



Hvala ti, more...
Thank you, sea...



Damjan Miletić

OPĆENITO O PROJEKTU

Projekt „Adri.SmartFish“ - Valorizacija malog ribarstva uzduž Jadranske obale u okviru njegove održivosti provodi se u okviru Programa prekogranične suradnje Interreg V-A Italija - Hrvatska u kojem je Primorsko-goranska županija projektni partner.

Glavni cilj Projekta je očuvanje, zaštita, promicanje i razvoj sektora malog ribarstva u cilju održivosti i promicanja resursa, kao i uključivanje ribara i provedba aktivnosti koje bi pridonijele tom sektoru kroz promociju, edukaciju i nabavu opreme u cilju održivosti.

Vodeći partner projekta je regija Veneto, a uz Primorsko-goransku županiju u projektu sudjeluju regija Friuli Venezia Giulia, regija Emilia Romagna, regija Marche, Sveučilište Ca'Foscari Venezia, Istarska županija, Zadarska županija, Institut za oceanografiju i ribarstvo Split i Ministarstvo poljoprivrede.

U sklopu aktivnosti „Promocija sektora malog ribarstva“ održane su dvije edukacije za sektor ugostiteljstva i ribara u konobi „Karoča“ u Crikvenici i konobi „Zijavica“ u Mošćeničkoj Dragi gdje su se međusobno povezali ugostitelji, ribari, učenici i institucije te su primjerom dobre prakse otvorili mogućnost suradnje za budućnost na području malog ribarstva, kako u tim mjestima, tako i na cijelom projektnom području.

Sudionici projekta bili su Srednja škola „Dr. Antuna Barca“ iz Crikvenice, Ugostiteljska škola Opatija, Osnovna škola „Vladimir Nazor“ iz Crikvenice i Osnovna škola „Eugen Kumičić“ iz Mošćeničke Drage, Visoka poslovna škola PAR iz Rijeke, te Fakultet za menadžment u turizmu i ugostiteljstvu Opatija.

Cilj održanog događanja bila je promocija promicanja svijesti o važnosti odgovornog ribarstva kroz edukaciju i praksu, a rezultat je izdanje ove mini kuharice u kojoj se interpretiraju primorska jela kao doprinos valorizaciji i povezivanju ribarstva i marikulture s lokalnom kulturom i tradicijom.

ABOUT THE PROJECT

The project "Adri.SmartFish" - Valorization of small fisheries along the Adriatic coast within its sustainability is implemented within the Cross-border Cooperation Program Interreg V-A Italy - Croatia in which the Primorje-Gorski Kotar County is a project partner.

The main goal of the Project is to preserve, protect, promote and develop the small fisheries sector for sustainability and resource promotion, as well as involve fishermen and implement activities that would contribute to this sector through the promotion, education and procurement of equipment for sustainability.

The leading partner of the project is the Veneto region, and in addition to the Primorje-Gorski Kotar County, the Friuli Venezia Giulia region, Emilia Romagna region, Marche region, Ca'Foscari Venezia University, Istria County, Zadar County, the Institute of Oceanography and Fisheries Split and the Ministry of Agriculture are participating in the project.

As part of the activities "Promotion of the small fisheries sector", two workshops were held for the catering and fishermen sector in the tavern "Karoča" in Crikvenica and the tavern "Zijavica" in Mošćenička Draga, where caterers, fishermen, students and institutions gathered as an example of good practice, opening the possibility of cooperation for the future in the field of small fisheries, both in these places and in the entire project area.

The participants of the project were the High School "Dr. Antun Barac" from Crikvenica, Catering School Opatija, Elementary School "Vladimir Nazor" from Crikvenica and Elementary School "Eugen Kumičić" from Mošćenička Draga, PAR University College from Rijeka and the Faculty of Tourism and Hospitality Management Opatija.

The aim of the event was to promote awareness of the importance of responsible fishing through education and practice, and the result is the publication of this mini-cookbook which interprets coastal dishes as a contribution to the valorization and connection of fishing and mariculture with local culture and tradition.

RIJEČ, DVIJE AUTORA...

More je najveća tržnica za one koji poznaju more i one koji znaju koristiti njegovo bogatstvo. Nekada se s morem i od mora mnogo zdravije živjelo. Stari će pomorci i sada reći: „Tko živi uz more ne može umrijeti od gladi!“.

More nam daje obilje na stolu.

Uz bijelu i plavu ribu tu su razne vrste školjki, glavonošci, rakovi, puževi, morske alge i moruzgve, morska jaja i što sve ne... te je iz tog morskog izobilja lako izabrati ono što odgovara svakom čovjeku odnosno njegovom organizmu kako bi se obogatio obiteljski stol i što zdravije živjelo.

Nekada je ribarstvo hranilo sve ljude uz more, ali i one udaljenije do kojih su najčešće žene ribarice donosile i prodavale svježju ribu. Kako je napredovala tehnika ulova i spremanja svježje ribe u hladnjače, a zatim i prijevoza, riba je dospjela i do najudaljenijih mjesta ne samo Republike Hrvatske već i mnogo dalje. No, konzumacija ribe ostala je u mnogim državama na veoma niskim razinama, osim možda na otocima Mediterana. No, nikada se u Republici Hrvatskoj nismo ni približili zemljama u kojima se riba više upotrebljava u svakodnevnoj prehrani. Dok se mi nalazimo negdje pri dnu takve ljestvice sa samo 8,5 kilograma godišnje po glavi stanovnika, najbolji su Španjolci i Portugalci, a izuzetno dobri Islandđani gdje se ribe po glavi stanovnika godišnje konzumira čak 90 kilograma.

Slatka je dilema da li odabrati bijelu ili plavu ribu?

Bijela je riba lakša za probavu pa ju češće preporučaju bolesnicima, sportašima i ljubiteljima morskih plodova. Istovremeno bijela je riba cjenjenija i skuplja jer je pretežito to dubinska riba i teže se do nje dolazi pa je u hotelskim objektima kupuju i prodaju kao deliciju Jadrana i Mediterana po mnogo većoj cijeni, a gastronomija je tu u pripremi bijele ribe odigrala značajnu ulogu i učinila velik iskorak u pripremi gastronomskih savršenstava čime je zapravo u ugostiteljsko-turističkom gospodarstvu nepravedno zapostavljena plava riba.

Plava riba je mnogo zdravija, lovi se mrežama, ulov je u većim količinama pa je za stanovnike jeftinija i lakša za pripremu. No, bez obzira kako ju i na koji način pripremili plava je riba nekoliko puta za ljudski organizam korisnija i ne bi trebala biti zapostavljena na hotelskim, ali i obiteljskim jelovnicima. Zato je važno znati da su srdela, inćun, papalina, lokarda, iglica i tuna najbolji izvor omega 3 masnih kiselina, izvor su aminokiselina koje djeluju na ljudsku koncentraciju i osobito poboljšavaju intelektualni rad, a potom su i izvrstan izvor bjelančevina, vitamina B 3 i B 12, vitamina D i A te minerala - kalcija, željeza, selen, fosfor, kalij i cink...

Ponekad se pitamo, a gdje se nalaze te masne kiseline u tih sićušnih ribica kao što je srdela?

Svuda, po čitavom tijelu u svakoj masnoj stanici sačuvano je dovoljno masnih kiselina za čovjeka, treba samo jesti, dok je kod bijele ribe mnogo manje tih masnih kiselina i one se nalaze samo ispod trbuha. I možda je veoma važno spomenuti da se masne kiseline ne gube ako se plava riba kuha, prži, peče na gradelama, priprema od nje marinada ili kako to neki kuhari vole reći na savuru, jer tada se uz ribu dodaju razni zdravi biljni začini, lovor, ružmarin, maslinovo ulje, limunov sok, češnjak, luk, morska sol, a trajnost ovako pripremljenog jela može biti i do tjedan dana.

Sjećamo se pjesme iz našeg školskog djetinjstva: „Duboko je more, ne vidiš mu kraja...“, a upravo je to tajanstveno more oduvijek bio najveći tanjur pogotovo žiteljima uz more i obale. Tako se već u pradavna vremena čovjek bavio ribolovom. Oni uz rijeke i potoke riječnim ribolovom, a oni uz more morskim. Tako su se razvili i različiti alati za ribolov, kao što su vrše, mreže, parangali i kočice za lov u većim dubinama ili s barke, a za onaj s kraja dovoljna je udica i povraz ili štap, dok za jedne i druge treba imati i mamac.

Nekada je svaka kuća uz more imala za ribolov mrežnjak. To je bio žičani okvir u obliku kruga ili kvadrata na koji je bila pričvršćena mreža. Mrežnjak se polagao uz obalu na morsko dno, u njega se stavljalo mamac, najčešće kruh, i kada bi naišlo više riba iznad mrežnjaka povukla bi se uzica odnosno špaga kojom se dignuo mrežnjak s ribama. Ručak je bio osiguran. Danas više nema mrežnjaka, ali ima barki i brodova, ribarskih udruga i pojedinaca kojima je osnovno zanimanje baš ribolov. Kako se s brodova u more spuštaju sve veće mreže, izlov je sve slabiji, jer se riblji fond ne može tako brzo obnoviti unatoč zabranama ribolova u vrijeme mriještenja riba, a tome pridonosi i izgradnja sve većeg broja hotelskih i privatnih objekata neposredno uz more. Nestalo je netaknute prirode, bolje reći netaknutih uvala i draga gdje se mrijesti najveći broj ribljih sorti.

Pred samo dva desetljeća Kvarner i Jadran bili su riblji raj za jastoge, škampe, rakovice, raroge, za školjkaše - kunjke, dagnje, kamenice ili malo južnije na otocima, danas zabranjene prstace. Izlovljavanje je poprilično uništilo riblji fond, a sve je nedaće preživio kvarnerski škamp. Počast su mu odali i u Mošćeničkoj Dragi gdje se svake godine održava Festival kvarnerskog škampa. Nekada, ne baš ni tako davno, pred pedesetak godina u Kvarneru se lijepo moglo preživjeti i od ulova tune. Dvije tunere bile su u Preluku, a mnogo više bilo ih je u Bakarcu. One u Preluku su nestale, a one u Bakarcu služe kao turistička atrakcija. Ali, tuni ni traga...

Za ljubitelje mora, riba i morskih plodova spomenimo samo da je riba dobra i kuhana, i frigana, i pečena na žaru ili spremljena na brodet. A određene vrste može se sušiti na suncu za vrijeme ljeta ili posoliti u drvenu posudu pa nakon što odstoje nekoliko mjeseci onako očišćene uz palentu izvrsna su večera za cijelu obitelj.

