10 g
Brašno / Flour	50 g
<b>Sol, papar / Salt, pepper</b>	
Pirovo brašno / Spelt flour	400 g
Pšenično brašno / Wheat flour	100 g
Ribani kravliji sir / Grated cow cheese	80 g
Maslac / Butter	200 g

Meso divljači oblikujemo u veće kockice, posolimo, poparimo i pobrašimo.

Luk i češnjak izrežemo na sitne kockice i pržimo na ulju dok ne dobije žućkastu boju i omekša. Dodamo meso te ga zajedno s lukom pržimo dok ne porumeni, dodamo koncentrat rajčice i crveno vino te ostavimo kuhati dok vino ne ishlapi.

Polijemo temeljcem ili vodom, dodamo lovor, ružmarin, timijan i borovicu, začiniemo solju i paprom te na laganoj vatri pirjamo dok meso ne omekša. Po potrebi zgusnemo.

Umijesimo tijesto od pirovog i pšeničnog brašna, ribanog sira, soli i vruće vode. Oblikujemo žličnjake i kuhamo u kipućoj, posoljenoj vodi.

Žličnjake izvadimo iz vode i popržimo u tavi na maslinovom ulju.

Popržene žličnjake poslužimo s gulašom od divljači.



### P R E P A R A T I O N

Chop the game meat into large cubes and add salt, pepper and flour.

Dice the onions and garlic and fry in oil until it softens and turns golden. Add the meat and fry it with the onions until it has browned, then add the tomato concentrate and red wine and cook until the wine has reduced. Add the stock or water, bay leaf, rosemary, thyme and juniper, season with salt and pepper, and simmer over a low heat until the meat is tender. If necessary, thicken.

Mix the spelt and wheat flour, grated cheese, salt and hot water. Cook spoonfuls of the mixture in boiling, salted water. Remove from the water and fry in olive oil.

Serve the fried spoonfuls with the wild game stew.

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH





VRIJEME  
TIME

120 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

8/10

## BEEF CHEEK WITH ROASTED CABBAGE AND RED WINE

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

JESEN - ZIMA  
FALL - WINTER

#### SASTOJCI \_ INGREDIENTS

Juneća obrazina / Beef cheek	450 g
Lovor list / Bay leaf	1 kom/pcs
Papar u zrnu / Pepper, grain	2 g
Celer korijen / Celeriac	120 g
Luk / Onion	120 g
Mrkva / Carrot	120 g
Peršin / Parsley	30 g
Kupus svježi / Cabbage, fresh	400 g
Kimel u zrnu / Caraway seed	1 g
Ulje / Oil	50 g
Crveno vino / Red wine	150 g
Med / Honey	50 g
Ocat od bijelog vina / White wine vinegar	50 g
Sol, papar / Salt, pepper	

Juneće obrazine skuhati u zasoljenoj vodi zajedno s povrćem, paprom i lovorom. Iskuhano meso ohladiti i izrezati na što tanje odreske.

Svježi kupus izrezati na mesoreznicu i zapeći u pećnici, začiniti solju, paprom, kimmelom, octom i uljem.

U lončiću iskuhavati med i crveno vino dok tečnost ne ishlapi.

Na tanjur položiti kupus i obrazinu, te začiniti redukcijom meda i vina.



### P R E P A R A T I O N

Cook the beef cheeks in salted water along with the vegetables, pepper and bay leaf. Allow the cooked meat to cool and cut into thin slices.

Slice the fresh cabbage with a meat slicer and bake in the oven seasoned with salt, pepper, caraway seeds, vinegar and oil.

Boil the honey and red wine in a saucepan until the liquid is reduced.

Serve cabbage and the cheeks on a plate and drizzle with the honey and wine reduction.

*Bon Appetit*



# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH

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VRIJEME  
TIME

180  
MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

9/10

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

JESEN - ZIMA  
FALL - WINTER

## SAUTÉED BEEF SHOULDER WITH POTATO PATTIES AND VEGGIES

### P R I P R E M A

#### SASTOJCI \_ INGREDIENTS

Juneća plećka/Beef shoulder	700 g
Mrkva /Carrot	150 g
Luk/Onion	200 g
Celer korijen/Celeriac	100 g
Crveno vino/Red wine	300 g
Koncentrat rajčice/Tomato paste	40 g
Maslinovo ulje/Olive oil	70 g
Lovor list/Bay leaf	1 kom/pcs
Ružmarin/Rosemary	1 grančica /sprig
Kadulja/Sage	3 g
Sol, papar/Salt, pepper	
Krumpir/Potato	300 g
Brašno/Flour	100 g
Jaja/Egg	1 kom/pcs
Ulje za prženje/Frying oil	1l
Sol/Salt	
Mrkva/Carrot	200 g
Cvjetača/Cauliflower	200 g
Mahune/Green beans	200 g
Maslac/Butter	70 g

Juneću plećku posoliti i popapriti, sotirati na maslinovom ulju sa svih strana te izvaditi iz posude. Na masnoću od mesa dodati povrće te dobro sotirati. U sotirano povrće dodati koncentrat rajčice i meso, podliti crvenim vinom i iskuhavati dok vino ne ishlapi. Podliti temeljcem ili vodom, poklopiti posudu i pirjati na laganoj vatri dok meso ne omekša. Meso izvaditi iz posude i izrezati na ploške. Umak usitniti štapnim mikserom i po potrebi zgusnuti. Ploške mesa vratiti u umak.

Krumpir iskuhati u zasoljenoj vodi. Nakon što se iskuhao krumpir protisnuti, posoliti, malo ohladiti te dodati brašno i jaja. Po potrebi dodatno začiniti. Smjesu oblikovati u manje njoke.

U zagrijano ulje položiti njoke koje se prethodno lagano pritisnu dlanovima i pržiti dok ne poprime zlatno žutu boju. Mrkvu, cvjetaču i mahune popržiimo na maslacu pa začinimo. Meso poslužimo uz frigrance i povrće.

### P R E P A R A T I O N

Add salt and pepper to the beef clod, sauté in olive oil on all sides and remove from the pan. Add the vegetables to the meat fat and sauté well. Add the tomato concentrate and meat to the sautéed vegetables, deglaze with the red wine and cook until the wine has reduced. Add stock or water, cover the pan and simmer until the meat is tender. Remove the meat from the pan and cut into slices. Process the sauce with a hand blender and thicken if necessary. Return the slices of meat to the sauce.

Boil the potatoes in salted water. Once the potatoes are cooked, mash them, add salt, cool slightly, add flour and eggs, and season with salt. Form the mixture into smaller gnocchi.

Lightly press them using your hands, place in the heated oil and fry until golden brown. Fry the carrots, cauliflower and green beans in butter and add seasoning. Serve the meat with the fried gnocchi and vegetables.

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH

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## N J O K I P U N J E N I Š L J I V A M A



VRIJEME  
TIME  
60 MIN



PORCIJA  
SERVES  
4



TEŽINA  
DIFFICULTY  
5/10

## GNOCCHI FILLED WITH PLUMS

## P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

JESEN - ZIMA  
FALL - WINTER

## SASTOJCI \_ INGREDIENTS

Krumpir/ Potato	500 g
Brašno/ Flour	140 g
Žumanjak/ Egg yolk	3 kom/pcs
Sol/Salt	
Šljive bez koštica/ Plums, pitted	12 kom/pcs
Šećer u kocki/ Sugar cubes	6 kom/pcs
Krušne mrvice/ Bread crumbs	130 g
Maslac/ Butter	150 g
Cimet/ Cinnamon	3 g
Šećer/ Sugar	50 g

U loncu skuhati krumpir u ljusci. Iskuhani krumpir oguliti i protisnuti.

Krumpirovu masu malo ohladiti i dodati žumanjke, brašno i malo soli. Umijesiti tijesto kao za njoke te razvaljati na 1 cm debljine.

Uz pomoć alata u izvaljanom tijestu oblikovati krug ili kvadrat, položiti šljivu u koju smo stavili komadić kocke šećera, oblikovati rukama knedlu (njok).

Oblikovane njoke kuhati u kipućoj posoljenoj vodi dok se njoki ne dignu na površinu vode. U tavi popržiimo krušne mrvice na maslacu.

Kuhane njoke uvaljamo u krušne mrvice i posipamo mješavinom šećera i cimeta. Njoke poslužiti tople.



## P R E P A R A T I O N

Cook unpeeled potatoes in a pot. Peel and mash the cooked potatoes.

Cool the mashed potatoes a little and add the egg yolks, flour and some salt. Knead the resulting dough in the same way as for the gnocchi and roll to 1 cm thickness.

Using a tool, form circles or squares in the dough. Insert a piece of a sugar cube inside each plum and place one on each piece of dough, then shape the dumplings by hand.

Cook the dumplings in boiling salted water until they rise to the surface. In a pan, fry the breadcrumbs with butter. Roll the cooked dumplings in the breadcrumbs and sprinkle with a mixture of sugar and cinnamon.

Serve the dumplings warm.



# PUT KULTURE I GASTRONOMIJE

## *Culture And Gastronomy Path*

TURISTIČKI ITINERAR \_ TOURIST ITINERARY

TOČKE INTERESA \_ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE \_  
HISTORICAL & CULTURAL HOTSPOTS:

1. **EDUKACIJSKI GASTRONOMSKI CENTAR ISTRE\_ EDUCATIONAL GASTRONOMY CENTRE OF ISTRIA**
2. **TRŽNICA PULA\_ MARKET OF PULA**
3. AQUARIUM PULA
4. STARA JEZGRA GRADA PAZINA\_ PAZIN OLD TOWN
5. ŽELJEZNIČKI KOLODVOR U PAZINU I ZBIRKA ISTARSKE ŽELJEZNICE\_ THE PAZIN RAILWAY STATION AND THE COLLECTION OF MEMORIES OF ISTRIAN RAILWAY

RESTORANI \_ RESTAURANTS:

6. VELA VRATA, BERAM
7. AMFITEATAR, PULA
8. VODNJANKA, PULA
9. RIBARSKA KOLIBA, PULA
10. KANTINA, PULA

PROIZVOĐAČI \_ FOOD PRODUCERS:

11. AZRRI, PAZIN - MESO ISTARSKOG GOVEDA\_ MEAT OF TRADITIONAL ISTRIAN CATTLE
12. OPG CHIAVALON - MASLINOVO ULJE\_ OLIVE OIL



KEYQ+  
POINT

1.

## EDUKACIJSKI GASTRONOMSKI CENTAR ISTRE

### EDUCATIONAL GASTRONOMY CENTRE OF ISTRIA

GORTANOV BRIJEG 1, 52000 PAZIN  
+385 (0)52 351 570, INFO@AZRRI.HR  
WWW.AZRRI.HR

U želji da poljoprivredne proizvode istarskog poluotoka istakne na kulinarskoj karti ove regije, ali i cijele države, Agencija za ruralni razvoj Istre osnovala je Edukacijski gastronomski centar Istre u Pazinu na Gortanovom brijegu. Na ovom se mjestu organiziraju prije svega kulinarske radionice i prezentacije tradicionalne i moderne istarske gastronomije, i za mlade kuhare te iskusne chefove, i za zaljubljenike u gastronomiju, gurmane te strane goste koji dolaze u Istru na odmor. Cjelovit doživljaj lokalne eno-gastronomске tradicije na Gortanovom brijegu pruža interaktivno kuhanje sa stručnim kuharima, po načelima istarske gastronomije: jednostavnost pripreme, svježina sirovina, sezonske i lokalne namirnice. Za njih su prije svega zaduženi lokalni proizvođači voća, povrća, mesa, jaja, sira i svih drugih namirnica.

*In an effort to make the agricultural products of the Istrian peninsula stand out on the culinary map of this region and of the whole country, the Agency for Rural Development of Istria (AZRRI) formed the Educational Gastronomy Centre of Istria, situated on Gortanov brijeg (Gortan's Hill) near Pazin. This is a venue for many events, primarily cooking classes and presentations of traditional and contemporary Istrian cuisine for both novice and experienced chefs, as well as gastronomy aficionados, gourmets and foreign tourists and visitors coming to Istria for a vacation. Experience the tradition of local enogastronomy on Gortanov brijeg (Gortan's Hill) via interactive cooking shows featuring professional chefs preparing meals founded on the basic principles of Istrian gastronomy: simplicity of preparation, freshness of the produce and meats used, seasonal and local foods. The implementation of these principles would not be feasible without the continued support of all the involved local producers of fruits, vegetables, meats, eggs, dairy products and other foods.*





KEYQ+  
POINT

2.

## TRŽNICA PULA

### MARKET OF PULA

NARODNI TRG 9, 52100 PULA  
+385 (0)52 218 122, TRZNICA@TRZNICA-PULA.HR  
WWW.TRZNICA-PULA.HR

Gotovo da nema posjetitelja Pule koji ne dođe i do pulske tržnice. To je svojevrsno srce grada, najvibrantnije mjesto koje privlači i domaće i turiste. Sigurno je najzanimljivija sama arhitektura njene zgrade koja je na ovom mjestu podignuta davne 1903. godine. Kada je izgrađena bila je pravo arhitektonsko čudo i jedinstven primjer arhitekture zbog svoje željezne i staklene konstrukcije koja se tada prvi put upotrijebila. Izgrađena je prema projektu L. Nobisa, a bečka tvrtka Münz u njenu je izgradnju uložila 250 tisuća kruna. Njezina je arhitektura posebno zanimljiva zbog polukružnih konstruktivnih željeznih nosača, proizvedenih u željezari Witkowice. A u impozantnoj secesijskoj zgradi tržnice u prizemlju će vas dočekati riblja tržnica, meso i mesni proizvodi lokalnih i poznatih međunarodnih proizvođača.

*It is virtually impossible to visit Pula and not drop in and visit the Pula Market. It is the proverbial heart of the city, the most vibrant of places that attracts both locals and tourists and visitors. Its most appealing aspect must be the architecture of the building itself, erected here in the year 1903. At the time of its completion, it was a true architectural miracle and a one of a kind example of construction, thanks to its combined iron and glass structure, which had never been implemented previously. The Vienna-based company Münz funded its construction with 250,000 Austrian Corona, according to the blueprints of L. Nobis. Its semi-circular iron construction girders, forged in the Witkowice Ironworks never cease to amaze and arouse interest in tourists and locals alike. On the ground floor of the monumental Secession building of the Pula Market, you'll find the fish market, meat and meat products from local and international producers.*

3.



## AQUARIUM PULA

### PULA AQUARIUM

VERUDELA B.B., 52105 PULA  
 +385 (0)52 381 402, [INFOS@AQUARIUM.HR](mailto:INFOS@AQUARIUM.HR)  
[WWW.AQUARIUM.HR](http://WWW.AQUARIUM.HR)

Kada ju je gradila prije 130 godina, austrougarska vojaska sigurno nikad ne bi bila pomislila da će u utvrđi Verudela u Puli danas biti smješten najveći akvarij u Hrvatskoj. Umjesto vojnika ovdje su dom našle ribe sjevernog i južnog Jadrana te one iz tropskih područja. Impresivna građevina sagrađena je 1886. godine, zaštićeno je kulturno dobro, a mijenjala je svoje namjene tijekom povijesti – od one vojne preko ugostiteljske do izložbenog prostora morskih i slatkovodnih bića. Posebna je atrakcija i ogromna čelična kupola koja se vratila na utvrdu nakon 74 godine – izvornu su u Drugom svjetskom ratu odnijeli Talijani i istopili za potrebe rata. Akvarij ima čak 35 bazena u kojima se može vidjeti 211 vrsta raznih morskih i slatkovodnih životinja iz cijelog svijeta, od Sredozemlja do tropskih slatkovodnih i morskih staništa.

*Members of the Austro-Hungarian military could probably never have imagined that the once so magnificent 130-year-old fort Verudela in Pula would become home to modern Croatia's largest aquarium. Instead of soldiers, the historic fort is now home to fish species from the northern and southern portions of the Adriatic, as well as several species from the tropical areas of the world. This impressive edifice, built in 1886, is protected cultural heritage whose function has shifted throughout history - from the military and hospitality, to an exhibition area, and finally to today's home for many marine and freshwater species. Another of its special attractions is the giant steel dome, which was restored to the fort 74 years after the original was taken by the Italians and melted for use in World War II. The aquarium features 35 aquaria with 211 species of worldwide marine and freshwater creatures ranging from the Mediterranean all the way to tropical marine and freshwater habitats.*



4.

## STARA JEZGRA GRADA PAZINA

### PAZIN OLD TOWN

VELOG JOŽE 1, 52000 PAZIN  
 +385(0)52 622 460, INFO@CENTRAL-ISTRIA.COM  
 WWW.CENTRAL-ISTRIA.COM

Krajem 19. i početkom 20. stoljeća oblikuje se stara jezgra središta Pazina koja je povezivala tadašnju periferiju s drevnim Kaštelom, a kasnije i željezničkim kolodvorom te prugom koja je zaslužna za daljnji razvoj grada. Tu su svoje kuće sagradili imućni pazinski trgovci, obrtnici i političari. Glavna ulica bila je Corso, gdje su se nalazili brojni restorani, krčme i trgovine.

U starogradskoj jezgri bilo je i središte gimnazijskog obrazovanja i to na hrvatskom jeziku. U današnjoj zgradi Državnog arhiva otvorena je 1899. godine prva gimnazija na hrvatskom jeziku nakon dugogodišnje i uporne borbe istarskih preporodnih prvaka Jurja Dobrile, Matka Laginje, Vjekoslava Spinčića i drugih. Carsko-kraljevska velika državna gimnazija bila je prva srednjoškolska ustanova istarskih Hrvata.

*The turn of the 20th century witnessed the formation of the Pazin old town nucleus, which served as a connection between what was then the periphery and the ancient Castle of Pazin (Kaštel), and later the railway station and railway, both of which turned out to be catalysts for the town's further development. This is where the wealthy merchants, politicians and craftspeople of Pazin built their homes. The main street was the Corso with its numerous restaurants, pubs and shops.*

*The old town nucleus was also home to the first Croatian Gymnasium (educational institution) in Istria. In the year 1899, in what is today the building of the State Archives, after years of determined struggle by the Istrian revivalists Juraj Dobrila, Matko Laginja, Vjekoslav Spinčić and others, the first Croatian Gymnasium (educational institution) was founded. The Gymnasium was the first institution of secondary education for the Istrian Croats.*





5.

## ŽELJEZNIČKI KOLODVOR U PAZINU I ZBIRKA ISTARSKE ŽELJEZNICE

THE PAZIN RAILWAY STATION AND THE COLLECTION OF MEMORIES OF ISTRIAN RAILWAY

STAREH KOSTANJI 1, 52000 PAZIN  
+385 (0)91 162 1252

Prije 140 godina Istra je imala željezničku vezu s Bečom, Parizom i Budimpeštom. Željeznica je bila žila kucavica gospodarstva, a danas je živući spomenik industrijske baštine. Jedan od većih kolodvora sagrađen je u Pazinu gdje se danas nalazi i privatna zbirka posvećena povijesti istarske željeznice s brojnim predmetima iz doba Austro-Ugarske. Njezin je vlasnik Jovo Ačimović koji je čitav svoj radni vijek proveo na željeznici te skupljao predmete koji su polako izlazili iz upotrebe. Pruga se počela graditi upravo u Pazinu 1873. simboličnim kopanjem krampom, a dovršena je 1876. godine. U samo tri godine izgrađena su 122 kilometra pruge od Divače do Pule te 21 kilometar od Kanfanara do Rovinja. Bila je od strateškog značaja jer je mogla direktno Beč povezivati s glavnom ratnom lukom carstva – Pulom.

*140 years ago, Istria was already linked to Vienna, Paris and Budapest by railway. The railway was formerly a major catalyst of economic growth and development, while today it merely serves as a living monument of industrial heritage. One of the major railway stations was built in Pazin and it is still there to this day, safeguarding a private collection dedicated to the history of the Istrian railway with numerous artefacts dating back to the period of the Austro-Hungarian Monarchy. The custodian of this collection is Mr. Jovo Ačimović who spent his entire career as a railway worker and who liked collecting artefacts as they slowly began falling out of use. An 1873 symbolic pickaxe strike signified that the construction of the railway had begun in Pazin, while its construction was completed in 1876. In only three years, 122 km of rail tracks were laid from Divača to Pula and 21 km from Kanfanar to Rovinj. It was strategically significant because it could link Vienna directly to Pula, the main wartime harbour of the Monarchy.*



6.

## VELA VRATA, BERAM

### TAVERN

BERAM 41, 52000 PAZIN, BERAM  
 +385 (0) 52 622 801; +385 (0)91 781 4995  
 VELA.VRATA11@GMAIL.COM

Konoba Vela Vrata u Bermu smjestila se na ulazu u gradsku jezgru ovog malenog gradića koji je najpoznatiji po freskama Vincenta iz Kastva u crkvi Sv. Marije na Škriljinah. Svoja je vrata otvorila 2006. godine, a od tada je vode bračni par Sandro i Helena Jurčić. Što ova tipična konoba nudi? Vela Vrata među prvima su na svojem stolu ponudili meso od boškarina te su iskušali razne recepte i vrste pripreme tog mesa. Posebni su i po tjestenini jer je rade sami, kao i domaćem kruhu koji će vas uvijek čekati svježe ispečen. Kuhinju temelje isključivo na sezonskim namirnicama iz okolice koje nabavljaju od lokalnih poljoprivrednika. Vrijedni kuhari Velih vrata ponose se i nekim manje uobičajenim jelima za istarske konobe kao što su šugo od prepelice ili zec u padeli s talentom, a ovdje možete kušati i jela s tartufima.

*The Vela vrata tavern in Beram is situated at the very entrance to the centre of this small town, most famous for its frescoes by St. Vincent of Kastav in the Church of St. Mary of the Rocks. The tavern welcomed its first guests in 2006 and since then it has been run by a married couple, Sandro and Helena Jurčić. What does this typical Istrian tavern have to offer? They were one of the first to offer the meat of the Istrian Boskarin cattle, prepared in a variety of ways and following different recipes. They are also known for their handmade pasta, as well as freshly baked homemade bread. Their cuisine exclusively consists of local and seasonal foods supplied by local farmers. The hard-working chefs of Vela vrata take great pride in some of their not so ordinary dishes. Some of them you would not expect to taste at a typical tavern, e.g. quail stew, or hare stew with polenta (cornmeal mush), and you can also treat your palate to a variety of truffle-based dishes.*





7.

## AMFITEATAR, PULA

### RESTAURANT

AMFITEATARSKA 6, 52206 PULA  
 +385 (0)91 2251 971, INFO@HOTELAMFITEATAR.COM  
 WWW.HOTELAMFITEATAR.COM

Restoran hotela Amfiteatar ima nekoliko posebnosti zbog kojih je vrijedno obići ovu adresu. Prije svega jer ga vodi jedan od najkreativnijih i najmaštovitijih hrvatskih kuhara Denis Zembo koji je „zanat“ izučio u svijetu te vodio niz restorana, među ostalima i svoj luksuzni Le Mandrač u Voloskom. Drugo, restoran se nalazi nadomak pulskog amfiteatra, zbog čega je i dobio taj naziv. Stoga ovdje zalaze mnoge poznate osobe koje dolaze na brojna događanja u Areni, a među njima i svjetske te domaće zvijezde koje tamo nastupaju. A kao treće, uz ime tako slavnog „chefa“, naravno, nezaobilazna su i izvrsna kreativna jela temeljena na izvrsnim domaćim proizvodima. To je Zembova specijalnost zbog koje ga mnogi obožavaju. Upravo stoga poznati svjetski gastronomski vodiči Gault&Millau godinama ne zaobilazi ovu adresu.

*This hotel's restaurant has some serious frills to offer that make it worthy of a visit. We would like to point out some of them here. First of all, it is run by one of the most creative and knowledgeable Croatian chefs, Denis Zembo. He gained experience working alongside top chefs worldwide and by having run a number of restaurants – including his own Le Mandrač gourmet restaurant in Volosko (Opatija, Croatia). Moreover, it is located within walking distance of the Pula amphitheatre, hence its name. It should come as no surprise then that some of the most famous local and global celebrities are regulars. In particular those who stay at the hotel during and after their booked performance at the nearby Pula amphitheatre. Lastly, such a famous chef would not be so famous without all the delicious and creative gourmet dishes based on top-quality locally produced ingredients. This is his speciality, which explains why he is loved by many. This is exactly why Gault&Millau, one of the most prestigious gastronomic guides in the world, never fails to include this restaurant in their reviews.*



8.

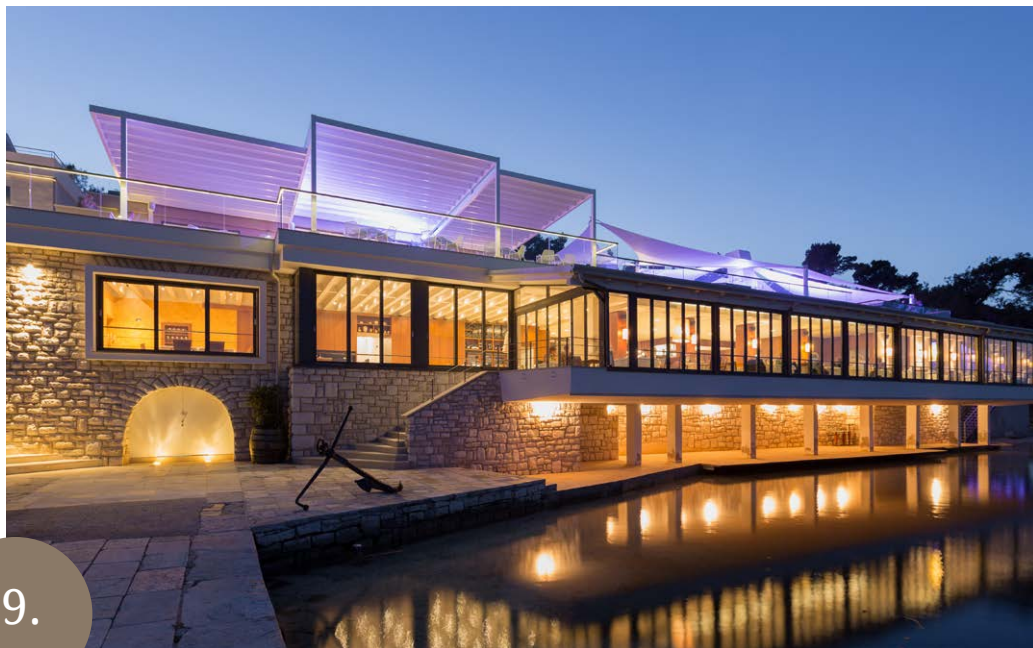
## VODNJANKA, PULA

### TAVERN

DINKA VITEZIĆA, 52206 PULA  
 +385 (0)52 511 435  
 IVANA.CELIJA@GMAIL.COM

Ako tražite pravu istarsku tradicionalnu konobu s domaćim ugođajem, onda je konoba Vodnjanka u srcu Pule pravi izbor za vas. Riječ je o maloj obiteljskoj konobi koja je otvorena cijele godine i omiljeno je mjesto u koje zalaze „lokalci“ na užinu i ručak. Lokal ima dušu i čim u njega kročite, osjećat ćete se kao kod kuće. Budući da je vlasnik lokala Moris Civitico i velik zaljubljenik u glazbu, ona je ovdje pomno birana. Dovoljno za toplu preporuku. Ovdje se oduvijek dobro jela domaća istarska hrana – sve ono što se inače sprema u okrilju obitelji i to stotinama godina – od domaće tjestenine kao što su pljukanci i fuži, do kobasica i ombola s kiselim kupusom, zimskim klasikom na jelovniku domaćih konoba, pa sve do tripica i istarske maneštre, ali i punjenih paprika te gulaša. Mjesto je to koje obitelj Civitico drži već 33 godine.

*If you're on the lookout for a true traditional Istrian tavern and a friendly, familiar atmosphere, then the Vodnjanka tavern at the heart of Pula should be your first pick. It's a small, family-run tavern, open throughout the year and it is the local residents' favourite brunch and lunch break place. The friendly hosts will make you instantly feel at home the moment you step inside. Given that the owner, Mr. Moris Civitico, is also very passionate about music, it is always going to be of the choicest kind. After all is said and done, we can safely and highly recommend this place. It has always been a place for good local Istrian cuisine - all the homemade delicacies dating back hundreds of years - from the homemade pasta varieties (pljukanci, fuži) to sausages and pork loin ("ombolo") with sauerkraut - the winter season classic of local taverns, all the way to tripe and the Istrian "Manestra" (Minestrone, a vegetable and bean soup), as well as stuffed peppers and stews. It is a place with 33 years of family Civitico's ongoing experience in the hospitality industry.*



9.

## RIBARSKA KOLIBA, PULA

### RESTAURANT

VERUDELA 5, 52206 PULA  
 +385 (0)91 6001 269, INFO@RIBARSKAKOLIBA.COM  
 WWW.RIBARSKAKOLIBA.COM

Ribarska koliba na Verudeli jedna je od legendi restoranske scene u Puli. Mjesto je to sa stogodišnjom tradicijom gdje se oduvijek jela dobra riblja hrana. Nekada je na tom mjestu bila poznata oštarija, a danas vrhunski restoran. Ovdje je uvijek na stolu bilo sve svježije iz Jadranskog mora, stoga su Ribarsku kolibu posjećivale mnogobrojne poznate osobe – od političara do slavni iz svijeta glazbe i filma, a ta se tradicija nije izgubila do danas. Ovdje je redovito boravio bivši predsjednik Jugoslavije Tito, koji je obožavao ovo mjesto i posjećivao ga kada je boravio na Brijunima. Njemu u čast i danas postoji sala koja je posvećena upravo njemu. Stogodišnju tradiciju odličnog ribljeg restorana s terasom na obali mora s pogledom na susjednu marinu Veruda te luksuzne jahte i lokalne brodice ovaj restoran i danas njeguje.

*The Ribarska koliba in Verudela is one of the legendary restaurants of Pula. This hundred-year-old restaurant has long preserved its tradition of serving high-quality fresh seafood. It used to be a well-known inn, while today it is a first-class restaurant. It has always been an oasis of fresh seafood from the Adriatic. Unsurprisingly, it has had numerous celebrities as regulars - politicians and celebrities from the music and film industry, back then and to this day. Tito, President of the former Yugoslavia, was also a regular here when he spent time in his Brijuni residence. In his honour, one of the halls of the restaurant is dedicated to him to this day. The centennial tradition and reputation as an exquisite seafood restaurant is cherished to this day. You can enjoy the view of the sea and of the neighbouring Marina Veruda with its luxury yachts and small local crafts.*





10.

## KANTINA, PULA

### RESTAURANT

FLANATIČKA 16, 52206 PULA  
 +385 (0)52 214 054, INFO@KANTINAPULA.COM  
 WWW.KANTINAPULA.COM

U najvibrantnijem dijelu Pule, odmah pokraj gradske tržnice, arhitektonskog čuda od željeza i stakla iz doba Austro-Ugarske Monarhije, svoje je mjesto našao restoran i bar Kantina. Intimno mjesto s terasom i barom na glavnoj žili kucavici grada – Flanatičkoj ulici koja predstavlja najprivlačniju pješačku zonu u gradu. Ovdje možete izabrati mjesto gdje želite objedovati – na terasi s pogledom na gradsku vrevu gdje možete osjetiti pravo bilo grada ili se pak povući u predivno uređenu unutrašnjost restorana u donjoj etaži pod stoljetnim kame-nim svodovima. Tamo će vas dočekati mir, topao ugođaj i pravi dojam starinskih restorana i vinskih podruma. Riječ je, naime, o nekadašnjem podrumu vile obitelji Matijassevich i Koch koja je izgrađena u 19. stoljeću. Nudi tipičnu mediteransku kuhinju i autohtona jela.

*In the most vibrant part of Pula, right next to the Austro-Hungarian architectural masterpiece that is the city market, you'll find your way to the Kantina bar & restaurant. This exceptional place with its bar and terrace is located right in the lifeblood of the city - on Flanatik Street, which is the most attractive pedestrian zone of the city. Here you can pick a spot to dine - whether it be on the terrace with a view that will instantly make you feel the city's pulse, or on the lower level in the beautifully decorated interior with its stone arches. There you'll find peace, a warm atmosphere and gain a true impression of traditional restaurants and old wine cellars. In actual fact, this used to be the cellar of the Matijassevich and Koch family villa, built in the 19th century. It offers local Mediterranean cuisine and traditional dishes.*

11.



## AZRRI, PAZIN

PROIZVOĐAČ MESA ISTARSKOG GOVEDA  
PRODUCER OF THE MEAT OF TRADITIONAL ISTRIAN CATTLE

ULICA PROF. TUGOMILA UJČIĆA 1, 52000 PAZIN  
+385 (0)52 351 570, INFO@AZRRI.HR  
WWW.AZRRI.HR

Agencija za ruralni razvoj Istre je osnovana s ciljem zaštite autohtonih pasmina Istre njihovom gospodarskom valorizacijom, odnosno spašavanje od izumiranja pasmina koje možda i nemaju veliki komercijalni interes no svakako su dio identiteta i tradicije Istarskog poluotoka, što ih čini vrijednima za očuvanje. U svom razvoju laboratoriju AZRRI osim mesa autohtonih pasmina, od kojih se dio prerađuje procesima „maturacije“, proizvode se i trajni suhomesnati proizvodi vrhunske kvalitete. Okusi i mirisi novih proizvoda jedinstveni su i jasno definirani za svaki pojedini proizvod u paleti AZRRI-eve ponude, a povezanost s teritorijem osiguravaju dodaci poput Terana, Malvazije istarske, domaćeg češnjaka, istarskog tartufa... Gospodarska, odnosno gastronomska valorizacija mesa autohtonih pasmina održiv je model gospodarenja zajedno s uzgajivačima Istarskog goveda, magarca i ovce, no pozitivan je model gospodarenja poljoprivrednim prostorom u Istri posebice rubnim šumskim površinama na kojima autohtone pasmine obitavaju.

*The Agency for Rural Development of Istria was founded with the aim of protecting the indigenous animal breeds of Istria through economic valorisation. The agency works to salvage breeds close to extinction that may not have great commercial potential but are certainly part of the identity and tradition of the Istrian peninsula. Besides the fresh meat of autochthonous breeds, some of which is processed by “maturation”, AZRRI also produces high-quality permanent cured meats (salami and sausages). The flavours and fragrances are uniquely and clearly defined for each product in AZRRI’s wide range, with each providing a clear linkage to the territory through additions such as Istrian Teran, Istrian Malvazija, Istrian Garlic, Istrian Truffles ... The economic or gastronomic valorisation of the meat of indigenous breeds is not only a viable management model alongside the breeders of Istrian cattle, donkeys and sheep, but also a positive model of agricultural land management in Istria – especially in the peripheral wooded areas where indigenous breeds live.*





12.

## OPG CHIAVALON, VODNJAN

### PROIZVOĐAČ MASLINOVOG ULJA OLIVE OIL PRODUCER

VLADIMIRA NAZORA 16, 52215 VODNJAN  
+385 (0)52 511 906, VISIT@CHIAVALON.HR  
WWW.CHIAVALON.HR

OPG Chiavalon iz Vodnjana jedan je od najpoznatijih istarskih OPG-a koji se bavi proizvodnjom vrhunskog ekstradjevičanskog ulja. Njihova je priča počela prije 15-tak godina kada su proizvodili oko 200 litara ulja, a potom se porastom interesa za sve kvalitetnija ulja ta proizvodnja proširila. Godišnje ovaj OPG proizvede 16 tona maslinova ulja, 50 tona žitarica i isto toliko krmnih kultura te povrća. Njegovo ulje danas je na policama trgovina delikatesa te u restoranima u Japanu, Tajvanu, SAD-u, diljem Europske unije te u Srbiji i Crnoj Gori, a odnedavno čak i u Kataru. Osim što prodaju svoje ulje u dizajnerskom pakiranju diljem svijeta, njihovu priču možete saznati direktno u njihovoj kantini i degustacijskoj sali. Ondje možete kušati sve što su proizveli uz stručnu pomoć vlasnika Sandija i Tedija Chiavalona.

