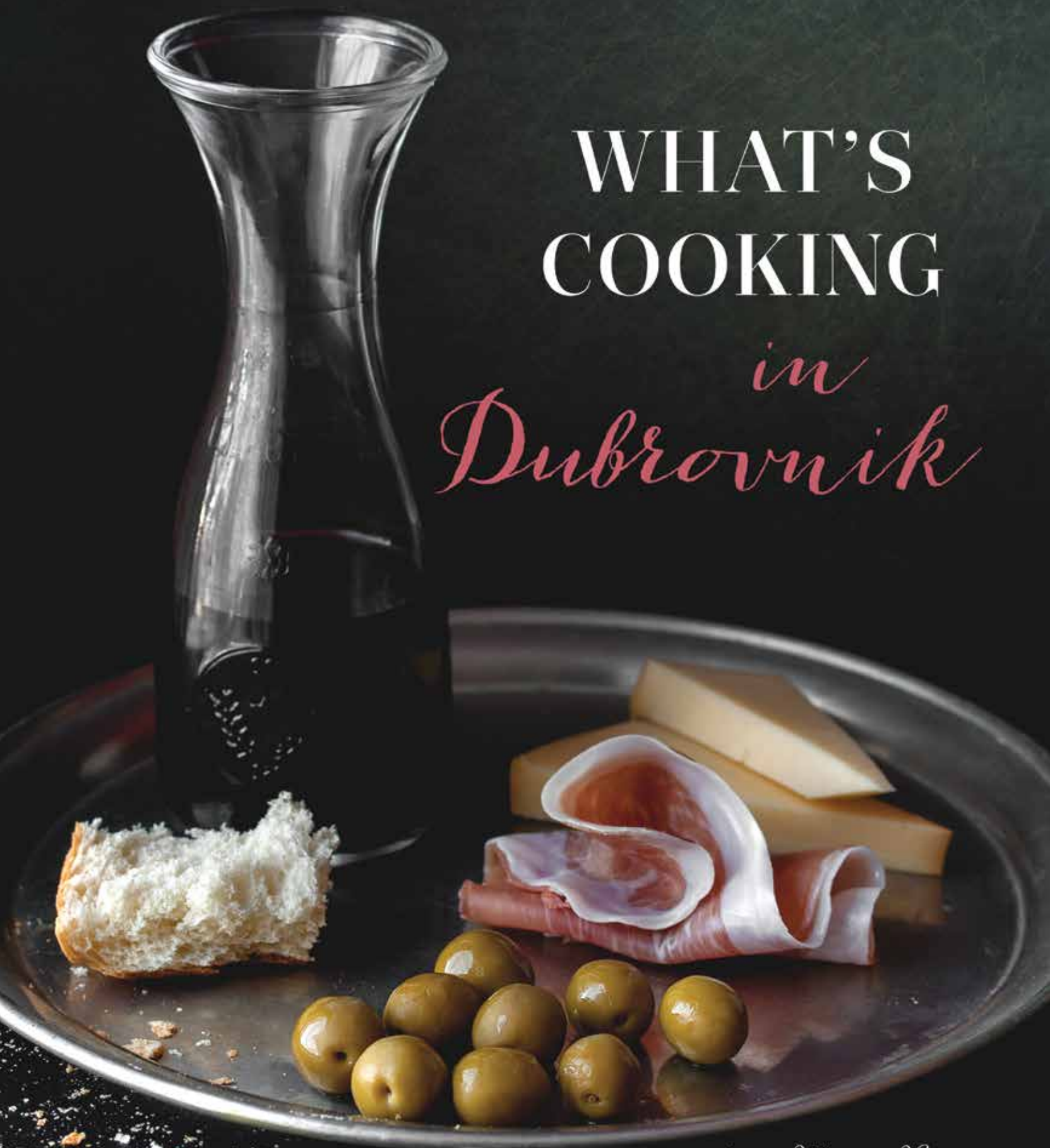


MORE THAN 120 STORIES AND TRADITIONAL RECIPES
ADAPTED FOR THE MODERN KITCHEN

WHAT'S COOKING

*in
Dubrovnik*



Ana-Marija Bujić



WHAT'S COOKING IN DUBROVNIK





Copyright © 2014 Ana-Marija Bujić
All rights reserved.

This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in a book review.

Printed in the Republic of Croatia

ISBN 978-953-57984-0-8

CIP zapis dostupan u računalnom Skupnom katalogu hrvatskih knjižnica pod brojem 540521050
A CIP catalogue record for this book is available from the Cumulative Digital Catalogue of the Croatian Libraries as number 540521050.

Publisher
Pantarul d.o.o.
Put bana Josipa Jelačića 2A
20207 Mlini
www.pantarul.com
www.whatscookingindubrovnik.com

Photography & Food styling by Ana-Marija Bujić

Photo credits

p. 6, 15, 102 (salad), 116, 138, 181 (net), 196-7, 218, 269, 305, 315 (Old Town), 323 (portraits),
324-5 Ana Opalić

p. 27 (c) Time Out Group Limited. Photo by Rajko Radovanović

p. 24 Katija Živković

Illustrated by Hana Lukas Midžić

Design by studiojoyindesign.com
First Edition

Contents

Introduction	13
Acknowledgments	14
The VIP (Very Important Product) Section	16
Plenty of Fish in the Adriatic Sea	22
Before we start...	26

RECIPES

Starters and snacks	28
Soups	58
Salads and side dishes	82
Main courses	122
Desserts and Sweet treats	186
Preserves	282

Index	318
-------	-----







Introduction

I first laid my eyes on a food blog in 2007. What a joy! That joy soon turned into a true passion as I started my own internet journal dedicated to all things food. For years I have been carefully collecting recipes, honing my photography and food styling skills, and presenting dishes from all over the world to my Croatian readers. Then, two years ago I decided to reverse the process and tell the world about what my hometown has to offer. As you flip through the pages of this book, I hope you'll soon realize what a rich and varied gastronomical tradition the south of Croatia has.

This book is my attempt to let you take a look into the kitchens of Dubrovnik and to experience the city and the food as the people of Dubrovnik do. I want you to look beyond restaurant menus and forget about the stone streets teeming with people.