Zar nije i Isus s tri ribe nahranio cijelo selo?!

Stoga se nadam da ćete i vi, dragi čitatelju, pronaći ponešto za sebe, a ja se moram posebno zahvaliti Stivenu Vuniću i Robertu Rožiću te cjelokupnom osoblju Konobe Karoca u Crikvenici te Konobi Zijavica u Mošćeničkoj Dragi na svesrdnoj pomoći.

Damjan Miletić, mag. oec.

A WORD OR TWO FROM THE AUTHOR

The sea is the largest market for those who know the sea and those who know how to use its wealth. Life used to be much healthier when people ate more seafood. The old sailors will still say: "He who lives by the sea cannot die of hunger!".

The sea gives us plenty on the table.

In addition to white and blue fish, there are various types of shellfish, cephalopods, crabs, snails, seaweed and sea anemone and so many other things - and from this sea abundance, it is easy to choose what suits each person or his body to enrich the family table and live healthier.

In the past, fishing fed all the people by the sea, but also those further away, to which fisherwomen brought and sold fresh fish. As the technique of catching and storing fresh fish in cold stores, as well as the transport, improved, the fish reached the most remote places not only in the Republic of Croatia but also much further. But fish consumption has remained at very low levels in many countries, except perhaps on the Mediterranean islands. However, the Republic of Croatia could have never been compared to the countries where fish is used much more in the daily diet. While we are somewhere at the bottom of such a scale with only 8.5 kilograms per capita per year, the best are the Spaniards and Portuguese, while extremely good are Icelanders where fish per capita are consumed as much as 90 kilograms per year.

The sweet dilemma is whether to choose white or blue fish?

White fish is easier to digest, so it is more often recommended to patients, athletes and seafood lovers. At the same time, white fish is more appreciated and more expensive because it is mostly deep-sea fish and harder to find, so it is bought and sold in hotel facilities as a delicacy of the Adriatic and the Mediterranean at a much higher price, and gastronomy played a significant role in preparing white fish and made a big step forward in the preparation of gastronomic delicacies by which in fact is unfairly neglected blue fish in the hospitality and tourism industry.

Blue fish is much healthier, it is caught with nets, the catch is in larger quantities, so it is cheaper and easier to prepare for the residents. But, regardless of how and in what way they prepared it, blue fish is several times more useful for the human body and should not be neglected on hotel and family menus. That is why it is important to know that sardines, anchovies, sprats, mackerels, sea needles and tuna are the best sources of omega 3 fatty acids, they are a source of amino acids that affect human concentration and especially improve intellectual work, and they are also an excellent source of protein, vitamin B 3 and B 12, vitamins D and A and minerals - calcium, iron, selenium, phosphorus, potassium and zinc.

Sometimes we wonder where are those fatty acids found in these tiny fish like sardines?

Everywhere, all over the body in every fat cell is stored enough fatty acids for man, you just need to eat, while in white fish there is much less of these fatty acids and they are found just below the stomach. And perhaps it is very important to mention that fatty acids are not lost if blue fish is cooked, fried, grilled or marinated because then various healthy plant spices, for example, laurel, rosemary, olive oil, lemon juice, garlic, onion, sea salt are added to the fish, and the shelf life of a dish prepared in this way can be up to a week.

We remember the song from our school childhood: "The sea is deep, you can't see the end of it ...", and this mysterious sea has always been the biggest plate, especially for the residents who lived by the sea and on the coast. Thus, in ancient times, the man was engaged in fishing. Those by rivers and streams were engaged in river fishing and those by the sea in sea fishing. Thus, various fishing tools were developed, such as pots, nets, longlines and fishing boats for greater depths or for fishing from a boat, while for fishing from the coast, a hook and a line or a rod are enough but for both you should have a bait.

Once upon a time, every house by the sea had a special type of a fishing net. It was a wire frame in the shape of a circle or square to which a net was attached. The net was laid along the shore on the seabed and a bait, usually some bread, was placed in it, and when fish would come above the net, the string or rope with which the net with the fish was lifted would be pulled. Lunch was provided. Today, there are no more such nets, but there are boats, fishing associations and individuals whose main occupation is fishing. As larger nets are put down from boats into the sea, fishing is declining, as the fish population cannot recover so quickly despite fishing bans during fish spawning, and the construction of an increasing number of hotel and private facilities right by the sea is contributing to it. Untouched nature has disappeared, better to say untouched bays where the largest number of fish varieties spawn.

Only two decades ago, Kvarner and the Adriatic were a fish paradise for lobsters, shrimps, crabs, crayfish, for shellfish - mussels, oysters or a little further south on the islands, today banned, date shells. The fishing pretty much destroyed the fish population, and the Kvarner shrimp survived all the troubles. It was also honored in Mošćenička Draga, where the Kvarner Shrimp Festival is held every year. Once upon a time, not so long ago, fifty years ago in Kvarner, people could survive from catching tuna. Two tuna watchtowers were in Preluk, and there were many more in Bakarac. Those in Preluk have disappeared, and those in Bakarac serve as a tourist attraction. But there is no sign of tuna.

For lovers of the sea, fish and seafood, let's just mention that the fish is equally good when cooked, fried, and grilled or as a fish stew. And certain types can be dried in the sun during the summer or salted in a wooden bowl, so after standing for a few months, cleaned and served with polenta, they are an excellent dinner for the whole family.

Didn't Jesus feed the whole village with three fish ?!

Therefore, I hope that you, dear reader, will find something for yourself, and I must especially thank Stiven Vunić and Robert Rožić and the entire staff of Konoba Karoca in Crikvenica and Konoba Zijavica in Mošćenička Draga for their wholehearted help.

Damjan Miletić, mag. oec.

SLANA RIBA

Od proljeća do početka zime jela se svježā riba. Negdje u svibnju - kada se najbolje lovila sardela jer je tada i najmasnija - pripremila bi se drvena posuda u koju se ribu soli. Osim srdele znaju se soliti i inćuni te golčići. Tako slana riba zamjeni svježū kroz cijelu zimu. Jede ju se s palentom, krumpirom, tjesteninom, pećenim policama ili samo pripremljenu s lukom, octom i maslinovim uljem.

SALTED FISH

Fresh fish was eaten from spring to early winter. Sometime in May - when sardines were best because they were the fattest at the time - a wooden bowl would be prepared in which the fish was salted. In addition to sardines, anchovies and needles can also be salted. Salty fish replaces fresh throughout the winter. They are eaten with polenta, potatoes, pasta, baked potato halves or are simply prepared with onion, vinegar and olive oil.

Slani inćuni s lukom

Budući se slana riba uglavnom konzumira kao mali, slani, pikantni zalogaj uz čašicu dobrog vina (žlahtina, jarbola, belica) za 4 osobe je potrebno:

- 20 komada slanah inćuna,
- dva luka,
- maslinovo ulje, vinski ocat.

Slana riba se nožem lagano očisti od soli i preostalih ljuski, filira, a neki je i operu pod hladnom vodom te posloži na tanjur. Dodaju se koluti luka te se sve zajedno prelije domaćim krčkim maslinovim uljem i vinskim octom.

Tako filetirana riba može se staviti u staklenu posudu s dosta narezanog luka i biljnog ulja pa se pusti da odstoji nekoliko dana. Tada se koristi kao prilog uz kuhanu palentu ili krumpir i na taj način može postati ukusan objed.

Salted anchovies with onions

Salted fish is mainly consumed as a small, salty, spicy bite with a glass of good wine (*žlahtina, jarbola, belica*). For 4 people you will need:

- 20 pieces of salted anchovies
- two onions
- olive oil, wine vinegar.

The salted fish is cleaned of salt and the remaining shells with a knife, filleted (some people wash it under cold water) and placed on a plate. The onion rings are added and homemade Krk olive oil and wine vinegar are poured over it.

Thus filleted fish can be placed in a glass bowl with a lot of chopped onion and vegetable oil and left to stand for a few days. It is then used as a side dish with boiled polenta or potatoes and thus can become a delicious meal.



Pržena slana srdela

Priprema slanih srdela prženjem nije uobičajen način, ali u vrijeme nakon 2. Svjetskog rata i neimaštine često je slana riba prehranjivala brojne obitelji uz more budući ovo jelo nije bilo skupo, veoma je izdašno i zasitno, a slane srdele su ukućani imali u konobama, a krumpir u svojem vrtu.

Danas se pripremaju kao malo samostalno jelo ili predjelo, a za 4 osobe je potrebno:

- 12 slanih srdela,
- žlica brašna, biljno ulje za prženje
- 3 do 4 zrna češnjaka, peršin, maslinovo ulje
- 0,5 kg krumpira.

Očiste se i operu slane ribe. Malo se pobrašne i isprže na ulju. Tako pržene stave se na kuhani krumpir, pospu kosanim češnjakom i peršinom te preliju maslinovim uljem.

Nekada davno, na vruće ulje se stavilo slane srdele. Vilicom su se polako gnječile dok se nije odvojilo riblje meso od kostiju. Kost se izvadilo, a meso slane ribe gotovo rastopilo i sjedinilo s uljem. Nakon toga se prelilo, zajedno s masnoćom, preko kuhanog krumpira. Ovaj recept se nekada pripremao za radnike u polju, osobito kopače u proljeće, u vrijeme objeda.

Fried salted sardines

Preparing salted sardines by frying is not a common way, but in the time after World War II and poverty, salted fish often fed many families by the sea because this dish was not expensive, it is very hearty and filling, and salted sardines were something that people had in their pantries while they also had potatoes in their gardens.

Today they are prepared as a small independent dish or appetizer. For 4 people you will need:

- 12 salted sardines
- a tablespoon of flour, vegetable oil for frying
- 3 to 4 cloves of garlic, parsley, olive oil
- 0.5 kg of potatoes.

Clean and wash salted fish. Put some flour on them and fry them in the oil. When fried, put them on the boiled potatoes, sprinkle with chopped garlic and parsley and pour over olive oil. Once upon a time, salted sardines would be put on hot oil. They were kneaded slowly with a fork until the fish meat was separated from the bones. The bones were taken out, and the meat of the salted fish was almost melted and merged with the oil. It was then poured, along with the fat, over the boiled potatoes. This recipe used to be prepared for lunch for field workers, especially diggers in the spring.



Slana riba s policama - pečenim krumpirom

Ovo starinsko jelo naprosto oduševljava sve ljubitelje slane ribe, ali i krumpira te maslinovog ulja. Uglavnom se priprema za večeru uz toplo ognjište ili kamin, ali ništa manje ukusno nije ni ono prgotovljeno u kućnoj pećnici.