*The Chiavalon family from Vodnjan owns one of the best-known Istrian family farms. They are producers of extra virgin olive oil of exceptional and internationally acclaimed quality. Their story began some 15 years ago when they produced about 200 litres of oil, but due to the increasing quality of their oil, interest in their products grew, forcing them to expand their production. The annual production rates of this family farm are as follows: 16 tons of olive oil, 50 tons of grains and the same amount of provender and vegetables. Their oil can today be found on store shelves and restaurants in Japan, Taiwan, the USA and throughout the EU, as well as Serbia, Montenegro and, as of late, even Qatar. You can learn more about their olive oil and its custom-made premium packaging live on location (Vodnjan) in their wonderfully designed tasting room, where they'll be happy to share their story. You will also be able to treat your taste buds to all the products they make, as well as get professional assistance from the owners themselves - Sandi and Tedi Chiavalon.*

# ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliu Romagna i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočiti ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlimpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

*It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.*

*The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.*

*This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlimpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.*

*It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.*

## KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženiji teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

## KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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Autor teksta / Text author: Barbara Ban-Komparić

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GASTRONOMY GUIDEBOOK & TOURIST ITINERARY

Lošinj

# GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



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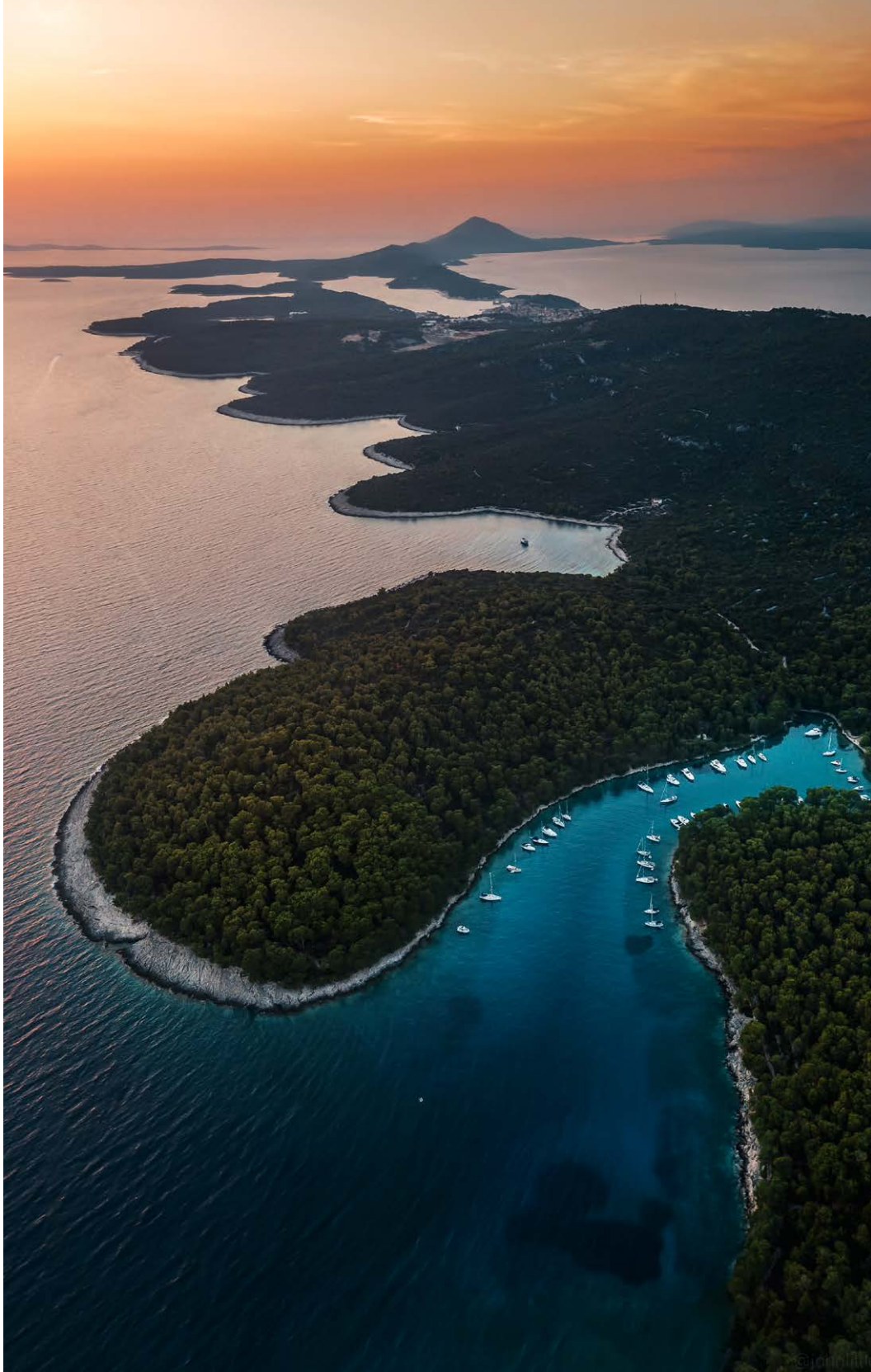
 **Interreg**  
Italy - Croatia  
KeyQ+  
European Regional Development Fund





*dobrodošli na Lošinj*

WELCOME TO LOŠINJ





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KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA  
 REGION OUTLINE MAP



**Projekt KeyQ+**

*Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska*

**Project KeyQ+**

*Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.*

## ABOUT THIS GUIDEBOOK

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# O V O D I Č U

**M**ali Lošinj je uistinu pravi mali hedonistički biser na Jadranu. Kada god dođete na ovaj otok, bilo to ljeti kada vas vuku rajске plaže, ugodna hladovina borovih šuma i kristalno čisto more, zimi kada bura čisti horizonte ili pak u proljeće i jesen kada aromatično bilje posebno miriše, uvijek će vas osvojiti. Krase ga predivne borove šume, sjajne tirkizne uvale, nevjerojatni vidici koji se ukazuju na svakom koraku, dramatična obala, pogled na Velebit i druge susjedne otoke, aromatično i ljekovito bilje te poseban miris u zraku. Baš zato Lošinj se često naziva otokom vitalnosti jer liječi dušu i tijelo. Otok ima uistinu poseban zrak zbog čega su Veli i Mali Lošinj i zakonom proglašeni zimskim klimatskim lječilištima 1892. god. , a i danas je u Velom Lošinj u Lječilište za alergijske bolesti dišnog sustava i kože.

Maleni je to otok, ali je pun tradicije, povijesne ostavštine, baštine i ljudskih priča. Posebno onih mitoloških koje su i zapečatile početke povijesti otočja. Antika je na Lošinj u vidljiva na svakom koraku – u kulturi, pejzažu, gradićima i muzejima. Potrebno je samo malo zagrebat i ispod površine, da bi tragovi te daleke prošlosti izašli na vidjelo. Lošinj se nekada sa Cresom nazivao Apsyrtydes i na taj ćete naziv nabasati puno puta kada dođete na otok.

A da biste uopće došli do Lošinja cestom, morate proći kroz Osor koji je upravo u doba antike bio jedan od najvažnijih gradova na Kvarneru. A i najpopularnija ličnost s Lošinja dolazi baš iz antike. Predivan je to grčki atleta Apoksiomen kojemu su u čast Lošinjani podignuli muzej i pokazali ga javnosti. Apoksiomen se tako zauvijek udomaćio u ovom malom primorskom mjestu nakon što je dva tisućljeća bio na morskome dnu u lošinjском akvatoriju.

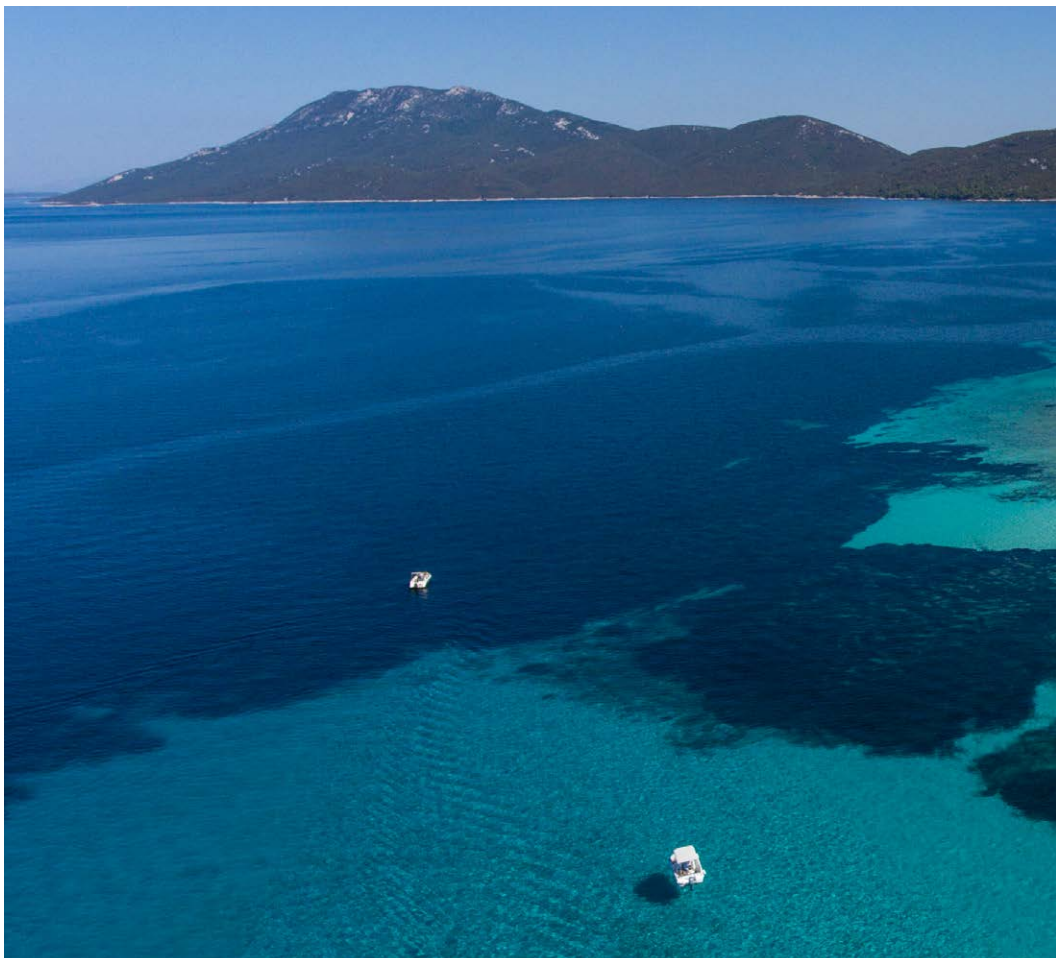
Antika se danas ne vidi samo u kulturnim spomenicima i baštini, ona je i u svakodnevnom životu, posebno u gastronomiji. Nekada su na antičkim grčkim stolovima neizbježne bile masline, med, pilo se vino i jelo puno žitarica te riba. Smokva je bila neizostavna voćka, kao i drugo sušeno voće, grožđe, jabuke i kruške. Koristili su se svi mediteranski začini. I dan danas sve te namirnice čine okosnicu lošinjске tradicionalne otočke kuhinje.

**M**ali Lošinj is a true hedonistic pearl of the Adriatic. No matter when you decide to visit this beautiful island, be it in the summer when you'll be drawn in by the heavenly beaches, the pleasant shade of the pine trees and the crystal clear sea, or in the winter when the northeasterly (the bura, or locally named "bura") wind clears the horizon, or during the springtime and autumn when the aromatic herbs release their mesmerizing scent, you'll be swept off your feet time and again. Characterised by beautiful pine forests, glittering turquoise coves, incredible landscapes popping up at every step of the way, the dramatic seashore, the view of the Velebit mountain range and of other neighbouring islands, the aromatic and medicinal herbs, and their special scent being released into the air. This is the main reason why Lošinj is often dubbed the Island of vitality – because its natural surroundings foster the healing of both body and soul. The truly outstanding air quality earned Veli Lošinj and Mali Lošinj the status of a winter health resort, bestowed upon them by law in 1892. Moreover, Veli Lošinj is to this day a health resort for the treatment of allergic diseases of the respiratory tract and skin.

It's a small island full of tradition, historical heritage and people's tales and anecdotes. Mythological tales in particular sealed the beginnings of the island's history. Remnants of the Ancient world can be seen everywhere in the island of Lošinj - in its culture, landscape, towns and museums. All it takes is a bit of scratching at the surface, for the vestiges of these distant times to emerge. The islands of Lošinj and Cres used to be called Apsyrtydes in ancient times, and this is a name you'll come across many times once you've arrived on the island.

However, to get to Lošinj by road in the first place, you need to drive through Osor, which was in ancient times one of the most important towns in the Kvarner region. The most popular figure of Lošinj also comes from ancient times. It is the statue of a magnificently beautiful Greek athlete that moved the inhabitants of the island to build a museum in its honour to display it to the general public. Thus, this Croatian Apoxyomenos found its forever home in this small seaside town, after having spent two millennia on the seabed in the local waters of Lošinj.

Today, traces of ancient times can be observed not only in the monuments and other cultural heritage, but also in everyday life, and particularly in the island's cuisine. Foods such as olives and honey used to be part and parcel of ancient Greek meals, wine was drunk, and lots of grains and fish were eaten as well. The fig was an indispensable fruit, along with other dried fruit, grapes, apples and pears. All the available Mediterranean condiments were also heavily used. To this day, all these foods make up the backbone of this island's traditional cuisine.



Otok Lošinj dio je cresko-lošinjske otočne skupine koja obuhvaća uz Cres i otoke Unije, Ilovik, Susak i Vele Srakane kao i niz manjih, nenaseljenih otočića. Dugačak je 33 kilometra, a ovdje živi oko 8,2 tisuća stanovnika, i to prije svega u mjestima Osor, Nerezine, Sveti Jakov, Čunski, Artatore, Mali Lošinj i Veli Lošinj.

Ovaj kvarnerski otok predstavlja raj za one koji žele uživati u prekrasnim plažama, suncu i moru, ali i bogatoj povijesti koja seže duboko još u doba antike. Tada se ovo otočje nazivalo zajedničkim imenom Apsyrtydes koje zadire u drevnu mitologiju. Taj su naziv Cres i Lošinj s okolnim otocima dobili po imenu grčkog junaka Apsirta, jednog od protagonista mitološke priče o Argonautima. Naime, Argonauti su na sjevernom Jadranu uspjeli pobjeći upornim prgoniteljima, noseći na lađi argo, odnosno zlatno

runo. Riječ je o blagu koje je Jazon oteo kralju Etu iz mjesta Kolhida, koje se nalazilo na crnomorskoj obali Kavkaza. Ujedno Jazon je oteo i njegovu kćer Medeju, a za njima je u potjeru krenuo njezin brat Apsirt. Sustigao ih je baš kod Osora, a priča kaže da su ga tada Jazon i Medeja na prijevaru ubili, a od dijelova njegovog tijela nastali su Apsirtovi otoci – Apsyrtydes.

Povijest kaže da je Lošinj već davne 167. godine prije Krista bio pod okriljem rimske vlasti, a Osor je, kao najvažnije središte, dobio kozmopolitski karakter. Na prevlaci između Lošinja i Cresa već su Liburni, prvi stanovnici otoka, prokopali umjetni kanal za prolaz brodova čime je Osor dobio stratešku važnost. Tako se skratio dugi, a zbog kvarnerske bure i pogibeljni zaobilazni morski put, pa je osorska luka bila nezaobilazna točka svake plovidbe





# Otok Lošinj

ovim područjem. Osor je u to doba imao sve značajke rimskog grada. Imao je forum, hram, kazalište i druge javne zgrade. Ni nakon pada Zapadnoga Rimskog Carstva ovo mjesto na razmeđu između Cresa i Lošinja nije izgubio na svojoj važnosti.

Međutim, tragova bujnoga života u antičkim vremenima ima na svim točkama otoka. Najbolje o tome svjedoče kilometri suhozidina u pastoralnom krajoliku, u kojemu je ispričan ep o golemom ljudskom trudu kojim je tijekom tisućljeća pripitomljen ovaj krševiti prostor.

Svakako jedna od najznačajnijih ostavština iz tog doba je čarobni Apoksiomen. Antički brončani kip

atleta, koji je visok čak 192 centimetra, izvađen je iz podmorja između otočića Vele Orjule i otoka Lošinja 27. travnja 1999. Pretpostavlja se da je u more dospio početkom 1. stoljeća, kamo su ga tijekom jake nevremena bacili zbog opasnosti od prevrtanja broda ili kao žrtvu bogovima za siguran nastavak putovanja kroz Osorski kanal.

Original kip, koji predstavlja mladog sportaša u trenutku dok čisti strigil, odnosni strugaljku kojom je sa svoga tijela strugao ulje, prašinu i znoj nakon natjecanja, nalazi se u jedinstvenoj arheološko-arhitektonskoj kulturnoj instituciji na našim prostorima – Muzeju Apoksiomena u centru grada Malog Lošinja. Prekrasna antička skulptura postala je u vrlo kratko vrijeme simbol i zaštitni znak otoka.

No tu su i drugi antički ostatci, brojne crkvice, samostani, renesansne zgrade i bazilike. Gotovo se mogu vidjeti na svakom koraku, a tko želio vidjeti bogato kulturno naslijeđe otočja najbolje da se zaputi u palaču Fritzi u Malom Lošinja s kraja 19. stoljeća. Prije nje na tom je prostoru sagrađena prva zgrada općine. Tko želi pak znati nešto više o pomorskoj tradiciji ovog kraja, obavezno mora posjetiti muzejsko-galerijski prostor Kula u Velom Lošinja. Stalni postav predočava slojevitu povijest Lošinja, s posebnim težištem na slavnoj pomorskoj prošlosti kojom se Lošinjani uvijek ponose.

# Island of Lošinj

**T**he island of Lošinj forms a part of the Cres-Lošinj group of islands that, along with Cres, encompasses the islands of Unije, Ilovik, Susak and Vele Srakane, as well as a host of other smaller uninhabited islands. The island is 33 km long and has a population of about 8.2 thousand, primarily inhabiting the following towns and villages: Osor, Nerezine, Sveti Jakov, Čunski, Artatore, Mali Lošinj and Veli Lošinj.

This island in the Kvarner region is a true paradise for those who want to enjoy the crystal clear sea or sunbathe on the beautiful beaches, as well as those who want to learn more about the island's rich history reaching back to ancient times. Back then, this group of islands was jointly referred to as the Apsyrtides, a name strongly reminiscent of ancient Greek mythology. The islands of Cres and Lošinj, along with the group of surrounding islands, got that name after a Greek hero, Apsyrtus – one of the main characters in the Greek mythological story of the Argonauts. The story goes like this: the Argonauts managed to escape their persecutors in the waters of the northern Adriatic, carrying in their crafts the argo, meaning the golden fleece. This was the treasure that Jason had stolen from king Aeëtes from a place called Colchis, situated on the Black Sea shores of the Caucasus. Jason had also



abducted his daughter Medea, which prompted her brother Apsyrtus to go after them. He caught up with them at Osor and the story goes that Jason and Medea went on to kill him by trickery and the parts of Apsyrtus' body were transformed into islands – the Apsyrtides

Historical records tell us that in the year 167 BC, Lošinj found itself under Roman rule and Osor, being the most important hub of the time, gained the status of a cosmopolitan area. The first settlers of the island, the Liburnians, dug a canal for ship transit on the isthmus between Lošinj and Cres, which in turn helped Osor gain strategic importance. Thus the lengthy, circuitous and, due to the Kvarner bora wind, often perilous sea route was shortened, which made the port of Osor into an ineluctable point on this area's ship routes. At the time, Osor possessed all the features of a Roman city. It had a forum, a temple, a theatre and other public buildings. Even after the fall of the Western Roman Empire, this city lost none of its earlier strategic importance.

However, vestiges of the lushness of life in ancient times can also be found in other parts of the island. The lengthy drystone walls in the pastoral landscape bear witness to this fact, as it tells the epic story of the almost superhuman efforts to tame this rocky area throughout the centuries.

Certainly one of the most significant remnants of that time is the splendid Apoxyomenos. This ancient bronze statue of an athlete reaching a height of 192 cm was raised from the seabed in the area between

the small island of Vele Orjule and Lošinj on the 27th of April 1999. It is assumed that ended up on the seabed at the beginning of the 1st century AD, when it was thrown off a ship to prevent it from capsizing, or as a sacrifice to the gods for a continued safe journey through the Osor canal.

The statue portrays a young athlete cleaning his strigil – that is to say, a scraper he used to scrape oil, dust and sweat off of his body after a competition. The original statue can be seen at the Museum of Apoxyomenos in the town centre of Mali Lošinj. This museum is a unique archaeological, architectural and cultural institution in these areas. The beautiful ancient statue has in a very short time become a true symbolic landmark of the island.

Nevertheless, Mali Lošinj also offers a host of other ancient remnants to see, such as numerous small churches, convents, Renaissance buildings and basilicas. These can be seen at almost every step of the way and if you wish to experience the rich cultural heritage of the entire group of islands, you should definitely make your way toward Mali Lošinj's Fritzzy palace, dating back to the end of the 19th century. Before the palace, this area was the grounds of the first municipality building. For those who want to know more about the maritime tradition of these areas, visiting Kula (The Tower), a museum-gallery space located in Veli Lošinj, is an absolute must. This permanent exhibition puts the multifacetedness and richness of Lošinj's history on display, with a particular focus on the glorious maritime past that the locals always like to take pride in.





# LOKALNI PROIZVODI

## *local products*

*fennel*  
KOROMAČ

Ova se biljka naziva još i komorač ili slatki kopar. Uobičajeno raste na Mediteranu u blizini mora. Dvogodišnja je ili trajna biljka ugodnog i slatkog aromatičnog mirisa. Iz odebljalog korijena u prvoj godini izrastu listovi, a u drugoj godini i do dva metra visoka stabljika s listovima i cvjetovima. Stabljika je okrugla, modro-zelene boje i u gornjem dijelu razgranana, a listovi su sastavljeni od mnoštva listića. Pripada porodici štitarki jer su žuti cvjetovi skupljeni u štitaste cvatove. U svakom plodu ima stotinjak sjemenki bogatih eteričnim uljima. Sjemenke su male, aromatične, plosnate i ovalne, sa žutim žljebom i koriste se kao začim. Samoniklo raste uz puteve i kamenita mjesta. Uzgajao se još u antici, a iznimno se cijenio zbog ljekovitog učinka kod bubrenjih i želučanih tegoba te kod očnih bolesti i lošeg vida.

*This herb is locally known under the names "koromač", "komorač" or "slatki kopar". It usually grows on the Mediterranean near the sea. It is a biennial or perennial herb with a pleasant, sweetish and aromatic scent. Small leaves spring up from its thickened root in the first year, while the second year sees an up to two metres tall stalk with fronds and flowers. The stalk is round and somewhat turquoise in colour, branching at the top, and the leaves have many little fronds. It belongs to the Umbelliferae (Apiaceae) family because the yellow flowers are bundled together into umbrella-shaped umbels. Each of its individual seed heads carries hundreds of seeds rich in essential (etheral) oils. The small, aromatic, flat and oval-shaped seeds with a small yellow groove are used as a condiment. It is self-grown and can be found along roads and in rocky places. It's been grown since ancient times and greatly valued for its medicinal properties, especially helpful in the treatment of stomach, kidney and eyesight-related conditions.*









## HONEY

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Antičko doba bilo je presudno kada je riječ o medu. Naime, tada se ljudi počinju aktivnije baviti pčelarstvom kao djelatnošću, a pčele više nisu samo kukci iz divljine koji su se lovili radi meda. Početkom bavljenja pčelarstvom počinju se pisati i prve regule kojima se uređuju međusobni odnosi u pčelarstvu. Slavni intelektualci u to doba također su pisali o ovom slatkom proizvodu koji je i simbol Lošinja. O njemu govori „prvi pčelar“ staroga vijeka Aristotel (384. – 322. godine prije Krista), dok je Hipokrat (460. – 380. godine prije Krista) pisao o uporabi meda u medicinske svrhe. Zanimljivo je da i izraz „medeni mjesec“ potječe iz toga vremena kada su se mladencima tijekom prvog mjeseca njihovog zajedničkog života, obilno davali napitci na bazi meda kako bi puni snage započeli svoj zajednički život i osnovali potomstvo.



## MED

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*The ancient times were of vital importance when it comes to honey. That's when people began more actively engaging in beekeeping and bees themselves began being viewed as more than just wild insects caught for honey. It was in the infancy of beekeeping that the first rules and regulations were put in writing to regulate the mutual relations of all the parties involved in beekeeping. The greatest minds of the time wrote extensively on this sweet product, which is another symbol of Lošinj. Aristotle (384-322 BC), the first "beekeeper" of Antiquity, also wrote on honey, while Hippocrates (460-380 BC) wrote on using honey for medicinal purposes. It's an interesting tidbit that the expression "honeymoon" can be traced back to that time when, during the first month of their married life, newlyweds were given ample amounts of honey-based drinks to invigorate them at the onset of their new roles as marriage partner and parent.*



# sea bass

## BRANCIN

Brancin je nezaobilazna bijela riba koja se može naći na svim tržnicama, ali i gotovo u svakom ribljem restoranu na Jadranu, pa tako i na Lošinj. Robustan je to morski grabežljivac iznimno čvrste građe, te izdužene i elegantne linije tijela. Zbog toga pliva jako brzo, a slovi i kao iznimno inteligentna životinja koju se najčešće može pronaći kako lovi uz obalu.

Zbog svih tih svojstava njeno je bijelo meso iznimno ukusno te se pripremlja na razne načine još od antičkog doba. Bila je i ostala nezaobilazni dio jelovnika, a kao i danas kod pripremanja bi se pretila ekstra djevičanskim maslinovim uljem te raznim aromatičnim biljem. U antici bi se često na nju dodavao i naribani ovčji sir. Danas se brancin jede na razne načine. Mnogi ga vole onako najjednostavnije – na gradelama, a poseban okus ima kada se pripremlja u krupnoj soli.







# Giltthead Bream

## ORADA



Uz brancin orada je jedna od najplemenitijih vrsta jadranske bijele ribe zbog čega se puno priprema i uzgaja na Jadranu. Jako je cijenjena zbog svog slatkastog bijelog mesa, a često se zbog atraktivnog izgleda naziva i kraljicom Jadrana. Hrani se školjkama i rakovima, a najčešće je u blizini obale. Zanimljivo je da svaka orada ima drugačiji oblik lica, baš poput čovjeka. Ribolovci za nju kažu da je borbena riba.

Ova je riba opjevana je još u vrijeme antičke Grčke zbog svojih veličanstvenih kretnji. Već se u to vrijeme spremala na razne načine, pa se tako kuhala, pržila, pekla na roštilju, sušila, solila, čuvala u salamuri ili pak jela sirova. Poznat je i recept po kojem se orada omotala u smokvin list, posolila bi se i začinila suhim origanom, ali bez dodatka ulja. Takav bi se smotljak stavio na žeravicu dok se riba ne bi ispekla.




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*Along with the sea bass, the gilthead bream is one of the most valued food fish species of the Adriatic and it is therefore raised in large quantities and often prepared. It is highly valued for its sweet-tasting white flesh and, due to its appealing physique, it has often been called the queen of the Adriatic. It feeds on shellfish and crustaceans and it can most often be seen near the seashore. It is interesting to note that each gilthead bream comes with a different shaped face, just like humans do. Fishermen say it tends to fight when caught.*

*Due to its gracious and elegant underwater movement, it became the central theme of many an ode in ancient Greece. Back then it was already prepared in many different ways: it was cooked, fried, grilled, dried, salted, brined or eaten raw. A recipe has been discovered where people would wrap the gilthead in a fig leaf, salt it and toss in some dried oregano, without adding any oil. Such a wrap would then be ember baked until the fish was done.*



# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI ANTIKOM - INSPIRED BY THE ANTIQUE

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# CARPACCIO OD BRANCINA S DRESSINGOM OD SLANE RIBE



VRIJEME  
TIME

10 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFICULTY

4/10

## SEA BASS CARPACCIO WITH SALTED FISH DRESSING

### P R I P R E M A

Očistimo brancina, uklonimo kosti i izrežemo na filete.

Napravimo dresing miješanjem limuna, soli, papra, šećera, maslinovog ulja i slanih inćuna. Rukulu uredno posložimo na tanjur, položimo tanko narezani brancin i polijemo dresingom.

METODA  
METHOD

RAW /  
SIROVO

SEZONA  
SEASON

CIJELA GODINA  
WHOLE YEAR

#### SASTOJCI \_ INGREDIENTS

Brancin / Sea bass	400 g
Limun / Lemon	60 g
Maslinovo ulje / Olive oil	60 ml
Rukola / Arugula	20 g
Sol / Salt	6 g
Papar / Pepper	2 g
Šećer / Sugar	6 g
Marinirani i usoljeni inćuni / Marinated salted anchovies	10 g

*Na grčkim gozbama (banketima) vrijedilo je nekoliko pravila. Žlice su se koristile samo za grabljenje umaka iz zdjela, pri jelu su se, umjesto njima, koristili korom kruha ili pogače.*



### P R E P A R A T I O N

Clean the sea bass, remove the bones and cut in fillets. Make a dressing by mixing lemon, salt, pepper, sugar, olive oil and salted anchovies. Arrange the arugula nicely on a plate, top with sea bass cut into thin slices, and drizzle with dressing.

*Festivals in Ancient Greece followed certain rules. Spoons were used only to take sauces from the serving dishes and a flat round of bread or a hard bread crust was used as a plate.*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI ANTIKOM - INSPIRED BY THE ANTIQUE

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# K R E M   J U H A   O D   K O R O M A Č A



VRIJEME  
TIME

30 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFICULTY

4 / 10

## FENNEL CREAM SOUP

### P R I P R E M A

METODA  
METHOD

KUHANJE  
/ COOK

SEZONA  
SEASON

CIJELA GODINA  
WHOLE YEAR

#### SASTOJCI \_ INGREDIENTS

Luk / Onion	80 g
Celer / Celery	40 g
Koromač / Fennel	400 g
Brašno / Cake flour	25 g
Sol / Salt	1 g
Papar / Pepper	120 g
Maslinovo ulje / Olive oil	3 jušne žlice / 3 tbsp

Narežemo povrće na kockice. Ulijemo maslinovo ulje u zdjelu i lagano miješamo dodajući brašno u ulje.

Dodajemo povrće i nastavimo kuhati. Začinimo paprom i soli.

Kada se povrće skuha, juhu miješamo dok ne postane glatka i poslužimo sa svježim lišćem koromača i maslinovim uljem.

*Hipokrat, otac medicine i liječnik koji je utemeljio medicinsku etiku, savjetovao je: „Neka hrana bude tvoj lijek, a lijek neka bude tvoja hrana.“*



### P R E P A R A T I O N

Cut vegetables in cubes. Pour in the olive oil in a bowl and stir slowly combining the flour into the oil. Add vegetables and continue cooking. Season with salt and pepper. When the vegetables are cooked, blend the soup until smooth and serve it with fresh fennel leaves and olive oil.

*Hippocrates, the father of medicine and the physician who established the principles of medical ethics, had a famous saying: 'Let food be thy medicine and medicine be thy food.'*

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI ANTIKOM - INSPIRED BY THE ANTIQUE

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# FILE ORADE S RIBANIM SIROM NA ORZOTU OD BROSKVE



VRIJEME  
TIME  
30  
MIN



PORCIJA  
SERVES  
4



TEŽINA  
DIFICULTY  
4/10

## FILLET OF GILTHEAD BREAM WITH GRATED CHEESE ON A BED OF ORZOTTO WITH KALE

### P R I P R E M A

#### METODA METHOD

KUHANJE  
/ COOK

#### SEZONA SEASON

CIJELA GODINA  
WHOLE YEAR

#### SASTOJCI \_ INGREDIENTS

Orada / Gilthead bream	2 kg
Tvrđi sir / Hard cheese	200 g
Broskva (kelj) / Kale	800 g
Ječam / Barley (orzo)	400 g
Crveni luk / Purple onion	1 kom / 1 pcs
Maslinovo ulje / Olive oil	
Sol / Salt	
Papar / Pepper	

Ribu izrežemo na filete, posipamo naribanim sirom i pržimo na maslinovom ulju s obje strane dok ne bude gotovo.

Poslužimo uz kelj (broskvu).

Kuhamo ječam, bijeli kelj (broskvu), pržimo luk na maslinovom ulju i dodajemo kelj i ječam. Posolimo po želji i dobro promiješamo.

Poslužimo uz ribu s ribanim sirom.

*Već je kod starih Grka postojalo pravilo da riba mora tri puta plivati: u vodi, u ulju i, konačno – u vinu.*



### P R E P A R A T I O N

Cut the fish into fillets, sprinkle with grated cheese and fry in olive oil on both sides until done. Serve on a bed of orzotto with kale.

Cook barley, blanch kale, fry onion in olive oil and add kale and barley, add salt to taste and mix well. Serve with fish with cheese shavings.

*The Ancient Greeks had a rule that fish must swim three times – once in the sea, once in olive oil, and once in wine.*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI ANTIKOM - INSPIRED BY THE ANTIQUE

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# ANTIČKI KOLAČ OD JABUKA, MEDA I BADEMA



VRIJEME  
TIME

90 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFICULTY

6/10

## ANTIQUE APPLE, HONEY AND ALMOND CAKE

### P R I P R E M A

METODA  
METHOD

PEČENJE /  
BAKING

SEZONA  
SEASON

JESEN - ZIMA  
FALL - WINTER

#### SASTOJCI \_ INGREDIENTS

Jabuke / Apples	2 kg
Vučenog tijesto za pite / Pie crust	500 g
Med / Honey	1 kg
Rezani oblanširani bademi / Cut and blanched almonds	200 g
Cimet/ Cinnamon	
Maslac / Butter	

Jabuke očistimo, narežemo na tanke šnitice te dodamo malo cimeta.

Slažemo red jabuka, dva reda tijesta dok se sve ne potroši pa prelijemo s rastopljenim maslacem i pečemo 30 minuta na 180°C.

Kada je gotovo prelijemo toplim medom i pospemo rezanim bademima. Ohladimo i narežemo.

*Rimljanin Apicije ušao je u legendu kao najveći sladokusac svih vremena. Uložio je ogromno bogatstvo u svoju prehranu i, kada je shvatio da mu je ostalo još samo 10 milijuna sestercija, odlučio se otrovati jer nije bio spreman nastaviti živjeti bez luksuza.*



### P R E P A R A T I O N

Peel the apples and cut into thin slices, add some cinnamon and put apples on top of dough making a layered pie and when done spread melted butter on top.

Bake for 30 minutes at 180°C. After the pie is done lace with warm honey and sprinkle with almond slices.

Serve cold and sliced.

*Apicius was a Roman legend and is considered the greatest gourmet of all time. He spent a fortune on food and after he had only 10 million sestertii left Apicius decided to poison himself, rather than to continue living in poverty.*





# PUT KULTURE I GASTRONOMIJE

## *Culture And Gastronomy Path*

TURISTIČKI ITINERAR \_ TOURIST ITINERARY

TOČKE INTERESA \_ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE \_  
HISTORICAL & CULTURAL HOTSPOTS:

1. **MUZEJ APOKSIOMENA\_ THE MUSEUM OF APOXYOMENOS**
2. TEMATSKI VIDIKOVAC PROVIDENCA\_ *PROVIDENCA THEMED VIEW-POINT*
3. PLAVI SVIJET - INSTITUT ZA ISTRAŽIVANJE I ZAŠTITU MORA\_ *THE BLUE WORLD INSTITUTE OF MARINE RESEARCH AND CONSERVATION*
4. PALAČA FRITZI\_ *THE FRITZY PALACE*
5. ARHEOLOŠKA ZBIRKA OSORA\_ *THE ARCHAEOLOGICAL COLLECTION OF OSOR*
6. MUZEJSKO GALERIJSKI PROSTOR KULA\_ *THE MUSEUM-GALLERY SPACE IN THE TOWER (KULA)*

RESTORANI \_ RESTAURANTS:

7. VELI ŽAL, MALI LOŠINJ
8. BORA BAR TRATTORIA & TARTUFERIA, VELI LOŠINJ
9. ARTATORE, MALI LOŠINJ
10. RESTORAN ZA KANTUNI, MALI LOŠINJ

PROIZVOĐAČI \_ FOOD PRODUCERS:

11. MIOMIRISNI OTOČKI VRT - LJEKOVITO BILJE\_ *MEDICINAL HERBS*
12. OPG NIVES NOVAK-JERNEIĆ - MED I MASLINOVO ULJE\_ *HONEY AND OLIVE OIL*

KEYQ+  
POINT

1.



## MUZEJ APOKSIOMENA

### THE MUSEUM OF APOXYOMENOS

RIVA LOŠINJSKIH KAPETANA 13, MALI LOŠINJ  
385 (0)51 734 260, INFO@MUZEJAPOKSIOMENA.HR  
WWW.MUZEJAPOKSIOMENA.HR

Muzej Apoksiomena jedinstvena je arheološko-arhitektonska kulturna institucija na našim prostorima, u cijelosti posvećena jednom eksponatu – brončanom kipu mladog atleta Apoksiomena. Apoksiomen je 1999. izvađen iz mora na čijem je dnu boravio gotovo dva tisućljeća.