Instead, I want you to get a feel for what it is like to have a typical Dubrovnik meal and to notice all those hidden details that make a certain culture unique. Many of these recipes are also commonly eaten in the rest of Dalmatia, and some, such as the famous *sarma*, are staples all over Croatia. Some of them are also present in other countries. Nevertheless, each one of them is a reflection of Dubrovnik as it is now—rooted in its tradition, but also trying to establish and maintain its identity in this ever-changing world of ours.

Any recipe collection is necessarily personal. If it is not, then—in my humble opinion—a crucial element is missing from it: the people and stories surrounding the food. And they are precisely what makes food so fun. The recipes you will find in this book have all been a part of my life, many of them taken from our family cookbook and the rest of them shared by friends and neighbors. They are traditional in the sense that they have been present in this area for decades or even centuries, but certain techniques, ingredients, or procedures have been adapted to make a modern cook's life easier.

Choosing which recipes to include was fairly simple—I just picked the ones that I knew were common repertoire with present-day home cooks. Times change, traditions too and I believe it is important to cherish the old ways, but also leave the door open for creativity and imagination. I hope that these recipes will be a good starting point for your discovery of Dubrovnik's culture.

Read them, try them, savor them, play with them, make them your own. Add some more salt if needed, or skip that touch of nutmeg if you're not that into it. Don't be afraid of mistakes, either in the kitchen or in life. And, most importantly, share the food with the people surrounding you. I hope this book will give you a glimpse of the true life hiding within these walls of stone.

Acknowledgments

THANK YOU—TO EVERYONE WHO HELPED ME COMPLETE THIS PROJECT.

First and foremost, a giant thank you goes to my mother Tanja and my grandmother Ina, who are always so generous in sharing their cooking knowledge and their recipes with me. This book is in great part a collection of family recipes, and if not for my mother and grandmother, this cookbook wouldn't have been possible. Thank you for putting up with my middle-of-the-night phone calls, never-ending questions, and all sorts of ideas I have had.

Another enormous thank you goes to my partner and my love, Milan, who has helped me in so many ways: cutting boards for photo backdrops; tasting dishes; discussing recipe lists, ingredients, and stories; posing patiently; setting up photo shoots in the middle of nowhere; waiting (hungrily) for the photo shoots to be over; and, most importantly, believing in the project from the very beginning.

They say that behind every successful woman there is a friend giving her crazy ideas. In my case, that would be my friend Loretta, who has provided me with a constant flow of creative ideas, positive thoughts, and immeasurable support. Thank you.

But writing this book has been made easier by so many others as well, including all of my family and my friends who have believed in a positive outcome instead of thinking I was just plain crazy: thanks to my grandfather Ivica, my stepfather Javor, and my brother Hrvoje for providing me with homemade olive oil and useful advice; fresh fish and morale boosts; and a smile and attention to detail, respectively. Thanks to Maja and Đive for lending me their dishes when most of mine were broken in the post; to my partner's mother Zore, to my friends Rea, Zrinka, Marijeta, Ivana (and her family), Mateja, Mila, Vesna, Kristina, Nora, Maja Danica, Nataša, Andrea, Vlatka, Matea, and Blanka for sharing recipes, tips, photography backdrops, equipment, and ideas, as well as for being genuinely interested in the project and for listening to my constant ranting about it. I mean it: thank you.

Another big thank you goes to Katija Živković, the cheerful and creative mind behind the graphic layout; to Hana Lukas Midžić, the artist whose illustrations brought stories to life; to Ana Opalić, the photographer who took the portrait photos; to Heather Dubnick, the editor who helped me polish the manuscript; as well as to Randa Dubnick who did the measurement conversions. I also wish to thank all the faithful readers of my Croatian blog *Da mi je nešto slatko*. Their wonderful feedback and comments are one of the things that kept me going and helped me stay focused. Thank you.

And last, but definitely not least, I wish to thank the sponsors who have provided me with financial support for the publishing process: the City of Dubrovnik, Dubrovnik Tourist Board, Čilipi Airport, the Dubrovnik-Neretva County, Atlantska Plovidba, OTP Bank, and the Tourist Board of Konavle. Thank you— if not for the people who believed in the project, this book would have remained just a wish.



Plenty of Fish in The Adriatic Sea

NAME	INFO	POACHING	GRILLING	FRYING	ROASTING	BRODET (POPARA) SEE P. 123
ANCHOVY (INCUN)	HIGHLY NUTRITIOUS; CAN BE SALT CURED	✓				
ANGLER (GRDOBINA)	WHITE, FIRM FLESH; HEAD EXCELLENT FOR SOUPS	✓		✓		✓
ATLANTIC BONITO (PALAMIDA)	OILY FISH; OFTEN SOLD CUT IN SLICES	✓	✓		✓	
CHUB MACKEREL (LOKARDA)	AFFORDABLE AND THEREFORE VERY COMMONLY PREPARED		✓	✓		
COMMON DENTEX (ZUBATAL)	SMALLER ONES ARE TASTIER; SIMPLE TO DE-BONE		✓		✓	
COMMON SOLE (LIST)	WHITE-FLESHED, VERY TASTY, A FAVORITE WITH THE CHILDREN		✓	✓		
DUSKY GROUPE (KTERNA)	CAN GROW UP TO 1.5 m (5 FEET) LONG		✓		✓	✓
GILT-HEAD BREAM (OVRATA)	HIGH-QUALITY FISH; SIMPLE TO DE-BONE	✓	✓	✓	✓	
GREATER AMBERJACK (ORHAN)	FIRM TEXTURE, WHITE-FLESHED; MILD FLAVOR; EXTRA LEAN		✓			
HAKE (OSLIC)	VERY COMMON; SWEET TASTE; FEW BONES	✓	✓	✓		