Za 4 osobe potrebno je:

- 10 do 12 krumpira srednje veličine,
- 10 do 12 slanih riba,
- maslinovo ulje.

Mladi krumpir se dobro opere pod vodom, osuši i izreže na pola. Ispeče se u pećnici i na gotovog se polože uglavnom filetirane, ali mogu i cijele slane ribe te se sve prelije rapskim maslinovim uljem.

Salted fish with baked potatoes

This old-fashioned dish delights all lovers of salted fish, potatoes and olive oil. It is mostly prepared for dinner by the fireplace, but no less delicious is the one made in the oven.

For 4 people you will need:

10 to 12 medium-sized potatoes

- 10 to 12 salted fish
- olive oil.

Wash the potatoes well under water, dry them and cut them in half. Bake them in the oven and when they are done, place the filleted (whole salted fish can also be used) on them, and pour Rab olive oil over everything.



Slana riba s kuhanim krumpirom i grobničkim sirom

Grobnik u zaleđu Rijeke bio je oduvijek poznat po ovcama, kravama, mlijeku te svakako skuti i grobničkom siru. Bio on mladili star tradicionalno se pronalazi na jelovnicima našeg kraja, a nerijetko i u kombinaciji sa slanim ribama ili palentom. Stoga se svake godine krajem lipnja na Grobniku, u čast palente kompirice i grobničkog sira, organizira Festival palente i sira kako bi im se odalo priznanje i zahvalnost što su othranile mnogobrojne obitelji diljem Grobničkog kraja.

Za 4 osobe potrebno Vam je:

- 60 dag krumpira,
- 20 dag grobničkog sira,
- 4 slane ribe,
- 10 dag crnih maslina,
- papar, maslinovo ulje.

Na topli kuhani krumpir stavi se grobnički sir i filetirana slana riba. Sve se popapri, prelije maslinovim uljem te dodaju domaće slane masline. Prekrije se čistom krpom i pusti da odstoji koliko je potrebno da se sir lagano opusti.

Salted fish with boiled potatoes and Grobnik cheese

Grobnik, in the hinterland of Rijeka, has always been known for sheep, cows, milk and certainly for its cheese. This type of cheese is traditionally found on the menus of our region, often in combination with salted fish or polenta. Therefore, every year at the end of June in Grobnik, in honor of the potato polenta and Grobnik cheese, the Festival of Polenta and Cheese is organized to give them recognition and gratitude for feeding many families throughout the Grobnik region.

For 4 people you will need:

- 60 dag of potatoes
- 20 dag of Grobnik cheese
- 4 salted fish
- 10 dag of black olives
- pepper, olive oil.

The Grobnik cheese and filleted salted fish are placed on the warm boiled potatoes. Pepper, olive oil and homemade salted olives are added to it. After that, cover it with a clean cloth and let it stand as long as it takes for the cheese to soften slightly.



Riblja marinada

Često, kada se ribari vrate s mora i kada im ostane ribe koju nisu mogli prodati ili kada domaćica kupi više ribe nego što ukućani mogu pojesti, priprema se marinada. Ona može stajati i do tjedan dana na hladnome mjestu, a s njom se može nahraniti mnogo ljudi. Na taj način riba neće „propasti“, a domaćica ili kuhari u ugostiteljskom objektu „kupili“ su vrijeme koje mogu posvetiti obavljanju drugih poslova i aktivnosti koje ih čekaju u narednom razdoblju. Stari ribari znaju reći: „Što je marinada starija, to je bolja!“.

Za pripremiti marinadu treba vam:

- 2 kg ribe,
- 1,5 dl suncokretovog ulja,
- 1,5 dl maslinovog ulja,
- 50 dag crvenog luka,
- 1 dl bijelog vina, 2 dl vinskog octa, vode (po potrebi)
- sol, papar, limun, lovorov list, ružmarin,
- 1 glavica češnjaka.

Riba se očisti, začini i isprži u dubokoj masnoći te ostavi ohladiti. U ulje na kojem se ispržila riba doda se fino rezani luk i kada dobije lijepu, zlatno-žutu boju podlije se bijelim vinom i vinskim octom. Tada se doda malo papra, limun, ružmarin, lovorov list i češnjak te pusti hladiti. Ohlađenog se prelije preko ribe i posluži hladno, ali se može servirati i toplo uz palentu.

Marinada se priprema najčešće od plave ribe (srdela, inćun, skuša, plavica), ali nerijetko i od sitne bijele ribe, najčešće oslić uz pokoji kolutić lignje, komadić sipe ili manjeg škampa. Ukoliko se želi pripremiti marinada „na crveno“ u umak se umiješa žlica koncentrata od rajčice.

Fish marinade

Often, when fishermen would return from the sea and had extra fish they could not sell or when the housewife would buy more fish than the family could eat, a marinade was prepared. It can stand for up to a week in a cool place and it can feed many people. In this way, the fish will not go bad, and the housewife or chefs in the restaurant can "buy" time so they can perform other jobs and activities that await them in the coming period. Old fishermen say: "The older the marinade, the better!".

To prepare the marinade you will need:

- 2 kg of fish
- 1.5 dl of sunflower oil
- 1.5 dl of olive oil
- 50 dag of onion
- 1 dl white wine, 2 dl wine vinegar, water (if necessary)
- salt, pepper, lemon, laurel, rosemary
- 1 clove of garlic.

Clean, season and fry the fish in deep oil and leave it to cool. Add finely chopped onion to the oil on which the fish was fried and when it gets a nice, golden-yellow color, pour the white wine and wine vinegar over it. Then add a little pepper, lemon, rosemary, laurel and garlic and leave it to cool. When it cools, pour it over the fish and serve it cold, but you can also serve it warm with polenta.

The marinade is usually prepared from blue fish (sardines, anchovies, mackerel, etc.) but often also from small white fish, most often hake with a few rings of squid, a piece of cuttlefish or a small shrimp. You can also mix a tablespoon of tomato paste into the marinade.



Bakalar na bijelo - pržene kuglice bakalara na bijelo s umakom od slanih riba i krajskih maslina



Danas se, da su naši preci živi, čudom ne bi mogli načuditi na koliko se načina priprema bakalara. Oni su poznavali samo bakalara na gulaš (iako su čest bakalara znali zamijeniti i sa sušenim morskim psom, većim ranjem ili osličem), a čuli su i možda kod gospode vidjeli pripremljen bakalara na bijelo.

Za pripremu bakalara za 6 osoba potrebno je:

- 75 dag suhoga bakalara,
- 30 dag krumpira,
- 1 dl maslinovog ulja,
- 1 dl suncokretovog ulja,
- 2 do 3 češnja češnjaka
- peršin,
- sol, papar.

Bakalara se najprije dobro „istuče“ drvenim čekićem za meso. Nakon toga se stavi močiti u vodu nekoliko sati, a nerijetko i preko cijele noći. Potom se izvadi i stavi kuhati. Kuha se toliko dugo dok se ne počne raspadati. Izvadi se iz vode, očisti mu se koža i kosti te počne „tući“ s drvenom kuhačom. Pomiješa ga se s prethodno skuhanim krumpirom i povremeno dodaje maslinovo i suncokretovo ulje. Ne smije se zaboraviti staviti soli, bijelog papra i malo fino kusanog češnjaka, a može i kusanog peršina. „Tuče“ se dok ne postane bijel kao snijeg, zato ga i nazivaju „in bianco“.

U konobi Zijavica u Mošćeničkoj Dragi od pripremljenog bakalara na bijelo naprave kuglice koje se potom prže u dubokoj masnoći. Poslužuju se na kamenu s Draških i Brsečkih plaža, na umaku pripremljenom od rajčica i slanin riba te tartarom od maslina ubranih u mjestu rođenja poznatog hrvatskog književnika Viktora Cara Emina, u Kraju.

Cod in Bianco with salted fish and olive sauce

Our ancestors only knew about cod stew (although they would often replace cod with dried shark or hake), while cod in Bianco was something they may have heard of.

To prepare cod for 6 people you will need:

- 75 dag of dried cod
- 30 dag of potatoes
- 1 dl of olive oil
- 1 dl of sunflower oil
- 2 to 3 cloves of garlic
- parsley
- salt, pepper.

First, beat the cod well with a wooden meat tenderizer. Then put it to soak in water for a few hours, but you can also leave it overnight. Then take it out and cook it. Cook it until it starts to fall apart. Take it out of the water, clean the skin and bones and "beat" it with a wooden spoon. Mix it with the boiled potatoes and occasionally add olive and sunflower oil. Don't forget to add salt, white pepper and a little finely chopped garlic but you can also add some parsley. Cod is "beaten" until it becomes as white as snow, which is why it is called "in bianco".

In the tavern Zijavica in Mošćenička Draga, balls are made from cod in Bianco, which are then fried in a deep fat. They are served on a stone from Draga and Brseč beaches, in tomato and salted fish sauce and tartare made from olives picked in the birthplace of the famous Croatian writer Viktor Car Emin, called Kraj.



Dimljena srdela na starom kruhu pečenom na domaćoj masti s kiselim povrćem

Nisu uzalud stariji ljudi znali reći: "Djeco, ne bacajte kruh!". Može se pripremati na najrazličitije načine: narezan na manje kockice i popržen na masnoći kao dodatak juhi, pripremljen u obliku okruglica ili njoki, na slatko pržen u ulju i posut kristal šećerom,, premazan s domaćom masti i posut sa soli ili crvenom paprikom i još na „milijun“ načina. U konobi Zijavica stari kruh koriste ovako:

Za 4 osobe je potrebno:

- 4 šnite starog kruha,
- 8 dimljenih srdela bez kostiju
- domaća mast ili maslinovo ulje,
- 0,5 dag rikole,
- 20 dag raznog ukiseljenog povrća (tikvice, paprika, luk, bijela repa, komorač...).

Kruh koji je preostao od jučerašnjeg dana (da se ne baci) popeče se s obje strane na domaćoj masti, a može i maslinovom ulju. Na ohlađeni kruh položi se salata od rikole, marinirano i ukiseljeno povrće izrezano na fine, tanke rezance, a na njega se polože fileti dimljene ribe. Sve se lagano pokapa maslinovim uljem.

Naime, u davna vremena kada nisu postojali hladnjaci, ledenice i drugi uređaji koji bi omogućavali čuvanje ribe koju se nije moglo prodati, ribari su višak ulova sušili, dimili ili solili što im je pomoglo da prehrane svoje obitelji u vrijeme kada nisu mogli krenuti u ribarenje zbog lošeg vremena ili hladnoće.