Muzej na originalan način priča priču o sportašu savršenih tjelesnih proporcija, umjetničkom djelu koje impresionira svojom cjelovitošću i ljepotom izvedbe. Brončani grčki kip datiran je u 2. ili 1. st pr. Kr., a njegovo ime dolazi od grčkog naziva za prikaz atleta koji se čisti od ulja, znoja i pijeska nakon vježbanja ili natjecanja. Muzej je otvoren 2016. godine u palači Kvarner u samom centru Malog Lošinja. Apoksiomenova svestremska ljepota, njegova neobična i misteriozna priča te osebujan muzejski postav još nikoga nisu ostavili ravnodušnim.

*This museum is a unique archaeological and architectural cultural institution in these areas, entirely dedicated to a single exhibit - the bronze statue of a young athlete called Apoxyomenos. It lay on the seabed for almost two millennia, to finally be recovered in 1999.*

*The museum managed to find a completely new and fresh way of telling the story of a perfectly proportioned athlete through a work of art whose beauty and precise execution never cease to amaze the spectator. The bronze Greek statue has been dated to the 2nd or 1st century B C, and he owes his name to the Greek representation of an athlete cleaning himself of oil, sweat and dust after exercise or a competition. The Museum was opened in 2016 in the Kvarner palace, situated in the town centre of Mali Lošinj. The timeless beauty of the statue, the unusual and mysterious story related to it and the distinct museum exhibit never fail to amaze visitors.*



2.

## TEMATSKI VIDIKOVAC PROVIDENCA

### PROVIDENCA THEMED VIEWPOINT

UMPILJAK, MALI LOŠINJ

385 (0) 99 599 1699, [INFO@LOSINJ-PROVIDENCA.COM](mailto:INFO@LOSINJ-PROVIDENCA.COM)

[WWW.LOSINJ-PROVIDENZA.COM](http://WWW.LOSINJ-PROVIDENZA.COM)

Tematski vidikovac Providenca ponad Malog Lošinja jedno je od najljepših i najdojmljivijih mjesta na otoku od kuda puca nevjerojatan pogled na ljepote otočja. Ovo meditativno mjesto na brdu Umpiljak pružit će svakom posjetitelju da na najbolji mogući način doživi lošinjski suton.

Atrakcija objedinjuje poučnu stazu Apsyrtides dugačku 300 metara, koja je dobila naziv po starom antičkom imenu za cresko-lošinjsko otočje, i bar na vrhu brda s lokalnim delicijama i osvježavajućim napicima. Na laganoj poučnoj stazi nalazi se 28 interpretacijskih ploča s fotografijama i tekstom te prikazuju svaki otok. Kada stignete na sam vrh staze čeka vas posebna nagrada. Tu je smješteno 18 ručno izrađenih stolova s klupama koji nose nazive poznatih lošinjskih brodova koji su u 19. stoljeću izgrađeni u ovdašnjim brodogradilištima.

*The Providenca themed viewpoint above Malo Lošinj is one of the most beautiful and most impressive places on the island where you can enjoy an incredible view of all the beauties of the islands. This point of peace and meditation, located on mount Umpiljak, will help each visitor to Lošinj experience an everyday event such as a sunset in a most memorable fashion.*

*This attraction includes the 300-metre Apsyrtides didactic path, named after the ancient name of the Cres-Lošinj group of islands, with a bar at the top of the hill, serving local delicacies and refreshing drinks. This easy didactic path features 28 information boards with pictures and accompanying text presenting each island of the group. Once you've reached the top of the path, you'll notice that a special reward awaits you. Here you'll find 18 hand-crafted tables and benches carrying the names of famous ships that were built in well-known local shipyards in the 19th century.*



3.

## PLAVI SVIJET - INSTITUT ZA ISTRAŽIVANJE I ZAŠTITU MORA

THE BLUE WORLD INSTITUTE OF MARINE RESEARCH AND CONSERVATION

KAŠTEL 24, VELI LOŠINJ

+385 (0) 51 604 666, [INFO@PLAVI-SVIJET.ORG](mailto:INFO@PLAVI-SVIJET.ORG)

[WWW.PLAVI-SVIJET.ORG](http://WWW.PLAVI-SVIJET.ORG)

Institut Plavi svijet sa sjedištem u Velom Lošinj u osnovan je radi istraživanja i zaštite mora te organizama koji u njemu žive, ali i zbog edukacije o potrebi očuvanja morskog ekosustava i ugroženih morskih vrsta. Nalazi se u Lošinjskom edukacijskom centru o moru na rivi u Velom Lošinj, a u neposrednoj blizini je i ured istraživača te istraživački brod. Mjesto je to gdje se okupljaju znanstvenici i istraživači, ali i svi oni koji vole more i žele o njemu nešto više znati. Posebno je zanimljiv njihov program "Usvajanja dupina" kojim se podržava Jadranski projekt dupin, najduži znanstveno-istraživački projekt u regiji. Svatko može usvojiti dupina, dovoljno je da posjeti Institut, a može to napraviti i putem online prijave. Svi posjetitelji kao trajnu uspomenu dobivaju fotografiju dupina čijoj su zaštiti na ovaj način potpomogli.

*The Blue World Institute, based in Veli Lošinj, was founded for the purpose of researching and conservation of the sea and the creatures inhabiting it, but also for educational purposes, particularly on the necessity of the conservation of marine ecosystems and endangered marine species. The Institute is located in the Lošinj Maritime Education Centre, at the waterfront of Veli Lošinj and the office of the researchers and the survey vessel are also nearby. It is a place of meeting for scientists and researchers, but also for all those who love the sea and who want to learn more about it. Their "Adopt a dolphin" programme is particularly interesting. The programme's reason for being is to support the Adriatic Dolphin Project - the longest-running scientific research project in the region. Everyone can adopt a dolphin. All you have to do is pay a visit to the Institute or simply do it via an online application form. All adopters receive a photo of the individual dolphin they helped save in this manner.*





4.

## PALAČA FRITZI

### THE FRITZY PALACE

V. GORTANA 35, MALI LOŠINJ  
 +385 (0) 51 233 614, [INFO@MUZEJ.APOKSIOMENA.HR](mailto:INFO@MUZEJ.APOKSIOMENA.HR)  
[WWW.MUZEJ.LOSINJ.HR](http://WWW.MUZEJ.LOSINJ.HR)

Mali Lošinj svoju bogatu i veliku kulturnu baštinu čuva u povijesnoj palači Fritzi u Malom Lošinj. Od 2007. godine u njoj je naime smješten Lošinski muzej. Ime je dobila po Pension Fritzi koji je ondje poslovao početkom 20. stoljeća. Riječ je o zgradi s kraja 19. stoljeća koja je nastala na mjestu zgrada prve gradske uprave – Municipio. Zgrada je temeljito pregrađena i preuređena u historicističku palaču s prepoznatljivim nizom četverolisnih prozora na glavnom pročelju. Zanimljivo je da su tada lošinski obrtnici na prvom katu uredili reprezentativnu Veliku dvoranu s galerijom, na čijoj su ogradi izrezbareni simboli pojedinih obrta. U palači Fritzi izložene su dvije najznačajnije zbirke iz Umjetničkih zbirki Maloga Lošinja - Zbirka starih majstora Piperata i Zbirka hrvatskih majstora Andra Vida Mihičić.

*The island's rich cultural heritage is kept safe at the Fritzy palace in Mali Lošinj. Since 2007, it has been home to the Lošinj Museum. It owes its name to the Fritzy guest house, which was operating here at the beginning of the 20th century. The building itself dates back to the 19th century and it was erected on the grounds of a complex of buildings that formed the first municipal administration - the Municipio. The building was thoroughly reconstructed and redecorated into a historicistic palace, with its signature array of quatrefoil windows on the main facade. It's interesting to note that the craftsmen of that time arranged the Great Hall with a gallery whose fence was carved with the emblems of each individual craft. The two most significant collections from the Art Collections of Mali Lošinj have been displayed in the Fritzy Palace – The Piperata Collection of Old Masters and the Collection of Croatian Masters of Andro Vid Mihičić.*



5.

## ARHEOLOŠKA ZBIRKA OSORA

THE ARCHAEOLOGICAL COLLECTION OF OSOR

GRAD OSOR, GRADSKA VIJEĆNICA OSOR  
 +385 51 237 346, INFO@MUZEJ.APOKSIOMENA.HR  
 WWW.MUZEJ.LOSINJ.HR

Napuštajući otok Cres stižete do malog gradića Osora, jednog od najspecifičnijih hrvatskih mjestašaca koji spaja na neki način dva otoka – Lošinj i Cres. Pokretni most na kanalu koji razdvaja dva otoka simbol je tog mjesta koji je zapravo muzej na otvorenome u kojemu su umjetnici svih epoha ostavili svoj trag. U ovom gradiću, koji označava vaš dolazak na otok Mali Lošinj, moći ćete vidjeti puno toga - od dijela suvremenog hrvatskog kipara Ivana Meštrovića do ostataka antičkih zidina, utvrda, prve ranokršćanske bazilike. Slobodno se može reći da je ovo svojevrsni grad-muzej čiji vrtovi i parkovi kriju tragove antičkih vila, renesansnih portala i samostana. Gradić koji je u isto vrijeme i povijest i muzej, ljeti postaje jedinstveni scenski prostor bogat kulturnim događanjima među kojima se ističu Osorske glazbene večeri.

*Having left the island of Cres, you arrive at the town of Osor, one of the most charming small Croatian towns that, in a sense, serves as a connection between the two islands - Lošinj and Cres. The swing bridge over the canal separating the two islands is a symbol of the town. The town itself is basically an open-air museum where artists from all ages have left their mark. In this town, which marks your arrival on the island of Mali Lošinj, you'll be able to see lots of things - from the works of art of the Croatian modern sculptor Ivan Meštrović to the remnants of ancient walls, forts and the first Early Christian basilica. It is safe to say that Osor is a kind of museum-town, with its gardens and parks harbouring vestiges of ancient villas, Renaissance portals and convents. During the summer, this historical museum-town transforms into a one of a kind scene rich in cultural events. The most prominent of them has to be the Osor Musical Evenings.*



6.

## MUZEJSKO GALERIJSKI PROSTOR KULA

### THE MUSEUM-GALLERY SPACE IN THE TOWER (KULA)

KAŠTEL BB, VELI LOŠINJ  
 +385 51 236 594, INFO@MUZEJAPOKSIOMENA.HR  
 WWW.MUZEJ.LOSINJ.HR

Muzejsko galerijski prostor Kula u Velom Lošinju, koji je dio Muzeja Lošinja, svjedoči o pomorskoj tradiciji otoka. Ovaj zanimljiv muzej smješten je u samostojećoj kuli iz 15. stoljeća koja je stoljećima štitila stanovnike Velog Lošinja od napada gusara i pljačkaša. Stalni postav ima zadaću predočiti slojevitú povijest Lošinja, od nalaza Apoksiomena kome je posvećeno prizemlje kule, pa sve do povijesti Velog Lošinja od prapovijesti do 20. stoljeća na prvom katu. Tu se mogu vidjeti amfore pronađene u podmorju otoka Ilovika te tursko i austrijsko oružje iz 18. i 19. stoljeća. Drugi i treći kat posvećeni su pomorstvu koje je oblikovalo povijest mjesta i otoka u zadnjih 500 godina. Zato se ovdje mogu vidjeti makete jedrenjaka, brodska oprema, navigacijski instrumenti, ali i portreti uglednih lošinjskih kapetana.

*The Kula museum-gallery space, which forms a part of the Lošinj Museum, is a testimony to the island's glorious maritime tradition. This interesting museum is situated in a free-standing tower from the 15th century, which was there to protect the inhabitants of Veli Lošinj from pirate raids in centuries past. The permanent exhibition is there to display the nuanced history of Lošinj: from the finding of the statue of Apoxyomenos (the ground floor of the tower), to the island's history spanning from pre-historic times to the 20th century (the first floor). The amphorae found on the seabed of the island of Ilovik can also be seen here, as well as Turkish and Austrian weapons dating back to the 18th and 19th centuries. The second and third floors are dedicated to the maritime tradition, which helped shape the island's and the town's history in the last 500 years. Scale models of sailing ships, along with some ship equipment and navigational instruments, as well as portraits of Lošinj's most renowned ship captains can be seen here.*





7.

## VELI ŽAL, MALI LOŠINJ

### RESTAURANT

SUNČANA UVALA 3, 51550 MALI LOŠINJ  
 +385 (0)51 667 260, VELI.ZAL@JADRANKA.HR  
[WWW.LOSINJ-HOTELS.COM/HR/RESTORANI/RESTORAN-I-CAFFE-BAR-VELI-ZAL/](http://WWW.LOSINJ-HOTELS.COM/HR/RESTORANI/RESTORAN-I-CAFFE-BAR-VELI-ZAL/)

Svojom dugogodišnjom tradicijom i iskustvom restoran Veli Žal ponad predivne Sunčane uvale u Malom Lošinj u nudi specijalitete za prave gurmane i istinske sladokusce. Svatko će ovdje pronaći nešto za sebe, a ono po čemu se posebno ističu su tipični otočni specijaliteti specifični za klasične restorane koji drže do svog imidža. Poznato je da je Veli Žal atraktivno mjesto gdje se dolazi uživati u tradicionalnim otočnim jelima poput creske janjetine, jelima od plemenite jadranske ribe i rakova, kvarnerskom škampu, domaćim raviolima sa skutom i šparogama, ali i slasnom bifteku od boškarina. Ovdje se mogu kušati i raznovrsna jela ispod peke, ali i s otvorenog roštilja na drveni ugljen ili s pak ražnja. Restoran s predivnom terasom ima i bogatu vinsku kartu s više od pedeset etiketa vrhunskih vina iz svih dijelova Hrvatske.

*Its long-standing tradition and extensive experience enable the Veli Žal restaurant, situated just above Sunčana uvala (Sun valley) in Mali Lošinj to offer true gourmet specialities and sweet desserts. Everyone will find something to their taste here and what makes this place stand out are the typical island specialities specific to restaurants that want to maintain their reputation. It is a known fact that Veli Žal is an attractive locality where people come to enjoy traditional island dishes, such as the Cres lamb, quality Adriatic fish and seafood, the Kvarner shrimps (scampi), homemade ravioli with cheese curds and asparagus, as well as the delicious Istrian Boškarin beefsteak. Here you can taste various dishes baked under the lid (peka), on a charcoal grill, or spit-roasted dishes. It's a restaurant with a beautiful terrace and a rich wine list, featuring more than fifty superior quality wine brands coming from all parts of Croatia.*





8.

## BORA BAR TRATTORIA & TARTUFERIA, VELI LOŠINJ

### TAVERN

ROVENSKA 3, 51551 VELI LOŠINJ  
 +385 (0)51 867 544, [BALENOVICMAJA@HOTMAIL.COM](mailto:BALENOVICMAJA@HOTMAIL.COM)  
[WWW.BORABAR.NET](http://WWW.BORABAR.NET)

Ako tražite pravu istarsku tradicionalnu konobu s domaćim ugođajem, onda je konoba Vodnjanka u srcu Pule pravi izbor za vas. Riječ je o maloj obiteljskoj konobi koja je otvorena cijele godine i omiljeno je mjesto u koje zalaze „lokalci“ na užinu i ručak. Lokal ima dušu i čim u njega kročite, osjećat ćete se kao kod kuće. Budući da je vlasnik lokala Moris Civitico i velik zaljubljenik u glazbu, ona je ovdje pomno birana. Dovoljno za toplu preporuku. Ovdje se oduvijek dobro jela domaća istarska hrana – sve ono što se inače sprema u okrilju obitelji i to stotinama godina – od domaće tjestenine kao što su pljukanci i fuži, do kobasica i ombola s kiselim kupusom, zimskim klasikom na jelovniku domaćih konoba, pa sve do tripica i istarske maneštre, ali i punjenih paprika te gulaša. Mjesto je to koje obitelj Civitico drži već 33 godine.

*Bora Bar trattoria & Tartuferia is situated on the peaceful and quiet waterfront of Veli Lošinj. It is located right next to the seaside, which is why it is considered one of the restaurants with the best view on the island. Nestled in the midst of an old seaside town, it is looking towards the sea and the Velebit mountain range. At first sight, many will say it's just a bar by the sea, but there's so much more to the Bora bar, with its truly impressive food choices on offer. What makes them stand out are the various Istrian truffle-based meals, served in accordance with all the Rules of Professional Conduct - fresh and finely grated. The fresh homemade pasta served here will be taken note of and greatly appreciated and commended by virtually anyone visiting this place. The daily fresh desserts are also worthy of an honourable mention. They also have a wide range of homemade craft beers, renowned gin, rum and whiskey brands, as well as local wine brands. The relaxing and cosy atmosphere will most assuredly win everyone over, and on top of that, pets are allowed as well.*



9.

## ARTATORE, MALI LOŠINJ

### RESTAURANT

ARTATORE 132, 51550 MALI LOSINJ  
 +385 (0)51 232 932, INFO@RESTAURANT-ARTATORE.HR  
 WWW.RESTAURANT-ARTATORE.HR

Restoran Artatore smješten je u istoimenoj uvali sedam kilometara od Malog Lošinja. Uvala je prikladna za nautičare jer nudi odličan zaklon od bure, ima prekrasnu prirodnu plažu okruženu borovom šumom i mediteranskim biljem. Ovaj se restoran ponosi svojom bogatom tradicijom. Otvoren je još 1972. godine, a od tada se sva jela temelje na obiteljskim receptima. Nude tipičnu mediteransku kuhinju obogaćenu isključivo namirnicama s otoka. Za ovaj se restoran slobodno može reći da njeguje tradiciju i staru školu ugostiteljstva. Tako ovdje možete kušati klasična jela Lošinja – od slasne otočke janjetine „pod teću“ koju svi preporučaju, do juhe od kvarnerskog škampa, ali i tjestenine s jastogom koji će vam sigurno ostati u sjećanju. Kada govorimo o desertima, u Artatoreu se uvijek na kraju naručuje čokoladni kolač od smokava.

*The Artatore restaurant is located in the eponymous cove, 7 km away from Mali Lošinj. The cove is also suitable for yachts because it serves as an excellent shelter from the wind, it is coupled with a beautiful natural beach surrounded by a pine forest and Mediterranean herbs. This restaurant prides itself on its rich tradition. It was opened in 1972 and since then, all their dishes have been based on family recipes. They offer typical Mediterranean cuisine, enhanced exclusively by local ingredients from the island. It is safe to say that this restaurant cherishes traditional values and an old-school approach to hospitality. The following classics of Lošinj cuisine can be tasted here: the delicious Lošinj “pod teću” lamb, recommended by everyone, the Kvarner shrimp soup, pasta with lobster, all of which will most assuredly remain a memorable experience for you. To wrap things up, the signature dessert of the Artatore restaurant must be the notorious chocolate cake with figs. Don't leave without giving this a try.*



10.

## RESTORAN ZA KANTUNI, MALI LOŠINJ

### RESTAURANT

VLADIMIRA GORTANA 25, 51550 MALI LOŠINJ  
 +385 (0)51 231 840, RESTORAN@LOSINIA.HR  
 WWW.LOSINIA.HR

Nedaleko muzeja Apoksiomena te malološinjske rive nalazi se šarmantni restoran Za Kantuni na čijem je mjestu početkom 20. stoljeća radio je hotel “Dreher Bierhalle”. U sklopu hotela nalazio se restoran s vrtom terasom u kojem se točilo vrhunsko pivo te je bilo poznato po velikom izboru vina. Danas se u ovom restoranu mogu kušati jela autohtone lošinjske kuhinje, koja se baziraju na starim otočkim receptima, a koncipirana u skladu s modernom gastronomijom i kulinarnstvom. Svježa morska riba, škampi i lignje na razne načine, školjke, janjetina pod pekom specijaliteti su ovih otoka. Ovdje možete kušati i brojne rakije i likera s područja Kvarnera, ali i lokalna vina. Ujedno, restoran Za Kantuni nosi oznaku kvalitete “Kvarner Food” koja se dodjeljuje za promicanje tradicije kulinarnstva i gastronomije Kvarnera.

*This charming restaurant is situated near the Museum of Apoxyomenos and the waterfront of Lošinj. At the beginning of the 20th century, its place was occupied by the “Dreher Bierhalle” hotel. Within the hotel was a restaurant with a garden terrace, offering superior quality beer and a wide variety of wine brands to choose from. By paying a visit to this restaurant today, you’ll be able to treat your palate to a blend of the many delicacies of the island’s local cuisine based on their old historic recipes, as well as the modern-day gastronomic wonders of Lošinj. The specialities of these islands are represented by fresh sea fish, shrimps and calamari prepared in a variety of ways, shellfish, and the island’s acclaimed lamb baked under a lid. You can also try out different local wines, as well as a variety of brandies (locally known as “rakija”) and liqueurs from the Kvarner region. Moreover, the Za Kantuni restaurant has been awarded the “Kvarner Food” Quality Label, which it received for actively promoting the region of Kvarner’s culinary and gastronomic traditions.*





11.

## MIOMIRISNI OTOČKI VRT, MALI LOŠINJ

PROIZVOĐAČ: LJEKOVITO BILJE  
PRODUCER: MEDICINAL HERBS

BUKOVICA 6, MALI LOŠINJ

+385 (0) 98 326 519, INFO@MIOMIRISNI-VRT.HR

WWW.MIOMIRISNI-VRT.HR

Miomirisni otočki vrt svojevrsni je rasadnik otočnog ljekovitog bilja u Malom Lošinju. U ovom šarmantnom vrtu raste više od 250 vrsta samoniklog mirisnog bilja koje oplemenjuje lošinjsko-cresko otočje poput kadulje, smilja, aloe i lavande. Među njima je i stotinu autohtonih biljnih vrsta. Vrtna biljna staništa uokviruju kameni suhozidi – gromače, a iz vrta se pruža prekrasan pogled na najljepše lošinjske uvale pa sve do planine Velebit. Ovdje u pratnji stručnog vodiča možete obići vrt i čuti sve informacije o autohtonom bilju. Ujedno tu je smještena i suvenirnica s proizvodima od aromatičnog i ljekovitog bilja. Dio rukotvorina već je stekao zaštićeni naziv "Hrvatski otočki proizvod", a većina ima potvrdu "Izvorni lošinjski suvenir". U večernjim satima posjetitelji mogu kušati domaće prehrambene proizvode.

*The Fragrant Garden of Mali Lošinj is a sort of a nursery-garden of the island's medicinal herbs. This garden features more than 250 varieties of self-growing herbs that can be found in the Cres-Lošinj group of islands, such as sage, immortelles, aloe and lavender. These varieties include over a hundred of the local herb varieties. The herb habitats are nicely framed by drystone walls and the view from the garden spans from the most beautiful of Lošinj's coves all the way to the magnificent Velebit mountain range. With the assistance of an expert guide, you can take a tour of the garden and learn some new information on the local herbs. You'll also come across a gift shop offering products made out of the local fragrant and medicinal herbs. Some of the hand-made artefacts can already boast of having received the "Croatian Island Product" approval label and many of them already carry the "Original Lošinj souvenir" label. In the evenings, visitors are invited to have a taste of the local homemade food products.*





12.

## OPG NIVES NOVAK-JERNEIĆ, ĆUNSKI PROIZVOĐAČ MEDA I MASLINOVOG ULJA HONEY AND OLIVE OIL PRODUCER

LOŠINJSKIH BRODOGRADITELJA 35, MALI LOŠINJ  
+385 (0) 91 2537273, NIVESNOVAKJERNEIC@GMAIL.COM

Brojne zlatne nagrade, medalje i diplome išle su u ruke vrijedne pčelarice i maslinarke Nives Novak-Jerneić iz mjesta Ćunski koja je nastavila otočku tradiciju pčelarstva i maslinarstva. Posebno je cijenjen njezin med od kadulje za koji se slobodno može reći da ima svojstva lijeka. Naime, ovaj med ima snažno antiseptičko, umirujuće i antivirusno djelovanje. Posebno je dobar za bolesti dišnih organa kao što je bronhitis i suhi kašalj. Osim što se bavi pčelarstvom, ovo obiteljsko poljoprivredno gospodarstvo uzgaja i masline tako da se na njihovom kućnom pragu mogu kupiti otočki med, pčelinji proizvodi, maslinovo ulje te razni proizvodi od maslina. Isto tako, svi zainteresirani u njihovoj pratnji mogu uživati u šetnji kroz maslinik i maleni voćnjak. Maslinik se nalazi uz cestu koja vodi prema aerodromu.

*Numerous first place awards and gold medals have found their way into the hands of Mrs. Nives Novak-Jerneić, a hard-working beekeeper and olive grove keeper from the Ćunski village, who put a lot of effort into keeping the island's beekeeping and olive grove tradition alive. Worth mentioning is her highly valued and acclaimed sage honey, of which it is safe to say that it has medicinal properties. It acts as a powerful antiseptic, calming and antiviral agent. It is particularly beneficial in treating respiratory tract diseases, such as bronchitis and dry cough. Besides beekeeping, this family farm owns an olive grove, so you can pay them a visit and buy some of the island's finest honey, other bee products, olive oil and other olive-based products. Moreover, if you are interested, feel free to ask a member of the family for a guided tour of their olive grove and small orchard. The olive grove can be seen along the road leading up to the airport.*

# ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliju Romagnu i Friuli Venezijsku Giuliju. Proučavajući i obilazeći ovaj itinerar, uočiti ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlimpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

*It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.*

*The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.*

*This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlimpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.*

*It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.*

## KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženiji teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

## KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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Autor teksta / Text author: Barbara Ban-Komparić

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GASTRONOMY GUIDEBOOK & TOURIST ITINERARY  
*Friuli  
Venezia  
Giulia*

# GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



HR\_EN

 **Interreg**  
Italy - Croatia  
KeyQ+  
European Regional Development Fund



EUROPEAN UNION



dobrodošli v regiji  
Friuli Venezia Giulia

WELCOME TO FRIULI VENEZIA GIULIA





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## KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



### Projekt KeyQ+

*Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska*

### Project KeyQ+

*Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.*

# O V O D I Č U

O na je istinu spoj planina i mora. Mjesto gdje se susreću srednja Europa i Mediteran, a ljube ih Alpe. Odlike su to najistočnije talijanske regije Friuli Venezia Giulia s glavnim gradom Trstom. Upravo po Trstu mnogi prepoznaju ovu regiju koja se često povezuje s jakom ekonomijom, trgovinom i industrijom. Trst je simbol ovog dijela Italije, posebno zbog svoje luke koja je počela igrati veliki značaj u Europi još u 18. stoljeću kada zapravo započinje njezino zlatno razdoblje.

Trst tada doživljava pravi procvat. U to je doba imao stratešku važnost kao austrougarska glavna morska luka i glavni grad Austrijskog primorja. Zato ovaj grad i dan danas krasi raskošne zgrade koje pokazuju moć i bogatstvo tadašnjeg plemstva, trgovaca i obrtnika. Tu je i nezaobilazni raskošni Miramare s predivnim perivojem koji je sagrađen krajem 19. stoljeća. Simbol je ovog vremena, a podigao ga austrijski nadvojvoda Ferdinand Maksimilijan Habsburg kao rezidenciju za njega i njegovu suprugu, belgijsku kraljevu Charlottu. Inače, cijelo to područje oko Trsta zajedno s Istrom te otocima Mali Lošinj, Cres i Krk pa sve do Rijeke od 1813. to 1918. zvalo se Austrijsko primorje ili Küstenland. Od tuda i ta neraskidiva veza Trsta i okolice s Istrom i najsjevernijim otocima koja traje još i danas.

Ali Friuli Venezia Giulia nije samo more i snažna povijesna luka Trst. Krenete li prema Udinama, na svakom koraku, zapanjit će vas ljepota Alpa u koje se polako dižete krećući se prema sjeveru. Očarat će vas kotline i doline kroz koje vode ceste i stari željeznički pravci, a bijeli vrhovi planina koji skrivaju razne prirodne ljepote i tajne naprosto će vas zaintrigirati. Tko u tom trenu ne bi htio stati u svakom od tih malih mjesta koje vidite sa ceste i jednostavno uživati u tim pogledima i vizurama. A sva ta mjesta imaju veliku povijesnu važnost, poput primjerice mjesta Cividale del Friuli, Tolmezza ili Tarvisia. Isto tako, ovdje se nalaze neki od najrazvikanijih skijališta u Italiji poput Tarvisia, Piancavalla, Zoncolana, Forni di Sopra te Sella Nevea. Naravno, ne treba zaboraviti ni na Kras koji je poznat po podzemnim krškim fenomenima.

*This is a genuine fusion of the mountains and the sea. A place where Central Europe meets the Mediterranean while being caressed by the Alps. These are the distinctive features of the easternmost Italian region of Friuli Venezia Giulia with Trieste as its capital. Many actually consider Trieste to be the hallmark of the region and it is often associated with a strong economy, commerce and industry. Trieste is a symbol of this part of Italy, especially due to its port, which began playing a pivotal role in Europe as early as the 18th century, which generally marks the beginning of its golden age.*

*Trieste truly flourished in that period. At the time, it was strategically important as the main seaport in Austria-Hungary and the capital of the Austrian Littoral. This is why, to this day, the city is adorned with palatial buildings that showcase the power and wealth of the nobility, merchants and tradesmen of the time. Then there is the unmissable and magnificent Miramare with its gorgeous public garden that was built in the late 19th century. This is a symbol of the era and was erected by the Austrian Archduke Ferdinand Maximilian of Habsburg as a residence for himself and his wife, the Belgian princess Charlotte. It should also be noted that the entire area surrounding Trieste, encompassing Istria and the islands of Mali Lošinj, Cres and Krk, stretching all the way to Rijeka, was called the Austrian Littoral or Küstenland from 1813 to 1918. This explains the indissoluble bond that still exists between Trieste and its surrounding area, including Istria and the northernmost islands.*

*But there is more to Friuli Venezia Giulia than the sea and the mighty historical port of Trieste. If you head towards Udine, you will find yourself in awe of the stunning Alps at every step as you slowly ascend to the north. You will be mesmerised by the basins and valleys interspersed with roads and old railway tracks, while the diverse beautiful nature and secrets hidden in the white mountain tops will undoubtedly intrigue you. Who wouldn't want to stop in each of the small towns seen from the roads and simply enjoy the views and vistas? And all these towns, such as Cividale del Friuli, Tolmezza and Tarvisio, are historically significant. Also located here are a few much-vaunted Italian ski resorts, including Tarvisio, Piancavallo, Zoncolan, Forni di Sopra and Sella Nevea. Of course, one must not forget the Karst Plateau, which is famous for its underground karst phenomena.*



**F**riuli Venezia Giulia (Furlanija-Julijska krajna) je regija smještena na krajnjem sjeveroistoku Italije te graniči sa Slovenijom, Austrijom i talijanskom regijom Veneto. Specifično je to područje gdje se izmjenjuju različiti krajolici – od Jadranskog mora i plaža do visokih planina Alpa, dok središnji dio čini kršoviti Kras.

Kao što joj i sam naziv kaže, sastoji se od dva povijesno i kulturno različita dijela, Furlanije i Julijske krajine. Furlanija obuhvaća pokrajine Pordenone i Udine, dok se Julijska krajina prostire na pokrajina Gorica i Trst. Broji više od milijun stanovnika.

Na granici različitih kultura, ova je regija oduvijek bila mjesto susreta i razmjene između latinskog, njemačkog i slavenskog stanovništva. Upravo zato

ovdje se osim talijanskog govori više jezika. Veliki dio stanovništva Furlanije govori ili razumije furlanski jezik koji je i zaštićen. Oko 60 tisuća govornika govori slovenski, a tu su i manje zajednice koje govore njemačkim jezikom. Venetski jezik govori se uz obalu.

Glavni grad regije je Trst, najveći grad u ovom dijelu Italije koji ima oko 204.000 stanovnika. Jedan je od najrazvijenijih talijanskih gradova zbog svoje bogate lučke i komercijalne transportne trgovine. Područje Trsta bilo je naseljeno još u doba prapovijesti, a prvo naseljeno mjesto skromnih dimenzija dobilo je svoje urbanističke konotacije tijekom osvajanja Rima. Nakon carske raskoši za vrijeme antike, grad je pao kao posljedica barbarskih invazija.





# Friuli Venezia Giulia

Potom je Trst bio pod vlašću raznih gospodara, a nakon stoljeća sukoba s obližnjom Venecijom 1382. godine stao je pod zaštitu vojvode od Austrije, uspostavljajući time duboku vezu s habsburškom kućom. Austrijski car Karlo VI. stvorio je 1719. slobodnu luku u Trstu, čije su se povlastice nekoliko godina kasnije proširile na cijeli grad. Trst je tada postao jedna od glavnih europskih luka, a svoj je maksimum postigao za vrijeme vladavine austrijske carice Marije Terezije zahvaljujući njezinoj probitačnoj gospodarskoj politici. U tom se razdoblju grad zapravo pretvara u pravu metropolu srednje Europe na moru koju danas poznajemo, te doživljava istinski demografski, ekonomski i socijalni procvat.

Sedamdesetak kilometara dalje od Trsta nedaleko Udina u slikovitoj kotlini rijeke Natisone smjestio se mali gradić Cividale ili Čedad koji broji oko 12 tisuća stanovnika. Cividale je poput Trsta bio nastanjen još u prapovijesti, a krase ga bogata povijest koja seže još u doba Rimskog carstva. U vrijeme cara Julija Cezara 50. godine prije Krista u ovom je gradiću utemeljen forum, a od tada i drevni naziv grada Forum Iulii. Također, iz tog naziva potječe i današnji toponim Friuli. Za ranoga srednjega vijeka bio je prijestolnicom prvoga langobardskoga vojvodstva na Apeninskom poluotoku. U vrijeme vladavine Liutpranda u grad je stigao akvilejski patrijarh Callisto, koji je pretvorio Cividale u snažno političko i vjersko središte, kao i centar umjetnosti i kulture.

Franci su mu kasnije promijenili ime u Civitas Austriae, zbog čega se ovaj gradić i dan danas zove Cividale. Grad je zadržao svoj ugled i za vrijeme mletačke vladavine (1420.-1797), a nakon kratke napoleonske vladavine pripojen je Austriji, da bi 1866. ušao je u sastav Kraljevine Italije. Za vrijeme Velikog čedadskog rata okupirali su ga Austrijanci nakon poraza od Caporetta. Isto tako, ovaj je gradić aktivno sudjelovao u partizanskoj borbi za vrijeme drugog svjetskog rata. Zbog iznimne kulturne i povijesne baštine UNESCO je 2011. godine Cividale proglasio zaštićenom svjetskom kulturnom baštinom.

# Friuli Venezia Giulia

**F**riuli Venezia Giulia is a region situated in the far northeast of Italy, bordering with Slovenia, Austria and the Italian region of Veneto. It is a unique area where a variety of landscapes range from the Adriatic Sea and beaches to the high mountains of the Alps, with the Karst Plateau in the central part.

As its name suggests, it is made up of two historically and culturally disparate parts – Friuli and Venezia Giulia. Friuli comprises the provinces of Pordenone and Udine, while Venezia Giulia encompasses the provinces of Gorizia and Trieste. It has a population of over one million.

Situated at the crossroads of diverse cultures, this region has always been a place of meeting and exchange between the Latin, German and Slavic inhabitants, which is why several languages other than





Italian are spoken here. A large portion of Friuli's inhabitants speak or understand the protected Friulian language. There are approximately 60,000 speakers of Slovene, as well as smaller German-speaking communities. The Venetian language is spoken along the coast.

The regional capital is Trieste, the largest city in this part of Italy with a population of 204,000. It is one of the most developed cities in Italy due to its extensive port and commercial transport trade. The area of Trieste was inhabited as early as prehistory and the first smaller settlement was urbanised during the conquest of Rome. Following imperial opulence in antiquity, the city succumbed to Barbaric invasions.

Afterwards, Trieste was governed by various rulers and after a century of conflict with nearby Venice, it came under the protection of the Duke of Austria in 1382, thus forming a deep bond with the House of Habsburg. In 1719, Emperor of Austria Charles VI created the Free Port of Trieste, whose benefits would later apply to the entire city. Trieste then became a major European port and reached its peak under the rule of Empress of Austria Maria Theresa, owing to her profitable economic policies. During that period, the city evolved into the true central European coastal metropolis we know today, experiencing a bona fide demographic, economic and social upsurge.

The small town of Cividale or Čedad, with a population of approximately 12,000, is situated in the picturesque Natisone River basin about 70 km from

Trieste, near Udine. Like Trieste, Cividale was inhabited in prehistory and boasts a storied history that dates back to the Roman Empire. During the rule of Julius Caesar in 50 BC, a forum was established from which the ancient name of the town Forum Iulii was derived. This, in turn, was shortened to the present-day toponym Friuli. It was the capital of the first Lombard duchy on the Italian Peninsula in the Early Middle Ages. During the rule of Liutprand, the patriarch of Aquileia Callisto arrived in Cividale, transforming it into a strong political and religious centre, as well as an artistic and cultural hub.