						BRODET (POPARA) SEE P. 123
NAME	INFO	POACHING	GRILLING	FRYING	ROASTING	
JOHN DORY (SANDJERO)	WELL KNOWN FOR ITS EXQUISITE TASTE; OLIVE GREEN WITH A BLACK SPOT ON THE SIDE	✓	✓		✓	
MEDITERRANEAN SAND SMELT (GAVUNI), PICAREL (GERICE), BRISTLING (PAPALINA)	THESE VARIOUS KINDS OF SMALL FISH ARE EXCELLENT WHEN DEEP FRIED			✓		
MULLET (LIPOL)	THE GOLDEN GREY MULLET IS THE MOST COMMON TYPE	✓	✓	✓	✓	
RED MULLET (BARBUN)	EXCELLENT, WHITE, JUCCULENT FLESH		✓	✓		
RED SCORPION FISH (SKRPINA)	HIGH-QUALITY FISH; ITS HEAD IS USED FOR PREPARING SOUPS	✓	✓		✓	✓
SALEMA PORGY (SOPA)	WHITE-FLESHED; SMELLS OF THE SEA		✓		✓	
SARDINE (SRDELA)	THE CHEAPEST AND MOST COMMON OILY FISH		✓	✓	✓	
SEA BASS (BRANCIN)	TOP QUALITY FISH; OFTEN PREPARED IN SALT CRUST	✓	✓	✓	✓	
SHARPSNOUT SEA BREAM (PIC)	WHITE-FLESHED; VERSATILE		✓			✓
SPINY GODFISH (PENA)	SOLD CUT IN SLICES; NO BONES		✓	✓		✓
SPOTTED FLOUNDER (PATARACA)	VERY THIN, SIMILAR TO THE COMMON SOLE, NO NEED TO DISCARD THE SKIN		✓	✓		
TUNA (TUNA)	OILY FISH, USUALLY SOLD CUT INTO SLICES; VERY HEALTHFUL		✓	✓		





STARTERS *& Snacks*

Sardines and Anchovies, Three Ways

Finding fresh fish at bargain prices at the market makes me want to buy a whole crate right away. I fight the urge and end up buying a kilo or two—less than a crate, but still more than I can use in a day. What is a girl supposed to do with extra sardines or anchovies? When life hands you extra fish, preserve it. At least that's what's been done around these parts for centuries. The following three recipes work really well with sardines or anchovies.

MARINATED ANCHOVIES/SARDINES

<i>200 g/½ pound anchovies</i>	<i>200 ml/⅔ cup water</i>
<i>Salt</i>	<i>2 teaspoons sugar</i>
<i>100 ml/6 tablespoons white vinegar</i>	

Scale and gut the fish. Cut the heads off and remove the central bone. Season the fish with salt. Mix the vinegar with the water and add the sugar. Pour the marinade over the fish and refrigerate for 24 hours. Serve drizzled with olive oil.

SALT-CURED SARDINES/ANCHOVIES

<i>1 kg/2 ¼ pounds sardines or anchovies</i>	<i>550 g/3 ⅔ cups coarse sea salt, divided</i>
--	--

Clean the fish and cut off their heads. Rinse the fish clean and pat them dry. Place a layer of salt in a baking pan or similar container and then layer the sardines on the salt. There should be no empty space between the sardines, but they shouldn't overlap either. Continue alternating layers of salt and fish and finish off with a layer of salt. Use a lid slightly smaller in diameter than the container in which you put the sardines and press well. Place a weight on top of the lid and keep covered in a cool place. After four or five days, pour the liquid from the container.

Add 200 g/1 ⅓ cup of salt to a liter/quart of water and bring to a boil. When the brine has cooled, pour it over the fish. Put the lid and the weight back on top and keep covered for three months. Check on the progress every now and then: there should always be enough brine to cover the fish, so if some of it has evaporated, make sure to add some more. After three months, filet the sardines and de-bone them. Place them in sterilized jars and cover with olive oil.