Smoked sardines on stale bread baked on homemade lard with pickled vegetables

Older people would not say in vain: "Children, do not throw the bread away!" Bread can be prepared in different ways: cut into smaller cubes and fried in fat as an addition to soup, as bread balls or dumplings, fried in oil and sprinkled with sugar, coated with homemade fat and sprinkled with salt or red pepper, as well as prepared in many other ways. In the tavern Zijavica, stale bread is used as follows:

For 4 people you will need:

- 4 slices of stale bread
- 8 smoked boneless sardines
- homemade lard or olive oil
- 0,5 dag of arugula
- 20 dag of various pickled vegetables (zucchini, peppers, onions, white beets, fennel...).

Toast the bread leftover (in order not to throw it away) on both sides in homemade fat (you can also use olive oil). Place arugula salad, marinated and finely cut pickled

vegetables on the cooled bread, and then place the smoked fish fillets on it. Drizzle everything with olive oil.

In ancient times, when there were no refrigerators, freezers and other devices to store fish that could not be sold, fishermen would dry, smoke or salt the excess catch, which helped them feed their families at a time when they could not go fishing due to the bad weather or cold.



Hobotnica „Karoča“

Kažu stručnjaci da su hobotnice starije od dinosaura. Nađeni fosili stariji su od 300 milijuna godina. Hobotnica je po svemu neobičan morski stvor. Ima tri srca i plavu krv. Životni joj je vijek relativno kratak, od jedne do pet godina, ali su veoma pametne iako imaju mali mozak. U vodama Jadrana živi 7 vrsta hobotnica i na sreću ni jedna nije otrovna. U našem moru ne živi plavo-prstenasta hobotnica, jedina koja je velika samo dvadesetak centimetara, ali ima otrova da se može otrovati čak 25 ljudi. Svi oni koji uživaju u egzotičnom izgledu jela pripremljenih od jadranskih hobotnica imat će bogat i zasitan obrok ma kako god da ih pripreme za objed. Evo kako to rade za 4 osobe u konobi Karoca u Crikvenici:

- 2 kg hobotnice,
- sol, papar, sok od limuna, češnjak, peršin,
- rikola, rajčica.

Hobotnica se skuha i ohladi nakon čega se začini po želji sa soli, paprom, sokom od limuna, češnjakom, peršinom ili nekim drugim začinima. Zamota se u prozirnu foliju, čvrsto stisne i stavi u ledenicu iz koje se vadi po potrebi. Reže se na veoma tanke ploške tankim, dugačkim nožem i posluži s manjim rajčicama na posteljici od rikole.

Omiljena je priprema hobotnice i kao carpaccio. Svježu se stavi u polovicu izrezane plastične boce i pusti u ledenici da se stisne. Zamrznutu se „oslobodi“ iz boce i reže na tanke ploške najčešće salamoreznicom. Poslužuje se s rikulom, limunovim sokom, začinima, grubo narezanim parmezanom, a sve prelije maslinovim uljem i octom.

Octopus „Karoča“

Experts say that octopuses are older than dinosaurs. The fossils found are more than 300 million years old. The octopus is an unusual sea creature. It has three hearts and blue blood. Its lifespan is relatively short, from one to five years but it is very smart even though it has a small brain. There are 7 species of octopuses living in the Adriatic and fortunately, none of them is poisonous. The blue-ringed octopus does not live in our sea, it is the only one that is only twenty centimeters in size but it has enough poison to be able to poison as many as 25 people. All those who enjoy dishes prepared from Adriatic octopuses will have a hearty and filling meal, regardless of the way they prepare it.

Here's how they do it in the Karoca tavern in Crikvenica, for 4 people:

- 2 kg of octopus
- salt, pepper, lemon juice, garlic, parsley
- arugula, tomato.

Cook the octopus and cool it, then season it as desired with salt, pepper, lemon juice, garlic, parsley or some other spices. Wrap it in cling film, squeeze tightly and place

in a freezer from which you can take it as needed. Cut it into very thin slices using a thin, long knife. Serve the octopus with smaller tomatoes on arugula.

Octopus is often prepared as a carpaccio. Place the fresh octopus in a half-cut plastic bottle and leave in the freezer. Take the frozen octopus out of the bottle and cut it into thin slices, usually with a salami slicer. Serve it with arugula, lemon juice, spices, coarsely chopped parmesan and pour olive oil and vinegar over it.



Duž Opatijske rivijere, a pogotovo u Mošćeničkoj Dragi omiljena je pripremljena na ovaj način:

Along the Opatija Riviera, and especially in Mošćenička Draga, the octopus is prepared as follows:

Zimska hobotnica s crvenim lukom, domaći kaparima, rajčicom i tartarom od brsečkih maslina

Za 4 osobe potrebni su slijedeći sastojci:

- 2 kg veće hobotnice (samo krakovi),
- 1 glavica crvenog luka,
- 20 dag malih rajčica,
- 10 dag tartara od maslina iz Brseča,
- 16 većih kapara,
- sol, papar, maslinovo ulje, ulje od koštica bijelog i crnog grožđa, domaći ocat.

Hobotnica se očisti, opere u moru i stavi kuhati u hladnu vodu. Skuhana hobotnica se izreže na veće komade, posoli, papri, dodaju domaće, velike kapare, narezan crveni luk, male, kratko blanširane i popečene rajčice i tartar od brsečkih maslina koji salati daje posebnu aromu. Sve se začini po ukusu, a u konobi Zijavica koriste ulje od koštica bijelog i crnog grožđa, maslinovo ulje i domaći ocat.

Octopus with red onion, homemade capers, tomato and Brseč olive tartare

The following ingredients are required for 4 people:

- 2 kg of octopus (tentacles only)
- 1 red onion
- 20 dag of small tomatoes
- 10 dag of olive tartare
- 16 large capers
- salt, pepper, olive oil, white and black grape seed oil, homemade vinegar.

Clean the octopus, wash it in the sea and put it to boil in cold water. Cut the cooked octopus into larger pieces. Add to it salt, pepper, large capers, sliced red onion, small, shortly blanched and roasted tomatoes and Brseč olive tartar which gives the salad a special aroma. Season everything according to taste. The Zijavica tavern uses white and black grape seed oil, olive oil and homemade vinegar.



Hobotnica na salatu

U pojedinim ugostiteljskim objektima hobotnicu pripremaju na salatu bez ili s krumpirom sa soli, paprom, češnjakom, lukom, creskim maslinovim uljem i domaćim crvenim vinskim octom.

Zanimljive su ribarske priče koje smo slušali kao djeca. Ribari su se vraćali s ribarenja u Preluci bez ulova. More je bilo vrlo visoko, a doma se čekalo barem neku ribicu. Tada bi ispod stijene izvukli dva veća kamena puna morske mahovine i odnijeli ih kući da domaćica pripremi tzv. „povero brodeto“. Nakon što bi takav brodet bio kuhan, kamen se izvadio iz jela i bacio, ali je okus mora ostao u gustoj tekućini i s malo palente objed bi prošao.

Često bi sa sobom donijeli i raka kamenjara, grancipola. Doma bi ga objesili ispred kuće i ostavili da se osuši. On im je trebao za lov na hobotnice. Osušenog raka bi vezali povrazom i s barke vukli po dnu. Hobotnica bi skočila na raka i nije puštala ulov pa bi oboje završili u saku.

Octopus salad

In some restaurants, the octopus is prepared as a salad, with or without potatoes, with salt, pepper, garlic, onion, Cres olive oil and homemade red wine vinegar.

The fishermen's stories we listened to as children are interesting. Fishermen would return from fishing to Preluk without a catch. The sea was very high and the family would be waiting for at least some fish. Then they would pull out two larger stones full of sea moss and take them home for the housewife to prepare the so-called "povero brodeto." After such a brodeto was cooked, the stone was taken out of the dish and thrown away, but the taste of the sea remained in a thick liquid that would be served with some polenta.

They would often bring a crab with them. They would hang it in front of the house and let it dry. They needed it to hunt octopuses. They would tie the dried crab with a rope and drag it from the boat along the bottom. The octopus would jump on the crab and not let go of its catch so they would both end up in the net.



Hobotnica na salatu s krumpirom

Hobotnicu se može pripremiti na salatu zajedno s kuhanim krumpirom, a može ju se ispeći samu ili s krumpirom pod pekom ili u štednjaku.

Za pripremiti hobotnicu s krumpirom za šest osoba potrebno je:

- 1 kg hobotnice,
- 50 dag krumpira,
- 1 glavica crvenog luka,
- 2 do 3 zrna češnjaka,
- peršin, sol, papar, ocat, maslinovo ulje.

Hobotnicu se stavi kuhati. Krumpir u kori se skuha posebno, a može ih se kuhati i zajedno samo se krumpir stavi u vodu kada je hobotnica do pola kuhana. Skuhanu i ohlađenu hobotnicu se očisti, tijelo izreže na kockice, a krakove na kolutiće. Krumpir se očisti i izreže na kockice. U veću zdjelu se stavi hobotnica, krumpir, fino narezani luk, kosani češnjak, peršin, sol, papar, domaći ocat i maslinovo ulje. Sve se dobro promiješa i posluži.

Na Rabu pripremaju hobotnicu i rajčicu zajedno na salatu. Rajčicu se izreže na kockice. Ostali su sastojci isti.

Octopus salad with potatoes

You can prepare the octopus as a salad together with boiled potatoes, but you can also bake it alone or with potatoes under 'peka' or in the oven.

To prepare the octopus with potatoes for six people, you will need:

- 1 kg of octopus
- 50 dag of potatoes
- 1 red onion
- 2 to 3 cloves of garlic
- parsley, salt, pepper, vinegar, olive oil.

Cook the octopus. Cook the potatoes separately. You can cook them together but put the potatoes in the water when the octopus is half cooked. Clean the cooked and cooled octopus, cut the body into cubes and the tentacles into rings. Peel the potatoes and cut them into cubes. Put the octopus, potatoes, finely chopped onion, chopped garlic, parsley, salt, pepper, homemade vinegar and olive oil in a larg bowl. Mix everything well and then serve it.

On Rab, they prepare octopus and tomato together as a salad. The tomatoes are cut into cubes. The rest of the ingredients are the same.