The Franks later renamed the town Civitas Austriae, from which its current name Cividale is derived. The town maintained its reputation under Venetian rule (1420 – 1797) and, following a brief period of Napoleonic rule, it was annexed by Austria before becoming a part of the Kingdom of Italy in 1866. It was occupied by the Austrians following defeat in the battle of Caporetto during World War I. It should also be noted that the town actively supported the Partisans in their battles during World War II. Due to its exceptional cultural and historical heritage, Cividale was inscribed on the UNESCO World Heritage List in 2011.



# LOKALNI PROIZVODI *local products*



## “SARDONE BARCOLANO”

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Sardon “Sardone barcolano” jedan je od najtipičnijih i najjedinstvenijih proizvoda u talijanskoj pokrajini Trst. To je inćun koji se prije svega lovi u njegovoj prvoj godini života, i to u sezoni kada je more ispred okruga Barcola najtoplije. Riječ je o ukusnoj maloj mekanoj ribi s bjelkastim mesom. Inćun je tipična pelagična ribica koja se može naći i jako daleko od obale, a razmnožava se u svibnju i lipnju. U ljetnim mjesecima, kada su temperature najviše, teško da ćete ga pronaći na dubini većoj od pedeset metara. Kada govorimo o njegovoj pripremi, Trščani posebno vole marinirane inćune s limunom i uljem, ali i pržene, pohane te posebno u savoru. Sardoni su ujedno postali i dio kulture Trsta, a to je najvidljivije u svakodnevnom govoru. Primjerice uzrečica “tirar sardoni” znači udvaranje, odnosno „bacanje udice”.





## ANCHOVY FROM BARCOLA

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*The "Sardone barcolano" anchovy is one of the most characteristic and unique products from the Italian province of Trieste. It is primarily harvested in its first year of life, during the time of year when the sea off the Barcolo district is the warmest. It is a tasty, small and soft fish, whose meat is white. The anchovy is a typical small pelagic fish that can also be found far from the coast and it breeds in May and June. During the peak summer temperatures, you will be hard-pressed to find the Barcola anchovy at a depth exceeding 50 m. The people of Trieste especially love to prepare the anchovies by marinating them in lemon, oil and sauce, as well as frying and breading them. The sardonj have become an integral part of the culture of Trieste, as evidenced by everyday speech. For example, the idiom "tirar sardonj" expresses courting, but literally translates as "throwing the hook".*

## EKSTRA DJEVIČANSKO MASLINOVO ULJE TERGESTE DOP

Feničani su prvi zasadili masline na širem tršćanskom području (Trst, Muggia, Duino-Aurisina, San Dorligo della Valle, Sgonico i Monrupino), da bi kasnije Rimljani razvili maslinarstvo. Ova je poljoprivredna djelatnost bila iznimno važna u srednjem vijeku, a nakon sloma Venecijanske republike doživjela je drastičan pad. Uzgoj maslina ponovo se oživljava oko 1950. godine. Oznaka "Tergeste" DOP (zaštićena oznaka podrijetla) rezervirana je za ekstra djevičansko maslinovo ulje koje ispunjava sve uvjete koji su propisani u posebnoj uredbi. To je ulje koje se smije proizvoditi smo od sljedećih vrsta maslina: bjelice ili bianchere, carbone, leccina, leccia del corno, frantoia, maurina i pendolina. Ovo ulje ima zlatno-zelenu boju, srednje je voćne arome i okusa, srednje ili blago pikantno. Inače sam naziv Trgeste dobilo je po drevnom nazivu za Trst.





# Latteria del Diavolo cheese

## SIR LATTERIA DEL DIAVOLO



Ovaj se sir zove Latteria jer ga tradicionalno proizvode domaće mljekare. Od 1881. mljekare su igrale snažnu ulogu u prikupljanju mlijeka malih proizvođača kao što to i danas rade. Sve su one to mlijeko koristile i za proizvodnju sira te ostalih mliječnih proizvoda. Radile bi cijelu zimu i jesen, a ljeti, kada su stada preselila na planinske pašnjake, proizvodnja bi se odvijala na alpskim farmama. Sir Latteria del Diavolo je svježi polutvrđi sir proizveden od pasteriziranog mlijeka, ugodnog okusa i blago slatkog s laganom aromom oraščića. Ima tipičan okus i miris koji karakteriziraju mirisi flore i stočne hrane iz doline Natisone.

Proizvodi se u tri varijante, ovisno o dužini sazrijevanja. U ponudi je sir od 30 dana, zatim onaj od 30 do 90 dana, dok je najpikantniji sir koji odležava više od 90 dana.





This cheese is named Lattèria because it is traditionally made by local dairy farms. Since 1881, dairy farms have played an important role in collecting milk from small-scale producers, a practice that has continued to this day. They used the milk to produce cheese and other dairy products. They would operate throughout the autumn and winter, with the production being transferred to alpine farms in the summer after the herds had moved to pastures in mountainous areas. Lattèria del Diavolo is a semi-hard cheese made from pasteurised milk, with a pleasant and slightly sweet flavour and a faint nutmeg aroma. Its distinct flavour and aroma are characterised by the scents of plants and stock feed from the Natisone River valley. Three varieties are made, depending on the aging time. 30-day cheese, 30-90-day cheese and the most piquant one that is aged for over 90 days.

# Grappa

## RAKIJA

Grappa je žestoko piće dobiveno iz destilacije komine, i to od grožđa koje je isključivo proizvedeno i vinificirano u Italiji. Grappa se proizvodi u Furlaniji već u 15. stoljeću, a ovaj se izraz počinje upotrebljavati tek krajem 19. stoljeća. U kolektivnoj svijesti grappa je oduvijek značila alkoholno piće jakih, ali siromašnih ljudi vezanih za zemlju.

Ime "grappa" ima i jako puno dijalektalnih inačica. U sjevernim talijanskim dijalektima riječ grapa je povezana s hrpom, a tu je i riječ graspa koja se može prevesti kao utjecaj biljke ili stabljike. U Istri se koristi riječ trapa koje je povezana s furlanskom riječi trape, a oba termina označavaju kominu. U regiji Emilia Romagna koristi se riječ brusca i slična je riječi brasca u Trentinu. Venecijanska i furlanska riječ sgnapa, odnosno sgnape proizlaze iz njemačkog jezika.

*Grappa is a spirit made by distilling the pomace of grapes that are exclusively grown and vinified in Italy. It has been produced in Friuli since the 15th century, although the name wasn't used until the late 19th century. Grappa has always been a byword for an alcoholic beverage consumed by strong yet poor soil-tilling people.*

*The name "grappa" has various meanings, depending on the dialect. In the northern Italian dialects, the word grappa is associated with a pile, while the word graspa can be translated as "plant or stem influenced". In Istria, the word trapa is related to the Friulian word trape, both of which mean pomace. The word brusca is used in the region of Emilia Romagna and is similar to brasca, which is used in Trentino. The Venetian and Friulian word sgnapa or sgnape is derived from the German language.*





# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY






**VRIJEME  
TIME**

 80 MIN  
 + PLUS JEDAN DAN ZA  
 NAMAKANJE  
 + ONE DAY FOR  
 SOAKING

**PORCIJA  
SERVES**

4


**TEŽINA  
DIFFICULTY**

7/10

## CREAMED CODFISH "ALLA TRIESTINA"

### P R I P R E M A

**METODA  
METHOD**

 COOK  
 KUHANJE

**SEZONA  
SEASON**

 CIJELA GODINA  
 WHOLE YEAR

#### SASTOJCI \_ INGREDIENTS

Bakalar / Codfish	400 g
Lovorov list / Bay leaf	2 kom/pcs
Peršin / Parsley	1 stučak/ bunch
Ekstra djevičansko masli- novo ulje / Extra virgin olive oil	po potrebi/ to taste
Sjemensko ulje/	po potrebi/ to taste
Sol / Salt	
Papar / Pepper	

Izrežemo bakalar na komade i ostavimo da se namače 24 sata u svježoj vodi, koju je potrebno promijeniti barem jednom. Ogulimo ribi kožu i uklonimo kosti, rasječemo na manje komade i kuhamo u puno vode.

Nakon kuhanja, prikupimo svo meso u zdjelu miješalice ili miksera (ili drugu veću zdjelu), dolijemo vruće ulje dok ne bude cijela smjesa prekrivena i ostavimo da odleži (prekriveno poklopcem) oko deset minuta.

Pokrenemo miješalicu s kukom u obliku lista (ili K oblika) ili možemo koristiti električni mikser i dobro miješati bakalar i ulje postupno povećavajući brzinu. Postupak mora trajati oko 30-40 minuta. Zadnjih 10 minuta miješamo na najvećoj brzini. Ako je potrebno, dodamo više ulja da bismo dobili željenu konzistenciju. Začinimo sa solju i paprom. Dodamo sjeckani peršin po želji i poslužimo na kriškama kruha ili palenti na žaru.



### P R E P A R A T I O N

Cut the cod into slices and leave to soak for 24 hours in fresh water, taking care to change it at least once. Remove the skin and spines from the fish, cut into smaller pieces and boil in plenty of water.

Once cooked, collect the pulp in a bowl of a food processor (or in a large bowl), cover with hot oil and let it rest (covered with a lid) for about ten minutes. Equip the food processor with a leaf hook (or Kshaped) or use an electric blender and let the mixture of cod and oil be assembled, gradually increasing the speed, for 30-40 minutes.

Assemble at full speed during the last 10 minutes. If necessary, add more oil to obtain the desired consistency. Season with salt and pepper. Add chopped parsley to taste and serve on slices of bread or grilled polenta.

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY

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# SRDELE S BARCOLE NA SAVOR



VRIJEME  
TIME

80 MIN

+ JEDAN DAN U HLADNJAKU  
+ ONE DAY IN THE FRIDGE



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

7/10

## ANCHIOVIES FROM BARCOLA "IN SAVOR"

### P R I P R E M A

METODA  
METHOD

PRŽENJE  
FRY

SEZONA  
SEASON

PROLJEĆE - LJETO  
SPRING-SUMMER

#### SASTOJCI \_ INGREDIENTS

Srdele sa Barcole / Anchovies from Barcola	1 kg
Bijeli luk / White onions	3 kom/pcs
Bijeli vinski ocat / White wine vinegar	1 čaša/ glass
Bijelo vino / White wine	1 čaša/ glass
Ekstra djevičansko maslinovo ulje / Extra virgin olive oil	4 žlice/ tbsp
Sjemensko ulje / Seed oil	po potrebi/ to taste
Lovorov list / Bay leaves	po potrebi/ to taste
Brašno 00 / Flour 00	po potrebi/ to taste
Papar u zrnu / Pepper grains	po potrebi/ to taste
Sol / Salt	po potrebi/ to taste

Očistimo srdele, uklonimo glave i iznutrice i uvaljamo ih u brašno, zatim ih pržimo u ulju i osušimo višak ulja upijajućim papirom.

Dinstamo luk narezan na tanke ploške u ekstra djevičanskom maslinovom ulju; kad uvene polijemo s vinom i octom dok ne ispari tekućina, ali ne u potpunosti.

Posložimo srdele u posudu za pečenje u jednom sloju, dodamo sol, papar u zrnu i lovorov list. Preko srdele stavimo sloj luka zajedno s umakom. Pokrijemo s plastičnom folijom i držimo barem jedan dan u hladnjaku.



### P R E P A R A T I O N

Clean the anchovies, removing the heads and the entrails; put them in the flour, fry them and dry the excess oil with absorbent paper. Slowly fry in the extra virgin olive oil, the white onions cut very thin, once wilted wet with wine and vinegar and evaporate but not completely. Place the anchovies in an ovenproof dish in a single layer, add salt, peppercorns and bay leaves. Spread the onion and its sauce over it.

Cover with a transparent film and keep for at least one day in the fridge.

*Bon Appetit*



# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY

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# FRICO S KRUMPIROM I LUKOM



VRIJEME  
TIME

40 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

4/10

## FRICO WITH ONION AND POTATOES

### P R I P R E M A

METODA  
METHOD

KUHANJE - PRŽENJE  
COOK - FRY

SEZONA  
SEASON

CIJELA GODINA  
WHOLE YEAR

#### SASTOJCI \_ INGREDIENTS

Zreli sir (Montasio,  
Latteria ili Malga od 16 do  
18 mjeseci starosti) /  
Aged cheese (Montasio,  
Latteria or Malga from 16  
to 18 months) 350 g

Malo ekstra djevičanskog  
maslinovog ulja /  
A little bit of extra virgin  
olive oil

Krumpir / Potato 1 kg

Luk / Onions 200 g

Ogulimo krumpir i kuhamo ga u slanoj vodi. Luk narežemo na tanke ploške. Stavimo u tavu ulje i luk i dinstamo dok luk ne uvene. Kada je krumpir kuhan dodamo ga u tavu i polako ga gnječimo.

Kuhamo 10 minuta.

Poravnamo s vilicom i začinimo sa solju. Pečemo na 180 stupnjeva 20 minuta. Nakon 10 minuta provjerimo ako se na površini stvara korica i poslužimo frico dok je još vruć.



### P R E P A R A T I O N

Peel the potatoes and boil them in a saucepan with salt. Slice the onion thinly in a cutting board. Put the oil and the onions in it in a pan. When they are cooked add the potatoes and slowly crush them in the pan itself.

Cook for 10 minutes.

Flatten with a fork and season with salt. Bake at 180 degrees for 20 minutes. Halfway through cooking, check if you are creating the crust on the surface and serve the frico still hot.

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI HABSBURŠKOM MONARHIJOM - INSPIRED BY HABSBURG MONARCHY

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## G U B A N A

VRIJEME  
TIME

200 MIN

PORCIJA  
SERVES

10

TEŽINA  
DIFFICULTY

9/10

METODA  
METHODPEČENJE  
BAKESEZONA  
SEASONCIJELA GODINA  
WHOLE YEAR

## SASTOJCI \_ INGREDIENTS

Brašno / Flour	220 g
Maslac / Butter	60 g
Šećer / Sugar	50 g
Med / Honey	20 g
Jaje / Egg	1 kom/pcs
Žumanjak / Egg yolk	30 g
Mlijeko / Milk	40 g
Pivski kvasac / Brewer's yeast	10 g
Sol / Salt	2 g
Cijeli orasi / Walnut kernels	140 g
Šećer / Sugar	60 g
Groždice / Raisins	60 g
Suhi keksi / Dry biscuits	30 g
Pinjole / Pine nuts	30 g
Maslac / Butter	20 g
Limun / Lemon	1/2
Rum / Rum	
Šljivovica / Plum grappa	
Sol / Salt	
Za premazivanje / For brush	1 bjelanjak / egg white

## GUBANA

## P R I P R E M A

Rasporedimo brašno u kružni oblik i u sredinu stavimo pivski kvasac razrijeđen u toplom mlijeku, šećer, jaje, žumanjak i prstohvat soli. Mijesimo tijesto dok ne postane mekano. Ostavimo da se diže oko 1h. Nakon 1h dodamo ostatak brašna, maslaca, šećera i ponovno mijesimo tijesto pa opet ostavimo da se diže još 30 minuta. Groždice stavimo u rum da se namoče. Karameliziramo šećer u posudi s žlicom vode i kapljicom octa. U dobivenu smjesu dodati 50 g oraha i brzo promiješati da se sjedine. Izliti smjesu na podlogu koju ste prethodno premazali uljem i ostaviti da se ohladi. Na otopljenom maslacu prepržiti pinjole na laganoj vatri i zatim ostaviti sa strane da se ohlade. Samljeti suhe kekse, karamelizirane orahe i preostale orahe. Staviti sve gornje sastojke u zdjelu. Dodati groždice, pinjole pržene na maslacu, naribanu koricu limuna, sol, vanilin šećer, cimet i ostatak šećera. Namočiti s rakijom koliko treba i dobro pomiješati sve sastojke. Tijesto mora biti vlažno. Izvaljati tijesto na pravokutnik veličine 20×30 cm. Nadjenuti s punjenjem i dodati malo maslaca. Dobro zatvoriti dva kraja i razvući roladu u dužinu dok ne dosegne 70–80 centimetara dužine. Uzeti desni kraj, podignuti ga i presaviti prema unutra, a zatim pažljivo omotati ostatak rolade osim zadnjeg kraja koji bi trebao biti spojen s onim prvim ispod tijesta. Staviti gubanu u namašćeni kalup (promjera 20 cm), ostaviti neka se digne dok ne udvostruči volumen, a zatim kistom premazati površinu s umućenim bjelanjkom i posipati s bijelim šećerom. Peći na 160 stupnja oko sat vremena.

## P R E P A R A T I O N

Put the flour in a circular shape and pour in the center diluted yeast in lukewarm milk, sugar, egg and yolk, a pinch of salt. Work the dough until it becomes soft. Leave to rise for about 1 hour. After 1 hour add the rest of the flour, butter, sugar and work the dough and then let it rise for another 30 minutes. Soak the raisins in the rum. Caramelize the sugar in a saucepan with a teaspoon of water and a drop of vinegar.

Add 50g of walnuts and mix quickly. Pour the mixture on a shelf brushed with oil and let it cool. Brown the pine nuts in butter at a very low flame, then let it cool. Chop the dry biscuits, caramelized walnuts and the remaining walnuts and put together in a bowl. Combine raisins, pine nuts with all their butter, grated lemon peel, salt, vanillin, cinnamon and the rest of the sugar. Sprinkle with the grappa and mix all the ingredients well. The dough must be moist. Roll out the dough into a rectangle measuring 20×30 cm and spread over the filling with some soft butter. Close the two ends well and lengthen the roll until it reaches 70–80 cm in length. Take the right flap, lift it up and fold it inside, then all around gently wrap the remaining part of the roll except the last flap that goes to the first under the cake. Lay the gubana in a buttered mold (20 cm) let it rise until it has doubled the volume, then brush the surface with beaten egg white and sprinkle with granulated sugar. Bake at 160° for about 1 hour.





# PUT KULTURE I GASTRONOMIJE

## *Culture And Gastronomy Path*

TURISTIČKI ITINERAR \_ TOURIST ITINERARY

TOČKE INTERESA \_ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE \_  
HISTORICAL & CULTURAL HOTSPOTS:

1. **ZGRADA "BROD SLOBODE KOJI SE OKRENUO PREMA ISTOKU" \_  
THE "LIBERTY SHIP THAT HAS TURNED EASTWARD" BUILDING**
2. **SREDNJOVJEKOVNA KUĆA \_ MEDIEVAL HOUSE**
3. TEREZIJSKI OKRUG \_ THERESIAN DISTRICT
4. LOMBARDSKI HRAM SA SAMOSTANOM SANTA MARIA U VALLEU  
(UNESCO)\_ LOMBARD TEMPLE WITH THE SANTA MARIA DELLA  
VALLE MONASTERY (UNESCO)
5. NACIONALNI ARHEOLOŠKI MUZEJ (UNESCO)\_ NATIONAL ARCHAEO-  
LOGICAL MUSEUM (UNESCO)
6. MUZEJ KRŠĆANSTVA I BLAGA KATEDRALE (UNESCO)\_ CHRISTIAN  
MUSEUM AND TREASURE OF THE CATHEDRAL (UNESCO)

RESTORANI \_ RESTAURANTS:

7. BAR BUFFET DA ROBY, TRST
8. BUFFET L'APPRODO, TRST

PROIZVOĐAČI \_ FOOD PRODUCERS:

9. POLJOPRIVREDNO PODUZEĆE FIOR ROSSO ZERIUL ADRIANA- MASLINO-  
VO ULJE \_ OLIVE OIL
10. PAROVEL GROUP SRL - VINO I MASLINOVO ULJE \_ WINE AND OLIVE OIL
11. LATTERIA SOCIALE DI CIVIDALE - MLIJEČNI PROIZVODI \_ DAIRY PROD-  
UCTS
12. DESTILERIJA DOMENIS1898 - RAKIJE \_ GRAPPA

Ljubljana





KEYQ+  
POINT

1.

## ZGRADA “BROD SLOBODE KOJI SE OKRENUO PREMA ISTOKU”

THE “LIBERTY SHIP THAT HAS TURNED EASTWARD” BUILDING

VIA DI CONCONELLO, 16, 34151 TRIESTE TS  
+39 (0)40 9719811, INFO@CIVIFORM.IT  
WWW.CIVIFORM.IT

Zgradu “Brod slobode koji se okrenuo prema istoku” osmislio je arhitekt Marcello D’Olivo 1950. godine. Sastoji se od dvije prostorije kvadratnog tlocrta različitih veličina koje su međusobno povezane dijagonalom. Središnji paviljon sastoji se od trokutnog modula i podijeljen je u dva duga krila. Sagrađen je i gornji balkon koji omogućuje potpuni pregled donjeg kata. Prvobitno su u velikom prostoru bile smještene administrativne službe, razni kabineti za osoblje i restoran za pet stotina učenika. Velika dvorana bila je prvenstveno u funkciji restorana, ali je služila i kao dvorana, kongresna dvorana i sala za sastanke. Danas se ova zgrada restorana koristi kao kantina, ali i za razne vrste edukacija. Ovdje se nalazi sjedište veleučilišta Civitform koja se bavi edukacijom kadra u gastronomiji i turizmu, ali i drugim sektorima.

*The “Liberty ship that has turned eastward” building was designed by the architect Marcello D’Olivo in 1950. It comprises two diagonally-connected square rooms of different sizes. The central pavilion consists of a triangular module and is divided into long wings. An upper balcony that provides a full view of the lower floor was also constructed. Initially, the spacious area housed administrative departments, various staff offices and a restaurant for 500 pupils. The grand hall mainly served as a restaurant, as well as a hall, congress hall and conference hall. Today, the restaurant building is used as a canteen and for various training programmes. It is also the seat of the Civiform vocational training centre, which provides training for work in the food and tourism industries, as well as other sectors.*



KEYQ+  
POINT

2.

## SREDNJOVJEKOVNA KUĆA

### MEDIEVAL HOUSE

STRETTA T. CERCHIARI 2  
33043 CIVIDALE DEL FRIULI UD  
+39 (0)432 710460

Srednjovjekovna kuća poznata je kao najstarija kuća grada Cividalea (Čedad) koja se još naziva „zlatarova kuća“ ili “Casa del Mille”. Nazivi za tu kuću crpe izvore iz njene povijesti. Naime, upravo je u toj zgradi iz 14. stoljeća nekada bila zlatarska radionica. Vjerojatno je ova zgrada na tri kata izgrađena na ostacima stare kule. Sadašnja građevina je u izvornom obliku osim vratiju i prozora koji su modificirani i prošireni. Jedino prozor na prvom katu nije promijenjen, a tu se sada nalazi upravni dio zgrade te trgovine.

Dakle, ova kuća nastala je na staroj kamenoj konstrukciji, vjerojatno drevne kule čiji se ostaci mogu vidjeti na desnom vanjskom zidu zgrade. Isto tako, ostaci prethodnih građevina u Srednjovjekovnoj kući mogu se vidjeti i u unutrašnjem prostoru gdje se nalazi fragment srednjovjekovne skulpture koja pripada jednom od starih stupova.

*The Medieval House, which is also known as the “goldsmith’s house” or “Casa del Mille”, is famous for being the oldest house in Cividale. The history of the house provides sources for its names. A goldsmith workshop was located in the building in the 14th century. This three-storied building was probably built on the remains of an old tower. The present-day edifice has mostly maintained its original form, except for the modified and widened windows. Only the window on the first floor, where the administration area is now located, has remained intact. In conclusion, this house was erected over an old stone structure, possibly an ancient tower, whose remains are visible on the right outer wall of the building. Also, remnants of previous structures in the Medieval House can be seen in the interior, such as the fragment of a medieval sculpture attached to one of the old pillars.*



3.

## TEREZIJANSKI OKRUG

### THERESIAN DISTRICT

VIA CARDUCCI, CORSO ITALIA  
LA STAZIONE FERROVIARIA E LE RIVE

Ovaj prelijepi tršćanski okrug pokriva jedno od najživljih gradskih područja, i to između ulice Via Carducci, ulice Corso Italia, željezničke stanice i rive. Razvija se iznad solane i gradsko je središte kada govorimo o trgovačkom dijelu grada. Ovaj je dio Trsta izgrađen u doba austrijskog cara Karla VI., a nakon njegove smrti za njegov je razvoj sredinom 18. stoljeća zaslužna carica Marija Terezija Austrijska. Živi je primjer modernog urbanističkog planiranja. Srce okruga čini Canal Grande s poznatim mostom Ponte Rosso, koji je dizajniran na način da roba odmah stigne do grada. Ovdje su izgrađene mnoge trgovačke palače koje su posebno projektirane prema potrebama trgovine, skladištenja, ali i za stanovanje. Dakle, prizemlje se tih zgrada koristilo za skladištenje robe, a preostale etaže za stanove i urede.

*This gorgeous Trieste district covers one of the busiest areas in the city, between the Via Carducci and Corso Italia streets, the railway station and the riva (waterfront). It expands above the saltworks and is the centre of the city's commercial area. This part of Trieste was constructed during the rule of Emperor of Austria Charles VI and thrived in the mid-18th century after his death, owing to Empress Maria Theresa of Austria. It is a living example of modern urban planning. The Canal Grande and the famous Ponte Rosso bridge, which was designed to ensure that goods could arrive promptly in the city, make up the heart of the district. Many commercial palaces specifically designed for commercial, storage and housing purposes were built here. The ground floors of the buildings were used to store goods, while flats and offices were located on the other floors.*





4.

## LOMBARDSKI HRAM SA SAMOSTANOM SANTA MARIA U VALLEU (UNESCO)

LOMBARD TEMPLE WITH THE SANTA MARIA DELLA VALLE MONASTERY (UNESCO)

VIA MONASTERO MAGGIORE N. 34, 33043 CIVIDALE DEL FRIULI  
 TICKET OFFICE: +39 0432 700867, BOOKING INFO: +39 0432 710460  
 INFO@TEMPIETTOLONGOBARDO.IT, WWW.TEMPIETTOLONGOBARDO.IT

U ranom srednjem vijeku na području zvanom "Valle" nalazio se lombardski „gastaldaga“, odnosno sjedište kraljevskog dvora. Tu se nalazi i monumentalni samostanski kompleks Santa Maria u Valleu, koji s lombardskim hramom predstavlja iznimno važno povijesno svjedočanstvo i urbanu evoluciju grada Cividale. Samostan, koji je postojao još davne 830. godine, kontinuirano se širio i obnavljao te je stasao u važnu monumentalnu arhitektonsku jezgru koja je još uvijek sačuvana. U sklopu drevnog kompleksa nalazi se Tempietto, jedinstvena građevina takve vrste koja je svjetski poznata po iznimnim umjetničkim djelima. Ovdje možete vidjeti veličanstvene mozaike, moćne figurativno-ukrasne štukature i drevne freske u dvorskom stilu. Od 2011. ovaj je vrijedan kompleks spomeničke baštine pod UNESCO-vom zaštitom.

*In the Early Middle Ages, a Lombard "gastaldaga" or the seat of the royal court was located in an area known as "Valle". Also located here is the monumental monastery complex Santa Maria della Valle, which, along with the Lombard Temple, provides an extremely important historical testament and displays the urban evolution of the town of Cividale. The monastery, which existed as early as 830, has continuously expanded and undergone renovation until it formed the monumental architectural core that has been preserved until today. The ancient complex also includes the Tempietto, a one-of-a-kind building renowned worldwide for housing exceptional works of art. Here you can see magnificent mosaics, striking figurative and decorative stucco work, and ancient frescoes in the court style. This valuable monument heritage complex has been under the patronage of UNESCO since 2011.*



5.

## NACIONALNI ARHEOLOŠKI MUZEJ (UNESCO)

NATIONAL ARCHAEOLOGICAL MUSEUM (UNESCO)

PIAZZA DUOMO, 13 - 33043 CIVIDALE DEL FRIULI (UD)  
 + 39 0432 700700, MUSEOARCHEOCIVIDALE@BENICULTURALI.IT  
 WWW.MUSEOARCHEOLOGICOCIVIDALE.BENICULTURALI.IT

Nacionalni arheološki muzej nalazi se u palači Palazzo dei Provveditori Veneti u gradu Cividale. Ova je palača sagrađena u drugoj polovici 16. stoljeća, a na zidovima u podrumu nalaze se ostaci patrijarhalne palače iz lombardskog doba. U drugoj polovici 20. stoljeća kupila ga je država i kompletno obnovila, te je već tada postala muzej. I sama palača doprinijela je muzeju svojom poviješću te zbirkom predmeta iz prve polovice 19. stoljeća. Sadašnji bogati muzejski postav može se pohvaliti brojnim arheološkim artefaktima iz rimskog, ranokršćanskog i ranosrednjovjekovnog razdoblja, kao i razdoblja romanike i gotike. Ovdje se mogu vidjeti i važni srednjovjekovni kodeksi. Prostorije koje čuvaju baštinu gradskih i prigradskih nekropola grada Cividale svakako treba posjetiti jer skrivaju prava blaga lombardskog obrta.

*The National Archaeological Museum is located in the Palazzo dei Provveditori Veneti palace in Cividale. The palace was built in the second half of the 16th century and you can still find remnants of the patriarchal palace from the Lombard era on the cellar walls. In the second half of the 20th century, the state bought and completely refurbished the palace, transforming it into a museum. The palace itself enriched the museum with its history and the collection of items from the first half of the 19th century. The current extensive holdings of the museum boast a plethora of archaeological artefacts from the Roman, Early Christian, Early Medieval, Romanesque and Gothic periods. Here you can also see some important medieval codices. The rooms that preserve the heritage of Cividale's urban and suburban necropolises are a must-visit because they hold some true gems of Lombard craftsmanship.*



6.

## MUZEJ KRŠĆANSTVA I BLAGA KATEDRALE (UNESCO)

CHRISTIAN MUSEUM AND TREASURE OF THE CATHEDRAL (UNESCO)

VIA GIOVANNI BATTISTA CANDOTTI 1, 33043 CIVIDALE DEL FRIULI  
+ 39 0432 730403, INFO@MUCRIS.IT

Zasluge za obnovu i širenje drevnog crkvenog kompleksa, koji je nesumnjivo postao episkopalna jezgra u kasnom lombardskom dobu, pripisuju se patrijarhu Callistu (737-757). On je ujedno preselio akvilejsko sjedište iz grada Cormons u Cividale. Ovaj je kompleks uključivao i baziliku Santa Maria Assunta te krstionicu San Giovanni Battiste s patrijarhalnom palačom. Danas je ovdje smješten Muzeju kršćanstva i blaga katedrale koji je otvoren 2008. godine i koji je dio UNESCO-ve svjetske baštine. Ovdje možete vidjeti vrijednu Callistovu krstionicu te oltar, koji je naručio kralj Ratchis u čast svoga oca. Izuzetno su očuvani i predstavljaju jedno od najvećih dostignuća skulpture kasnog lombardskog doba. Ovdje se čuvaju i druga umjetnička djela, uključujući zlatninu velike vrijednosti iz ranog srednjeg vijeka.

*Patriarch Callisto (737-757) is credited with renovating and expanding the ancient church complex, which undoubtedly became an episcopal centre in the late Lombard period. He also moved the seat of Aquilea from Cormons to Cividale. This complex also included the Basilica of Saint Mary of the Assumption and the baptistery of Saint John the Baptist with the patriarchal palace. Today it is the home of the Christian Museum and Treasure of the Cathedral, which was opened in 2008 and is inscribed on the UNESCO Heritage List. Here you can see the valuable Callisto baptistery and the altar commissioned by King Ratchis in honour of his father. They are pristinely preserved and lauded as a crowning achievement in late Lombard period sculpting. Other works of art, including an invaluable gold jewellery collection from the Early Middle Ages, are also kept here.*





7.

## BAR BUFFET DA ROBY, TRST

### RESTAURANT

VIA TORREBIANCA, 32 - 34122 TRIESTE  
 +39(0)40 372 0002, BUFFETROBY@GMAIL.COM  
 WWW.BUFFETDAROBYTRIESTE.IT

Kada uđete u ovaj tipični i tradicionalni tršćanski restoran, imate veliki izbor raznih jela - od tradicionalnog jela na bazi kuhane svinjetine poznatog kao „kaldaia“ do izuzetne dnevne ponude bazirane na jadranskim morskim plodovima. Ovaj bar i buffet u svom vlasništvu već 30 godina ima isti vlasnik, a nalazi se u srcu trgovačke terezijanske četvrti koja predstavlja jednu od najstarijih i najljepših gradskih četvrti centra Trsta. Vrata Bar Buffet da Roby otvorena su cijeli dan, a ovo je idealno mjesto ako želite nešto brzinski prigrusti. Naravno, ovdje možete uživati i u dugim ručkovima i sjajnim večerama. U kuhinji se je uvijek akcija te se na dnevnoj bazi pripremaju sva jela sa svježim i lokalnim namirnicama. Isto tako, ako se poželite nagraditi nekim od tršćanskih specijaliteta, ovo je prava adresa za vas.

*Upon entering this typical traditional Trieste restaurant, you will be able to choose from a variety of dishes ranging from “kaldaia”, a traditional cooked pork dish, to the superb daily seafood offering. This bar and buffet, which has not changed owners in the last 30 years, is located in the heart of the Theresian commercial district, which is hailed as one of the oldest and most beautiful neighbourhoods in downtown Trieste. The Buffet da Roby bar is open 24 hours and is the perfect place to grab a quick bite. Of course, you can also enjoy long lunches and delectable dinners here. The kitchen is always busy preparing dishes using fresh and local ingredients every day. Also, if you want to treat yourself to a Trieste speciality, then you’re in the right place.*





8.

## BUFFET L'APPRODO, TRST

### RESTAURANT

VIA CARDUCCI GIOSUÈ, 34 - 34129 TRIESTE  
 +39(0)40 63 34 66, INFO@BUFFETAPPRODO.IT  
 WWW.BUFFETAPPRODO.IT

Ovo je još jedan tipičan tršćanski restoran ili buffet koji se također smjestio u terezijanskoj trgovačkoj četvrti, i to u blizini natkrivene tržnice. Otvoren je cijeli dan, pa u bilo koje doba možete doći i kušati neko od jela koje je tipično za ovaj dio Italije poput primjerice raznih vrsta tjestenine, juha, njoki, lasanja, ali i jela od mesa, gulaša, pečenja, tripica, kobasica te razna jela od ribe poput pržene ribe ili brodeteta. Na kraju blagovaonice nalazi se otvorena kuhinja, gdje možete pratiti što vrijedni kuhari rade. Dodatna je to vrijednost ovog restorana jer gosti na licu mjesta mogu vidjeti kako se sprema njihovo jelo, od kojih namirnica i kojim tehnikama. Upravo zbog toga mnogi gosti jako cijene Buffet L'Approdo i uvijek mu se rado vraćaju te ga preporučuju drugima. Ovo je nezaobilazna gastronomska adresa u srcu Trsta.

*This is another typical Trieste restaurant, which is also located in the Theresian commercial district near the covered farmers' market. It is open all day, so you can drop by at any time and try typical local specialties, such as a wide range of pasta, soups, gnocchi, lasagne, meat and roasted dishes, stews, tripe, sausages and a variety of fish dishes, including fried fish or brodetto. There is an open kitchen at the far end of the dining room where you can watch the diligent chefs at work. This gives added value to the restaurant because the guests can see for themselves how their meal is prepared, as well as the ingredients and techniques used. This is why Buffet L'Approdo is so highly praised by guests, who gladly return there and recommend it to others. This is a must-visit culinary stop in the heart of Trieste.*



9.

## POLJOPRIVREDNO PODUZEĆE FIOR ROSSO ZERIUL ADRIANA, PREBENICO

### PROIZVOĐAČ MASLINOVOG ULJA OLIVE OIL PRODUCER

LOC. AQUILINIA, 420 - 34018 S. DORLIGO DELLA VALLE (TS)  
338 9186872, BIANCHERA@YAHOO.IT  
WWW.FIORROSSO.IT

Ovo poljoprivredno poduzeće proizvodi ekstra djevičansko maslinovo ulje Tergeste DOP, ali i druge mješavine ulja od sorti leccino i maurino. Nalazi se u mjestu Montedoro, na području Prebenico, u blizini granice sa Slovenijom. Preferiraju moderne tehnike uzgoja i prerada maslina, iako tvrtka ima tradiciju staru 200 godina. Tijekom posljednjih deset godina tvrtka je dobila brojne certifikate i nagrade za kvalitetu. Trenutno se brine za maslinik na devet hektara površine. Ne koriste nikakva gnojiva, kako se zemlja ne bi osušila. U zaštiti bilja koriste samo posebna sredstva za zaštitu protiv štetnika. Ujedno, imaju i organizirane obilaskе svog maslinika uz degustaciju ulja. Najbolje vrijeme za posjet masliniku je u periodu od 1. ožujka do 15. listopada, a primaju se grupe od najmanje četiri do maksimalno pedeset osoba.