SARDINES/ANCHOVIES IN SAVUR

1 kg/2 ¼ pounds anchovies

or sardines

300 g/2 ½ cups flour

Oil for frying

100 ml/6 tablespoons olive oil

*100 ml/6 tablespoons apple cider
vinegar*

5 to 6 cloves garlic, minced

2 sprigs fresh rosemary

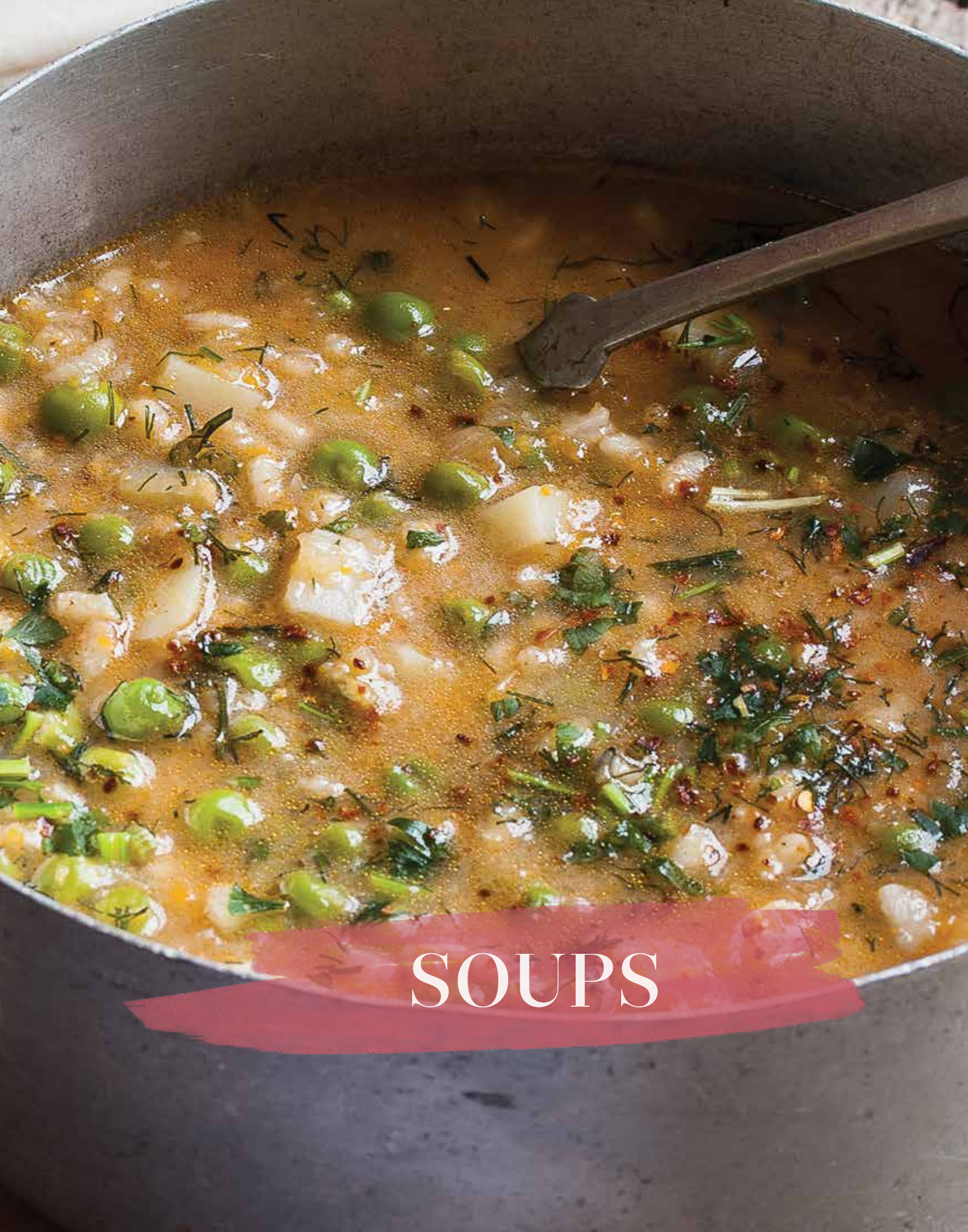
2 bay leaves

1 ½ tablespoon sugar

Using a sharp knife, cut off the heads of the fish just past where their gills are. Under running water, open them up and slide their guts out. Rinse the fish clean and pat them dry. Flour them lightly and fry on both sides. Heat some olive oil in a pot and add all the remaining ingredients. Add enough water so that the marinade covers the fish. Let the water boil for a few minutes and then pour the marinade over the fried fish. Do not remove the rosemary and bay leaves. Let sit in the fridge for 24 hours. Season to taste.

Note: The traditional versions of the recipe include raisins and pine nuts, so add some if you like.





SOUPS

Tomato and Rice Soup

SERVES 4

3 tablespoons olive oil
1 medium red onion, chopped
2 to 3 cloves garlic, finely
chopped
500 ml/2 cups tomato purée
3 leaves sage
20 g/¼ cup rice
Parsley, finely chopped
Salt and pepper

To be honest, I am not a great fan of tomato soup. Most of the time, eating tomato soup just feels wrong—as if someone had collected the red bits from a pizza and served them in a bowl. However, this recipe calls for two additions that make all the difference: rice and sage. Adding rice, a traditional addition (see p. 60), will ensure that your soup isn't boring and that your teeth have something to play with; whereas sage is there simply for the divine smell.

Heat the olive oil in a skillet and add the onion. Cook on medium heat until the onion becomes translucent. When the onion has softened, add the garlic, tomato purée, and sage.

When the soup has come to a boil, add the rice and cook until it is *al dente*. If necessary, thin the soup out by adding some water or vegetable stock.

Adjust the seasoning and garnish with parsley and sage. Serve warm.







SALADS

& Side dishes

Spring Peas

There is something inherently serene about the process of cleaning fresh peas. Perhaps it's the fact that it normally takes place on a sunny yet not-too-hot spring day. The window is open, and the breeze coming in announces all the wonderful weather waiting just round the corner. Or it might be the shared experience: I usually call someone to help; otherwise this poetic task seems too daunting and tedious. The sound of the peas hitting the bottom of the bowl sounds like the ticking of the clock: quiet, unobtrusive, and yet, upon closer attention, the peas' tick tock is audible. Spring joy.

A word of caution: don't get too carried away by the pea-poetry—you might end up mixing up the bowl with the pods with the one containing peas. And there is no greater nuisance than trying to fish out stray peas from a bunch of scattered pods. Once you're done cleaning the peas, this side dish could not be simpler to make. And it's finger-licking delicious when served with meat, preferably lamb.

SERVES 4

*500 g/1 pound cleaned sweet
peas (preferably fresh, but
frozen will also do)
4 tablespoons olive oil
1 small onion, finely chopped
500 ml/2 cups beef stock
1 teaspoon tomato concentrate
2 tablespoons dill, chopped
Salt and pepper*

If using frozen peas, follow the package directions.

Heat some olive oil in a wide skillet. Add the onion and cook until it becomes translucent. Add the peas and cook for 2 minutes.

Pour in just enough beef stock to cover the peas. Add the tomato concentrate and chopped dill. (If you only have dried dill, add it just before serving instead.) Simmer until the peas are tender. Cooking time will vary greatly depending on whether you're using fresh or frozen peas.

Adjust the seasoning and serve warm.

Note: *Rizi bizi* is a traditional side dish similar to this one; the procedure is the same, but a cup of rice is added at the end. It makes for a great side dish to breaded and fried meat.



Asparagus and Egg Salad

SERVES 2

4 eggs

1 bunch wild asparagus

Salt and pepper

Olive oil, to taste

Nothing says spring like asparagus does—not even daylight saving time. One of the most wonderful meals you can have along the Dalmatian coast in springtime is definitely this simple yet oh-so-delectable salad. All you need are a couple of eggs and a bunch of fresh wild asparagus (do try to avoid the cultivated varieties), and there you have it: a complete meal in a matter of minutes. The bitterness of the asparagus combined with the subtle taste of eggs is a sure winner. I am not a fan of vinegar in this salad, but if you want a touch of acidity, feel free to add some.

Put the eggs in a saucepan and cover with water. Bring to a boil and cook them for 8 minutes.

In the meantime, rinse the asparagus and remove the stalks. To do so, take an asparagus and bend it over your finger. It will snap right at the point where the fibrous part ends.

Bring 3 cm (1 inch) of salted water to a boil in a large skillet. Add the asparagus spears. Cook until tender, about 5 minutes. Drain and transfer to a serving platter.