Svježi kvarnerski škampi s limunom

Svaki veliki majstor od kuhinje reći će da je škamp „kralj“ u kuhinji. Mislim da se svi slažemo s njim. Ovi naši kvarnerski škampi su najbolji na svijetu. Danas ih se priprema na mnogobrojne načine. S njima se pripremaju rižoti, buzare, netko ih voli ispeći u soli, a netko ih priprema s tjesteninom. Priprema ih se s grobničkom skutom, ali i s medom, a mi smo ih pripremili svježe s limunovim sokom. Ma raj za oči!

Za 4 osobe vam treba:

- 12 većih, kvarnerskih škampi,
- sok od 4 limuna.

Svježim kvarnerskim škampima skine se ljuštura s donjeg dijela tijela, a glave se ostave kako bi se lakše konzumiralo. Polože se na podlogu od rikole i prelije limunovim sokom. U zimskim mjesecima limunov sok se može pomiješati sa sokom od naranče ili mandarina, a netko ga zna pomiješati i s nekoliko kapi tabasca. Na kraju se doda maslinovog ulja i dekorira. Soli se i papri (crvenim paprom) po želji.

Fresh Kvarner shrimps with lemon

Every successful chef will say that shrimp is the "king" of the kitchen. I think we all agree with him. Our Kvarner shrimps are the best in the world. Today they are prepared in many ways. They are used to prepare risotto or a stew. Some like to bake them in salt while others prepare them with pasta. You can prepare them with Grobnik curd but also with honey. We prepared them fresh with lemon juice. The paradise for the eyes!

For 4 people you will need:

- 12 large Kvarner shrimps
- juice of 4 lemons.

Remove the shell from the lower part of the body of the fresh Kvarner shrimps leaving the heads to make them easier to eat. Lay them on a base of arugula and pour over lemon juice. In the winter months, lemon juice can be mixed with orange or mandarin juice (some people mix it with a few drops of tabasco). Finally, add the olive oil, salt and pepper (red pepper) as desired.



Riblja juha

Francuzi imaju svoj Bouillabaise, Belgijanci Waterzooi, Finci Lohikeitto, u Indoneziji je poznata pod nazivom Pindang i tako od zemlje do zemlje diljem Zemaljske kugle. Kako su navike i običaji od kraja do kraja različiti tako su različiti i sastojci.

Mi nemamo neki poseban naziv za našu riblju juhu, ali ako je želite skuhati za 6 osoba treba vam:

- 1 kg različite ribe,
- 12 kom dagnji ili različitih školjki,
- 6 Jakobovih kapica,
- 6 škampi,
- 2 mrkve,
- korijen i lišće peršina i celera,
- 1 luk,
- 4 do 5 zrna češnjaka,
- sol, papar u zrnu, lovorov list, cognac.

U lonac s vodom stavi se miješana riba s korjenastim povrćem, češnjakom, lukom, maslinovim uljem, lovorovim listom, soli i paprom u zrnu. Kada se riba počne odvajati od kosti juha se procijedi, a riba očisti. U dobivenu tekućinu doda se malo cognaca, kosani peršin, veći komadi ribe te nekoliko školjki i škampi. Dodatno se kuha dok se školjke ne otvore i posluži.

Fish soup

The French have their Bouillabaise, the Belgians Waterzooi, the Finns Lohikeitto, in Indonesia it is known as Pindang. As habits and customs are different, so are the ingredients.

We do not have a special name for our fish soup but if you want to cook it for 6 people, you will need:

- 1 kg of different fish
- 12 pieces of mussels or different shellfish
- 6 Mediterranean scallop
- 6 shrimps
- 2 carrots
- parsley and celery root and leaves
- 1 onion
- 4 to 5 cloves of garlic
- salt, pepper, laurel, cognac.

In a pot with water, place the mixed fish with the root vegetables, garlic, onion, olive oil, laurel leaf, salt and pepper. When the fish starts to separate from the bones, strain the soup and clean the fish. Add a little cognac, chopped parsley, larger pieces of fish and a few shellfish and shrimp to this liquid. Cook until the shells are open and serve it.



Brudić na jušno od golčiči

U Crikveničko-vinodolskom kraju ovo jelo se kuhalo u vrijeme kada je prestajao lovostaj na plavu ribu te su tržnice bile pune skušama, srdelama, inćunima, papalinama i golčićima.

Za pripremiti brudić za društvo od 4 osobe trebate nabaviti:

- 8 golčića,
- maslinovo ulje,
- brašno,
- 1 luk,
- 2 do 3 zrna češnjaka,
- obilato kosanog lišća peršina,
- ocat ili sok od 1 limuna,
- sol, papar,

Riba se očisti. U manju posudu, na ulje se stavi malo brašna da lagano zažuti i potom sitno kosani luk, češnjak i peršin. Podlije se vodom koliko se želi u konačnici dobiti juhe. Kad prokuha, doda se octa ili limunovog soka, a potom riba. Papri se i soli na kraju po ukusu.

Mackerel soup

In the Crikvenica-Vinodol region, this dish was cooked at a time when the close season for blue fish was ending so the markets were full of sardines, anchovies, sprats and mackerels.

To prepare this dish for a group of 4 people you need to get:

- 8 mackerels
- olive oil
- flour
- 1 onion
- 2 to 3 cloves of garlic
- lots of chopped parsley leaves
- vinegar or juice of 1 lemon
- salt, pepper.

Clean the fish. In a small bowl put some oil and a little flour to make it light brown and then add finely chopped onion, garlic and parsley. Pour over as much water as much of soup you want to get. When it boils, add the vinegar or lemon juice and then the fish. Finally, add salt and pepper to taste.



Kajgana sa suhom hobotnicom

Stari mještani Mošćeničke Drage i danas se sjećaju kako je cijela obala duž plaže, u tom prekrasnom gradiću na Opatijskoj rivijeri, nekada bila puna dasaka s čavlima s kojih su visjeli dugi krakovi hobotnica kako bi se osušili na hladnoj, kvarnerskoj buri. Za njihovo sušenje potrebno je samo nekoliko vjetrovitih dana kojih ovdje ne nedostaje. Tada se sušenu hobotnicu, koju usput budi rečeno na Rabu nazivaju štokalj, spremalo za dane kada se nije moglo ribariti. Od nje se pripremao brodet, ali najčešće se konzumira pržena s istučenim, domaćim jajima kao kajgana.

Ako se želite okušati i počastiti društvo od 4 osobe potrebno je:

- 4 kraka sušene hobotnice,
- 8 jaja,
- 0,5 dl mlijeka
- maslinovo ulje, papar

Suha hobotnica se izreže na male kolutiće i lagano prži na maslinovom ulju. U međuvremenu se razbiju jaja i izmiješaju u posebnoj zdjeli s dodatkom malo mlijeka. Kada hobotnica poprimi lijepu boju zalije se jajima i uz neprestano miješanje napravi kajgana koju često u primorskim krajevima nazivaju fritajom. Soliti ne treba već se samo popapri. No o ukusima se ne raspravlja, zar ne?!

Scrambled eggs with dried octopus

The old inhabitants of Mošćenička Draga still remember how the whole coast along the beach, in this beautiful town on the Opatija Riviera, used to be full of boards with nails from which hung long tentacles of octopuses that were drying in the cold Kvarner wind (called bura). It only takes a few windy days to dry them. Then the dried octopus was prepared for the days when it was not possible to go fishing. The stew was prepared from them but they are most often consumed fried with beaten, home-made scrambled eggs.

If you want to prepare this dish for a group of 4 people, you will need:

- 4 tentacles of dried octopus
- 8 eggs
- 0.5 dl of milk
- olive oil, pepper.

Cut the dried octopus into small rings and lightly fry them in olive oil. Meanwhile, break the eggs and mix them in a separate bowl with a little milk. When the octopus takes on a nice color, pour the eggs over it and, stirring constantly, make scrambled eggs, which are often called fritaja in coastal areas. You don't need to add salt, just pepper. But taste is not discussed, is it ?!



Rižot s lignjama i kozicama

Već smo ranije spomenuli da je, prema riječima kulinarskih virtuozna, škamp kralj u kuhinji. E, ako je škamp kralj, slobodno možemo reći da je lignja – kraljica. Ako niste znali, lignja ima plavičastu krv. U njezinom tijelu kucaju četiri srca. Odrasla lignja hrani se ribama i rakovima, brza je i spretna u lovu. To joj omogućuje vretenasto tijelo koje je građeno poput torpeda. Ili je torpedo građen poput lignje? E to bi trebalo ipak prepustiti povjesničarima. Lignja ima jednu posebnost. Njeno je tijelo spektar boja koji ona koristi za kamuflažu pred neprijateljem ili zavođenja kod parenja, a na dodir mijenja boju čak i kada ulovljena dođe na suho. Ribari je vole pripremati „u šporko“, a u ugostiteljskom gospodarstvu veoma često se pripremaju s njom rižoti.

Za 4 osobe... evo kako ga pripremaju u Karoci!

- 50 dag domaćih lignji,
- 20 dag očišćenih repova kozica,
- 20 dag riže (najbolje arborio),
- 1 luk,
- 5 do 6 zrna češnjaka,
- sok od 1 limuna,
- sol, papar, lovorov list, kosani peršin.

Na maslinovom ulju se poprži sitno kosani luk i češnjak. Kada se dobije lijepa boja dodaju se narezane lignje te pirjaju i podlijevaju dok ne omekšaju. Zaliju se crvenim vinom, doda malo limunovog soka, soli, papra, peršina i lovorov list. Kada sve zajedno kratko prokuha umiješaju se svježe, jadranske kozice i ostavi da se zajedno sjedini i sljubi. Na kraju se doda prethodno pirjana riža i začini po želji. Ukoliko se upotrebljava sirova riža tada se pirja zajedno s lignjama, a kozice se umiješaju na samome kraju kako se ne bi raspale.

Risotto with squids and prawns

We have mentioned earlier that, according to culinary virtuosos, shrimp is the king in the kitchen. If the shrimp is the king, we can say that the squid is the queen. In case you didn't know, squid has bluish blood. Four hearts are beating in its body. The adult squid feeds on fish and crustaceans, is fast and agile in hunting, which is made possible by its spindle-shaped body, which is built like a torpedo. Or was the torpedo built like a squid? That, however, should be left to historians. The squid has one peculiarity. Its body is a spectrum of colors that it uses to camouflage when it meets the enemy or to seduce when mating, and to the touch it changes its color even when caught and put in a dry place. Squid is often used to prepare a risotto.

Here is how risotto is prepared in Karoca for 4 people

- 50 dag of squids
- 20 dag of cleaned prawn tails
- 20 dag of rice (arborio)
- 1 onion
- 5 to 6 cloves of garlic
- juice of 1 lemon
- salt, pepper, laurel leaf, chopped parsley.