*This agriculture company produces the Tergeste DOP extra virgin olive oil, as well as other oil blends made from the leccino and maurino varieties. It is located in Montedoro in the parish of Prebenico, near the border with Slovenia. Although the company boasts 200 years of tradition, it favours modern olive growing and processing techniques. Over the past ten years, the company has earned numerous certificates and awards for quality. It currently maintains an olive grove that covers an area of nine hectares. The company does not use any fertilisers in order to keep the soil from drying. They only use special pesticides for plant protection. It also offers organised tours of their own olive grove and olive oil tastings. The preferred timeframe for visiting the olive grove is between 1 March and 15 October. Tours are organised for groups of 4 to 50 persons.*





10.

## PAROVEL GROUP SRL, TRST

### PROIZVOĐAČ VINA I MASLINOVOG ULJA WINE AND OLIVE OIL PRODUCER

ZONA ARTIGIANALE DOLINA, 546 - 34018 SAN DORLIGO DELLA VALLE (TS)

346 759 0953, INFO@PAROVEL.COM

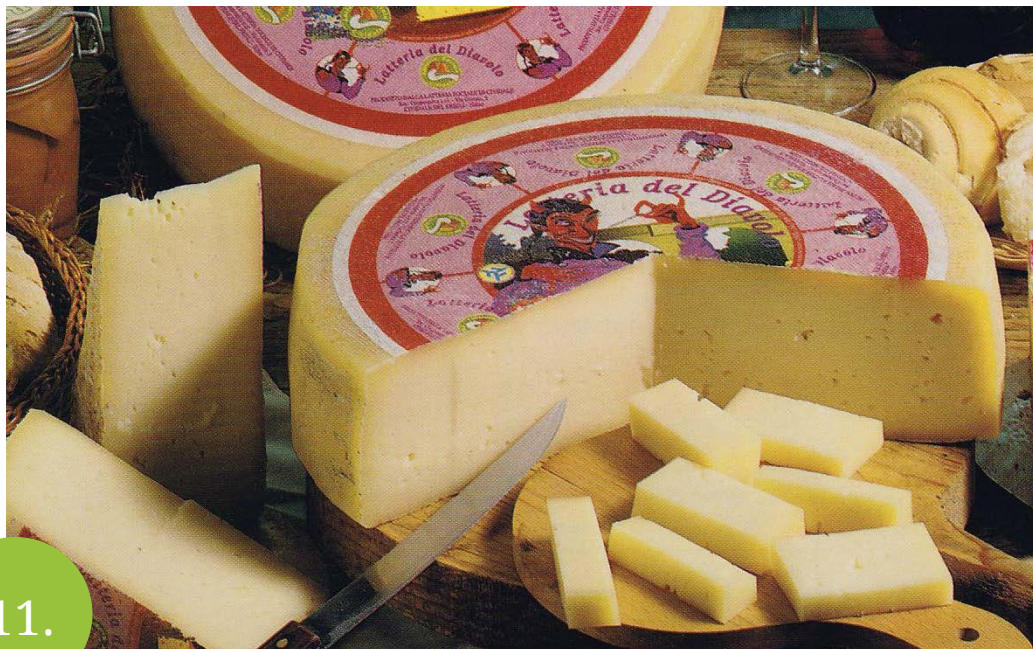
WWW.PAROVEL.COM

Obitelj Parovel još od daleke 1898. godine u Trstu proizvodi vina i ekstra djevičansko maslinovo ulje iz autohtonih sorti sa brežuljaka ponad rijeke Rosandre i rijeke Rio Ospo. Prirodni rezervat doline Rosandra, odnosno Glinščice nedaleko Trsta posebno je područje s glinastim tlom koje je pomiješano s vapnencem i laporom. Bogato je mineralima, a tu su i podzemne vode. Sve se to odražava na kvalitetu njihovih proizvoda.

Obitelj Parovel zaslužna je za ponovnu revitalizaciju maslinarstva u regiji Friuli-Venezia Giulia. Ova obitelj proizvodi maslinovo ulje Tergeste DOP, Slow Food Presidium, ali i druge mješavine ekstra djevičanskog ulja. Isto tako, Parovel Group Srl jedina je tvrtka u ovoj pokrajini koja sudjeluje u nacionalnoj gastronomskoj manifestaciji "Cantine Aperte". Vinarija i maslinici mogu se posjetiti na upit.

*The Parovel family has been making wine and olive oil from indigenous varieties native to the hills overlooking the Rosandra and L'ospo rivers since as early as 1898. The Rosandra (Glinščica) River valley natural reservation near Trieste is a unique area where clay soil is mixed with limestone and marl. It is rich in minerals, with groundwater flowing there. All this affects the quality of their products.*

*The Parovel family has played a pivotal role in the revitalisation of olive cultivation in the Friuli-Venezia Giulia region. The family produces the Tergeste DOP, which is part of the Slow Food Presidium, as well as other extra virgin olive oil blends. Parovel Group Srl is also the only company in the region that participates in the "Cantine Aperte" national culinary festival. Winery and olive grove tours are available on request.*



11.

## LATTERIA SOCIALE DI CIVIDALE

### PROIZVODAČ MLIJEČNIH PROIZVODA PRODUCER OF DAIRY PRODUCTS

VIA GORIZIA, 17 - 33043 CIVIDALE DEL FRIULI (UD)  
+39 (0)432.73.12.18, INFO@LATTERIACIVIDALE.IT  
WWW.LATTERIACIVIDALE.IT

Zadružna mljekara La Latteria Sociale di Cividale e Valli del Natisone s.c.a. osnovana je 1924. godine pod nazivom Latteria Turnaria di Cividale. Zadruga trenutno broji čak 160 članova od kojih njih 55 svoje mlijeko prodaje mljekarama. Na proizvodnim linijama velike zadržne mljekare, dnevno se prerađuje čak 175 kvintala mlijeka. Krajnji proizvodi su svježi i zreli sirevi. Cilj je svih proizvođača, odnosno mljekara da njihov proizvod bude svjež, izvrsne kvalitete i omiljen među kupcima. Zato zadruga danas ima svojih sedam trgovina gdje se može kupiti više vrsta sireva i svi ostali proizvodi poput ricotte, mozzarelle i svježeg mlijeka. Vodeći proizvodi ove zadružne mljekare su tradicionalni sir Montasio DOP koji čini oko 30 posto ukupne proizvodnje te sirevi Latteria del 24, Matajur i Saporito delle Valli.

*The La Latteria Sociale di Cividale e Valli del Natisone s.c.a. dairy cooperative was founded in 1924 under the name Latteria Turnaria di Cividale. The cooperative has as many as 160 members, 55 of which deliver their milk to dairy farms. As much as 175 quintals of milk are processed daily on the production lines of the large dairy cooperative. Fresh and aged cheeses are the final product. The aim of all dairy producers is to make a fresh, premium quality product that is popular with consumers. This is why the cooperative has seven shops that sell numerous cheese varieties and other products, such as ricotta, mozzarella and fresh milk. The flagship products of this dairy cooperative include the Montasio DOP traditional cheese, which makes up 30% of the total production, and the Latteria del 24, Matajur and Saporito delle Valli cheeses.*





12.

## DESTILERIJA DOMENIS1898, CIVIDALE

### PROIZVOĐAČ RAKIJE GRAPPA PRODUCER

VIA DARNAZZACCO 30, 33043 CIVIDALE DEL FRIULI  
+39 (0)432 73 10 23, INFO@DOMENIS1898.COM  
WWW.DOMENIS1898.EU

Ova je destilerija osnovana davne 1898. godina, a otvorio ju je Pietro Domenis u mjestu Cividale del Friuli. Najprije je distribuirao svoje proizvode na području Furlanije, da bi postepeno je počeo izlaziti iz regionalnih okvira šireći se na nacionalno tržište. Percepcija grappe počinje se mijenjati u poslijeratnom razdoblju, i to zahvaljujući kulturnim promjenama u tim godina razvoja. Tada grappa postaje rafinirani destilat sličan mnogim stranim proizvodima. Tijekom godina patentiran je i know-how tvrtke. Godine 1998., povodom obilježavanja 100 godina rada destilerije, rođena je Storica Nera. To je proizvod koji se može smatrati predvodnikom destilerije. Također, iste godine stvorena je biološka linija Domenis1898. U tom će smjeru tvrtka i dalje razvijati, odnosno sve će se više ulagati u organske i veganske likere.

*This distillery was established as early as 1898 by Pietro Domenis in the town of Cividale del Friuli. He initially distributed his products in the Friuli region, before gradually starting to operate outside the region and expanding nationwide. The reputation of the grappa began to change in the post-war period due to cultural changes during those years of development. Grappa was suddenly a refined distillate similar to many foreign products. Over the years, the company also decided to patent its know-how. In order to celebrate the 100th anniversary of the distillery's continuing operation, Storica Nera was created in 1998. This product can be considered the distillery's flagship product. The Domenis1898 organic line was also started the same year. The company will continue developing in that direction by increasingly investing in organic and vegan liqueurs.*

# ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliju Romagna i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočit ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlimpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

*It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.*

*The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.*

*This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlimpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.*

*It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.*

### KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženiji teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

### KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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Autor teksta / Text author: Barbara Ban-Komparić

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WWW.TASTECULTURE.AZRRI.HR



GASTRONOMY GUIDEBOOK & TOURIST ITINERARY

# Veneto

# GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



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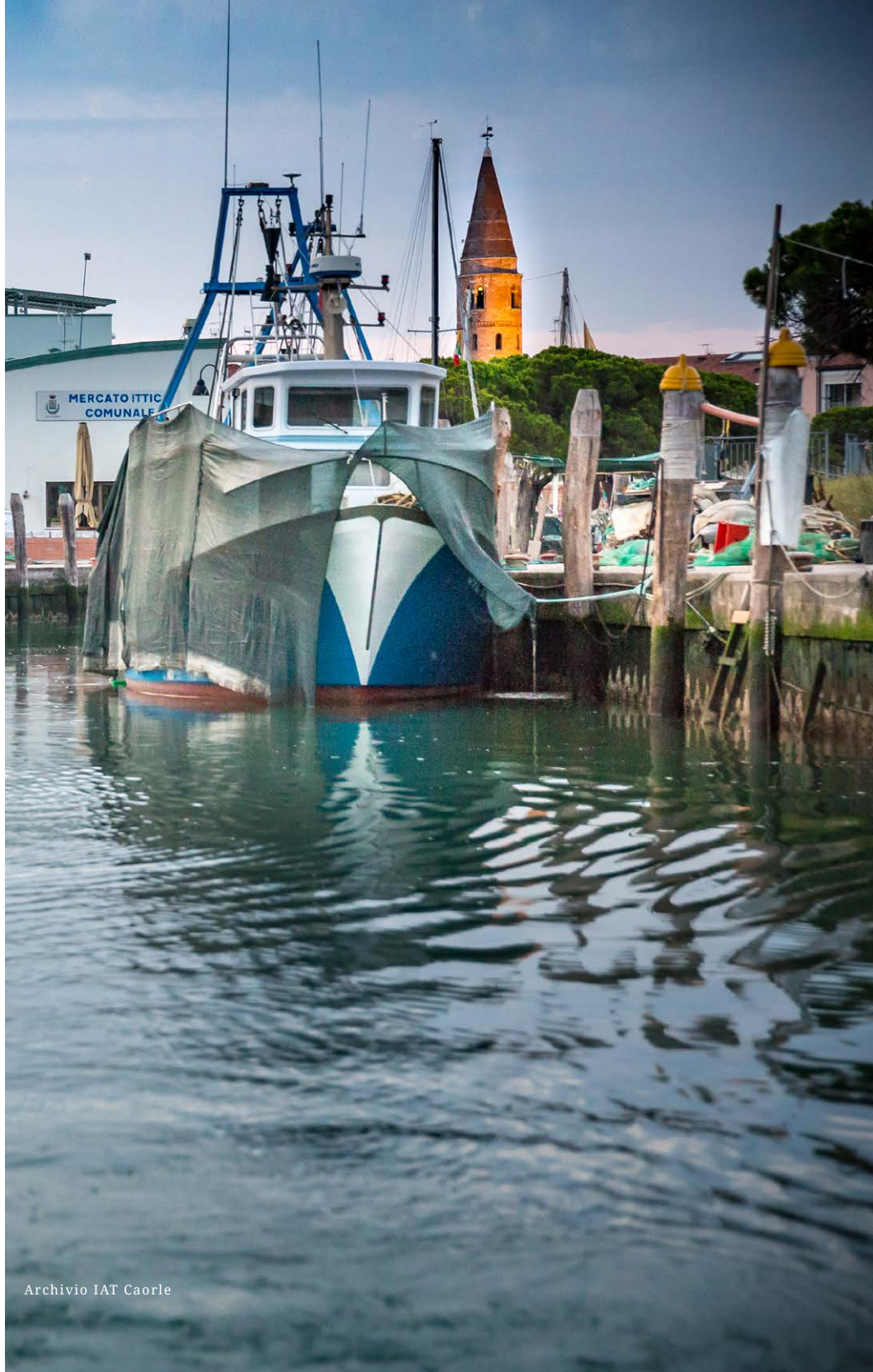
 **Interreg**  
Italy - Croatia  
KeyQ+  
European Regional Development Fund





*dobrodošli u regiju Veneto*

WELCOME TO VENETO





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## KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



### Projekt KeyQ+

*Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska*

### Project KeyQ+

*Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.*

## ABOUT THIS GUIDEBOOK

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# O V O D I Č U

**R**egija Veneto osma je najveća talijanska regija koja broji oko 4,8 milijuna stanovnika, a glavni grad ove regije je čarobna Venecija. Veneto se nalazi na sjevero-istoku Italije i graniči s regijom Friuli-Venezia Giulia na istoku, na jugu s regijom Emilia-Romagna, na zapadu s Lombardijom, a na sjeveru s regijom Trentino-Južni Tirol. Na samom sjeveru Veneto graniči s Austrijom.

Slovi za jednu od najbogatijih talijanskih regija zbog jake industrije, poljoprivrede, ali i turizma. Naime, Veneto je najposjećenija regija u ovoj državi sa čak 60 milijuna turista godišnje. Naravno, najznačajnija destinacija je sama Venecija. Ovdje se govori uz talijanski jezik i venetski koji je specifičan za ovo područje.

Veneto se dijeli na nekoliko područja – sjeverno alpsku zonu, brdsku zonu, donju ravničarsku zonu te obalni pojas. Zbog toga ga krase dramatičan krajolik koji se proteže od visokih snježnih Dolomita do kristalno plavog Jadranskog mora. Iz visokih planina prelazi u brdovito i brežuljkasto područje te na kraju u ravnicu koja je ispre-sijecana brojnim rijekama i kanalima, a obilježava ju široka delta rijeke Po. Venecijanska obala je pak posebna zbog svojih brojnih šarmantnih i pitoresknih laguna, a na jednoj od njih se uzdiže jedinstveni grad jedinstven u svijetu, Venecija, koju svake godine posjećuje tisuće talijanskih i stranih turista.

Međutim, Veneto ima i brojne druge turističke atrakcije i destinacije koje su iznimno posjećene – od prirodnih rezervata, zaštićenih područja, do malih gradića kratkih zaštićenih kulturnih spomenika. Dolomite primjerice krase ružičasta boja zalaska sunca, dok ravnice istočne Venecije krase rijeke, lagune i vinogradi te mali očaravajući gradići, bogati poviješću i kulturom, poput Portogruara i Concordie Sagittarie. Na obali su pak duge pješčane plaže koje se protežu na čak 100 kilometara, a izmjenjuju se s povijesnim primorskim odmaralištima kao što su Jesolo, Bibione, Cavallino i Caorle.

Kroz ovo zanimljivu regiju teče nekoliko rijeka, a to su Pad (Po), Adige, Brenta, Bacchiglione, Livenza, Piave i Timent. Isto tako, pod ovu regiju spada i istočna obala najvećeg talijanskog jezera – jezera Garda. U ovom vodiču usmjerit ćemo se na specifičnu pod-regiju Veneta, Istočnu Veneciju koju svakako vrijedi posjetiti i proučiti.

**V**eneto is the eighth largest region in Italy with a population of 4.8 million. The regional capital is the mesmerising Venice. It is located in north-east Italy and borders the regions Friuli-Venezia Giulia in the east, Emilia-Romagna in the south, Lombardy in the west and Trentino-Alto Adige in the north. Veneto also shares a border with Austria in the extreme north.

It has the reputation of being one of the wealthiest regions in Italy due to its well-developed industry, agriculture and tourism. Veneto is the most visited region in the country, with 60 million tourists coming here each year. Of course, the top destination is Venice. In addition to Italian, Veneto dialect is also commonly spoken in this particular region.

Veneto is divided into several areas – the north Alpine zone, mountain zone, lower plain zone and the coastline. They shape its dramatic landscape, which stretches from the high snow-covered Dolomites to the crystal-blue Adriatic Sea. The tall mountains give way to hilly areas before ultimately unfolding into a plain intersected with myriad rivers and canals, with the Po River delta as the centrepiece. The Venetian coast is unique for its numerous charming picturesque lagoons. Rising from one of these is Venice, a city unlike any other in the world that draws thousands of tourists from Italy and abroad every year.

However, Veneto also offers a number of other frequently visited tourist attractions and destinations, ranging from nature reserves and protected areas to small towns brimming with protected cultural monuments. For example, the Dolomites boast a pink sunset, while the plains of Eastern Venice are adorned with rivers, lagoons and vineyards, dotted with small enchanting towns, rich in history and culture such as Portogruaro and Concordia Sagittaria. The long sandy beaches on the bank extend no less than 100 km and are interspersed with historical sea resorts, such as Jesolo, Bibione, Cavallino and Caorle.

Several rivers flow through this captivating region, such as the Po, Adige, Brenta, Bacchiglione, Livenza, Piave and Tagliamento. This region also includes the east bank of Lake Garda, the largest lake in Italy. For the purposes of this guide, in next pages we'll focus on a specific sub-area of the Veneto region, the Eastern Venice, that worth to be better known and experienced.



**R**egija Veneto kao i sve talijanske regije ima bogatu prošlost budući da je ovo područje bilo naseljavano još u prapovijesti, pa ovdje možete zateći tragove života i stvaranja gotovo svih značajnih naroda koji su ovdje živjeli kroz stoljeća – od Rimljana, do Langobarda, Bizantinaca i Mečana.

Kada se vratimo u povijest, znamo da se dugo vremena ulagalo u plovidbene riječne putove, posebno u doba vladavine Venecije, ali krajolik je tog područja skroz promijenio svoj izgled u razdoblju ujedinjenja Italije. U to je doba nastalo sve ono što se i danas može vidjeti kada putujete ovim krajem kojega krasi mnogobrojne rijeke i zelena polja. To znači da se zemljište upravo tada kultiviralo kako bi se privelo svrsi, odnosno stvorilo podobnim za proizvodnju hrane. Bilo je to revolucionarni period

povijesti Veneta, ne samo zbog bitaka oko ujedinjenja Italije, nego i zbog borbe protiv siromaštva. Upravo ta borba rezultirala time da je čitavo ovo područje od močvarnih polja pretvoreno u produktivan i plodan teritorij.

U to vrijeme dolazi do snažnog ekstenzivnog uzgoja kukuruza, ali i riže s čijim se uzgojem počelo još u doba Venecijanske republike, odnosno Sere-nissime. Jača i sama proizvodnja vina jer se počinje priznavati i prihvaćati njegova kvaliteta, a svoju ekonomsku važnost dokazuju tipične sorte grožđa kao što su Tai, Raboso, Refoško, Rizling i Verduzzo. Istodobno se prelazi na novu tehnologiju proizvodnje vina koja je značila procvat ovdašnjih vinarija. Vinarstvo i vinogradarstvo postaju snažna poluga u razvoju poljoprivrede Veneta.





# Regija Veneto

A kako je nakon ujedinjenja (1860.-1945.) došlo do preobrazbe kulture, industrije i krajolika ovog dijela Italije, vidljivo je na svakom koraku. Pravi primjer te evolucije je nacionalna izložba vina Mostra Nazionale Vini di Pramaggiore, koja predstavlja najstarije i najznačajnije enološko nadmetanje u Italiji.

Kukuruzna polja, posebno ona gdje se uzgaja autohtona sorta kukuruza Biancoperla, rižina polja koja proizvode visokokvalitetnu rižu te Etnografski muzej posvećen uzgoju žitarica i njihovom mljevenju u vodenoj mlinici Belfiore u Pramaggioreu, pripovijedaju priču o povezanosti poljoprivrede i prerade tipičnih proizvoda Veneta.

Muzej posvećen melioraciji Veneta – Museo della Bonifica u mjestu San Donà di Piave opisuje močvarne ekosustave u Basso Piaveu prije melioracije te odnos između čovjeka i okoliša. S druge strane, muzej pejzaža – Museo del Paesaggio u općini Torre di Mosto pokazuje evoluciju Veneta kroz djela umjetnika iz 20. stoljeća koji su inspirirani reinterpretacijom krajolika regije.

Istočna Venecija je dio Veneta gdje su jako razvijeni i ratarstvo i stočarstvo. Ovdje se smjestilo jako puno farmi goveda koje služe i za proizvodnju mesa, ali i mlijeka poput primjerice autohtone pasmine Rendena. No, ne zaboravimo da je u Venetu snažno razvijeno i ribarstvo. Jadransko more nudi bogatstvo ribe poput inćuna, sardela i drugih vrsta ribe, ali i mekušaca te školjki vrhunske kvalitete. Sav se ulov može naći na tipičnim malim ribljim tržnicama, poput one u mjestu Caorle gdje se još uvijek njeguje stara tradicija kupnje ribe kroz tradicionalni ritual aukcije šaptanja cijene ribe „na uho“.

Ne propustite posjetiti Casoni di Caorle. Skromne su to kućice i spremišta koja su služila ribarima s područja Basso Piave. Nastavite dalje prema Mediteranskom vrtu istočne Venecije u mjestu Bibione koji prikazuje i čuva biološku raznolikost obalnih staništa, a nedaleko je i impozantni svjetionik Punta Tagliamento.

# Veneto

**T**he region of Veneto, like all the other Italian regions, boasts a storied history since this area was inhabited as early as prehistory, which means that you can find traces of life and of the formation of different societies and cultures that have inhabited the area throughout the centuries – from Romans to Longobards, Byzantines and Venetians.

Going back into history, we know that for a long time, investments have been made in river waterways, especially during Venetian rule. The landscape – as we can see it today – was especially moulded during the period of Italy's unification into a single Kingdom. At that time, important operations were made to reclaim the land for cultivation and to provide food to the cities and farmers. This was a revolutionary period in the history of Eastern Veneto, not least because of the battles for the unification of Italy but also because of the struggle against poverty, which brought about the transformation of the area from wetland fields into a high-yielding and fertile territory.

It was a period of immense and extensive cultivation of corn, as well as rice, which had been grown as early



as the era of the Republic of Venice, which was also known as *La Serenissima*. There was also a boost in winemaking due to the acknowledgement of the quality of wine, while typical grape varieties, such as *Tai*, *Raboso*, *Refosco*, *Riesling* and *Verduzzo* proved their economic merit. At the same time, new wine-making technologies were being applied, which led to the flourishing of local wineries. Winemaking and wine-growing had become a lever of agricultural development in Veneto.

The post-unification period (1860–1945) saw the transformation of culture, industry and landscape in this part of Italy, which is visible at every turn. The most recognisable outcome of this evolution is the *Mostra Nazionale Vini di Pramaggiore* national wine exhibition, which holds the distinction of being the oldest and most prestigious enological competition in Italy.

Cornfields, especially those used for cultivating the indigenous corn variety *Biancoperla*, rice fields that yield high-quality rice and the Ethnographic Museum dedicated to cereal growing and milling at the *Belfiore* watermill in *Pramaggiore* tell the story of the connection between agriculture and the processing of characteristic products from Veneto.

The *Museo della Bonifica*, a museum dedicated to the land improvement of Veneto, in *San Donà di Piave* describes the wetland ecosystems preceding melioration and the relationship between humans and the environment. Then there is the *Museo del Paesaggio* landscape museum in the township of *Torre di Mos-*

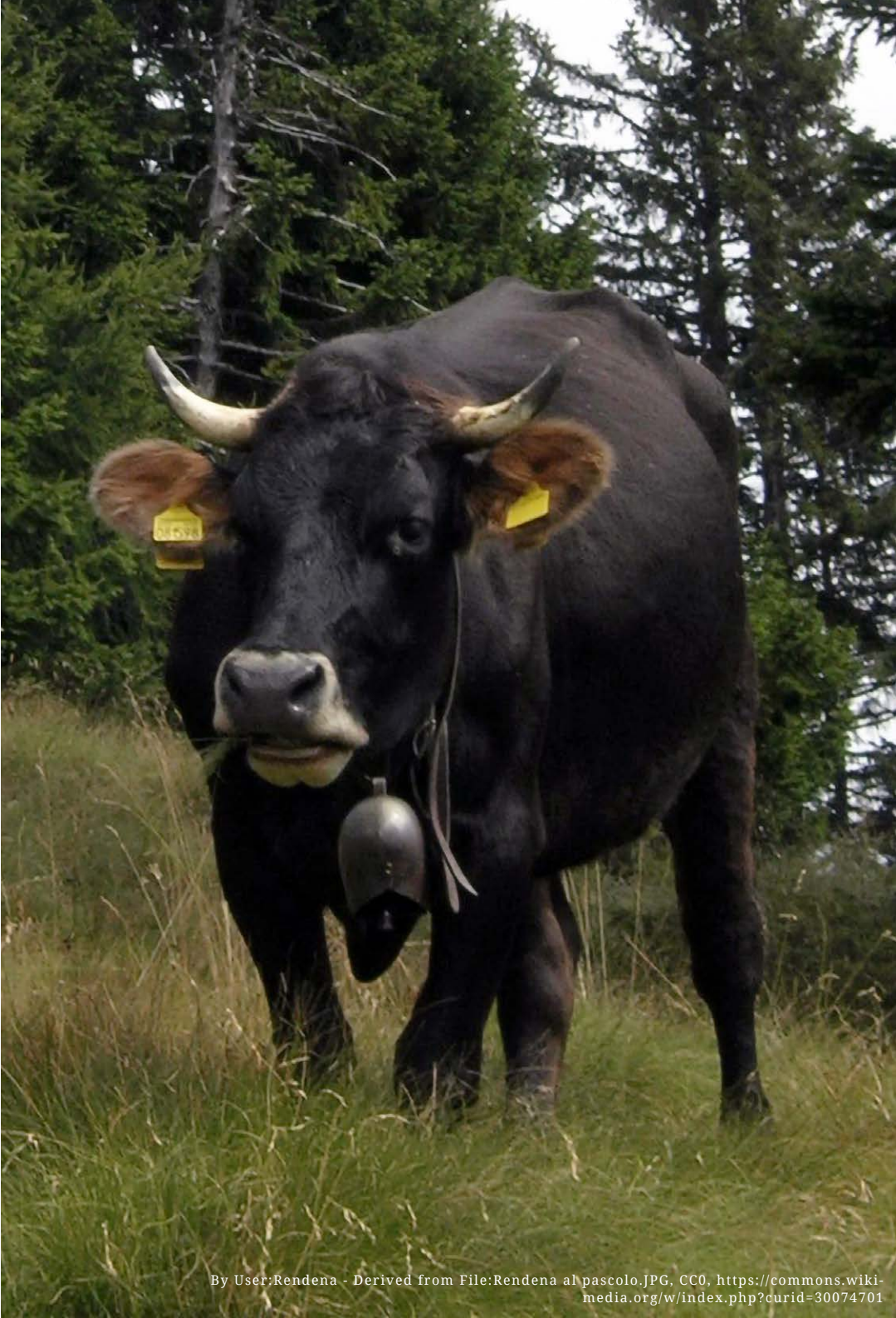
*to*, which showcases the evolution of Veneto through artworks by 20th-century artists that are inspired by the reinterpretation of the regional landscape. The late XIX century was also a period of enhancement of the ancient cultural roots of the territory. On 1873 Roman remains were discovered throughout the area of *Concordia Sagittaria*. Artefacts from those archeological excavations are displayed in the *Museo Nazionale Concordiese* in *Portogruaro* opened in 1888.

East Venice is a part of Veneto with a highly-developed farming and animal husbandry industry. It has a large number of livestock farms where cattle, such as the indigenous *Rendena* breed, are kept for meat and milk production. It should also be noted that the fishing industry thrives in Veneto. The Adriatic Sea provides an abundance of fish, such as anchovies, sardines and other types, as well as first-rate shellfish. You can find the entire yield in the typical small fishmarkets, like the one in the town of *Caorle*, where the time-honoured tradition of buying fish using the auctioning ritual of whispering the price of the fish “in the ear” is still observed.

Don't miss a visit to *Casoni di Caorle*. These are small modest houses and storage facilities that were once used by fishermen from the *Basso Piave* area. Continue further to the town of *Bibione* and the *East Venice Mediterranean garden*, which displays and preserves the biodiversity of the coastal habitats. Also located nearby is the delightful *Punta Tagliamento* lighthouse.









# LOKALNI PROIZVODI

## *local products*

### GOVEDO PASMINE RENDENA

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Podrijetlom iz Val Rendene, nastala križanjem švicarskog i lokalnog goveda, pasmina Rendena sve se više počela uzgajati između 1870. i 1900. godine, osobito na području Veneta i Lombardije. Tijekom 20. stoljeća bilo je evidentirano čak 200.000 grla tog goveda za proizvodnju mlijeka, a taj je broj u međuvremenu pao na nekoliko tisuća. Danas je u Nacionalnoj udruzi uzgajivača „Rendena Breed“ registrirano oko 200 uzgajivača tog goveda.

Tipična je to autohtona pasmina stoke s područja Alpa, koja je odlična za mlijeko i meso. Ima glatku dlaku u različitim nijansama smeđe, pa čak i crne boje. Nižeg je srednjeg rasta. Zna težiti i do 550 kilograma, a krasi ju crna njuška te bijeli rogovi sa crnim vrhovima. Telad je, i dok se hrani mlijekom, prikladna za meso, ali i kasnije kada dosegne 12 do 13 mjeseci. Tada teži oko 400 do 450 kilograma.

### RENDENA CATTLE BREED

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*The Rendena cattle breed originates from Val Rendena and is a product of cross-breeding Swiss and local cattle. There was an increase in breeding Rendena cattle between 1870 and 1900, especially in the Veneto and Lombardy areas. As many as 200,000 heads of Rendena cattle kept for milk production were registered in the 20th century; however, the number has since dwindled to only a few thousand. Currently, there are approximately 200 Rendena cattle breeders registered with the National Association of Rendena Breeders.*

*It is an indigenous cattle breed characteristic of the Alpine region and particularly suitable for milk and meat production. It has smooth hair in various hues of brown and even black. It is lower-medium-sized. The Rendena cattle can weigh up to 550 kg and has a black snout and white horns with black tips. The calves are used for meat production even when milk-fed as well as later when they are 12-13 months old and weigh about 400-450 kg.*

# Vino Raboso del Piave

## RABOSO DEL PIAVE WINE

Raboso je vrlo stara autohtona sorta grožđa koju je već 1679. spominjao Giacomo Agostinetti, a tipična za područje rijeke Piave u pokrajinama Treviso, Venecija, Padova, Rovigo i Pordenone.

Nekoliko vrsta vina s oznakom „Denominazione di Origine Controllata“, odnosno s DOC, DOCG i IGT kontroliranom oznakom podrijetla, proizvodi se od grožđa sorte Raboso del Piave. Grozd je srednje veličine do 20 centimetara, s okruglim bobicama koje su tamnoplave ili crne boje. Za ovu lozu karakteristično je rano pupanje i kasno sazrijevanje grožđa, što otežava njegovu kultivaciju na područjima sklonima mrazu. Vino nastalo od ove sorte ima buke višnje maraske, maline i kupine, bogato je antocijanima i taninima te je zato pogodno za ekstenzivno starenje. Specijalno "Malanotte" DOCG vino proizvodi se od djelomično sušenog grožđa.





# Kukuruz Biancopenla

## BIANCOPERLA CORN



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Ova sorta kukuruza bila je jako popularna u drugoj polovici 19. stoljeća zbog dužeg roka trajanja u odnosu na druge sorte kukuruza u to vrijeme. Čak i poznati pisac i agronom Giacomo Agostinetti u svom tekstu s kraja 17. stoljeća spominje bijelu sortu kukuruza Sorgo-turco, posebno na području Piave, koji je preteča sorte Biancoperla. Danas se ova sorta proizvodi u malim količinama i uzgajaju je specijalizirani proizvođači, a bere se od rujna do listopada. Klipovi kukuruza su izduženi i uski, dugački su do 25 centimetara i krase ih velika biserno bijela staklasta zrna. Kukuruzno brašno od ove sorte kukuruza dostupno je u odabranim mlinovima i specijaliziranim trgovačkim lancima, a Ministarstvo poljoprivrede, prehrane i šumarstva uvrstilo ga je na popis tradicionalnih prehrambenih proizvoda te nosi oznaku Presidium Slow Food.





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*This corn variety was popular in the second half of the 19th century due to its longer shelf life than other corn varieties of the time. Even the famous writer and astronomer Giacomo Agostinetti mentioned the Sorgoturco white variety, a predecessor of the Biancoperla that is commonly found in the Piave River area, in one of his late-17th-century texts. Today, this variety is grown in small quantities by specialised producers and is harvested from September to October. The corn cobs are elongated and thin, up to 25 cm in length and have large pearl-white glassy kernels. Cornflour derived from this corn variety is available in selected mills and specialised chain stores. The Ministry of Agricultural, Food and Forestry Policies has included it on the list of traditional foodstuffs and it is labelled a Presidium Slow Food.*

## INCUNI ALICI DELL'ADRIATICO

Incuni su vrste riba kojima obiluje sjeverno Jadransko more, a već stoljećima dio su prehrane onih koji žive uz obalno područje Veneta. Mogu se kupiti ili svježi ili konzervirani, ali i kuhani ili marinirani. Incun je mršava i uska riba male veličine koja može narasti do 20 centimetara, ali obično ima oko 10 centimetara. Srebrne je boje po trbuhu i bočnim stranama, dok su joj leđa plave i zelene boje. Glava joj je izduženog oblika, sa širokim granskim otvorima. Karakteristična značajka ove ribice je izbočeni i zašiljeni nos, čija je donja vilica kraća. Oči su joj velike, a usta joj se protežu preko stražnjeg ruba očiju. Životni ciklus ove ribe traje do četiri godine. Zahvaljujući većem broju planktona koji pristižu iz brojnih rijeka koje utječu u Jadransko more, ovi incuni brže rastu te su stoga deblji od onih u Tirenskom moru.

## ANCHOVIES FROM ADRIATIC SEA

*Anchovies are abundant in the northern Adriatic Sea and have been used as a food by the population of the Veneto coastline for centuries. You can buy them fresh or canned, as well as cooked or marinated. The anchovy is a small slender fish, which can reach 20 cm in length, although it usually does not exceed 10 cm. It is silver-coloured on the belly and sides and has a blue-green back. The head is elongated with wide branchial orifices. The distinctive features of this small fish include a protruding and pointed nose with a shorter lower jaw. It has large eyes, with a mouth that extends across the rear edge of the eyes. This fish has a life cycle of up to 4 years. Due to an increased influx of plankton from the numerous rivers flowing into the Adriatic Sea, these anchovies grow at a faster rate and are stouter than the ones from the Tyrrhenian Sea.*







# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY

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# SALAMA SOPPRESSA DI CAMPAGNA S OCTOM I PALENTOM BIANCOPERLA S KOMORAČEM



VRIJEME  
TIME

90 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

3/10

## PEASANT "SOPPRESSA" SALAMI SEASONED WITH VINEGAR ON BIANCOPERLA POLENTA AND FENNEL

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

ZIMA  
WINTER

#### SASTOJCI \_ INGREDIENTS

Salama Soppresa di cam- pagna narezanih na deblje ploške / Peasant soppresa salami in thick slices	300 g
Brašna Biancoperla / Bian- coperla maize flour	100 g
Vode / Water	700 ml
Ocat od prosecca / Prosecco vinegar	
Komorač / Fennel	1 kom/pcs
Sjemenke komorača / Fennel seeds	
Divlji koromač / Wild fennel	
Ekstra djevičansko masli- novo ulje / Extra-virgin olive oil	
Sol / Salt	
Papar / Pepper	

U loncu prokuhamo vodu s malo soli i polagano sipamo kukuruzno brašno neprestano miješajući s mutilicom. Lagano kuhati sat vremena. Izlijemo palentu u posudu za pečenje i ostavimo da se ohladi. Narežemo koromač uz pomoć mandoline i potopimo u vodi s ledom da se nakovrča. U zagrijanu tavu lagano prepečemo salamu Soppresu i glaziramo s malo octa. U maloj tavi tostiramo sjemenke komorača dok ne dobiju blago žuto-smeđu boju. Narežemo palentu i položimo je na dno tanjura, zatim narezanu Soppresu. Ocijedimo komorač iz vode, osušimo i začinimo sa solju, paprom, uljem i nekoliko kapi octa.