Peel the eggs and cut them in quarters. Let them cool to room temperature and add them to the asparagus. Sprinkle with salt and pepper, and add a drizzle of olive oil.







MAIN
courses

Mussels Buzara-style

This dish works miracles for large gatherings. True, you'll need a lot of mussels, but this crowd-pleaser will make everyone literally lick their fingers. The best mussels in the region come from the Mali Ston area (see p. 72), and if you can get your hands on some fresh, locally grown mussels, please make sure to do so. Don't be afraid of the mountain of shells that will arrive at your table; as there is only a bite in each of them, what will in fact make you full is the sauce that you mop up with nice, preferably homemade bread.

SERVES 6 AS A STARTER
AND 3 AS A MAIN
COURSE

3 kg/6 ½ pounds cleaned fresh

mussels (in their shells)

Olive oil

*1 medium to large red onion,
chopped*

3 cloves garlic, pressed

200 ml/1 cup dry white wine

1 tablespoon tomato concentrate

1 bunch of parsley, chopped

Breadcrumbs, to taste

Put the mussels in a large, wide pot and place the pot over high heat for just a few minutes. This way the mussels' shells will open up and release the sea from the inside. If you don't have a pot large enough for all the mussels to fit, repeat the procedure several times.

Heat the olive oil on medium heat in another wide skillet, add the onion, and cook until translucent. Add the garlic. Toss the mussels on top of the olive oil and onion. You don't have to drain them too much, but make sure not to add all the sea water, otherwise, the dish will be too salty. Pour the white wine over the mussels and cook until the alcohol evaporates.

Add the tomato concentrate and the parsley. After 2 to 3 minutes, add the desired amount of bread crumbs. This is not a time to be skimpy: the more you add, the thicker the sauce will be. As soon as the sauce reaches the desired consistency, remove the skillet from the heat and serve immediately with a lot of crusty bread. There is no need to cook the mussels for long; if you overdo it, they turn tough and bland.

Note: If you buy fresh, uncleaned mussels, the best method to use is the bucket—because if you start cleaning them one by one, you might end up kicking the bucket before you finish. In order to avoid this, put all the mussels in a large bucket and cover them with cold water. Take a long stick and stir very quickly in one direction so that there is friction between the mussels. The dirt will fall off, so you will need to change the water. Repeat the process several times until the water is completely clear. Remember: any remaining dirt goes straight into your sauce.





Music: The Spice of Life

In the Mediterranean context, food, wine, and singing are inextricably bound. There is nothing better than sharing a meal and a bottle of wine with loved ones and taking the experience up to a whole new level with some beautiful music. This is precisely what *klapa* singing is all about. A *klapa* (“group of friends”), usually consisting of men, but increasingly of women as well, is a group that sings in the traditional Dalmatian *a capella* way. Usually there are no accompanying instruments, but sometimes it is possible to add the gentle sound of the guitar or the mandolin.

Klapa singing is beautiful, and it’s perfectly possible to enjoy it even if you don’t understand what the lyrics are. When you don’t understand a single word of what they’re singing, remember: it’s usually about love, wine, and vineyards, the homeland, and the blue sea. If you’re lucky enough, you just might run across a *klapa* singing in some of the cafés just off the main street, Stradun.

If we take another step back into history, we’re already in the domain of folklore, and in case of Dubrovnik, this can mean only one thing: *Lindō*.

Lindō is a traditional folkdance group that has strived to preserve old dances and traditional costumes ever since 1965. They usually perform at open-stage venues, with the starry summer sky above, and their repertoire includes dances from all over Croatia. However, the most popular dance, which gave its name to the group, is *lindō*, a hopping dance from the Dubrovnik coastal region, performed to the accompaniment of the *lijerica* (an old South Dalmatian instrument with three strings).

The dance master plays sitting, with the *lijerica* on his left knee, and produces the sound with a bow. Stamping with his right foot, he determines the dance rhythm for the dancers who move in a circle around him. His commands rhyme and are filled with humor as well as double (often lascivious) meaning. This dance is also a beloved form of entertainment at weddings and is a perfect example of past-meets-present, as you’ll see girls wearing the latest trends in fashion hopping to the sound of the *lijerica*.

However, the folklore ensemble dancers won’t be seen in stilettos; they wear elaborate traditional costumes from the Dubrovnik region, and thus give the viewers a glimpse of what life was like in the past.

Scampi Buzara-Style

SERVES 2

*100 ml/6 tablespoons extra
virgin olive oil*
1 kg/2 ¼ pounds scampi
4 cloves garlic, finely chopped
*375 ml/1 ⅔ cups dry white
wine*
140 g/½ cup tomato purée
1 tablespoon breadcrumbs
Salt and pepper
½ bunch parsley, chopped

When you make this dish, be prepared for a firework of flavors. This fisherman's feast is very simple to make, and as scampi cook very fast, it is also a quick fix. But don't be fooled by the humble fisherman origin of this dish—it can be served on the most elegant of occasions. Traditionally, scampi are eaten with your hands, so make sure you provide finger-dipping bowls for your guests. Or take it easy and savor life—a few tomato stains have never hurt anyone.

Heat the olive oil in a large, deep frying pan over high heat. Add the scampi and cook, turning, for 5 minutes or until it starts changing color. Stir in the garlic, then add wine, tomato purée, and breadcrumbs. Season with salt and pepper, then shake the pan to combine.

Reduce the heat to medium and cook for 10 minutes or until the sauce has thickened and the scampi are just cooked; add some water if the sauce is too thick.

Transfer the scampi and tomato sauce to a platter, season according to taste, sprinkle with parsley, and serve with polenta or crusty bread.







DESSERTS

& Sweets

Orange Bars

When I flip through old cookbooks, there are details that I notice immediately: the title of the recipe, and then, sometimes, just next to it or underneath it, the name of the person who gave the recipe to the cookbook author. It's an old tradition, but one that I like to keep in my handwritten cookbooks and notes. Never mind the fact that I have no idea who half of the ladies mentioned in my grandmother's and my mother's cookbooks are—I still keep their names next to the recipe title. In the case of these orange bars, however, I know very well who the name belongs to—a very dear and beloved neighbor, Ana, or Jadre, as we like to call her. Over time, we have changed the recipe slightly, but these will always be remembered as part of Jadre's Christmas repertoire.