Fry finely chopped onion and garlic in olive oil. When they get a nice color, add the sliced squid and simmer them adding some water until everything is soft. Drizzle it with red wine, add a little lemon juice, salt, pepper, parsley and laurel leaf. When everything boils together briefly, stir in the fresh Adriatic prawns and let them blend. Finally, add the simmered rice and spices as desired. If you use raw rice then simmer it together with the squid, stir in the prawns at the very end so that they do not fall apart.



Rižot sa škampima

Delikatesni rižot sa škampima odlikuje krematoznost što se postiže gastronomski i tehnički ispravnim kuhanjem rižota. Kažu da je za savršen rižot bitno mnogo toga. Od odabira riže koja se na dobro zagrijanoj tavi i maslinovom ulje najprije treba dobro popržiti. Vino je važno poradi kiseline, zalijeva se vrućim temeljcem, a na samom kraju dodaje se maslac koji rižotu daje krematoznost.

Za 4 osobe vam treba:

- 1 kg cijelih škampi,
- 20 dag riže,
- 0,5 l temeljca,
- 1 luk,
- 5 do 6 zrna češnjaka,
- bijelo vino,
- maslinovo ulje,
- maslac, sol, papar, peršin.

Glavu škampi odvojite od repa pa s repa pažljivo odstranite oklop tako da meso repa ostane u jednom komadu. Četiri cijela škampa se može ostaviti kao dekoracija pri serviranju gotovog rižota. Temeljac se pripremi od glavi i ljuštura škampi koji se kuhaju u vodi uz dodatak korjenastog povrća, luka, lovorova lista, maslinovog ulja, soli i papra.

U zagrijanoj posudi s maslinovim uljem poprži se luk i češnjak dok ne dobiju staklastu boju. Na to se doda sirova riža, poprži na masnoći te se postepeno podlijeva bijelim vinom i vrućim temeljcem sve dok riža ne omekša. Važno je da se riža ne prekuha već mora ostati „al dente“. Kada je riža gotova dodaju se očišćeni repovi i cijeli škampi te se sve zajedno prokuha nekoliko minuta. Posoli se i papri po ukusu, a na kraju doda komadić maslaca. Sve zajedno se lagano promiješa i posluži.

Shrimp risotto

Delicious risotto with shrimps is characterized by creaminess which is achieved by gastronomically and technically correct way of cooking of a risotto. They say that many things are important for a perfect risotto. From the selection of rice that should be well fried in a well-heated pan and olive oil. Wine is important because of the acidity, it is poured with hot stock, and at the very end, butter is added which gives the risotto a creaminess.

For 4 people you will need:

- 1 kg of whole shrimps
- 20 dag of rice
- 0,5 l of stock
- 1 onion
- 5 to 6 cloves of garlic
- white wine
- olive oil
- butter, salt, pepper, parsley.

Separate the shrimps' heads from the tails and carefully remove the shell from the tail so that the meat of the tail remains in one piece. You can leave four whole shrimps to use them as a decoration when serving the finished risotto. Prepare a stock of the shrimps' heads and shells, cooked in water with root vegetables, onions, laurel leaves, olive oil, salt and pepper.

In a heated pan with olive oil, fry the onion and garlic until they get a glassy color. Add raw rice to it, fry in fat and gradually pour in white wine and hot stock until the rice softens. It is important that the rice is not overcooked but must remain "al dente". When the rice is done, add the peeled tails and whole shrimps and cook all together for a few minutes. Add salt and pepper to taste, and finally, add a piece of butter. Stir everything together lightly and serve.



Gnudi – okruglice od domaće skute s kozicama, tostiranim bademima i passiflorom

Gnudi su okruglice - manje knedle ili njoki napravljeni od svježeg sira, a umjesto krumpira upotrebljava se griz. Kod pripreme gnuda važno je da ih se ne prekuha, a kuhaju se dok ne isplivaju na površinu. Veoma se lijepo sljubljuju s drugim namirnicama poput šunke, špinata, rajčice, morskih plodova, kadulje, mažurana... Bez obzira što ih se ubraja u tzv. sirotinjsku kuhinju danas su to delicije u mnogobrojnim vrhunskim restoranima diljem svijeta pa tako i u Zijavici.

Za njihove gnude vam je potrebno (4 osobe):

- 25 dag skute
- 10 dag ribanca
- 10 dag griza,
- 2 jaja,
- sol, papar, brašno, muškatni oraščić
- 12 očišćenih repova kozica,
- 16 kom tostiranih badema,
- 4 ploda passiflore (Kristov cvijet)
- maslinovo ulje.

Od obje vrste sira i jaja uz dodatak soli, papra i muškarnog oraščića, brašna i griza umijesi se glatko tijesto i ostavi da odstoji pola sata na hladnom mjestu. Među dlanovima se oblikuju okruglice i kuhaju u kipućoj vodi nekoliko minuta. Važno ih je ne prekuhati jer postanu žilave. Na maslinovom ulju lagano i nakratko se poprže repovi kozica te izvade u posebnu posudu, a u međuvremenu se listići i cijeli bademi tostiraju kako bi postali vrlo hrskavi. Na tanjur se nježno podlije umak, na njega poslože gnudi, a sve zajedno ukrasi poprženim kozicama i tostiranim bademima. Na kraju se iz ploda passiflore žlicom izvadi unutrašnjost kojeg se prelije preko okruglica i kozica.

Homemade curd dumplings with prawns, toasted almonds and passiflora

Gnudi are dumplings made from fresh cheese and semolina which is used instead of potatoes. When preparing gnudi, it is important not to overcook them. Cook them until they float to the surface. They go very well with other foods such as ham, spinach, tomatoes, seafood, sage, marjoram. Regardless of the fact that they are considered food for the poor, today they are delicacies in many top restaurants around the world, including Zijavica.

For their gnudi you will need (4 people):

- 25 dag of curd
- 10 dag of grated cheese
- 10 dag of semolina
- 2 eggs
- salt, pepper, flour, nutmeg
- 12 cleaned shrimp tails
- 16 toasted almonds
- 4 fruits of passionflower (Christ's flower)
- olive oil.

Knead a smooth dough from both types of cheese, eggs, salt, pepper and nutmeg, flour and semolina and leave it to stand for half an hour in a cool place. Form dumplings between your palms and cook them in boiling water for a few minutes. It is important not to overcook them as they become tough. Lightly and briefly fry the prawns' tails in olive oil and take them out and put them in a special dish. In the meantime, toast the leaves and whole almonds to make them very crispy. Gently pour the sauce over the plate, arrange the gnudi on it and garnish everything with fried prawns and toasted almonds. Finally, remove with a spoon the inside of the passionflower fruit and pour over the dumplings and prawns.



Rezanci s miješanim školjkama

Jedno od većih bogatstava Jadrana predstavljaju razni školjkaši – Jakobove kapice, dagnje, vongole, kunjke, prnjavice, rumenke...samo su neke od njih. Može ih se pripremati kuhane, na žaru, zapečene sa sirom, u rižotima, a nerijetko se konzumiraju svježe-sirove, pogotovo kamenice.

Omiljene su pripremljene s tjesteninom, a za društvo od četvero ljudi potrebno je:

- 40 dag očišćenih raznih školjki,
- školjke u ljušturi za dekoraciju (nekoliko komada od svake vrste),
- 40 do 60 dag tjestenine – bijeli rezanci (ovisno o tome da li se konzumira kao predjelo ili glavno jelo),
- 5 do 6 zrna češnjaka,
- maslinovo ulje,
- 1 dl bijelog vina
- cognac,
- sol, papar, kosani peršin.

Bijele rezance skuhati u posoljenoj vodi te procijediti. Na maslinovom ulju popržiti sitno kosani češnjak (netko zna dodati i luk) i kada dobije nježnu boju dodati razne vrste školjki (dagnje, vongole, prnjavice, Jakobove kapice...) i pirjati dok se ne otvore. Zaliti cognacom i zapaliti. Dodatno kratko propirjati, doliti bijelog vina i umiješati kuhanu tjesteninu. Začiniti po ukusu, posuti kosanim peršinom i poslužiti.

Noodles with mixed shellfish

Various shellfish is one of the greater treasures of the Adriatic. You can prepare them cooked, grilled, baked with cheese, in risottos but they are often consumed fresh or raw, especially oysters.

They are often prepared with pasta. For 4 people you will need:

- 40 dag of various shellfish
- mussels in the shell for decoration (several pieces of each kind)
- 40 to 60 dag of pasta - white noodles (depending on whether it is consumed as an appetizer or main course)
- 5 to 6 cloves of garlic
- olive oil
- 1 dl of white wine
- cognac
- salt, pepper, chopped parsley.

Cook the white noodles in salted water and strain. Fry finely chopped garlic in olive oil (you can also add onions) and when it gets a nice color, add various types of shellfish and simmer until they open. Drizzle with cognac and set on fire. Stir a little more and add white wine and stir in the cooked pasta. Season to taste and sprinkle with chopped parsley and serve.



File od orade s broskvom „na padelu“ i uljem od koromača

Birati između bijele i plave ribe uistinu je teško. Bijela je riba lakša za probavu pa ju češće preporučaju bolesnicima, sportašima i ljubiteljima morskih plodova. Istovremeno bijela je riba cjenjenija i skuplja jer je pretežno to dubinska riba i teže se do nje dolazi pa ju u ugostiteljskim objektima kupuju i prodaju kao specijalitet Jadrana po mnogo većoj cijeni, a gastronomija je tu u pripremi bijele ribe odigrala značajnu ulogu i učinila velik iskorak u pripremi delicija. Jedan od pravih predstavnika bijele ribe je svakako orada.

Kako je pripremiti za 4 osobe:

- 2 kom orade,
- bijeli maslac - beurre blanc
- sol, crveni papar.

Oradu se očisti i filira. Fileti se lagano poprže na bijelom maslacu koji se priprema na način da se u redukciju octa i/ili bijelog vina i pirjanog luka stavi hladni maslac kako bi se otopio, a da se pritom ne počne odvajati masnoća. Legenda kaže da ga je slučajno otkrila Clémence Lefeuvre početkom 20. stoljeća u svom restoranu u dolini Loire u kojem je posluživala brojna jela s umakom Béarnaise. Jednog dana zaboravila je u njega dodati estragon i žumanjke, pa je dobila novi, blaži umak kojeg je nazvala beurre blanc. Posoli se i posluži na podlozi od broskve „na padelu“ začinjenom uljem oplemenjenim koromačem. Na kraju se pospe fino mljevenim crvenim paprom.