Dekoriramo tanjur s mladim listovima komorača, tostiranim sjemenkama i s nekoliko grančica divljeg komorača.



### P R E P A R A T I O N

Heat water to the boiling point with a pinch of salt and pour the maize little by little, mixing constantly with a whisk. Cook gently for 1 hour. Pour the polenta in an oven-dish and let it cool down. Slice the fennel with a vegetable-slicer and dip it into icy-cold water to make it curl up. In a hot pan, sear the soppresa salami, add a sprinkle of vinegar and reduce it. Toast the fennel seeds in a small saucepan until they get slightly ambercoloured.

Put a slice of polenta on the bottom of the dish and some slices of soppresa above it. Drain the fennel, dry it accurately and season it with salt, pepper, Extra Virgin Olive oil and some drops of vinegar. Complete the dish with the small fennel salad, the toasted seeds and some stalks of wild fennel.

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY



# TJESTENINA I GRAH S PESTOM OD INĆUNA I RUŽMARINA



VRIJEME  
TIME

210 MIN  
+ 180 ZA TIJESTO  
+ 180 FOR DOUGH



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

7/10

## PASTA AND BEANS SOUP WITH ANCHOVIES AND ROSEMARY PESTO

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

JESEN  
FALL

#### SASTOJCI \_ INGREDIENTS

Glatko brašno / Wheat flour 00	200 g
Jaje / Egg	1 kom/pcs
Žumanjak / Yolks	3 kom/pcs
Glavica luka / Onion	1 kom/pcs
Češanj češnjaka / Clove of garlic	1 kom/pcs
Sok od 1 limuna / Lemon juice	1 kom/pcs
Grah, različite vrste / Lamon, Verdon and black eyed beans	
Svinjska koža / Pork rind	
Stabljika celera / Celery	1 kom/pcs
Svježi inćuni / Fresh anchovies	
Mrkva / Carrot	1 kom/pcs
Bouquet garni (ružmarin, kadulja, timijan) / Bunch of aromatic herbs (rosemary, sage, thyme)	

Namakati grah preko noći. U lonac staviti grah, oguljeni i prepolovljeni luk i mrkvu, celer, bouquet garni, svinjsku kožu, sol i papar. Preliti vodom i kuhati dok grah ne bude kuhan.  $\frac{3}{4}$  graha izmiksati s vodom u kojoj se kuhao kako bi dobili glatku kremu. Umijesiti brašno, jaja i žumanjke i pustiti da odleži u hladnjaku 3 sata. Tijesto razvaljati s valjkom ili strojem za razvlačenje tijesta. Nožem izrezati oblik tjestenine maltagliati od 3 cm. Za pripremu „pesta“ od inćuna, očistiti 3 ili 4 fileta inćuna i rezati ih na komade ovisno o veličini. Skinuti lišće s grančice ružmarina, nasjeckati ružmarin s pola češnja češnjaka i pomiješati s inćunima. Začiniti s maslinovim uljem, nekoliko kapi soka od limuna, solju i paprom. Kuhati tjesteninu u kipućoj slanoj vodi. Na vatri pomiješati tjesteninu s malo maslinovog ulja, malo vode u kojoj se kuhao grah i s cijelim grahom kojeg smo odvojili. Na dno tanjura staviti žlicu kreme od graha, zatim tjesteninu i na kraju pesto od inćuna.



### P R E P A R A T I O N

Soak the beans all over the night. Put the beans in a pot and add the onion and the carrot peeled and chopped in two pieces, the celery stalk, the bunch of aromatic herbs, the pork-rind, salt and pepper. Cover with water and boil the beans until they are full-cooked. Blend  $\frac{3}{4}$  of the beans with the cooking water to obtain a smooth cream. Knead the flour with the eggs and yolk and let it rest three hours in the fridge. Roll the dough with a rolling pin or dough sheeter. Cut the dough with a knife into irregular square shapes ("maltagliati") about 3 cm size. To prepare the anchovies "pesto", fillet the anchovies and chop them in 3 or 4 parts, depending on their initial size; clean a twig of rosemary, chop it finely together with a clove of garlic and merge it with the anchovies; season with extra Virgin olive oil, lemon drops, salt and pepper. Cook the "maltagliati" in boiling salty water. Sauté the pasta with little extra virgin olive oil, a small ladle of beans' cooking water and the legumes left whole. On the dish, pour a spoon of cream, then the pasta and complete with the pesto.

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY

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VRIJEME  
TIME  
240  
MIN



PORCIJA  
SERVES  
4



TEŽINA  
DIFFICULTY  
8/10

## VEAL CHEEK WITH BUTTERED POTATO PUREE AND AGRETTI

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

PROLJEĆE  
SPRING

#### SASTOJCI \_ INGREDIENTS

Teleće obrazine / Veal cheeks	4 kom/pcs
Crno vino / Red wine	0,5 l
Stabljika celera / Celery	1 kom/pcs
Mrkva / Carrot	1 kom/pcs
Pileća juha / Chicken broth	
Luk / Onion	1 kom/pcs
Bouquet garni (timijan, ružmarin) / Bunch of aromatic herbs (thyme, rosemary)	
Planinski krumpir / Mountain potatoes	500 g
Sol / Salt	
Mlijeko / Milk	200 ml
Papar / Pepper	
Maslac / Butter	120 g
Preslice / Agretti	100 g
Brokula / Broccoli	1 kom/pcs

Mariniramo obrazine preko noći u crnom vinu s bouquet garnijem i povrćem izrezanim na komade. Ocijedimo i pečemo obrazine i povrće u ugrijanom loncu, dodamo vino iz marinade sa začinicima i prelijemo s pilećom juhom. Posolimo i popaprimo. Posudu poklopiti i kuhati na laganoj vatri 3 sata. Kad je meso kuhano, izvaditi obrazine i izmiksati tekućinu od kuhanja s povrćem. Oprati krumpir i kuhati bez guljenja u kipućevoj vodi. Kad je krumpir kuhan i još vruć, ogulimo koru i istisnemo ga kroz gnječilicu. S plosnatom žlicom umiješati dio maslaca u vrući krumpir. Preostali maslac rastopiti u kipućem mlijeku i postupno dodati u smjesu od krumpira; začinicima sa solju i paprom. Izrežemo brokulu i blanširamo je u slanoj vodi. Uklonimo vrhove i krajeve preslice; dobro operemo i kuhamo u vodi i octu. Poslužimo vruć pire krumpir, obrazine, brokulu, preslicu i nekoliko žlica tekućine u kojoj se kuhala.



### P R E P A R A T I O N

Marinate the veal cheeks all night long in red wine with the bunch of aromatic herbs and the chopped vegetables. Drain the cheeks and vegetables. Roast the cheeks and then the vegetables in a hot pan; add the wine used for the marinade with the aromatic herbs and cover with the chicken broth. Salt and pepper. Cover the pan with a lid and stew low heat for three hours. Once done, drip the cheeks and blend the cooking liquid with the vegetables. Clean carefully the potatoes and deep cook them unpeeled in boiling water. Peel the potatoes until they are hot and pass them through a sieve or masher. With a spatula, incorporate part of the butter within the hot potatoes. Melt the remaining butter in hot milk and merge it little by little with the mashed potatoes; season with salt and pepper. Chop the broccoli and blanch it in salty water. Remove the roots and clean carefully the agretti, blanch them in water and vinegar. Serve the hot potato purée, the cheek, the broccoli, agretti and some spoons of the cooking sauce.

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY



# R I Ž A N A M L I J E K U S Ž E L E O M O D R A B O S A I Š U M S K O G V O Ć A



VRIJEME  
TIME

30 MIN  
+ 60 ZA ŽELATINU  
+ 60 FOR THE JELLY  
REST



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

3/10

## RICE PUDDING WITH RABOSO JELLY AND FOREST FRUIT

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

LJETO  
SUMMER

#### SASTOJCI \_ INGREDIENTS

Mlijeko / Milk	1/2 l
Vrhnje / Cream	1/2 l
Riža / Rice	350 g
Šumsko voće / Forest fruit	200 g
Šećer / Sugar	100 g
Maslac / Butter	40 g
Vino Raboso / Wine Raboso	300 ml
Listići želatine / Jelly sheets	7 kom/pcs
Šećer / Sugar	30 g

Prokuhamo mlijeko, s maslacem, šećerom (100 g) i vrhnjem. Dodamo rižu i kuhamo dok ne bude kuhana, stalno miješajući. Odložimo na hladno mjesto. Dovedi do vrenja vino Raboso sa šećerom (30 g) i dodati želatinu prethodno namočenu u hladnoj vodi. Ostavimo da odeži sat vremena u hladnjaku i zatim odrežemo dio na kocke, te izmiksamo ostatak kako bi dobili umak. Poslužimo rižu s umakom od Rabosa i ukrasimo s bobicama šumskoga voća.

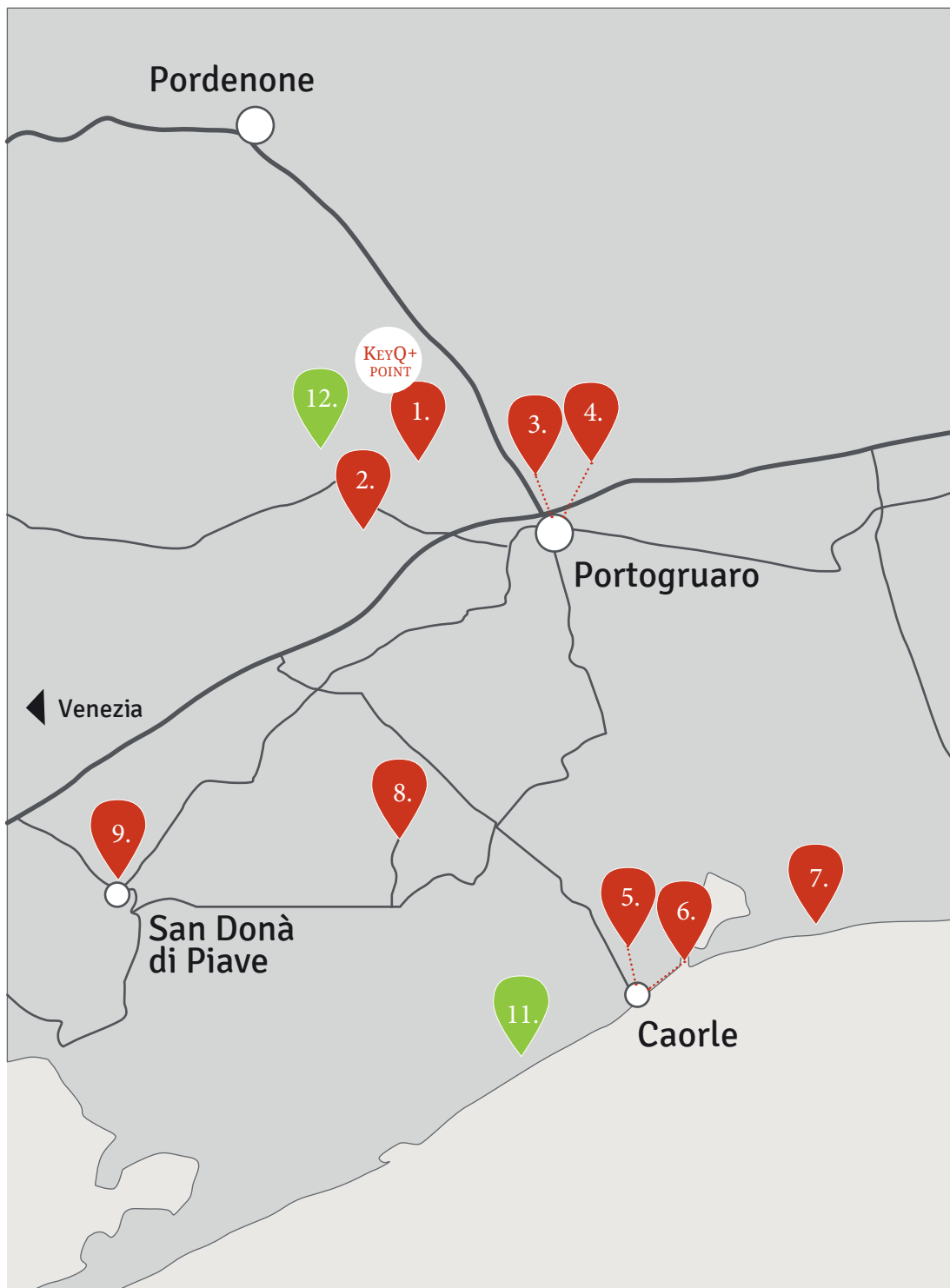


### P R E P A R A T I O N

Make the milk boil with the butter, sugar (100 g) and cream. Add the rice and let it boil gently until the rice is completely cooked, stirring continuously. Keep it cool. Pour the Raboso wine and sugar (30 g) in a pan and make it boil, incorporate the jelly (previously soaked in cold water). Let the jelly rest for an hour in the fridge and then cut a part of it into cubes and blend the rest to get a sauce.

Serve the rice pudding with the Raboso sauce and cubes and dress it with forest fruit.

*Bon Appetit*





# PUT KULTURE I GASTRONOMIJE

## *Culture And Gastronomy Path*

TURISTIČKI ITINERAR \_ TOURIST ITINERARY

TOČKE INTERESA \_ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE \_  
HISTORICAL & CULTURAL HOTSPOTS:

1. **REGIONALNA ENOTEKA/NACIONALNA IZLOŽBA VINA  
PRAMAGGIORE\_ REGIONAL WINE SHOP / NATIONAL EXHIBITION  
OF WINES FROM PRAMAGGIORE**
2. ETNOGRAFSKI MUZEJ POSVEĆEN MLINOVIMA I ŽITARICAMA\_ *THE  
ETHNOGRAPHIC MUSEUM DEDICATED TO MILLS AND CEREALS*
3. NACIONALNI MUZEJ CONCORDIESE PORTOGRUARA\_  
*CONCORDIESE NATIONAL MUSEUM IN PORTOGRUARO*
4. ARHEOLOŠKO PODRUČJE CONCORDIA SAGITTARIA I BASILICA  
DI CONCORDIA\_ *THE CONCORDIA SAGITTARIA AND BASILICA DI  
CONCORDIA ARCHAEOLOGICAL AREA*
5. RIBARSKA TRŽNICA CAORLE\_ *THE CAORLE FISHMARKET*
6. OTOK RIBARA I „CASONI“ CAORLE\_ *FISHERMEN ISLAND AND THE  
CAORLE “CASONI”*
7. MEDITERANSKI VRT ISTOČNE VENECIJE\_ *THE EAST VENICE  
MEDITERRANEAN GARDEN*
8. MUPA: MUZEJ KRAJOLIKA OPĆINE TORRE DI MOSTO\_ *MUPA: THE  
LANDSCAPE MUSEUM IN TORRE DI MOSTO*
9. MUZEJ MELIORACIJE U MJESTU SAN DONA' DI PIAVE\_ *THE LAND  
IMPROVEMENT MUSEUM IN SAN DONA' DI PIAVE*
10. SVJETIONIK PUNTA TAGLIAMENTO\_ *THE PUNTA TAGLIAMENTO  
LIGHHOUSE*

PROIZVOĐAČI \_ FOOD PRODUCERS:

11. LA FAGIANA - RIŽA\_ *RICE*
12. CANTINA “AI GALLI” - VINO\_ *WINE*

Trieste ▶

Bibione



Archivio Lepido Rocco

## REGIONALNA ENOTEKA/NACIONALNA IZLOŽBA VINA PRAMAGGIORE

REGIONAL WINE SHOP / NATIONAL EXHIBITION OF WINES FROM PRAMAGGIORE

VIA CAV. VITTORIO VENETO, 13 - 30020 PRAMAGGIORE (VE) - ITALY

+ 39 (0)421/799036, [MOSTRANAZIONALEVINI@LIBERO.IT](mailto:MOSTRANAZIONALEVINI@LIBERO.IT), [ALBERGHIERO.PRAMAGGIORE@LEPIDOROCCO.COM](mailto:ALBERGHIERO.PRAMAGGIORE@LEPIDOROCCO.COM)  
[WWW.MOSTRANAZIONALEVINI.COM](http://WWW.MOSTRANAZIONALEVINI.COM)

Nacionalna izložba vina (Mostra Nazionale Vini) je najstarija izložba vina u Italiju pod pokroviteljstvom Ministarstva poljoprivrede, hrane i šumarstva. Prvi je put organizirana odmah nakon Drugog svjetskog rata, a na njoj su izložena vina iz svih talijanskih regija. To je mjesto gdje se ocjenjuju sva vina s oznakama DOCG, DOC i IGT.

Na ovoj se izložbi održavaju i druga zanimljiva događanja te degustacije, a partner joj je Centar za strukovno osposobljavanje za turizam i hotelijerstvo Zaklade Lepido Rocco (član nacionalnog udruženja Scuola Centrale Formazione). U prostorijama ovog Centra u mjestu Blessaglia di Pramaggiore (VE) smještena je "KeyQ + točka" za regiju Veneto. Tamo posjetitelji mogu zatražiti informacije o tematskom turističkom itineraru nastalom u okviru ovog projekta te organizirati svoj posjet izložbi.

*The national wine exhibition (Mostra Nazionale Vini) is the oldest wine exhibition under the auspices of the Ministry of Agricultural, Food and Forestry Policies. It was first held immediately after World War II, when it showcased wines from all the regions in Italy. This is an event where the wines labelled with the DOCG, DOC and IGT designations are evaluated.*

*The exhibition also features other interesting events and wine tastings and is partnered by the Lepido Rocco Foundation's (a member of the Scuola Centrale Formazione national association) Centre for Vocational Training in the Tourism and Hotel Industry. The "KeyQ + point" for the Veneto region is located at the centre in Blessaglia di Pramaggiore. At the Centre, visitors can find information on the themed tourist itinerary devised as part of this project and arrange a tour of the exhibition.*



Archivio Distretto Turistico Venezia Orientale

2.

## ETNOGRAFSKI MUZEJ POSVEĆEN MLINOVIMA I ŽITARICAMA

### THE ETHNOGRAPHIC MUSEUM DEDICATED TO MILLS AND CEREALS

VIA BELFIORE, 38 - 30020 BELFIORE DI PRAMAGGIORE (VE) - ITALY  
 +39 (0) 421 200317, BIBLIOTECA@COMUNE.PRAMAGGIORE.VE.IT  
 WWW.DIMENSIONECULTURA.COM

Etnografski muzej Belfiore u općini Pramaggiore otvoren je 2003. godine, a nalazi se u starom mlinu Belfiore koji je radio od 15. do 20. stoljeća. Muzej koji je spojen s Villom Dalla Pasqua iz 19. stoljeća smješten je u predivnom parku na obalama bistre rijeke Loncon. Raskošna stara stabla, posebice stabla hrasta i jasena, daju ovom mjestu posebnu draž.

Muzej koji je posvećen umjetnosti mljevenja žitarica te žitaricama prostire se na dva kata i otkriva na koji su se način nekada mljele žitarice i kako su se uzgajale. Zanimljive informativne ploče pričaju priču o vodenici i usmjeravaju posjetitelje prema srcu mlina – strojarnici. Tu se mogu vidjeti mehanizmi i zupčanci koji su u prošlosti bili konstantno u pogonu. Na prvom katu ovog muzeja nalaze se stare fotografije i predmeti koji posjetitelja uvode u priču oko uzgoja žitarica.

*The Belfiore Ethnographic Museum in Pramaggiore village was opened in 2003 and is located in the old Belfiore mill, which was operational between the 15th and 20th centuries. The museum, which is connected to the 19th-century Villa Dalla Pasqua, is situated in a stunning park on the banks of the Loncon River. Old, lush trees, especially oaks and ashes, give a certain charm to this place.*

*The museum dedicated to the art of milling cereals and to the cereals themselves is spread across two floors and reveals how cereals used to be grown and processed. The informative boards tell the story of a watermill and direct the visitors towards the heart of the mill - the engine room. Here you can see the mechanisms and gears that used to be constantly in motion. You will find old photographs and items that immerse visitors in the story of growing cereals, on the first floor.*



3.

Archivio fotografico Polo museale del Veneto - su concessione del Ministero per i beni e le attività culturali

## NACIONALNI MUZEJ CONCORDIESE PORTOGRUARA

### CONCORDIESE NATIONAL MUSEUM IN PORTOGRUARO

VIA SEMINARIO, 26 – PORTOGRUARO (VE) - ITALY

+39 (0)421.72674, PM-VEN.MUSEOPORTOGRUARO@BENICULTURALI.IT

[HTTPS://POLOMUSEALEVENETO.BENICULTURALI.IT/MUSEI/MUSEO-ARCHEOLOGICO-NAZIONALE-CONCORDIESE](https://polomusealeveneto.beniculturali.it/musei/museo-archeologico-nazionale-concordiese)

Nacionalni muzej Concordiese u Portogruaru (Museo Nazionale Concordiese di Portogruaro) otvoren je davne 1888. godine i nedavno je obnovljen. Radi se o prvom utemeljenom muzeju u Venetu nakon ujedinjenja Italije. U njemu se nalaze predmeti koji su donirani, ali i nalazi s brojnih arheoloških iskopavanja. Muzej je u obliku kršćanske bazilike s tri broda. Čuva drevne kipove, brončane figure, raskošne mozaike, pogrebne stele, portrete, kovanice, dragulje, svakodnevne uporabne i staklene predmete, uključujući slavnu šalicu na kojoj je ugraviran Daniel s lavovima, koji potječu iz grada Concordia osnovanog 42. godine prije Krista. Muzej nudi bogat program tematskih vođenja, radionica iz arheologije i povijesti, događanja za djecu, obitelji, entuzijaste i profesionalce u suradnji sa školama i udrugama.

*The Concordiese National Museum in Portogruaro (Museo Nazionale Concordiese di Portogruaro) was opened way back in 1888 and has recently been renovated. It was the first museum established in Veneto following the unification of Italy. It holds donated items and archaeological findings. The museum is shaped like a Christian basilica with three naves. It houses ancient statues, bronze figures, lavish mosaics, funerary steles, portraits, coins, jewellery, and everyday practical and glass items, including the famous cup with the engraved image of Daniel and the lions from the city of Concordia, which was founded in 42 BC. The museum offers an abundance of themed guided tours, archaeology and history workshops, as well as events for children, families, enthusiasts and professionals in collaborations with schools and associations.*





Di [[:User:Frack|Frack]], CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=3395356>

4.

## ARHEOLOŠKO PODRUČJE CONCORDIA SAGITTARIA I BASILICA DI CONCORDIA

THE CONCORDIA SAGITTARIA AND BASILICA DI CONCORDIA ARCHAEOLOGICAL AREA

PIAZZA CELSO COSTANTINI, CONCORDIA SAGITTARIA (VE) - ITALY  
 +39 (0)421.72674; +39 (0)421 275 677, PM-VEN.MUSEOPORTOGRUARO@BENICULTURALI.IT  
 WWW.BENICULTURALI.IT

Italia Concordia bila je rimski grad koji je utemeljen sredinom 1. stoljeća prije Krista. Između 338. i 390. prije Krista izgrađena je prva crkva na ovom mjestu, i to bazilika Apostolorum koja je bila u cijelosti prekrivena mozaicima. Bila je izgrađena na ruševinama rimske kuće, a u njoj su se okupljali prvi kršćani.

Godine 1868. kraljevskim dekretom grad je nazvan Concordia Sagittaria, a naziv potječe od povijesne tvornice za proizvodnju strijela (sagittae) koja je na ovom području postojala početkom 4. stoljeća poslije Krista. Šećući gradom posjetitelj može vidjeti terme koje su izgrađene između 2. i 3. stoljeća prije Krista, a ukrašene su slikarijama Nereide i atleta. Na sjeveru se nalaze i ostale arheološke lokacije kao što su Rimski most, kazalište i Domus Signini, koji čuva vrijedne ostatke podova prekrivenih mozaicima.

*Italia Concordia was a Roman town founded in the mid-1st century BC. The Apostolorum Basilica, which was entirely covered in mosaics, was the first church built on this site between 390 and 338 BC. It was erected on the remnants of a Roman house and was a place where the first Christians gathered.*

*The town was named Concordia Sagittaria in 1868 by royal decree and was named after a historical arrow (sagittae) factory that existed in the area in the 4th century BC. As they walk through town, visitors can see the thermae that were built between the 3rd and 2nd centuries BC, that are adorned with paintings of the Nereids and the athletes. Other archaeological sites, such as the Roman bridge, the theatre and the Domus Signini, which stores valuable remnants of mosaic-covered floors, are located in the north.*



5.

Archivio IAT Caorle

## RIBARSKA TRŽNICA CAORLE

### THE CAORLE FISHMARKET

RIVA DELLE CAORLINE, 8 – CAORLE (VE) – ITALY  
 +39 (0)421 212029, [MERCATOITICO@COMUNE.CAORLE.VE.IT](mailto:MERCATOITICO@COMUNE.CAORLE.VE.IT)  
[WWW.COMUNE.CAORLE.VE.IT](http://WWW.COMUNE.CAORLE.VE.IT)

Na ribarskoj tržnici Caorle prodaje se svježa tek ulovljena riba, ali i različiti morski plodovi. Svo to blago dolazi na štandove iz akvatorija između Punta Tagliamento i Chioggia, ali i lagune Caorle te slatkovodnih rijeka Nicesolo, Lemene i Livenza.

Ovisno o tome što se taj dan ulovi, vrijedni trgovci na štandovima nude svakojaku morsku ribu i plodove mora kao što su orada, list, lignje, sipa, škampi, mošusna hobotnica, cipli, trilje, moli, morski kokot, morski pas ili pak plavu ribu. Tu svoje mjesto nađu i plodovi mora koji su ulovljeni u specifičnim lagunama Caorle i Bibione. Na ovoj tržnici poznat je i ritual nadmetanja "po uhu". To znači da se za kupnju ribe veletrgovci moraju nadmetati na način da aukcionar prima ponudu koju su mu kupci šapnuli na uho, a nakon toga proziva pobjednika, odnosno onoga s najvećom ponudom da ju ponovi na glas i kupi ribu.

*Freshly caught fish and a variety of seafood is sold at the Caorle fishmarket. All this wealth comes to the stands from the waters between Punta Tagliamento and Chioggia, the Caorle lagoon and the freshwater rivers Nicesolo, Lemene and Livenza.*

*Depending on the fish caught that particular day, the diligent salesmen sell all sorts of fish and seafood, such as gilt-head bream, sole, squid, cuttlefish, scampi, musky octopus, mullet, surmullet, piper gurnard, shark and oily fish. This market is also known for the ritual of "in the ear" auction. This means that wholesaler buyers, when buying fish, bid by whispering in the "auctioneer's" ear. In the end, the winner, e.g. the person with the highest bid, is invited to repeat it out loud, thus completing the purchase of the fish.*



Archivio IAT Caorle

6.

## OTOK RIBARA I „CASONI“ CAORLE

### FISHERMEN ISLAND AND THE CAORLE “CASONI”

STRADA PALANGON/PASSO FALCONERA E VIA DEI CASONI - CAORLE (VE) - ITALY  
 +39 (0) 421 219153, INFO@CAORLE.EU  
 WWW.CAORLE.EU

„Casoni“ su skromni stambeni objekti (svojevrsne kolibe koje su ribari u prošlosti koristili kao dom/sklonište), tipični za močvarni krajolik područja Basso Piave. Pravokutne su drvene strukture. Zidovi su im prekriveni trskom i tipičnim močvarnim biljkama, a prozori su im jako mali kako bi se omogućila toplinska izolacija tijekom zime i ljeta. Na ovom ih je području bio popriličan broj do sredine 20. stoljeća, a danas ih je tek nekoliko u privatnom vlasništvu. Koristili su se kao sklonište i spremište za ribolovni i lovački alat, ali i poljoprivrednu opremu. Čak je i poznati pisac Ernest Hemingway govorio o „Casonima“ u svojoj knjizi „Preko rijeke i u šumu“, a u njima je odsjeo na jednom od svojih putovanja.

Do ovih kućica možete doći biciklističkom stazom krećući se prema lokaciji „Isola dei pescatori“ (Ribarski otok), koja se proteže do Falconera nedaleko od Caorle, ili na izletničkoj ruti turističkim brodovima.

“Casoni“ are humble houses (a kind of huts used in the past by fishermen as home/shelter) typical of the wetlands of the Basso Piave area. They are rectangular wooden structures. Their walls are covered in reeds and plants commonly found in the wetlands and the windows are very small in order to provide thermal insulation during the winter and summer. There used to be a considerable number of these structures in the area until the mid-20th century, however only a few privately owned “casoni” have survived. They were also used as shelters and storage facilities for fishing, hunting and farming equipment. Even the renowned author Ernest Hemingway wrote about the “casoni” in his book *Across the River and into the Trees*, having stayed there on one of his travels.

You can reach these small houses by taking the cycling trail towards “Isola del pescatori” (Fishermen Island), which extends to Falconera near Caorle, or by going on an excursion in a tourist boat.





7.

Archivio VEGAL

## MEDITERANSKI VRT ISTOČNE VENECIJE

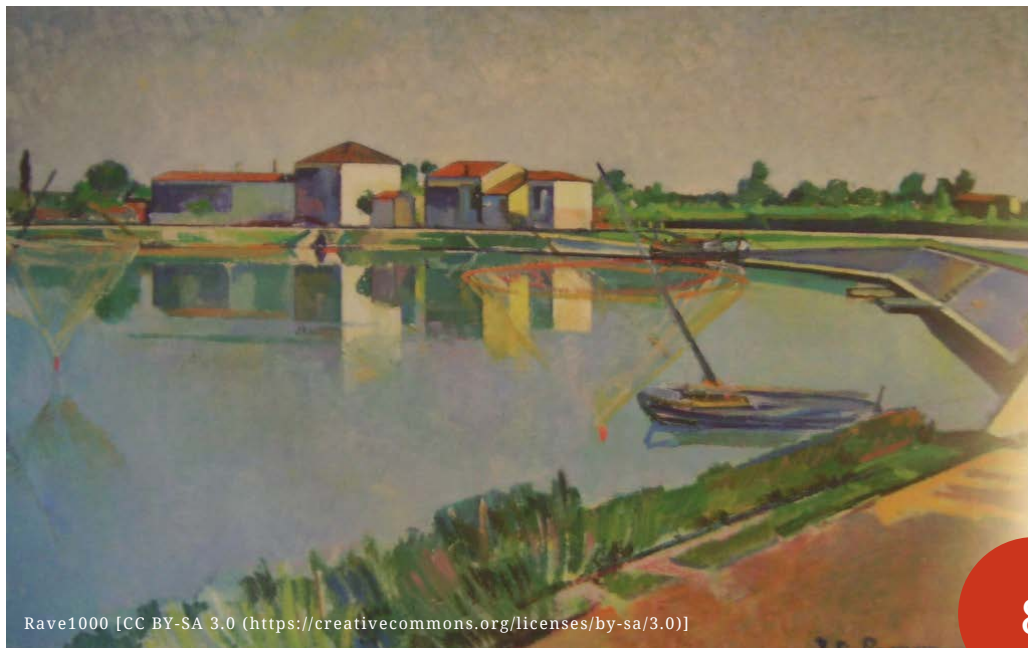
### THE EAST VENICE MEDITERRANEAN GARDEN

INFORMATION AT: COMUNE DI S.MICHELE AL TAGLIAMENTO (VE) PIAZZA DELLA LIBERTÀ N. 2 - SAN MICHELE AL TAGLIAMENTO (VE) - ITALY  
 +39 (0)431 516146, SEGRETERIA@COMUNESANMICHELE.IT  
 WWW.BIBIONE.COM

Ako želite vidjeti kako bi izgledala predivna obala Veneta bez ikakve ljudske intervencije, najbolje da posjetite raskošni Mediteranski vrt istočne Venecije. Ovaj je raskošni vrt stvoren radi očuvanja biološke raznolikosti obalnih staništa, odnosno linije morskih sedimenata, specifičnih dina na ovom području, kao i ovdašnje specifične travnate vegetacije. Mediteranski se vrt nalazi u mjestu Bibione (VE) u blizini ušća rijeke Porto Baseleghe. Riječ je o području koje je zadržalo značajna prirodna obilježja. Isto tako ovo je jedan od četiri mediteranska vrta koja su nastala u okviru europskog projekta INTERREG ITALIA-SLOVENIA 2007-2013 „SIGMA2“. Sveučilište u Trstu izradilo je interaktivni botanički vodič za ovaj vrt, pomoću kojeg se mogu identificirati autohtone botaničke vrste na tom području.

*If you were wondering what the stunning coastline of Veneto would look like without human intervention, you should visit the lush East Venice Mediterranean garden. The purpose of this abundant garden is to preserve the biodiversity of coastal habitats, namely the sea sediment lines – dunes specific to this area and the local characteristic grassy vegetation. The Mediterranean garden is located in the town of Bibione (VE) near the Porto Baseleghe rivermouth. It is an area whose important natural features have remained unchanged. It is also one of the four Mediterranean gardens created as part of the INTERREG ITALIA-SLOVENIA 2007-2013 „SIGMA2“ project. The University of Trieste created an interactive botanical guide for this garden for the purpose of identifying indigenous plant species in the area.*





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8.

## MUPA: MUZEJ KRAJOLIKA OPĆINE TORRE DI MOSTO

MUPA: THE LANDSCAPE MUSEUM IN TORRE DI MOSTO

VIA BOCCAFOSSA (LOC. BOCCAFOSSA) 30020 – TORRE DI MOSTO (VE) - ITALY  
 +39 (0)421 324440 (INT.1), MUSEODELPAESAGGIO@GMAIL.COM  
[HTTPS://MUSEODELPAESAGGIO.VE.IT/](https://museodelpaesaggio.ve.it/)

U ovom se muzeju nalazi zbirka umjetničkih djela umjetnika kojima je glavna tema stvaranja bio krajolik regije Veneto s početka 20. stoljeća. U svojim djelima umjetnici su se najviše bavili granicom između mora i kopna, jadranskom obalom, obraslim lagunama, suggestivnim marinama i vodotocima. Oslikali su i unutrašnjost regije, koja je nastala kao rezultat kultivacije i melioracije ovog područja s početka 20. stoljeća. Ovaj je predio Italije ispresijecan rijekama i kanalima, krasi ga zelene livade, polja u tisućama raznih nijansi, borove šume i šumarci. Tu se prostiru i brojni kanali, nasipi, mostovi, bazeni i crpne stanice, ali i patricijske vile. Takav nas krajolik prati sve do brda koja se polako uspinju prema Alpama. U muzeju Museo Del Paesaggio Di Torre Di Mosto nalazi se i opservatorij melioracije krajobrazza istočnog Veneta.

*This museum holds a collection of artworks by artists whose creative oeuvre primarily focused on the early-20th-century landscape of the Veneto region. In their works, the artists mainly dealt with the border dividing the sea and land, the Adriatic coast, lagoons covered with vegetation, suggestive marinas and watercourses. They also painted the regional hinterland, which sprung to life as a result of the cultivation and melioration of the area in the early 20th century. This part of Italy is intersected with rivers and canals and adorned with green meadows, fields coloured with thousands of hues, pine trees and groves. An array of canals, embankments, bridges, pools, pumping stations and patrician villas are strewn across the area. This scenery follows us all the way to the hills, which slowly climb towards the Alps. The Landscape Museum in Torre di Mosto also houses an observatory of land melioration in east Veneto.*



9.

Archivio Museo Civici San Dona' di Piave

## MUZEJ MELIORACIJE U MJESTU SAN DONA' DI PIAVE

THE LAND IMPROVEMENT MUSEUM IN SAN DONA' DI PIAVE

VIALE PRIMAVERA, 45 - 30027 SAN DONA' DI PIAVE (VE) - ITALY  
 +39 (0) 42142047, MUSECIVICI@SANDONADIPIAVE.NET  
 WWW.MUSECIVICI.SANDONADIPIAVE.NET

Muzej melioracije Museo Della Bonifica Di San Dona' Di Piave prikazuje preobrazbu okoliša koja je još vidljiva na svakom koraku na ovom području regije Veneto. To se prije svega odnosi na velike sustave odvodnje, mreže kanala, ali i grandiozne seoske kuće koje su izgrađene kako bi ugostile obitelji vrijednih seljaka. Posjetitelji će u ovom muzeju kroz tri dijela postava moći vidjeti koja su obilježja krajolika i prirodnih bogatstava rijeka. Naturalistički dio opisuje obilježja postojećeg močvarnog ekosustava, odnosno slatkododne i bočate močvare s biološkim obilježjima oba sustava. Etnografski dio ilustrira temeljne aspekte lokalne kulture i odnosa čovjeka prema okolišu na ovom području. Zadnji se dio muzeja bavi melioracijom gdje su opisane faze tog procesa koji je promijenio izgled Veneta.