YIELD: 40–45 BARS

For the dough:

300 g/2 ½ cups flour

¼ teaspoon baking powder

1 pinch of salt

130 g/½ cup plus 3 tablespoons
sugar

2 tablespoons vanilla sugar

150 g/⅔ cup butter, cut into
cubes

1 egg

For the filling:

200 g/½ pound almonds (or
walnuts), ground

150 g/¾ cup sugar

Juice of 1 orange (choose a
sweeter variety)

Zest of 2 oranges

For the glaze:

2 tablespoons freshly squeezed
orange juice

70 g/½ cup confectioner's sugar

Whisk the flour, baking powder, salt, sugar, and vanilla sugar together in a bowl. With the tips of your fingers, rub in the butter until the flour reaches sandlike consistency. Add the egg and knead lightly, until the dough comes together. Flatten into a disc, wrap in plastic wrap, and put in the fridge for 30 minutes.

Mix the ingredients for the filling.

Center a rack in the oven and preheat the oven to 180°C (350°F). Butter a 20x35-cm/9x13-inch baking pan and dust with flour. Tap out the excess.

Remove the dough from the refrigerator and roll it thinly between two pieces of plastic wrap (this way it will be easier to transfer it to the baking pan).

Place half of the dough at the bottom of the pan. Spread the filling evenly on top and cover with the remaining piece of dough.

Bake for approximately 40 minutes, or until the edges turn golden brown. Remove the cake from the oven and let cool. While it is still warm (but not hot), mix the sugar and orange juice for the glaze and pour it on top of the cake. Smooth out with a spatula or the back of the spoon.

Let it rest overnight and then cut into small bars. Store in an airtight container.



Buttery Buns

Butter and sugar—this combination is a heart attack in a pan. But if you eat these sweet buns in moderation, you should be just fine. They are also called *ružice* (“roses”) because of their flower-like shape. They are best eaten warm and served with a glass of cold milk. They also freeze rather well, so it doesn’t hurt if you make a big batch.

SERVES 8–10

For the yeast:

100 ml/6 tablespoons lukewarm milk

1 tablespoon flour

1 tablespoon sugar

40 g/1 ½ ounces fresh yeast or 2 packets (¼ ounce each) active dry yeast

For the dough:

400 g/3 ¼ cups flour

3 tablespoons sugar

1 pinch of salt

300 ml/1 ¼ cup lukewarm milk

2 egg yolks

3 tablespoons sunflower oil

For the filling:

250 g/1 ¼ cups butter, softened

200 g/1 cup sugar

2 tablespoons vanilla sugar

To activate the yeast, put the lukewarm milk in a bowl, add the sugar and flour, and crumble the fresh yeast inside. Cover with a plate and let rise in a warm place for about 10 minutes, or until the yeast becomes frothy.

To speed up the rising process, warm up the flour in the oven for a few minutes. Remove it from the oven and then add all the remaining ingredients for the dough and the activated yeast. Knead it for about 10 minutes. If it is too sticky, dust with some more flour.

Put it in a bowl, cover with a damp tea towel, and let it rise in a warm place for about an hour, or until doubled in volume.

In the meantime prepare the filling: mix the butter, sugar, and vanilla sugar on high speed until the mixture is soft and smooth. Set aside.

Preheat the oven to 190°C (375°F) and line a 30x35-cm/12x14-inch baking tray with baking paper.

When the dough has risen, turn it out on a lightly floured working space and roll it out using a rolling pin. It should be 0.5 cm/0.20 inch thick. Cut it into two parts.

Spread the filling over the dough and make a long roll. Cut into slices 1 to 1 ½ cm/½ inch thick.

Arrange the slices one next to the other in the prepared baking pan. Bake for 10 minutes, until they start turning golden brown.

Serve warm, preferably with a glass of cold milk.



Zavajul

SERVES 6

150 ml/½ cup plus 2 tablespoons
prošek or dessert wine
5 tablespoons sugar
5 yolks
200 ml/¾ cup plus 1 ½
tablespoons heavy cream
Fruit, to decorate

The adult version of this sweet treat, which you will find here, is a simple yet very sophisticated dessert appropriate for any occasion. It doesn't require a lot of work, which is great, but it cannot be prepared much ahead of time, which is not so great. However, the even simpler version dearest to my heart is the one for children—without the *prošek* or the heavy cream—just the yolks and sugar.

When we were children and we had free-range organic eggs without any worries of salmonella or anything of the kind, my mother used to toss a yolk in a cup and sprinkle it with 2 teaspoons of sugar, and in a matter of minutes she would have a special sweet treat for us. After a whole afternoon spent in the park, this was just what we needed to restore our energy.

Heat the *prošek* on low heat, just so that it's lukewarm. It mustn't boil. In a double-boiler, beat the sugar and yolks until they turn white and double their volume. Place the double-boiler over heat and gradually add the *prošek* while whisking constantly. Keep whisking until the mixture is thick. You will know that it's done if the mixture doesn't fall off when you lift the whisk.

Beat the heavy cream until soft peaks form in a separate bowl. Gently fold it into the eggs. Decorate with fruit and serve within a couple of hours.



Double Chocolate Cake

This cake is double in every possible sense—you need double amounts for the cream and the dough, you get double pleasure, and if you overdo it, the number on your scale almost doubles! All jokes aside, this is a very moist and ultimately chocolate-y cake that has been a favorite in our family for many generations. It is also very versatile, as you can substitute hazelnuts or walnuts for the almonds. If you cannot get high-quality free-range eggs, make sure to whisk the egg yolks with sugar in a double-boiler to avoid food safety hazards.