Gilt-head bream fillet with wild cabbage and fennel oil

Choosing between white and blue fish is really hard. White fish is easier to digest so it is more often recommended to patients, athletes and seafood lovers. At the same time, white fish is more appreciated and expensive because it is a deep-sea fish and harder to find so it is bought and sold in restaurants as a speciality of the Adriatic at a much higher price, and gastronomy has played a significant role in preparing white fish. One of the real representatives of white fish is certainly gilt-head bream.

Here is how to prepare a gilt-head bream for 4 people:

- 2 pieces of gilt-head bream
- white butter - beurre blanc
- salt, red pepper.

Clean and fillet the gilt-head bream. Lightly fry the fillets in white butter. White butter is prepared by adding cold butter to the vinegar and/or white wine and stewed onions to melt without separating the fat. Legend has it that it was accidentally discovered by Clémence Lefeuvre in the early 20th century in her restaurant in the Loire Valley where she served a number of dishes with Béarnaise sauce. One day she forgot to add tarragon and egg yolks to it so she got a new, milder sauce which she called beurre blanc. Season with salt and serve on a wild cabbage base seasoned with fennel oil. Finally, sprinkle with finely ground red pepper.



Prženi oslići i pišmolji

Ujutro, nakon što se ribari vrate s mora i prodaje svoga ulova, za marendu su im domaćice pripremale male pržene osliće, pišmolje ili neku drugu ribu koja se nije prodala. U ugostiteljskim objektima ovo je danas omiljena brojnim radnicima koji se odluče na topli obrok usred radnog dana.

Sastojci za 4 osobe:

- 1 kg oslića, pišmolja ili neke druge ribe,
- brašno, biljno ulje,
- sol.

Riba se očisti, u moru opere i malo posuši. Tada se uvalja u brašno i stavi pržiti na dosta zagrijano ulje. Pržena riba se posoli i posluži uz malo kuhanog krumpira ili samo uz topli domaći kruh.

Fried hakes and whiting fish

In the morning, after the fishermen would return from the sea and sold their catch, the housewives would prepare for brunch small fried hake, whiting fish or some other fish that had not been sold. In restaurants, today this is a favorite dish of many workers who have a hot meal in the middle of the working day.

Ingredients for 4 people:

- 1 kg of hake, whiting fish or other fish
- flour, vegetable oil
- salt.

Clean the fish, wash it in the sea and dry it a bit. Then roll it in flour and fry in the heated oil. Season the fried fish with salt and serve with boiled potatoes or simply with some warm homemade bread.



Rupice

Najmanje ribice - čentoinboka, papaline ili male sardelice - nije se samo pržilo već ih se pripremalo i na drugačiji način. Negdje su od njih pravili polpete, a u mjestima Kirije, koja su bliže moru, spremali su rupice ili rupčići ili hljibčići, kako ih gdje zovu.

Što je sve potrebno?

- 1 kg ribica,
- dvije šake žutog i dvije šake bijelog brašna, sol, papar,
- jedna glavica češnjaka,
- pola glavice crvenog luka,
- peršin,
- 1 dl ulja.

Ribice se očiste i stave u jednu zdjelu. Na jedan kilogram ribe doda se dvije šake žutog i dvije bijelog brašna. Posoli se, papri te doda fino kosana glavica češnjaka, a može i pola glavice luka i dosta kosanog peršina. Sve skupa se dobro promiješa i slažu „rupice“. U jednu „rupicu“ stane oko desetak ribica, ali može i više. Prže se na vrućem ulju.

"Rupice"

The smallest fish were not only fried but also prepared in many different ways. Somewhere they would make meatballs out of them and in the places of Kirija, which are closer to the sea, they prepared "rupice", as they called them.

What are the ingredients?

- 1 kg of fish
- two handfuls of yellow and two handfuls of white flour, salt, pepper
- one clove of garlic
- half of red onion
- parsley
- 1 dl of oil.

Clean the fish and placed it in a bowl. Add two handfuls of yellow and two of white flour to one kilogram of fish. Add salt, pepper and finely chopped garlic, or half an onion and a lot of chopped parsley. Mix all together well and form "rupice" (*holes*). About a dozen fish can fit in one "hole" but it could be even more. Fry them in the hot oil.



Bakalar na gulaš

Nekada se teško moglo naći za kupiti veliki bakalar pa bi se kuhalo pola bakalara, a pola oslića. Malo tko je mogao razaznati što je što ako je kuharica imala znanja i pripremila bakalar na gulaš s palentom ili krumpirom. Naravno da se to u restoranu ne smije, ali zato se može bakalar zamijeniti i drugom ribom što svakako treba naglasiti.

Za 4 osobe potrebno je:

- 1 kg bakalara,
- 1 kg krumpira,
- 1 do 2 crvena luka,
- ulje ili mast,
- sol, papar, češnjak, peršin, pire od rajčice, brašno, bijelo vino.

Bakalar se namoči i moči tri dana uz svakodnevno mijenjanje vode. Poslije toga se lako oguli i očisti od kosti. Tako čistog stavi se kuhati. Dok se bakalar kuha, u drugoj se posudi na malo ulja ili masti pirja na fino narezani luk dok se ne raspadne. U to se doda kuhani i očišćeni bakalar, još se malo propirja i podlijeva. Onda se unutra stavi narezan češnjak, peršin, sol, papar i umak od rajčice. Dok kuha u posebnom lončiću izmiješa se žlica brašna, decilitar vode i decilitar bijelog vina pa se s tim polako podlijeva bakalar dok se ne dobije gust gulaš. Pusti se još pet minuta da prokuha kako bi brašno povezalo sve sastojke i gulaš od bakalara je gotov.

Cod stew

It used to be hard to buy a big cod so half cod and half hake would be cooked. Few could discern what was what if the cook had the knowledge and prepared cod stew with polenta or potatoes. Of course, this should not be done in a restaurant but that is why cod can be replaced with other fish.

For 4 people you will need:

- 1 kg of cod
- 1 kg of potatoes
- 1 or 2 red onions
- oil or fat
- salt, pepper, garlic, parsley, tomato pasta, flour, white wine.

Soak the cod for three days with a daily change of water. After that, it is easy to peel and clean the bones. After you clean it, put it to boil. While the cod is cooking, simmer the finely chopped onion in another pan with a little oil or fat until it crumbles. Add boiled and cleaned cod to it, stir a little more and add some water.

Then add sliced garlic, parsley, salt, pepper and tomato paste to it. While it is cooking in a separate pot, mix a tablespoon of flour, a deciliter of water and a deciliter of white wine and slowly pour over the cod until you get a thick stew. Let it simmer for another five minutes for the flour to combine all the ingredients when the cod stew is done.



Bakalar na mornarski

Za pripremiti ovo jelo koje se običavalo jesti na Veliki petak ili Badnjak, a za društvo od četvero odraslih, potrebno je:

Za 4 osobe potrebno je:

- 1 kg bakalara,
- 1 kg krumpira,
- sol, papar, češnjak, maslinovo ulje, bijelo vino.

Bakalar se namoči i skuha. Voda u kojoj se kuhao bakalar ne smije se baciti jer će trebati kasnije. Krumpir se očisti i izreže na deblje ploške. U veću posudu slaže se red krumpira, red bakalara, red krumpira, red bakalara i tako do vrha posude ili koliko ima krumpira i bakalara. To se pospe sa soli, paprom, doda se malo kisanog češnjaka i podlije bijelim vinom te tekućinom u kojoj se kuhao bakalar. Kapne se i malo maslinovog ulja. Krumpir ne smije plivati, ali u posudi uvijek mora biti malo tekućine. Posuda se pokrije poklopcem i bakalar kuha u pećnici dok krumpir ne omekša. Cijelo vrijeme u posudi je malo tekućine kako se jelo ne bi osušilo i zagorilo. Kada krumpir omekša, skine se poklopac i pusti da se krumpir zapeče po vrhu.

Sailor's cod

To prepare this dish that used to be eaten on Good Friday or Christmas Eve, for 4 people, you will need:

For 4 people it is necessary:

- 1 kg of cod
- 1 kg of potatoes
- salt, pepper, garlic, olive oil, white wine.

Soak the cod and then cook it. The water in which the cod was cooked should not be thrown away as it will be needed later. Peel the potatoes and cut them into thicker slices. In a casserole, arrange a row of potatoes, a row of cod, a row of potatoes, a row of cod and so on to the top of the casserole. Sprinkle it with salt, pepper, add a little chopped garlic and cover with white wine as well as with the liquid in which the cod was cooked. A little olive oil is also dripped. Potatoes should not float but there should always be some liquid in the casserole. Cover the casserole with a lid and cook the cod in the oven until the potatoes are soft. There should be a little liquid in the casserole all the time so that the dish does not dry out and burn. When the potatoes soften, remove the lid and let the potatoes' tops bake.



Punjene skuše na vinodolski način

Nije bilo većeg slavlja nego kada bi bila dobra sezona od skuša. Tada se na tržnici moglo izabirati. Svakome jednu veću ili dvije manje. Prženu ili pečenu na gradelama. Miriše na sve strane.

Za 4 osobe je potrebno:

- 2,50 kg skuša,
- 0,30 l ulja za prženje.

Nadjev:

- 0,20 kg isjeckanog pršuta,
- 0,20 kg šampinjoni,
- 0,10 kg češnjaka,
- 0,10 kg krušnih mrvica,
- 2 kom limuna,
- maslinovo ulje,
- ulje, sol, papar, peršin, kapare.

Na ulju se poprži isjeckani pršut, češnjak, gljive i kapare. Dodaju se krušne mrvice, papar, limun i njime pune skuše. Ribu se zatvori čačalicama i prije pečenja stavi malo močiti u ulje. Peku se na gradelama ili u pećnici, a ispod se stavi pleh da sok od pečenja ostane u plehu ta se sokom premazuje riba za vrijeme pečenja.

Stuffed mackerel

There was no greater celebration than when there would be a good mackerel season. On the market, it was possible to choose one bigger mackerel or two smaller. They could be grilled or baked.

For 4 people you will need:

- 2,50 kg of mackerel
- 0.30 l of frying oil.

Stuffing:

- 0,20 kg of chopped prosciutto
- 0.20 kg mushrooms
- 0,10 kg of garlic
- 0,10 kg of bread crumbs
- 2 lemons
- olive oil
- oil, salt, pepper, parsley, capers.

Fry chopped prosciutto, garlic, mushrooms and capers in oil. The bread crumbs, pepper and lemon are used to stuff the mackerel. Close the fish with toothpicks and put it a little to soak in the oil before baking. They can be baked on the grill or in the oven. A baking tray is placed under it so that the baking juice stays in the baking tray so the fish is being coated with the juice while baking.