*The Land Improvement Museum in San Dona' Di Piave showcases the environmental transformation that is visible at every turn in this part of Veneto. This primarily refers to the extensive drainage systems, canal networks and grandiose rural houses built to accommodate the families of hardworking farmers. The three-part exhibit in this museum displays the features of the landscape and the natural resources of rivers. The nature part showcases the features of the existing wetland ecosystem, namely the freshwater and brackish wetlands with biological features of both systems. The ethnographic part illustrates the basic aspects of the local culture and the relationship between humans and nature in this area. The final part of the museum deals with land improvement and describes the stages of the process that altered the appearance of Veneto.*



Archivio Ufficio turismo del Comune di San Michele al Tagliamento

10.

## SVJETIONIK PUNTA TAGLIAMENTO

### THE PUNTA TAGLIAMENTO LIGHTHOUSE

VIA DEL FARO - BIBIONE (VE) - ITALY  
 +39 (0)421 444846, [TURISMO@COMUNESANMICHELE.IT](mailto:TURISMO@COMUNESANMICHELE.IT)  
[WWW.COMUNESANMICHELE.IT/FARO](http://WWW.COMUNESANMICHELE.IT/FARO)

Ovaj su svjetionik u Bibioneu sagradili građevinski inženjeri početkom 20. stoljeća, da bi već u lipnju 1917. godine bio uništen u bombardiranju. Odmah je obnovljen i sada je to dvokatna pravokutna građevina s 21-metarskom kulom koja se vidi i 15 milja od obale. Do 1952. godine radnici svjetionika održavali su vatru čije se svjetlo pojačavalo snažnim lećama te su tako signalizirali pomorcima pličine. Te je godine svjetionik elektrificiran, da bi ga se 1973. godine i potpuno automatiziralo.

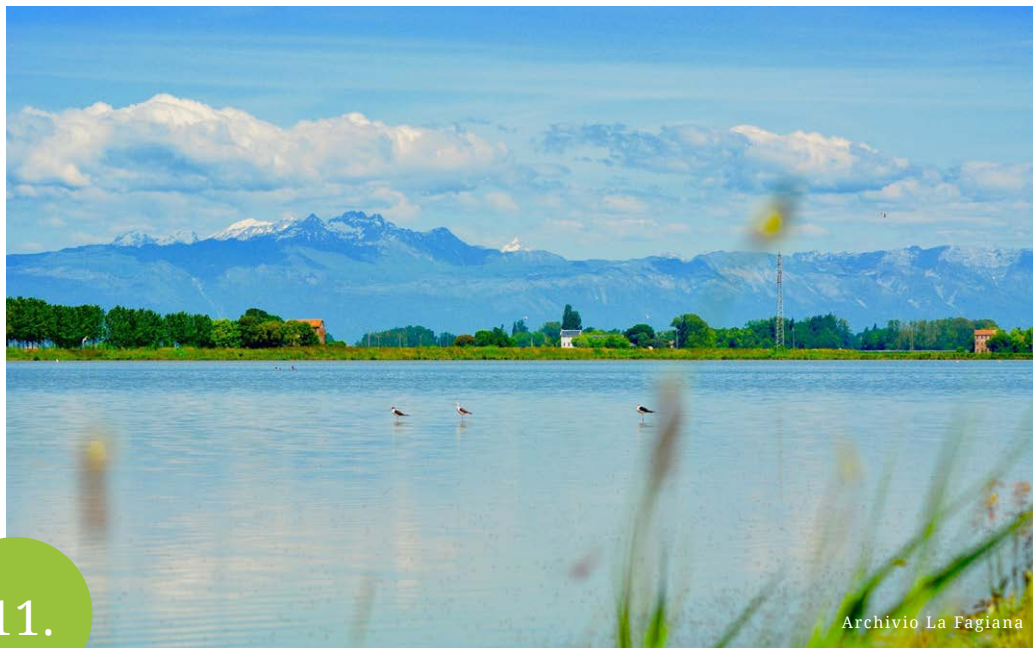
Svjetionik danas nije samo u službi pomoraca. Zanimljiva je to atrakcija na ušću rijeke Tagliamento koju često posjećuju šetači, biciklisti i znatiželjnici na konjima. Ovo je i zanimljivo prirodno područje jer se na jednom mjestu možete vidjeti bogatstvo ovdašnje flore – od mediteranskog pa sve do alpskog bilja i orhideja.

*This lighthouse was built in Bibione by civil engineers in the early 20th century, only for it to be destroyed in June 1917 during heavy bombing. It was renovated immediately and today is a rectangular two-storey structure with a 21 m-high tower visible as far as 15 miles off the coast. Until 1952, the lighthouse workers kept a fire burning and amplified the light with powerful lenses, thus signalling to the sailors in the shoals. The lighthouse was electrified that year and was fully automated in 1973.*

*Today, it is no longer used exclusively by sailors. This fascinating attraction at the Tagliamento rivermouth is often visited by strollers, cyclists and passers-by on horseback. This is an interesting natural area because it also showcases the abundance of local plant life, ranging from Mediterranean plants to Alpine vegetation and orchids, all in one place.*



11.



Archivio La Fagiana

## LA FAGIANA

### PROIZVOĐAČ RIŽE PRODUCER OF RICE

VIA FAGIANA, 13 - TORRE DI FINE / ERACLEA (VE) - ITALY  
+39 (0)421 237429, INFO@LAFAGIANA.COM  
WWW.LAFAGIANA.COM

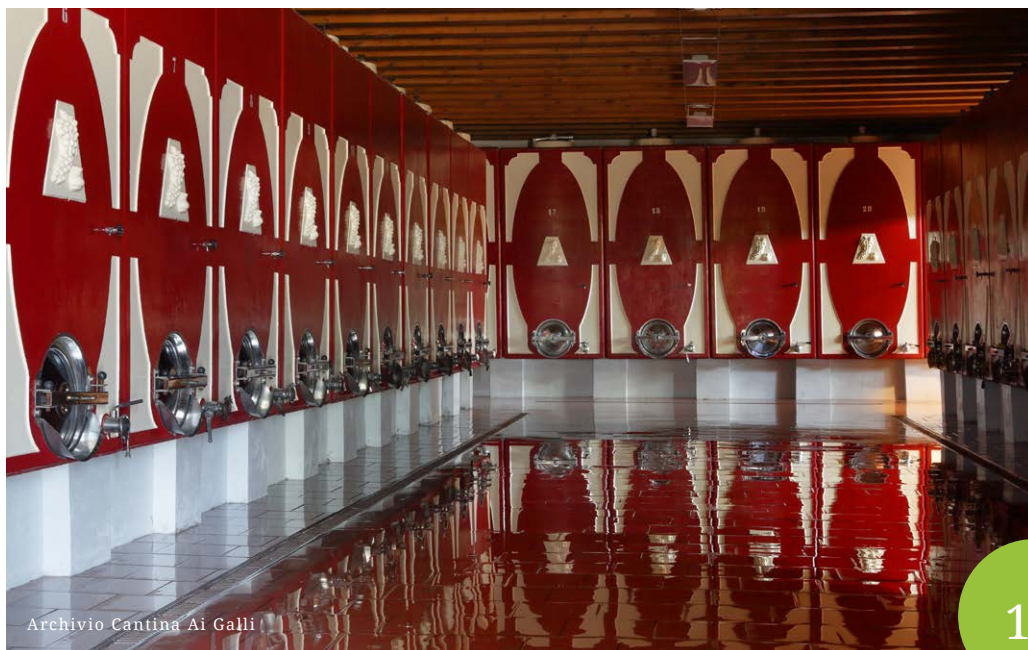
Farma La Fagiana počela je nedugo nakon drugog svjetskog rata s malom proizvodnjom riže koja se ručno ljuštila. I dan danas, njihova proizvodnja riže usprkos djelomičnoj mehanizaciji uzgoja i prerade ove žitarice, čuva sve karakteristike domaćeg proizvoda.

Osim riže Superfino Carnaroli, na farmi se proizvode i riža Vialone Nano, Venere riža, rižino brašno te kukuruzno brašno Biancoperla, razne mješavine za rižota, ali i vina, uključujući Raboso, te tri vrste piva s rižom Carnaroli. Riža se na ovoj farmi ljušti na način da se sačuva dio vanjskog zrna, pa nije skroz bijela. Gotovo je bez aditiva kao što su sredstva za izbjeljivanje i poliranjne ili konzervansi. Od kukuruznog brašna Biancoperla, koji je mljeven do sitnog zrna u kamenoj mlinici po staroj tradiciji, dobiva se kremasta, nježna palenta, bijele boje i bogate arome.

*Shortly after World War II ended, the La Fagiana farm began the small-scale production of rice, which was manually hulled. Even today, the rice they grow has preserved all the qualities of a homemade product, despite the partial mechanisation of the growing and processing of this cereal grain.*

*In addition to the Superfino Carnaroli rice, the farm also produces Vialone Nano and Venere rice, rice flour and Biancoperla corn flour, various risotto mixtures, wine, including Raboso, and three kinds of beer made of Carnaroli rice. The rice on this farm is hulled preserving a portion of the outer grain, which is why it is not completely white. It is almost completely free from additives, such as bleaching and polishing agents or preservatives. From Biancoperla corn flour, ground with a stone mill as per tradition to a very fine grain, you can obtain a creamy, delicate polenta, white in colour and rich in aroma.*





Archivio Cantina Ai Galli

12.

## “AI GALLI”

### PROIZVOĐAČ VINA WINE PRODUCER

VIA LOREDAN, 28 30020 PRAMAGGIORE (VE) - ITALY  
+39 0421 799314, INFO@AIGALLI.IT  
WWW.AIGALLI.IT

Povijesna vinarija „Ai Galli“ koja se smjestila u mjestu Pramaggiore spaja tradiciju i inovaciju. Na ovom području teritorij prenosi sve svoje pedoklimatske karakteristike na vinovu lozu koja raste na golemoj ravnici u podnožju Alpa. A nju karakteriziraju goleme rijeke, vodene bujice s Dolomita i različita tla. Sve se to može osjetiti u vinima ove vinarije koja proizvodi brojne linije DOC, DOCG i IGT vina kao što su Vintage, Classic, tipična vina ovog podneblja, Selection, Spumanti i pjenušava vina, uključujući i vino Raboso Veneto IGT koji je proizveden isključivo od grožđa sorte Raboso. Mnoga od njih osvojila su i međunarodne nagrade. Osim što se u kantini može kupiti vino, ovo je i mjesto gdje se susreću profesionalci i ljubitelji vina koje vlasnici rado vode u obilazak vinarije, a organiziraju se i razne degustacije.

*The Ai Galli historical winery located in Pramaggiore blends tradition and innovation. In this area, the soil and climate characteristics of the terroir are carried over to the grapevine, which grows on a large plain at the foot of the Alps. Its distinctive features include vast rivers, floods from the Dolomites and diverse soil. You can taste all this in the wines made by this winery, which produces numerous ranges of DOC, DOCG and IGT wines, such as Vintage, Classic, characteristic local wines, Selection, Spumanti and sparkling wines, including the Raboso Veneto IGT wine, which is made exclusively from the Raboso grape variety. Many of their wines have won international awards. In addition to selling wine, the wine shop provides a meeting place for professionals and wine aficionados, which the owners gladly take on tours of the winery and various tastings.*

# ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliju Romagna i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočit ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlimpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

*It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.*

*The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.*

*This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlimpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.*

*It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.*

## KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženi teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

## KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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# GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



P. Mattioli ArchParcoNaz delle foreste Casentinesi

HR\_EN





dobrodošli u regiju  
Emilia-Romagna

WELCOME TO EMILIA-ROMAGNA





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## KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



### Projekt KeyQ+

*Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska*

### Project KeyQ+

*Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.*

# O V O D I Č U

Iznimna u svim aspektima – kulturi, sportu, prirodi, hrani, baštini, tradiciji. To je talijanska regija Emilia-Romagna na sjevernoj zemlji koju čine dvije povijesne regije – Emilia i Romagna. Granice regije određuje Jadransko more na istoku, rijeka Po na sjeveru i planinski lanac Apenini na jugu, a okružena je regijama Veneto, Lombardija, Ligurija, Toskana i Marche. Broji čak 4,3 milijuna stanovnika, a po gustoći stanovnika jedna je od najnapučenijih talijanskih regija.

Ujedno, jedna je od najrazvijenih pokrajina u ovoj državi, a najznačajnija privredna grana je poljoprivreda što ne čudi s obzirom na plodno tlo delte rijeke Po. Poznati su po velikoj proizvodnji žitarica, krumpira, rajčica i crvenog luka te voća. Također, imaju razvijeno i snažno vinarstvo, stočarstvo, a posebno svinjogojstvo. Zbog toga veliku pažnju prodaju svojim tradicionalnim proizvodima, a i kuhinja im je iznimno specifična. Upravo Emilia Romagna izrodila je neke od najpoznatijih talijanskih proizvoda i jela kao što su primjerice sir Parmigiano Reggiano, balzamički ocat iz Modene, pršut iz Parme, tagliatelle al ragù ili tjestenina cappellacci.

Industrija također u ovoj regiji igra veliku ulogu, posebno automobilska. Emilia Romagna je kolijevka Ferrarija, ali i poznatog Ducatija, Maseratija te Lamborghinija. Treća najsnažnija grana je turizam koji je posebno razvijen uz Jadransku obalu koja ima niz turističkih središta među kojima je najpoznatiji Rimini. Međutim, velik mamac posjetiteljima su i druga povijesna mjesta, raskošni povijesni gradovi, renesansne crkve, kašteli i dvorci te kulturna baština pod zaštitom UNESCO-a. Planinski lanac Apenina privlači sve one koji su željni aktivnog odmora u prirodi, bilo da se radi o skijanju, planinarenju, pješačenju ili brdskom biciklizmu.

Glavni grad Emilije Romagne je Bologna, koja je kulturno i povijesno središte ovog dijela Italije. Poznata je po tome što je i najstariji sveučilišni grad u Europi. Njezino je sveučilište osnovano daleke 1088. godine i danas broji čak 220 tisuća studenata sa svih krajeva svijeta. Veći i značajniji gradovi ove pitoreskne regije su Parma, Piacenza, Reggio Emilia, Modena, Ferrara, Forlì, Cesena, Rimini i Ravenna.

U ovom vodiču usmjerit ćemo se na istočni dio regije, poznatiju kao "Povijesna regija Romagna i dolina rijeke Po", koju zbog svoje bogate kulturne baštine i ukusne hrane svakako vrijedi posjetiti i istražiti.

*Exceptional in every respect – culture, sports, nature, cuisine, heritage and tradition. That is the definition of the northern Italian region of Emilia-Romagna, which comprises two historical regions – Emilia and Romagna. The region borders the Adriatic Sea in the east, the Po River in the north, and the Apennine Mountains in the south and is surrounded by the regions of Veneto, Lombardy, Liguria, Tuscany and Marche. With a population of 4.3 million, it is one of the most densely populated regions in Italy.*

*It is also one of the most developed regions in the country, with agriculture as its main industry due to the fertile land of the Po River delta. The region is known for large-scale production of cereals, potatoes, tomatoes, red onions and fruit. Winemaking and animal husbandry, especially pig farming, are also developed and thriving industries. That is why they pay special attention to their traditional products and have a very distinctive cuisine. Some of the most famous Italian PDO products and foods, such as the Parmigiano Reggiano cheese, balsamic vinegar from Modena, prosciutto from Parma, tagliatelle al ragù, tortellini and cappelletti pasta all originate from right here in Emilia Romagna.*

*Industry, particularly the automotive industry, also plays a significant role in the region. Emilia Romagna is the home of Ferrari as well as Ducati, Maserati and Lamborghini. The third strongest industry is tourism, which is most developed along the Adriatic coast, brimming with tourist hubs, Rimini being the most famous. However, other historical sites, opulent historical cities, Renaissance churches, citadels and castles as well as the cultural heritage protected by UNESCO also draw in droves of visitors. The Apennine Mountains attract outdoor activity enthusiasts, who can go hiking as well as skiing, mountain climbing and biking.*

*The capital of Emilia Romagna is Bologna, the cultural and historical centre of this part of Italy. It is also famous for being the oldest university town in Europe. The University of Bologna was established as early as 1088 and has a student body of as many as 220,000 students from all over the world. Large and important cities of this picturesque region include Parma, Piacenza, Reggio Emilia, Modena, Ferrara, Forlì, Cesena, Rimini and Ravenna.*

*For the purposes of this guide, in next pages we'll focus on the Eastern part of the region, i.e. the Romagna historical region and the Po Delta, where plenty of cultural heritage and tasteful food worth the visit and experience.*



Archivio Regione Emilia Romagna

Istočni dio talijanske regije Emilie Romagne oplakuje Jadransko more, i to četiri od devet njezinih provincija. Ova regija pokriva i južnu deltu rijeke Po te povijesnu regiju Romagna. Tri su najznačajnija povijesna razdoblja obilježila Emiliu Romagnu, a to je razdoblje Rimljana, koji su osnovali gradove poput Ariminuma, današnjeg Riminija, Forum Populijia – današnji Forlimpopoli te Forum Livijia – današnji Forlì, Bizantinaca i papinske države. Toponim Romagna potječe od latinskog naziva „Romània” i VI. stoljeća nove ere kada je Romagna ostala pod vlašću Bizantskog Carstva. Njihova je ostavština vidljiva kroz raskošne mozaike kojima su ukrašeni paleokršćanskim spomenici u Raveni koji su na listi UNESCO-a.

Ovo je područje imalo i važnu povijesnu ulogu u novije vrijeme, točnije za vrijeme ujedinjenja Italije. Upravo su u Emiliji Romagni rođeni neki od ključnih aktera ovog procesa. A priče i dokaze o ujedinjenju u vladavini Kraljevine Italije (1860.-1945.) možete naći i vidjeti diljem ove regije.

Naš povijesno-gastronomski itinerar kroz Emiliju Romagnu započinje od Casa Artusi u Forlimpopoliju, živog muzeja posvećenog Pellegrinu Artusiju, prizatom ocu talijanske kuhinje. Njegov priručnik, prvi put objavljen 1891. godine, igrao je iznimnu ulogu u oblikovanju kulturno utemeljenog nacionalnog jedinstva. U mnogim restoranima na ovom području i dalje možete kušati jela iz povijesti i tradicije ovog razdoblja, prije svega u samom restoranu Casa Artusi.





# Regija Emilia- Romagna

Emilia Romagna je sa 44 proizvoda koji nose oznake PDO i PGI najbogatija regija u Europi kada govorimo o certificiranim domaćim poljoprivrednim proizvodima. Dolina delte rijeke Po ispresijecana je bogatim rižinim poljima i još uvijek čuva svjedočanstva o tome kako je nekad bio težak život na ovom području prije njegove kultivacije. Kako bi preživjeli, stanovnici su lovili ribu i jegulje, a u staroj tvornici mariniranja i kiseljenja „Manifattura dei Marinati“ u Comacchionu možete otkriti kako su se na tradicionalan način izlovljavale i marinirale jegulje. Tu se nalaze i bačve za mariniranje koje su još uvijek u funkciji.

# Emilia-Romagna

Kada se spuštate na jadransku obalu, možete posjetiti i solanu Cervia gdje se još uvijek na tradicionalan način skuplja izvanredna slatka sol, koja predstavlja jedno od najboljih proizvoda koje Jadransko more daje ovom kraju. Drevne prakse jedrenja prikazuje pak zanimljiv Muzej pomoraca u Cesenaticu. Njegov otvoreni izložbeni dio pun je boja jedra podignutih tijekom ljeta, dok je u božićno vrijeme posebno osvjetljen jer se na starim brodicama nalaze jaslice. Svo blago mora, od izvanredne ribe do muzgavaca i školjkaša koje love lokalni ribari, svježe se prodaje na brojim tržnicama diljem obale, a najpoznatija je ona natkrivena u Riminiju.

U unutrašnjosti se pak vrijedni farmeri bore za očuvanje autohtonih pasmina, poput svinje "Mora romagnola". Prerađeno svinjsko meso priprema se prema bezvremenskim receptima, koji se razlikuju od sela do sela, te su iznimno povezani s tradicijom te lokalnom poviješću. To se prije svega odnosi na mesnu deliciju „Bel-e-Cot“ iz Russija i Salama da Sugo iz provincije Ferrara. Apenini i raskošna šuma Casentino zaslužni su za svježinu i jedinstveni ukus mliječnih proizvoda koji dolaze iz ovog kraja. Živi dokaz je tradicionalni mliječni proizvod Cacio Ravigliolo.

Villa Torlonia i Villa Silvia-Carducci svjedoče o intelektualnoj kulturi razdoblja ujedinjenja Italije, zahvaljujući remek-djelima velikih talijanskih pjesnika poput Giovannija Pascolija i Giosuèa Carduccija, dobitnika Nobelove nagrade za književnost 1906.

**T**he Adriatic Sea encloses four of the nine provinces in the eastern part of the Italian region of Emilia Romagna. This region also includes the south delta of the Po River and the historical region of Romagna. There are three periods that are crucial in the history of Emilia Romagna: the era of the Romans, who founded the cities of Ariminum (present-day Rimini), Forum Populii (Forlimpopoli) and Forum Livii (Forlì), the Byzantine and the Papal State periods. The name Romagna is derived from the Latin designation "Romània" from the 6th century AD, when Romagna remained under the rule of the Byzantine Empire. Their legacy is visible in the lavish mosaics that adorn the UNESCO-listed paleochristian monuments in Ravenna.

This region also played a major role in recent history, specifically during the unification of Italy. Some of the key participants in this process were actually born in Emilia Romagna. At the same time, the stories and evidence of the unification and the rule of the Kingdom of Italy (1860–1945) are present and visible across the region.



*Our historical and gastronomic itinerary of Emilia Romagna begins at Casa Artusi in Forlimpopoli, a living museum dedicated to Pellegrino Artusi, the notable father of Italian cuisine. His manual, which was first published in 1891, played a pivotal role in shaping the national unity rooted in culture. Many restaurants in the area still serve historical and traditional dishes from this period, especially at the Casa Artusi restaurant.*

*With 44 products labelled with the PDO and PGI indications, Emilia Romagna boasts the largest number of certified domestic agricultural products in Europe. The Po River Delta valley is interspersed with abundant rice fields and remains a testament to the harsh conditions of this area before its cultivation. In order to survive, the inhabitants caught fish and eels, with the latter being harvested and marinated using traditional methods, which you can learn more about at the "Manifattura dei Marinati" marinating and pickling facility in Comacchio. The facility also holds marinating barrels that are still in use.*

*While heading down towards the Adriatic coast, you can also visit the Cervia saltworks, where traditional means are still used to harvest premium sweet salt, which is considered one of the best local products to come from the Adriatic Sea. Then there is the fascinating Maritime Museum in Cesenatico, which showcases ancient sailing techniques. Its open exhibition area is teeming with colourful sails that are hoisted during the summer, while at Christmas time it is lit up*

*in a unique manner by the nativity scenes on the old boats. All the wealth of the sea, from outstanding fish to musky octopuses and shellfish caught by local fishermen, is sold fresh at the countless markets along the coast, with the covered one in Rimini being the largest retail one.*

*Inland, diligent farmers strive to preserve indigenous breeds, such as the "Mora Romagnola" swine. Pork products are prepared according to timeless recipes that vary from one village to another and are closely connected to tradition and local history. This particularly applies to the meat delicacy "Bel-e-Cot" from Russi and the Salama da Sugo from the Ferrara province. The local dairy products owe their fresh and unique flavour to the Apennines and the lush Casentino forest. The Cacio Ravigliolo dairy products are living proof of this.*

*Villa Torlonia and Villa Silvia-Carducci bear witness to the intellectual culture of the period of Italy's unification through masterpieces created by the great Italian poets Giovanni Pascoli and the 1906 Nobel laureate in Literature Giosuè Carducci.*



# LOKALNI PROIZVODI

## *local products*

### BÈL-E-CÒT

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Mesna delicija Bèl-e-còt tipičan je proizvod s područja općine Russi. Može se smatrati "kraljevskim srodnikom" poznatog Cotechina, i to zahvaljujući mesu od kojeg se priprema. Dobiva se od smjese koju čini 40 posto mišića, 30 posto vratine i 30 posto kože. Priprema Bèl- e- Còta počinje usitnjavanjem sirove kože na mašini s matricom koja ima velike rupe promjera 8 mm. Potom joj se dodaju ostali dijelovi mesa koji se melju na mašini s matricom sa sitnijim rupama do 6 mm. Zatim se dodaju razni začini – sol, papar, muškadni oraščić, klinčići, cimet i vino. Smjesa se miješa dok se u potpunosti ne homogenizira. Zatim se nadijeva u goveđa crijeva. Kada se priprema, mora se dugo kuhati – nekih tri do četiri sata. Uglavnom se jede za vrijeme blagdana Festa della Madonna dei Sette Dolori. Ovu deliciju moguće je kupiti u mesnicama u općini Russi.





Foto di Archivio

LOKALNI PROIZVODI \_ LOCAL PRODUCTS

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*The meat delicacy Bèl-e-còt is a product characteristic of the Russi town. It can be considered a "royal relative" of the world-renowned Cotechino due to the meat used for its preparation. It is made from a mixture that consists of muscle (40%), throat (30%) and rind (30%). The preparation of Bèl-e-Còt begins by grinding raw skin in a matrix grinder with holes of 8 mm in diameter. This is followed by adding other meat parts that are ground in a matrix grinder with smaller holes of 6 mm in diameter. Other condiments, such as salt, pepper, nutmeg, cloves, cinnamon and wine, are also added. The mixture is mixed until it is completely combined, after which it is stuffed into bovine casings. The preparation requires long boiling over a period of 3-4 hours. It is mostly served on the Feast Day of Our Lady of Sorrows. This delicacy is available at butchers in the Russi town.*



## RIŽA S DELTE PO

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Riža se na delti Po počela uzgajati oko 1400. godine, ali se ekstenzivna i organizirana proizvodnja ove žitarice razvija tek u 16. stoljeću zahvaljujući melioraciji i isušivanju nekad močvarnog područja. Za te je radove najzaslužnija obitelj Estensi.

Riža s delte Po ima veliko, prozirno, zbijeno zrno i može biti bijelo ili cjelovito. Aluvijalna tla specifična su po tome što se sporo suše, imaju visoku razinu slanosti i visku mineralnost, posebno kada je kalij u pitanju. Upravo stoga ova riža ima specifične karakteristike u aromi i okusu, veću čvrstoću pri kuhanju te visok udio proteina. Budući da su polja u blizini mora, vlada posebna mikroklima koja je povoljna za rast riže koja sporo sazrijeva te je otpornija na bolesti. Oznaku Riso del Delta del Po IGP mogu nositi samo sorte riže Carnaroli, Volano, Baldo i Arborio.



## RICE FROM THE PO RIVER DELTA

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*Rice cultivation in the Po River Delta can be traced back to 1400, however it was not until the 16th century that the land improvement and drainage of the former wetlands enabled the extensive and organised production of this cereal grain. This is mostly credited to the Estensi family.*

*Rice from the Po River Delta has large, opaque and compact grains that can be white or whole. Alluvial soil is characterised by slow drying and high levels of salinity and minerals, particularly those that are rich in potassium. This is why the rice has a particular aroma and flavour, greater density while cooking and a high protein level. With the fields situated near the sea, the microclimate facilitates the growth of rice, which matures slowly and has improved immunity to diseases. Only the Carnaroli, Volano, Baldo and Arborio rice varieties are allowed to bear the Riso del Delta del Po IGP indication.*



## RAVIGGIOLO DELL'APPENNINO TOSCO-ROMAGNOLO

Riječ je o neuobičajenom mliječnom proizvodu iz doline Montone, Rabbi, Bidente i Savio u provinciji Forl. Proizvodi se od sirovog kravljeg mlijeka i sirila. U procesu proizvodnje, skuta se isuši i posoli po površini. Ima jako kratak rok trajanja- samo četiri dana, zbog čega se proizvodi od listopada do ožujka. Okruglog je oblika i promjera od oko 20 do 25 centimetra, a debljina mu je između dva i četiri centimetra. Obično se polaže na lišće muške paprati i tako se pakira. Inače, proizvodnja mliječne delicije Cacio Ravigliolo ima stoljetnu povijest. Dokumentirana je još 1515. godine. Svoju kvalitetu temelji na svježini, mliječnim i orašastim aromama koje se mogu osjetiti kada se ovaj fini mliječni proizvod degustira. Sladak je i svjež te je stoga iznimno primamljiv, a može se konzumirati i kao međuobrok, za doručak ili popodne.

## RAVIGGIOLO DELL'APPENNINO TOSCO-ROMAGNOLO

*This is an unusual dairy product from the Montone, Rabbi, Bidente-Ronco and Savio river valleys in the province of Forl. It is made from raw cow milk and rennet. During production, the curd is dried and salted on the surface. It has a very short shelf-life of only four days, which is why it is produced from October to March. It is round, with a diameter of 20-25 cm and is 2-4 cm thick. Usually it is placed on the leaves of a male fern and packed as such. It should also be noted that the Cacio Ravigliolo dairy delicacy has been produced for hundreds of years, having been first documented in 1515. Its quality is expressed in the fresh, milky and nutty aromas that unfurl when tasting this delectable dairy product. What makes this dish so alluring is its sweet and fresh taste and that it can be served as a snack, for breakfast or in the afternoon.*





# Jadranska sardina

## ADRIATIC SARDINE

Sardina ili Plichard je plava riba vrste *Sardinia pilchardus*. To je vretenasta riba, dugačka do 20 centimetra sa šiljastom glavom. Srebrno bijele je boje te joj je koža prekrivena tamnim mrljama, dok na leđima ima dugine plavo-zelene nijanse koje se presijavaju. Usta su joj okrenuta prema dolje, te ima prilično velike oči. Sardine se kreću i žive u velikim morskim jatima koja se ponašaju kao jedno tijelo. Može se uloviti na otvorenom moru, ali i blizu obale, pa čak i u plićaku.

Sardine su jako ukusna riba koja ima posebno visok udio Omega 3 kiselina. Zato se preporučaju za konzumaciju kada govorimo o zaštiti srca i kardiovaskularnog sustava. Tada se ne smiju dugo termički obrađivati kako se ne bi utjecalo na njezine hranjive tvari. Većinom se prže, pripremaju na roštilju, mariniraju, kisele u salamuri ili u maslinovom ulju.







# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY





# PREPEČENCI S BÈL - E - CÒT SA ŠPAROGAMA IZ ŠUMA ALTEDA



VRIJEME  
TIME

180 MIN



PORCIJA  
SERVES

4



TEŽINA  
DIFFICULTY

8/10

## BÈL - E - CÒT WITH PINEWOOD /ALTEDO ASPARGUS

### P R I P R E M A

METODA  
METHOD

COOK  
KUHANJE

SEZONA  
SEASON

JESEN  
FALL

#### SASTOJCI \_ INGREDIENTS

"Bèl e còt"

1 kom/pcs  
(800 g)

Šparoge / Asparagus

2 stručka /  
bunches

Kruh za prepečenje /  
Bread for crutons

Sol / Salt

Ekstra djevičansko  
maslinovo ulje / Extra  
Virgin Olive Oil

Papar / Pepper

Prije kuhanja kobasicu je potrebno izbušiti iglom ili prikladnim alatom kako bi masnoća mogla lakše izaći i kako bi se spriječilo pucanje ovoja. Zatim kobasicu uronimo u lonac s dovoljno hladne vode i stavimo kuhati.

Potrebno je kuhati najmanje 3-4 sata od početka vrenja kako bi se pospješilo stvaranje ljepljivosti. Takozvana ljepljivost, želatinoznost rezultat je pravilnog omjera mišića i svinjske kože, obično 40% mišića, 30% obrazine i 30% kože. Prilikom kušanja, krajnji rezultat mora imati teksturu svinjske kože ali se ne bi smjela osjećati pretjerana zamašćenost.

Očistimo, operemo i prokuhamo šparoge. Začinimo solju, paprom i uljem i poslužimo ih kao prilog za Bèl e Còt.



### P R E P A R A T I O N

The cooking process of Bèl-e-còt needs a previous step: the sausage has to be pierced so to let the fat leak. It is then soaked into cold water and then cooked for 3 or 4 hours, since the water starts boiling, so to enhance the stickiness of the "incipiac". "Inciac" is the local dialect word to describe the jelly texture given to the salami from the proper proportion of muscular meat and pork rind (usually 40% muscles, 30% throat and 30% pork rind). The final result doesn't have to be too oily.

Clean and boil the asparagus. Season with salt, pepper and Extra Virgin Olive oil and serve on Bèl e Còt crutons' side.

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY

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## CAPPELLETTI ALL'USO DI ROMAGNA

VRIJEME  
TIME

60 MIN

PORCIJA  
SERVES

4

TEŽINA  
DIFFICULTY

8/10

## CAPPELLETTI ROMAGNA STYLE

## P R I P R E M A

METODA  
METHODCOOK  
KUHANJESEZONA  
SEASONJESEN-ZIMA-PROLJEĆE  
FALL-WINTER-SPRING

## SASTOJCI \_ INGREDIENTS

Ricotta, ili pola doze sira raviggliolo i pola doze ricotte, ukupo: / Ricotta or half ricotta and half "raviggliolo":	180 g
Prsa kopuna kuhana na maslacu, začinjena sa solju i paprom, i na kraju isjeckanim na sitne komadiće / Capon breast cooked in butter, seasoned with salt and pepper and finely chopped with a "mezzaluna"	1/2
Ribani parmezan / Grated Parmesan cheese	30 g
Jaja / Whole egg	1 kom/pcs
Žumanjak / Egg yolk	1 kom/pcs
Muškatni oraščić / A dash of nutmeg	
Začini po želji / Spices	
Naribana korica limuna / Lemon zest	
Prstohvat soli / Pinch of salt	
Ekološko glatko brašno / Organic flour "00"	400 g
Jaja (srednje veličine) / Eggs (medium size)	4 kom/pcs

Pripremimo tjesteninu tako što ćemo brašno prosijati u hrpicu na podlogu, u sredini napraviti udubinu te u sredinu staviti jaja. Mijesimo energično oko 15 minuta dok tijesto ne postane glatko. Razvaljamo s valjkom za tijesto dok ne dobijemo tanki list. Pomoću kotačića izrežemo kvadrate od 2 cm.

U sredinu svakog kvadrata stavimo nadjev zatim preklopimo tako da dobijemo trokut i da rubovi budu poravnani, na kraju prstima pritisnemo dobro tijesto oko punjenja. Vrhove svakog trokuta smotamo oko kažiprsta i spojimo. Tako dobivene cappellette smjestimo na krpu koju smo posuli brašnom.

U proklučalu juhu stavimo cappellette, polako miješamo i kuhamo oko 3 minute. Poslužimo toplo.



Stefano Triulzi - Archivio Casa Artusi

## P R E P A R A T I O N

Prepare the dough pouring the flour on the pastry board, folding eggs into the flour and kneading with energy the mixture for around 15 minutes until you obtain a soft and smooth dough.

Roll out the dough in a thin sheet and then cut it into squares (around 2 cm per side). Mix the ingredients for the stuffing in a bowl. Place some stuffing in the center of the square, fold in the shape of a triangle making the borders match and pressing the dough around the stuffing. Then take the two ends of the triangle, wrap them around the forefinger and press them together and you will have a "cappelletto" ("little hat"). Arrange "cappelletti" on a lightly floured dish cloth. Make the broth boil and pour in the cappelletti. Spin them slowly and let them cook for around 3 minutes. Serve hot.



# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY

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picture by CIVIFORM



## P U N J E N E S R D E L E

VRIJEME  
TIME

60 MIN

PORCIJA  
SERVES

4

TEŽINA  
DIFFICULTY

6/10

## STUFFED SARDINES

## P R I P R E M A

METODA  
METHODPRŽENJE  
FRYSEZONA  
SEASONCIJELA GODINA  
WHOLE YEAR

## SASTOJCI \_ INGREDIENTS

Srdele / Sardines	24 kom/pcs
Kruh, mekani dio (pupa) / Crustless bread	30 g
Slani inćuni / Salted anchovies	3 kom/pcs
Žumanjak, tvdo kuhani / The yolk of hard-boiled egg	1 kom/pcs
Češnjak pola češnja / Clove of garlic	1/2
Mlijeko / Milk	100 ml
Krušne mrvice / Bread crumbs	
Prstohvat origana / A pinch of oregano	
Limun / Lemon	1 kom/pcs
Ulje za prženje / Oil for Frying	

Operemo srdele, uklonimo glave i rasiječrmo ih duž trbuha kako bi ih rastvorili i prstima izvukli kost. Kruh namočimo u mlijeku i dobro stisnemo da bi se ocijedio. Inćunima uklonimo ljuske i kost te ih nasjeckamo na sitne komadiće. Pomiješamo kruh, inćune, žutanjak jednog tvrdo kuhanog jaja, pola češnja češnjaka i malo origana te nožem ili polukružnim nožem usitnimo dok ne dobijemo finu pastu. Dobivenu kremu namažemo na unutrašnjost rastvorenih srdela i preklopimo. Zatim jednu po jednu srdelu namočimo u malo izmučeni bjelanjak, koji nam je preostao od žutanjka, pa ih uvaljamo u krušne mrvice. Pržimo ih u ulju, dodamo malo soli i poslužimo s kriškama limuna.