SERVES 10-12

For the cake:

6 eggs, separated
200 g/1 $\frac{2}{3}$ cup confectioner's
sugar
200 g/1 cup (2 sticks) butter
100 g/ $\frac{1}{4}$ pound almonds, finely
ground
2 to 3 tablespoons cocoa powder,
sifted
100 g/ $\frac{1}{4}$ pound (3 $\frac{1}{2}$ ounces)
dark chocolate

For the icing:

6 yolks
200 g/1 cups confectioner's sugar
200 g/1 cup (2 sticks) butter
100 g/ $\frac{1}{4}$ pound almonds, finely
ground
2 to 3 tablespoons cocoa powder,
sifted
100 g/ $\frac{1}{4}$ pound (3 $\frac{1}{2}$ ounces)
chocolate
3 egg whites

To decorate:

200 ml/1 cup heavy cream

Center a rack in the oven and preheat the oven to 180°C (250°F). Butter a 26-cm/10-inch springform pan.

Beat the yolks and sugar on high speed until they thicken a little. Add the butter and beat until the batter is smooth.

Melt the chocolate in a double-boiler on in the microwave, let it cool a little, and then add to the butter mixture. Stir in the almonds and cocoa powder and set aside.

Beat the egg whites until stiff peaks form. Fold them gently into the chocolate batter. Pour the batter into the prepared baking pan and bake for 40 minutes.

For the icing, repeat the procedure. Let the cream cool in the fridge for half an hour so that it's easier to handle.

When the cake is done, remove the pan from the oven and turn the dough onto a cooling rack. The dough needs to be at room temperature before you ice the cake. Cut the dough horizontally into two layers. Place the first part on a serving plate and smooth some of the icing over the layer (use about a third of the amount). Repeat with the remaining layer of the cake and icing.

If you like, you can decorate the cake with whipped cream or you can serve some of it on the side.





Disclaimer:

These recipes assume that the reader is familiar with safe methods for preserving food, and the author makes no claim to provide instructions on such methods. Any reader who plans to make these preserves should review and follow the US Department of Agriculture's Complete Guide to Home Canning, available at the website of the National Center for Home Food Preservation.



PRESERVES

Kontonjata - Quince Cheese

When I was a student in Zagreb, *kontonjata* was one of the treats my grandmother used to send to me on a regular basis. Whenever she would send too much for me to handle on my own, I would take some to the owner of a small grocery shop in my Zagreb neighborhood. It would always cheer her up, as it reminded her of her childhood back in Dalmatia.

Quince cheese is a sweet treat that is prepared in autumn, when quinces are in season. This bright red delicacy used to be a sign of a warm welcome—it was served sliced, together with some rose liqueur (for the ladies) or herb-infused brandy (for the men). It is still a tradition that is very much alive, and together with *mantala* (see p. 294), ready-made *kontonjata* is a common sight at the local farmer's market. It is usually sold on small cardboard trays lined with aluminium foil and covered with plastic wrap.

MAKES ABOUT
1 ½ KG/3 POUNDS

1 ½ kg/3 ½ pounds quinces,
unpeeled and cored
1 kg/2 ¼ pounds sugar
(approximately)
2 tablespoons vanilla sugar
Juice of 1 lemon
Bay leaves, to store

Cut the quinces into cubes and put them in a pot. Pour just enough water to cover and cook until the quinces have softened, about 10 minutes.

Once the fruit has softened, strain the quinces and mash them in a food processor. Make sure that you process them as finely as possible so that you get a smooth texture of the final product.

Weigh the mashed quinces and put them in a heavy-bottomed cooking pan. Weigh the sugar as well: you should have the same amount of mashed quinces and sugar. Combine the sugar, quinces, vanilla sugar, and lemon juice. Cook on high heat until the mixture thickens. This should take about 2 ½ to 3 hours. Make sure to stir constantly—otherwise the mixture will stick to the bottom. You will know that the *kontonjata* is done once it turns dark and starts coming off the sides of the pan.

Pour the mixture into a baking pan or molds previously moistened with cold water. Allow to cool and set. Let the quince cheese dry in the pan/molds in a cool place for at least 24 hours (preferably 2 or 3 days and in dry weather conditions).

Once the quince cheese has dried, remove it from the molds and place on a tray covered in bay leaves, cover with plastic wrap, and keep in a dry and cool place or in the fridge.



Bitter Orange and Pomegranate Syrups

One of these is dead simple (the only tricky part might be finding bitter oranges), and the other one requires some peeling, but after that, it's a piece of cake. Or a bottle of juice?

BITTER ORANGE SYRUP

When I was a child, we used to have a big bitter orange tree in our garden. My mother would pick the oranges and prepare this unique syrup. “Even I could do that, it’s so simple,” I remember thinking back then when my cooking skills were limited to making cakes from dirt in the garden, which used to drive my mother crazy.

This recipe wouldn’t work with regular oranges, so if you can’t find bitter ones, don’t be tempted by its simplicity—it’s better to skip to the next paragraph and try your luck with pomegranates.

MAKES APPROXIMATELY 2 L/2 QUARTS

1 l/1 quart freshly squeezed bitter orange juice
1 kg/2 ½ pounds sugar

Combine sugar and 1 l/1 quart water in a saucepan. Cook for half an hour, until the sugar has dissolved and you have a simple syrup. Mix the syrup and bitter orange juice and pour into sterilized bottles. Keep in a cool and dark place.

POMEGRANATE SYRUP

Dilute this syrup with water to get a refreshing juice, or use it as a pancake or ice cream topping. After seeding the pomegranates, there’s almost no effort required. Make sure that there’s no pith left behind, as it lends a certain bitterness to the syrup.