Pohana hobotnica

Ovo jelo se priprema samo od velike hobotnice.

Za pripremiti objed za 6 ljudi potrebno vam je:

- 3 kg hobotnice,
- sol, brašno, jaja,
- ulje za prženje.

Kada se hobotnica ulovi, očisti se i dobro s nje ocijedi rukama voda. Krakovi se izrežu posebno svaki za sebe i stave kuhati. Kada je hobotnica kuhana, krakovi se ocijede kako bi se dobilo samo čisto, bijelo meso hobotnice (pipci i glava se zajedno s krumpirom pripreme na salatu). Krakovi se potom izrežu na komade duljine oko pet centimetara i prerežu na pola ili na tri dijela, ovisno o debljini krakova hobotnice. Potom se sole i stavljaju u brašno, jaja i prže na ulju (netko ih stavi i u krušne mrvice).

Fried octopus

This dish is prepared only from a large octopus.

To prepare a meal for 6 people you will need:

- 3 kg of octopus
- salt, flour, eggs
- frying oil.

When the octopus is caught, it is cleaned and drained well with hands. The tentacles are cut and put to boil. When the octopus is cooked, the tentacles are drained to get only clean, white octopus flesh (the tentacles and the head are prepared together with the potatoes as a salad). The tentacles are then cut into pieces about five cm long and cut in half or in three pieces, depending on the thickness of the octopus tentacles. Then they are salted and put in flour and eggs and are fried in the oil (you can put them in bread crumbs as well).



Domaće punjene lignje pod pekom

Ljudima koji žive pored mora ne može proći ni jedan tjedan, a kamoli blagdan bez ribljeg obroka. Tako se za Staru godinu veoma često pripremaju pod pekom. A zašto baš tog dana? Priča kaže da se lignje kreću unatrag pa ako ih pripreme upravo tog dana da će i svi ljudski problemi ostati negdje iza. U Novu godinu će se krenuti s novim koracima i pečenom svinjetinom za objed jer se po običaju kaže da prase s njuškom uvijek gura naprijed.

Za pripremiti lignje pod pekom potrebno je:

- 2 kg liganja,
- 15 dag pršuta,
- 15 dag sira
- 10 dag rikole,
- 10 dag riže
- 1 kg krumpira,
- maslinovo ulje,
- 2 veće glavice crvenog luka,
- 1 glavica češnjaka,
- sol, papar.

Domaće lignje se očisti i puni nadjevom od pršuta, sira, rikole i kuhane riže. Prethodno se očisti krumpir i izreže na veće komade. Lignje i krumpir se izmiješaju pa sve zajedno začini sa soli, paprom, maslinovim uljem, lukom i češnjakom. Složi se u peku te peče dok krumpir i lignje ne omekšaju. Lignje se izrežu na veće komade i posluže uz prilog od pečenog krumpira.

Stuffed squids

For people living by the sea, not a single week can pass, let alone a holiday, without a fish meal. Thus, on the New Year's Eve, fish is very often prepared under the 'peka'. And why on that day? The story goes that squids move backwards so if they are prepared exactly on that day, all human problems will be left somewhere behind. In the New Year, new steps will be taken so roast pork is eaten for lunch, because it is said that a pig with a snout always pushes forward.

To prepare squid under the 'peka', you will need:

- 2 kg of squids
- 15 dag of prosciutto
- 15 dag of cheese
- 10 dag of arugula
- 10 dag of rice
- 1 kg of potatoes
- olive oil
- 2 large red onions
- 1 clove of garlic
- salt, pepper.

Clean the squid and stuff it with prosciutto, cheese, arugula and cooked rice. Before that, clean the potatoes and cut them into larger pieces. Mix squid and potatoes and season all together with salt, pepper, olive oil, onion and garlic. Arrange everything in a baking dish (peka) and bake it until potatoes and squid are soft. Cut the squid into larger pieces and serve with baked potatoes.



Tuna na mornarski s crnom palentom

Tuna je poseban specijalitet, a za ovu deliciju vam treba:

- 1 kg tune
- 1 glavica luka,
- 5 do 6 zrna češnjaka,
- 50 dag svježih rajčica (netko koristi i pelate ili koncentrat rajčice),
- slani inćuni, crveno vino,
- sol, papar, peršin.

Na maslinovom ulju se pirja fino kosani luk i češnjak te sitno izrezana rajčica i inćuni. Kada je propirjano zalije se crvenim vinom, začini i ostavi prokuhati da se umak sjedini. Prethodno, naglo popečena tuna s gradela stavi se u umak te se sve zajedno dodatno pirja desetak minuta. Poslužuje se s palentom koju smo obojili sipinim crnilom.

Tuna with black polenta

Tuna is a unique speciality and for this delicacy you will need:

- 1 kg of tuna
- 1 onion
- 5 to 6 cloves of garlic
- 50 dag of fresh tomatoes (peeled tomatoes or tomato paste can be used instead)
- salted anchovies, red wine
- salt, pepper, parsley.

Simmer finely chopped onions and garlic in olive oil, as well as finely chopped tomatoes and anchovies. When done, pour in red wine, spices and bring to boil to combine the sauce. Previously grilled tuna is placed in the sauce and everything is left to simmer for ten minutes. It is served with polenta colored with cuttlefish ink.



Ribljí raŒnjíci

Tko kaŒe da su raŒnjíci rezervirani samo za meso...taj i grijeŒi.

Morske raŒnjíce u Karoci pripremaju od:

- 4 manja brancina,
- 8 cijelih kozica,
- 8 manjih komada tune,
- 4 cijela Œkampa,
- Maslinovo ulje,
- sol, papar.

SvjeŒi brancin se filira i izreŒe na pola. Naizmjenice s kozicama, jadranskom tunom i kvarnerskim Œkampima nabode na raŒnjíce i ispece na gradelama uz povremeno mazanje raŒnjíca maslinovim uljem pomoću Œtapića i liŒca ruŒmarina.

Kada su gotovi sole se i posluŒi ih se na podlozi od blitve s krumpirom te prelije domaćim maslinovim uljem.

Fish skewers

Whoever says that skewers are made only from meat is wrong.

Sea skewers in Karoca are prepared from:

- 4 small sea bass
- 8 whole prawns
- 8 small tuna pieces
- 4 whole shrimps
- olive oil
- salt, pepper.

Fillet fresh sea bass and cut it in half. Alternately stab prawns, Adriatic tuna and Kvarner shrimps on the skewers and grill them, occasionally coating the skewers with olive oil using sticks and rosemary leaves.

When they are done, salt them and serve on a chard base with potatoes and pour over homemade olive oil.



Riblji brudet - brodet

Ovo jelo, na jelovnicima restorana često je nepravedno zapostavljeno, ali danas ipak polako ponovo pronalazi put do ljubitelja dobre hrane. A znamo i zašto! Osvaja svojim mirisom, a okusom „baca u trans“.

Za pripremiti dobar brodet potrebno je:

- 1 kg miješane ribe (najbolje one „od kamena“ – škarpina, škrpoč, ugor, ali i lastavica, ranj, kanjac...),
- 50 dag crvenog luka,
- pola glavice češnjaka,
- koncentrat ili pire od rajčice (može i svježa, ali joj se mora odstraniti pulpa i kožica),
- 2 dl bijelog vina,
- sol, papar, maslinovo ulje.

Riba se očisti, opere i dobro posuši. U posudi se zagrije maslinovo ulje te na njemu poprži fino kosani češnjak i luk. Kada luk dobije zlatno-žutu boju podlije se bijelim vinom i doda rajčica. Ribu se soli, začini, položi u dobiveni umak, a po potrebi podlije vodom dok ne prekrije ribu i pusti da lagano prokuha. Brodet nikako ne miješati već s vremena na vrijeme samo protresti posudu u kojoj se kuha. Posluži se sa žutom i crnom palentom.

Fish broth

This dish is often unfairly neglected on restaurant menus but today it is slowly finding its way to lovers of good food. And we know why! It delights people with its taste and aroma.

To prepare a good broth you will need:

- 1 kg of mixed fish
- 50 dag of red onion
- half of garlic
- tomato paste (fresh can also be used but the pulp and skin must be removed)
- 2 dl of white wine
- salt, pepper, olive oil.

Clean the fish, wash it and dry well. Heat the olive oil in a pan and fry the finely chopped garlic and onion on it. When the onion gets a golden-yellow color, cover it with white wine and add the tomatoes. The fish is then salted, seasoned, placed in the sauce, and if necessary, covered with water and left to boil gently. Never stir the broth but from time to time just shake the pan in which it is cooked. Serve it with yellow and black polenta.



Buzara od morskih plodova

Buzara se odavno pripremala i to u svakom mjestu na drugi način. Pripremiti se može samo od škampi, samo od dagnji ili nekih drugih školjaka, a može i miješana. U nju se može staviti i malo ribe ili hobotnice... Kako god da se priprema ovo je prava delikatesa.

Što treba za šest osoba:

- 1,5 kg škampi,
- 1,5 kg školjki,
- bijelo vino,
- češnjak, peršin, maslinovo ulje, limun, sol, papar.

U većoj posudi, na maslinovom ulju i češnjaku, poprže se razne vrste školjki (kunjke, prnjavice, lepeze...) i škampi. Sve se prelije cognacom ili brandyjem te zapali (flambiraj). Posuda se lagano protrese, doda bijelo vino te ostavi prokuhati. Kada se školjke otvore, a poradi gustoće umaka mogu se dodati krušne mrvice, a za kiselinu malo limuna. Soli se i papri po potrebi. Ukoliko se želi pripremiti buzara „na crveno“ u umak se umiješa malo koncentrata rajčice.

Seafood buzara

Buzara has long been prepared in every place in a different way. It can be prepared from shrimps only, from mussels or some other shellfish and it can also be mixed. You can also put some fish or octopus in it. No matter how it is prepared, this is a real delicacy.

What do you need for six people:

- 1,5 kg of shrimps
- 1,5 kg of shellfish
- white wine
- garlic, parsley, olive oil, lemon, salt, pepper.

Fry various types of shellfish and shrimps in a large bowl, in olive oil and garlic. Cover everything with some cognac or brandy and set on fire (flambe). Shake the bowl lightly, add white wine and bring to boil. When the shellfish are open, and because of the density of the sauce, some bread crumbs can be added and a little lemon as well. Add salt and pepper as needed. A little tomato paste can also be mixed into the sauce.