## P R E P A R A T I O N

Wash the sardines, remove the heads, and open them out flat on the belly side with your fingers to remove the spine. Dip the bread in milk and then squeeze it dry. Remove the scales and spine from the anchovies, then finely chop them. Mix the bread, the anchovies, the yolk of 1 hard-boiled egg, 1/2 clove of garlic and a pinch of oregano together; then use the blade of a knife to reduce the mixture to a fine paste. Spread this paste on the open sardines and close them up. Then dip them one by one into the egg white (lightly beaten) left over from the egg yolk, then coat the fish with bread crumbs, fry in oil, salt a bit, and serve with lemon wedges.

*Bon Appetit*

# POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI KRALJEVINOM ITALIJOM - INSPIRED BY THE KINGDOM OF ITALY

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## FRITULE OD RIŽE

VRIJEME  
TIME

60 MIN

PORCIJA  
SERVES

4

TEŽINA  
DIFFICULTY

6/10

## RICE FRITTERS

## PRIPREMA

METODA  
METHODPRŽENJE  
FRYSEZONA  
SEASONCIJELA GODINA  
WHOLE YEAR

## SASTOJCI \_ INGREDIENTS

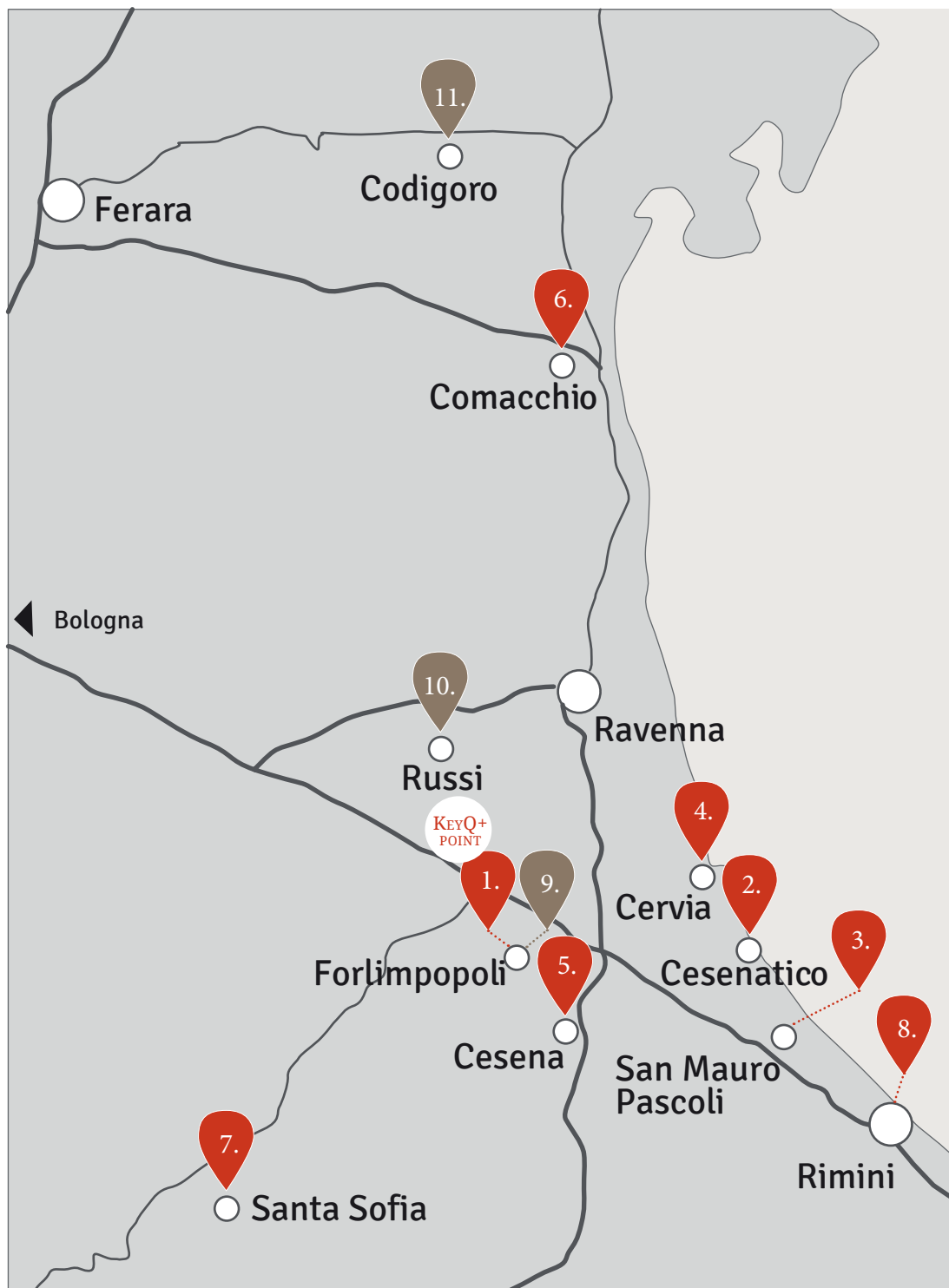
Pivski kvasac / Brewer's yeast	30 g
Mlako mlijeko / Luke-warm milk	30-35 ml
Brašno / Flour	40 g
Mlijeko / Milk	1/2 l
Riža / Rice	100 g
Brašno / Flour	100 g
Grožđice / Sultanas	50 g
Pinjoli nasjeckani na veličinu riže / Pine nuts ground to the size of rice	15 g
Žumanjak / Egg yolks	3 kom/pcs
Bjelanjak / Egg white	1 kom/pcs
Maslac / Butter	50 g
Šećer / Sugar	2 čajne žlice / small tsp
Rum	1 žlica/ tbsp
Korice limuna / Dash of lemon zest	
Prstohvat soli / Pinch of salt	

Šaku brašna stavimo na stol za tijesto, udubimo u sredini te otopimo pivski kvasac s malo mlake vode. Zatim pomiješamo sve zajedno s ostalim brašnom kako bi dobili čvrsto tijesto. Ostavimo da se tijesto diže na laganoj vatri oko 20 minuta tako što ćemo ga položiti na pleh u kojeg ste stavili malo mlijeka. Kuhamo rižu na mlijeku dok ne dobijemo gustu masu, ali ostavimo malo mlijeka koje bi nam moglo zatrebati ako je pregusto. Uklonimo rižu s vatre te kada postane mlako dodamo štrucu s kvascem koja se u međuvremenu digla, dodamo i jaja, ostatak brašna – oko 60 grama – zatim pinjole, rum i po potrebi još malo mlijeka. Dobro izmijesimo tijesto, dodamo grožđice i vratite pleh s tijestom na laganu vatru kako bi se tijesto diglo. Kada se tijesto digne, zahvatimo žlicom i stavljamo pržiti u vrelo ulje jednu po jednu fritulu dok se ne napuhnju i postanu lagane. Posipamo šećerom u prahu kada se malo ohlade i poslužimo ih tople.



## PREPARATION

Drop a handful of the flour on a pastry board, make a depression in the middle, and in it dissolve the brewer's yeast with lukewarm milk. Then mix it with the flour to produce a loaf of the right firmness. Let the loaf rise in very moderate heat for around 20 minutes in a pan with some milk on the bottom. Cook the rice in milk until firm, but put some milk aside, which you will add if needed. Remove the rice from the fire and when it is lukewarm add the loaf of brewer's yeast, already risen, as well the eggs, the rest of the flour – the remaining 60 grams (about 2 ounces) – then the pine nuts, the rum, and a little more milk if needed. Knead well, add the raisins and put the pot back near the fire so that the mixture can rise in very moderate heat. When it has risen, fry in a skillet one tablespoon at a time. These will make big, light fritters. Sprinkle confectioners' sugar on top when they have cooled off a little, and serve warm.





# PUT KULTURE I GASTRONOMIJE

## *Culture And Gastronomy Path*

TURISTIČKI ITINERAR \_ TOURIST ITINERARY

TOČKE INTERESA \_ POINTS OF INTEREST:

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POVIJESNO - KULTURNO TOČKE \_  
HISTORICAL & CULTURAL HOTSPOTS:

1. **CASA ARTUSI – GASTRONOMSKI KULTURNI CENTAR\_**  
**GASTRONOMIC CULTURAL CENTRE**
2. POMORSKI MUZEJ CESENATICO\_  
*MARITIME MUSEUM IN CESENATICO*
3. VILLA TORLONIA I PARK POEZIJE PASCOLI\_  
*VILLA TORLONIA AND THE PASCOLI POETRY PARK*
4. SOLANA CERVIA\_ *CERVIA SALTWORKS*
5. VILLA-SILVIA CARDUCCI
6. MANUFAKTURA MARINIRANJA COMACCHIO\_  
*COMACCHIO MARINATING FACTORY*
7. PARK-ŠUMA CASENTINO\_ *CASENTINO FOREST PARK*
8. NATKRIVENA TRŽNICA U RIMINIJU\_  
*COVERED MARKET IN RIMINI*

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RESTORANI \_ RESTAURANTS:

9. CASA ARTUSI, FORLIMPOPOLI
10. INSOLITO, RUSSI
11. LA CAPANNA DI ERACLIO, CODIGORO
12. KONOBA\_TRATTORIA LA MARIANNA, RIMINI



KEYQ+  
POINT

1.

Enrico Filippi – Archivio Casa Artusi

## CASA ARTUSI – GASTRONOMSKI KULTURNI CENTAR

CASA ARTUSI – GASTRONOMIC CULTURAL CENTRE

V.A.COSTA, 27 – 47034 FORLIMPOPOLI (FC) – ITALY  
+39 0543 743138 / +39 349 8401818, INFO@CASARTUSI.IT  
WWW.CASARTUSI.IT

Casa Artusi živi je muzej podignut u ime Pellegrina Artusija, priznatog oca moderne kuhinje, rođenog u Forlimpopoliju 1820. Sa svojim najprodavanijim priručnikom o talijanskoj kuhinji “La scienza in cucina e l’arte di mangiare bene” Pellegrino Artusi valorizirao je “mozaik” regionalnih tradicija spajajući ih s nacionalnom gastronomskom tradicijom.

Svi vidovi gastronomske kulture prezentirani su u muzeju i gastronomskom kulturnom centru Casa Artusi. Tu se nalaze knjižnica, restoran, škola kuhanja u kojoj ljubitelji hrane i profesionalci mogu uživati u demo ili praktičnim radionicama, vinski podrum, knjižara, muzej i mjesto za priredbe.

Svake godine krajem lipnja zanimljivi multimedijalni centar Casa Artusi srce je Artusijevog festivala. Ova živopisna manifestacija održava se već 23 godine.

*Casa Artusi is a living museum dedicated to Pellegrino Artusi, the notable father of modern cuisine, who was born in Forlimpopoli in 1820. With his best-selling Italian cookbook “Science in the kitchen and the art of eating well”, Pellegrino Artusi placed great value on the “mosaic” of regional traditions by blending them with the national gastronomic tradition.*

*All aspects of gastronomic culture are showcased at the Casa Artusi museum and gastronomic cultural centre. Located here are a library, restaurant, culinary school where foodies and professionals can enjoy demos and practical workshops, wine cellar, bookstore, museum and an event venue.*

*Each year in June, the interesting Casa Artusi multimedia centre becomes the heart of the Artusi Festival. This vibrant event has been taking place for the past 23 years.*



Urbano Sintoni- Archivio Museo della Marineria di Cesenatico

2.

## POMORSKI MUZEJ CESENATICO

### MARITIME MUSEUM IN CESENATICO

VIA ARMELLINI, 18 - 47042 CESENATICO (FC) - ITALY  
 +39 (0)547-79205, [INFOMUSEI@COMUNE.CESENATICO.FC.IT](mailto:INFOMUSEI@COMUNE.CESENATICO.FC.IT), [MUSEOMARINERIA@CESENATICO.IT](mailto:MUSEOMARINERIA@CESENATICO.IT)  
[HTTP://MUSEOMARINERIA.COMUNE.CESENATICO.FC.IT/](http://MUSEOMARINERIA.COMUNE.CESENATICO.FC.IT/)

Muzej Cesenatico jedinstveni je muzej pomoraca u Italiji. Sastoji se od natkrivenog i otvorenog dijela, a prikazuje bogatu tradiciju pomorstva ove regije.

Natkriveni dio muzeja vodi posjetitelja na put gdje će otkriti male tajne pomorstva - kakvi se materijali i tehnologije koriste, koje vrste čvorova i dizalica postoje, kakvi su manevri, ali i magično-religioznim simboli te kako izgleda život na brodu. Posebno je interesantan otvoreni dio muzeja koji se nalazi u najstarijem i najdubljem dijelu kanala Leonardo da Vinci. Tu je izloženo deset tipičnih jedrilica sjevernog i srednjeg Jadranskog mora koje se koriste za ribolov i pomorski promet - Battana, Paranza, Launch, Barchét, Top, Bragozzo i Traboccolo. Dva su broda u plovom stanju pa se koriste za prikaz drevnih načina jedrenja. Za vrijeme Božića na brodovima su mogu vidjeti jaslice.

*Cesenatico is a one-of-a-kind maritime museum in Italy. It comprises an indoor and outdoor area and showcases the rich maritime tradition of the region.*

*The indoor part of the museum takes the visitor on a journey of discovering the little secrets of seafaring, the materials and technology utilised, types of knots and derricks, and manoeuvres as well as the associated magical and religious symbols, while also providing insight into ship life. Particularly fascinating is the outdoor part of the museum, which is located in the oldest and lowest part of the Leonardo da Vinci Canal. Exhibited here are ten typical north- and central-Mediterranean boats used for fishing and shipping – the Battana, Paranza, Launch, Barchét, Top, Bragozzo and Traboccolo. Two of the boats are still operational and used for demonstrating ancient sailing techniques. At Christmas time, visitors can take a look at the nativity scenes on the boats.*



Daniele Lisi – Archivio fotografico Comune di San Mauro Pascoli

3.

## VILLA TORLONIA I PARK POEZIJE PASCOLI

### VILLA TORLONIA AND THE PASCOLI POETRY PARK

VIA DUE MARTIRI, 2 SAN MAURO PASCOLI (FC) - ITALY  
0039 (0) 541 936070, SERENA.ZAVALLONI@COMUNE.SANMAUROPASCOLI.FC.IT  
WWW.COMUNE.SANMAUROPASCOLI.FC.IT

Villa Torlonia dio je Parka poezije Pascoli, kulturnog projekta koji promovira poeziju Giovannija Pascolija u njegovom rodnom gradu. Pascoli (1855.-1912.) je bio klasični učenjak i pjesnik čije se melankolične lirske pjesme temelje na simbolizmu, a prikazuju jednostavan i ponizan obiteljski život kakav se vidi očima djece.

Neke od najimpresivnijih Pascolijevih pjesama, poput "La cavallina storna" i "San Lorenzo" o ubojstvu njegovog oca, postavljene su oko ove seoske kuće, gdje je Pascolijev otac radio kao administrator princa Torlonije.

Ovdje možete zaroniti u uzbudljivo multi-senzorno iskustvo zahvaljujući digitalnim instalacijama, video-mappingu, zvukovima i stihovima iz Pascolijeve poezije. Nekoliko kilometara dalje nalazi se njegova rodna kuća gdje možete vidjeti kako je izgledalo njegovo djetinjstvo.

*Villa Torlonia is a part of the Pascoli Poetry Park, a cultural project that promotes the poetry of Giovanni Pascoli in his hometown. Pascoli (1855-1912) was a classical scholar and poet, whose melancholic lyric poetry is grounded in symbolism and portrays a simple and humble family life as seen through the eyes of children.*

*Some of Pascoli's most impressive poems, such as "La cavallina storna" and "San Lorenzo", detailing the murder of his father, are framed around this country house, where Pascoli's father worked as an administrator for the Prince of Torlonia.*

*Here you can immerse yourself into an exciting multi-sensory experience with the aid of digital installations, videomapping, sounds and verses from Pascoli's poetry. Located just a few kilometres away is the house where he was born, where you can see what his childhood was like.*





4.

## SOLANA CERVIA

### CERVIA SALTWORKS

SALTPAN VISITORS CENTRE, VIA BOVA 61, CERVIA (RA) - ITALY  
 0039 (0) 544 973040, DIDACTIC/VISITS: SALINADICERVIA@ATLANTIDE.NET; SALT PRODUCTION: INFO@SALINADICERVIA.IT  
 WWW.TURISMO.COMUNECERVIA.IT

Solana Cervia nalazi se na ušću veličanstvene delte Po i čuva sjećanje na tradicionalni postupak prikupljanja i prerade morske soli. Baš zbog toga smatra se prirodnom i krajobraznom atrakcijom visoke vrijednosti koju se treba posjetiti. Krajem pedesetih godina prošlog stoljeća 144 postojećih malih solana zamijenjeno je s desetak velikih bazena čime se uveo novi sustav prikupljanja morske soli. Solana Camillone ostala je jedina mala solana koja je zadržala tisućljetni tradicionalni sustav višestruke ekstrakcije soli. Proizvedena sol visokokvalitetan je proizvod prema standardima Slow Fooda.

Sol Cervia je integralna sol koju se često zove i slatkom solju zbog čistoće natrijevog klorida i zato što ne sadrži gorke soli koje su inače prisutne u morskoj vodi. Isto tako, ovo je zanimljivo mjesto za promatranje migracija ptica.

*The Cervia saltworks are located at the mouth of the magnificent Po River Delta and preserve the memory of traditional salt harvesting and processing methods. It is because of this that it is considered a valuable and must-visit natural scenic attraction. In the late 1950s, 144 small then-operational saltworks were replaced by a dozen large basins, thus introducing a new sea salt harvesting system. The Camillone saltworks has remained the only saltworks to maintain its traditional multiple salt extraction system. The salt produced is a high-quality product in line with Slow Food standards.*

*Cervia's salt is an integral salt that is often called sweet salt due to the purity of sodium chloride and the absence of bitter salts, which are usually present in seawater. Also, this is an interesting birdwatching site.*



5.

## VILLA-SILVIA CARDUCCI

VILLA-SILVIA CARDUCCI

VIA LIZZANO, 1241 CESENA 47522 ITALIA  
0039 (0)547 323425, INFO@AMMI-ITALIA.COM  
WWW.MUSEOMUSICALIA.IT

Veličanstvena Villa Silvia, koja je od 1874. godine pripadala slavnoj grofici Silviji Pasolini Zanelli, bila je svojedobno salon kulture Romagne koju su posjećivali mnogobrojni poznati intelektualci, poput pjesnika Giosuèa Carduccija - prvog Talijana koji je dobio Nobelovu nagradu za književnost. Upravo je na ovom čarobnom mjestu taj je Nobelovac dobio nadahnuće za čuvenu odu crkvi u Polenti. I dan danas u Villi Silviji može se vidjeti gdje je ovaj pjesnik stvarao. Njegova je soba ostala netaknuta, a zadržan je i sav autentičan namještaj iz tog slavnog doba prošlosti. Villa Silvia danas je dom stalnoj izložbi glazbenih instrumenata "Musicalia" visoke vrijednosti. Muzej ima sedam soba kroz koje se prati povijest mehaničke glazbe, i to od njena izuma pa sve do pojave gramofona i drugim modernih nosača i prenositelja zvuka.

*The majestic Villa Silvia, which had belonged to the famous Countess Silvia Pasolini Zanelli since 1874, used to be a cultural salon of Romagna, frequented by an array of well-known intellectuals, such as the poet Giosuè Carducci – the first Italian Nobel Laureate in Literature. It was this magical place that inspired the Nobel Prize winner to pen his renowned ode to the church in Polenta. Even today, you can see where this poet created his work at Villa Silvia. His room has remained intact and all the authentic furniture from that glorious historical period has also been kept. Today, Villa Silvia houses the permanent exhibition of the priceless "Musicalia" musical instruments. The museum comprises seven rooms that showcase the history of mechanical music from its invention to the advent of gramophones and other modern sound players and carriers.*



Foto di Archivio

6.

## MANUFATURA MARINIRANJA COMACCHIO

### COMACCHIO MARINATING FACTORY

VIA MAZZINI 200 - 44022 COMACCHIO (FE) - ITALY  
 0039 (0)533 381715, MANIFATTURADEIMARINATI@PARCODELTAPO.IT  
 WWW.FERRARATERRAEACQUA.IT

Stara tvornica mariniranja Comacchio je jedan od Muzeja okusa regije Emilia Romagna. Ponovno je pokrenula jednu staru tradiciju, a to je prerada jegulja. Dakle, tvornica- muzej kroz tri sobe nudi jedinstveni doživljaj gdje na licu mjesta možete vidjeti kako se mariniraju i kisele jegulje. Prva je „dvorana vatre“, koja je sagrađena početkom 20. stoljeća s dvanaest velikih kamina. Druga se soba zove „Calata“, a prikazuje mol na kojem se iskrca i sortira ulov prema veličini te priprema za proces mariniranja. Danas se tu nalaze „marotte“, posebni čamci s ravnim dnom, prekriveni rupama kako bi riba ostala živa tijekom prijevoza. Treća je „soba s octima“, gdje se čuvaju bačve i posude raznih veličina za spremanje marinade za kiseljenje ribe. Vođene degustacije i povijesne snimke čine muzej zanimljivim odredištem.

*The old Comacchio marinating factory is one of the Taste Museums in Emilia Romagna. It has revived the old tradition of eel preserving. The plant/museum provides a unique experience in three rooms, where you can see for yourselves how eels are marinated and pickled. First, there is the “fire hall” with twelve large fireplaces, where the eels were processed, which was built in the early 20th century. The second room is called the “Calata”, which displays a pier for unloading and sorting the catch according to size as well as the preparations for the marinating process. Located here today are “marottas”, special boats with a flat bottom that are covered in holes in order for the fish to remain alive during transport. The third is the “vinegar room”, where barrels and bowls of various sizes used for preparing the marinade for pickling fish are stored. Guided tastings and historical images make the museum a captivating venue.*





Sasso Fratino - Parco Naz delle foreste Casentinesi

7.

## PARK-ŠUMA CASENTINO

### CASENTINO FOREST PARK

VIA NEFETTI, 3 - 47018 SANTA SOFIA (FC) - ITALY  
 +39(0) 543 971375 , INFO@PARCOFORESTECASENTINESI.IT  
 WWW.PARCOFORESTECASENTINESI.IT

Stare bukove šume Nacionalnog parka šume Casentino i integralni rezervat Sasso Fratino dio su UNESCO-vog popisa svjetske baštine i mreže Natura 2000. Ovdje obitava čak 79 životinjskih te četiri biljne vrste od interesa za zajednicu. Stabla bukve u rezervatu imaju više od 500 godina te stoga slove među najstarijima u Europi. Zahvaljujući njima, ovo je jedna od najstarijih listopadnih šuma borealne hemisfere. Park se prostire na čak 36 000 hektara, a to je područje oduvijek bilo naseljeno i produktivno o čemu svjedoče brojne ruševine i napuštena sela razbacana po njegovom teritoriju te mala željeznica za prijevoz drva, takozvana „drvena ruta“, koja je izgrađena u periodu između 1906. i 1913. godine. Nacionalni park šume Casentino promiče tematske rute i proizvođače sireva brenda Presidio Slow Food del Cacio Raviggiolo.

*The old beech forests of the Casentino National Forest Park and the Sasso Fratino Integrated Reserve are included on the UNESCO List of World Heritage Sites and in the Natura 2000 network. This is the habitat of as many as 79 animal and 4 plant species that are of interest to the community. The beeches in the reserve are over 500 years old and are among the oldest trees in Europe. They make this one of the oldest deciduous forests in the Northern Hemisphere. The park covers 36,000 hectares in an area that has always been inhabited and productive, as evidenced by the numerous ruins and abandoned villages strewn across the territory as well as a small railway for transporting lumber, the so-called “wooden route”, which was constructed between 1906 and 1913. The Casentino national park-forest promotes thematic routes and Presidio Slow Food del Cacio Raviggiolo cheesemakers.*





Archivio Mercato di Rimini

8.

## NATKRIVENA TRŽNICA U RIMINIJU

### COVERED MARKET IN RIMINI

IN VIA CASTELFIDARDO N. 15/21 – RIMINI  
 +39 (0) 541 53898, [INFO@MERCATOCOPERTORIMINI.IT](mailto:INFO@MERCATOCOPERTORIMINI.IT)  
[WWW.MERCATOCOPERTORIMINI.IT](http://WWW.MERCATOCOPERTORIMINI.IT)

Natkrivena tržnica u Riminiju prostire se na 4.500 četvornih metara te pod svojim krovom okuplja oko 110 trgovaca i lokalnih proizvođača iz bliže okolice. Svi oni nude velik izbor proizvoda po konkurentnim cijenama. Ova je natkrivena tržnica referentna točka za kupnju voća, povrća i drugih domaćih proizvoda, ali i mjesto razmjene i udruživanja. Isto tako, ova tržnica predstavlja i najveću te najbolje opskrbljenu riblju tržnicu u regiji Emilia-Romagna, s više od 60 prodajnih štandova na koje gotovo sva riba ulovljena noću svako jutro stiže izravno iz luke Rimini, te se prodaje svježa isti dan. Isto tako, ovdje trgovci ribu čiste i filetiraju. Tržnica je iznimno popularna jer možete kupiti očišćeno povrće koje je pripremljeno za jelo, ali i dobiti sve informacije o njegovim karakteristikama. Moguća je dostava i na kućnu adresu.

*The covered market in Rimini spreads across 4,500 m2 and brings together 110 vendors and producers from the local area under its roof. They all offer a wide range of products at competitive prices. This covered market is the go-to point for buying fruit, vegetables and other homemade products as well as a place for exchanging goods and meeting up. The market is also the best-supplied fish market in the region of Emilia-Romagna, with more than 60 sales stands, where almost all the fish that was caught at night arrives in the morning directly from the Port of Rimini and is sold fresh on the same day. It should also be noted that the vendors gut and fillet the fish on the spot. The market is also very popular because you can buy cleaned vegetables prepared in advance and find out all about their characteristics. Home delivery is also available.*



Archivio Casa Artusi

9.

## CASA ARTUSI

### RESTAURANT

VIA A. COSTA 31 - FORLIMPOPOLI (FC) - ITALY  
 +39 (0)543 748049, RISTORANTE@CASARTUSI.IT  
 WWW.CASARTUSI.IT/IT/RISTORANTE/

Mnoga Artusijeva jela mogu se kušati u restoranu Casa Artusi, gdje se prije svega poštuje sezonalnost i kvaliteta namirnica. Restoran svoju priču iznimno veže uz teritorij i tradiciju. To znači da se ovdje tjestenina valja tradicionalnim valjkom za tijesto, a kuhari u receptima svojih jelovnika, bilo da se radi o „à la carte“ ili tematskim menijima, koriste regionalne proizvode s oznakom DOP, IGP i Slow Food Presidia. Ujedno se proizvođači uključuju u događanja restorana gdje iznose svoju priču o proizvodima koje donose na stol. Casa Artusi nije isključivo restoran, ima i svoj vinski podrum gdje se mogu kušati i kupiti regionalna vina, i to više od 200 različitih etiketa, a osim vina tu su i alkoholna pića te balzamički ocat. Dakle, Casa Artusi Osteria nudi bogat izbor vina, koje se poslužuje i na čašu, uz tipične domaće proizvode i jela.

*You can try several Artusi's dishes at the Casa Artusi restaurant, where the seasonality and quality of the ingredients is valued above all. The history of the restaurant is closely associated with territory and tradition. This means that the pasta at the restaurant is rolled with a traditional rolling pin and that the cooks use regional products with the PDO, PGI and Presidio Slow Food labels in the recipes of their menus, regardless of whether they are à la carte or thematic menus. The producers also participate in events organised by the restaurant, where they present the products that they bring to the table. Casa Artusi is not just a restaurant: it has also its own wine shop, with more than 200 different regional wines, as well as alcoholic beverages and balsamic vinegar, available for tasting and purchase, and a tavern ("Osteria"). There, Casa Artusi offers a more informal service, with an abundant selection of wines that are served by the glass as well as characteristic homemade products and dishes.*

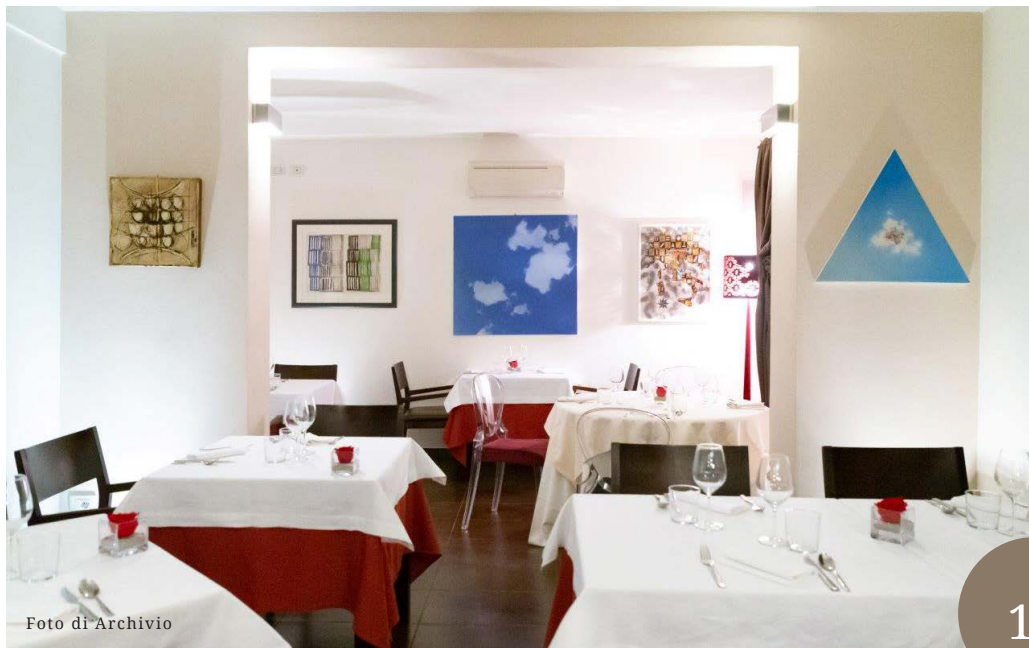


Foto di Archivio

10.

## INSOLITO RESTAURANT

VIA EMILIO BABINI, 22, 48026 RUSSI (RA) - ITALY  
 + 39 (0)544 582954, [INFO@RISTORANTEINSOLITO.COM](mailto:INFO@RISTORANTEINSOLITO.COM)  
[WWW.RISTORANTEINSOLITO.COM/WP/](http://WWW.RISTORANTEINSOLITO.COM/WP/)

Restoran Insolito stvoren je da bude vrhunski kozmopolitski restoran, uvijek otvoren za eksperimentiranje s raznim okusima, imajući u vidu umjetnost i kulturu. Spoj tradicije i inovacije predstavlja glavni lajtmotiv ponuđenih jelovnika, a ovom odličnom restoranu iznimno je bitna sezonalnost domaćih namirnica te uravnoteženost mesnih i ribljih jelovnika. Kulinarska kreativnost u skladu je s lokalnom gastronomskom baštinom, ali ne isključuje sjajne nacionalne i međunarodne proizvode koji se ovdje mogu naći u ponudi. Insolito također nudi i jela za vegane te ona bez glutena. Znanje i iskustvo temelj su kuhinje restorana, a specijaliteti kuće su ragu, cappelletti i tjestenina. Oni jamče vrhunsko i nezaboravno uživanje u svakom zalogaju, a na stolu se može naći i vrhunska mesna delicija ovog kraja - Bèl-e-còt.

*The Insolito restaurant was created to be a high-end cosmopolitan restaurant that is always open to experimenting with a variety of tastes, while taking into account art and culture. The blend of tradition and innovation is at the forefront of the menus offered and the sublime restaurant highly values the seasonality of homegrown ingredients as well as the symmetry of meat and fish menus. And while culinary creativity is fused with the local gastronomic heritage, it still includes exquisite national and international products on offer here. Insolito also offers vegan and gluten-free food. Know-how and experience are the foundation of the restaurant's kitchen, with ragu, cappelletti and pasta as its specialities. They guarantee the unparalleled and unforgettable enjoyment of every bite. The restaurant also serves the first-rate meat delicacy Bèl-e-còt.*

11.



Foto di Archivio

## LA CAPANNA DI ERACLIO

### RESTAURANT

VIA PER LE VENEZIE 30 - CODIGORO (FE) - ITALY  
 +39 (0)533 712154, LACAPANNADIERACLIO@LIVE.IT  
 WWW.FACEBOOK.COM/RISTORANTE-LA-CAPANNA-DI-ERACLIO-254933744638565/

Ugledni Michelinov vodič ovom je restoranu dodijelio jednu zvjezdicu, i to zahvaljujući njegovoj autentičnosti, odnosno svježoj domaćoj tjestenini koja se valja ručno te tradicionalnim receptima. Ali veliku ulogu u toj zvjezdici igrala je i tradicionalna kuhinja koju u ovom restoranu vodi ista obitelj još od davne 1922. godine.

Okružen rižinim poljima, maglom i evokativnom atmosferom, šest metara ispod razine mora i nekoliko kilometara od obale, čini se da vrijeme za ovaj restoran miruje. Nekada je ovo bila nezaobilazna adresa za brojne radnike koji su radili na granici između Jadranskog mora, dolina, močvara te čuvene delte Po. Do uglednog restorana Capanna di Eraclio svakodnevno stiže svježa riba sa sjevernog Jadrana i lagune, i to lignje, skuše, brancini, jegulje, rakovi, škampi, kozice, školjke, ali i divljač.

*The coveted Michelin guide gave this restaurant one star on account of the authenticity that is expressed in the hand-rolled fresh homemade pasta and traditional recipes. Old-fashioned cuisine in this restaurant genuinely run by the same family since 1922, also played a pivotal role in securing the star.*

*Surrounded by rice fields, the mist and an evocative ambience, six metres below sea level and several kilometres from the coast, it seems that time is standing still for this restaurant. This was once a haunt of a number of labourers working at the crossroads of the Adriatic Sea, valleys, wetlands and the famed Po River Delta. Fresh fish is delivered daily to the starred restaurant from the northern Adriatic and the lagoon, including squid, mackerel, sea bass, eel, crab, scampi, prawns, and shellfish as well as feathered game.*





Giorgio\_Salvatori - Foto di Archivio

12.

## LA MARIANNA

### TRATTORIA

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 +39 (0)541.22530, INFO@TRATTORIALAMARIANNA.IT  
 WWW.TRATTORIALAMARIANNA.IT

Od pročelja zgrade koja nalikuje trgovačkom brodu, do šanka bara koji je napravljen od starog čamca, još od kraja 19. stoljeća poznata konoba „Trattoria della Marianna“ u Riminiju gastronomsko je mjesto sjećanja na selo S. Giuliano. Svoj jelovnik ova poznata konoba temelji na ulovu ribara iz mjesta kao što su plava riba, sitna plava riba i plodovi mora koji su tog jutra bili na ribarskim brodicama. Mlijeko dolazi izravno s farma krava, koza i ovaca što domaćim sirevima daje svježinu i jedinstveno okus. U kuhinji koriste i organsko brašno iz Val Marecchia te hladno prešano ekstra djevičansko maslinovo ulje s brda Rimini. Poslužuju lokalno domaće vino, sami rade svoju svježu tjesteninu, a zanimljivo je da poslužuju i lokalnu vodu iz drevnog rimskog izvora u Covignano koja je bogata mineralnim solima koje olakšavaju probavu.

*From the facade of the building, which is reminiscent of a merchant ship, to the bar repurposed from an old boat, the well-known Trattoria della Marianna tavern in Rimini has been a gastronomic memorial to the village of S. Giuliano since the 19th century. The menu of this popular tavern is based on the catches of local fishermen that include oily fish, small oily fish and seafood offloaded from fishing boats that very morning. The milk comes directly from the dairy cow, goat and sheep farms, giving the homemade cheeses a fresh and distinct taste. Organic flour from Val Marecchia and cold-pressed extra virgin olive oil from Rimini hills are also used in the kitchen. The restaurant offers local wine and makes its own fresh pasta. Also worth noting is that also the water served is local: it comes from the ancient Roman spring in Covignano and is rich in mineral salts that facilitate digestion.*

# ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliu Romagna i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočiti ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlimpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

*It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.*

*The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.*

*This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlimpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.*

*It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.*

### KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženiji teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

### KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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