MAKES APPROXIMATELY 2 L/2 QUARTS

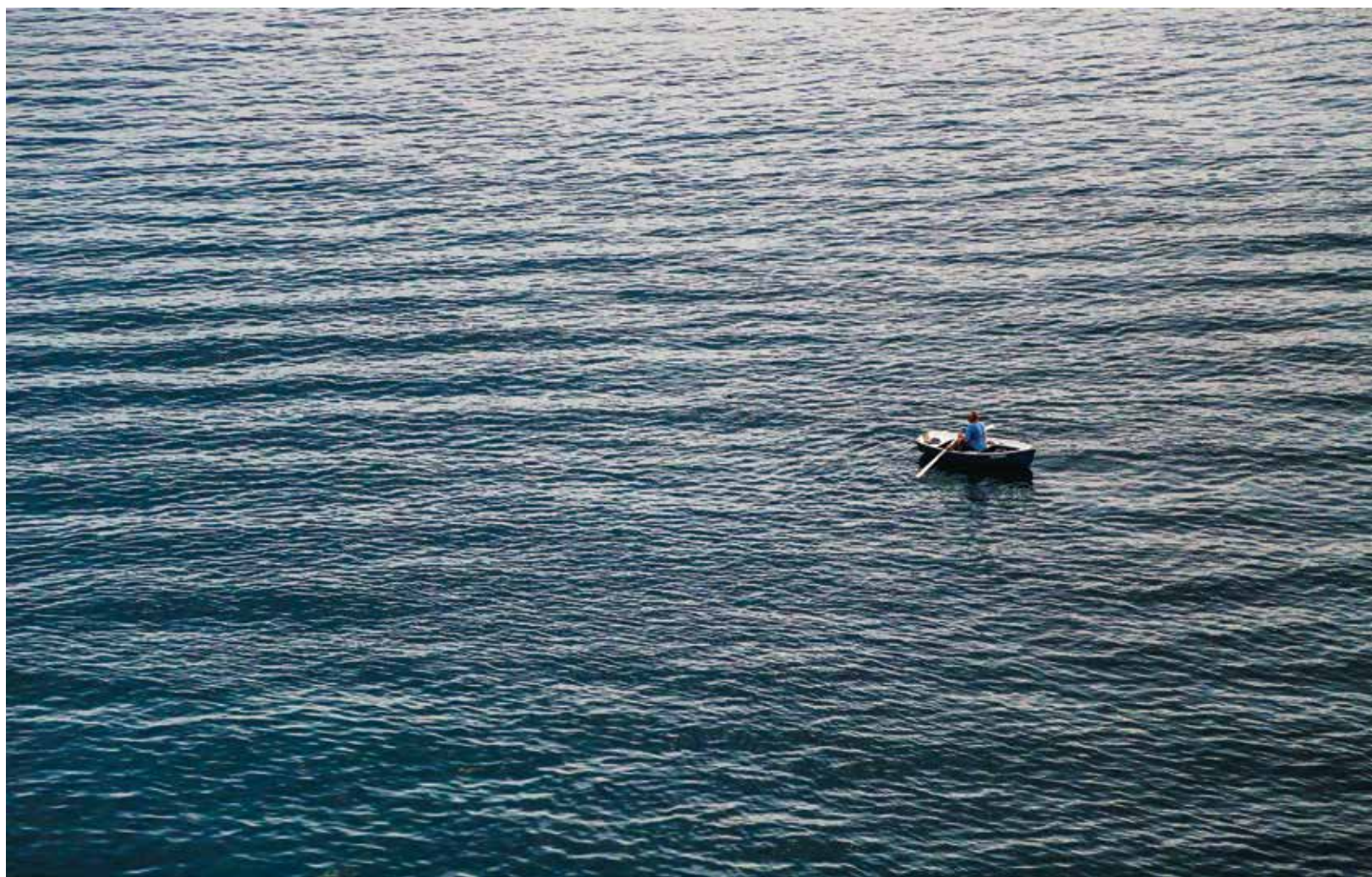
1 kg/2 ½ pounds pomegranate seeds
800 g/4 cups sugar

Place the pomegranate seeds in a pot and mash them with a potato masher. Combine with sugar and mix thoroughly. Let it rest for 48 hours, until the sugar has dissolved. Mix occasionally.

Strain the syrup and store in sterilized bottles.







Index

A

Almond and Chocolate Cake, 280
 Almond Biscotti, 202
 Almond Brittle, 192
 almond meal, 204
 Almond Meringue Cookies, 214
 almonds, 18, 194, 209–210, 216, 227, 264, 276, 278, 294, 298
 Almond and Chocolate Cake, 280
 Almond Biscotti, 202
 Almond Brittle, 192
 Almond Meringue Cookies, 214
 Candied Almonds, 190
 Londoneri, 200
Lumblija, 211–212
Mjendulat, 194
 Orange Bars, 206
 amberjack, 22
 anchovies, 17, 22, 42–43
 angler, 22
 anise, 18
 anise, ground, 211–212
 aniseed, 198
 Aniseed Tiles, 198
 appetizers. *See* starters
 Apple Pie, 220
 apples, 120, 226, 250
 Apple Pie, 220
 Apple Strudel, 226
 Baked Apples, 260
 Apple Strudel, 226
 apricots, 289–290
 arborio rice, 54
arbul, 22
 Aromatic Bread, 40
 artichokes, 44
 asparagus, 48, 54, 106
 Asparagus and Egg Salad, 106
 Asparagus Risotto, 54
 Atlantic bonito, 22

B

bacon, 17, 163–164, 176–177, 178, 184
 Baked Apples, 260
 Baked Crêpes with Cheese, 262–263
 Baked Octopus, 128
barbun, 23
 basil, 19, 312
 bay leaves, 19, 43
 beans
 Summer Veal and Bean Stew, 170
 Winter Bean Soup, 80
 beef, 60, 158, 163–166
 Beef Tongue in Tomato Sauce, 174
 Tripe Stew, 184
 Beef Tongue in Tomato Sauce, 174
 bell peppers, 108, 165–166
 biscotti, Almond Biscotti, 202
 Bitter Orange Marmalade, 284
 Bitter Orange Syrup, 302
 Blaise, St., 160
boce, * 304
 Boiled Chard with Potatoes, 84
 bonito, 22
brancin, 23
 brandy, 287, 288, 298

breadcrumbs, 16
 Breaded and Fried Semolina, 256
 breads, 30
 Aromatic Bread, 40
 Easter Bread—Pinca, 266–267
 Frybread (*Popriguše*), 98
 pinca, 266–267
 Popriguše, 98
 prstici, 38
 Soft Sandwich Rolls—*Prstici*, 38
 bream, 22
briskula, 304
 bristling, 23, 140
Brodet—Fish Stew, 126
bubtle, 234
 buns
 Buttery Buns, 222
 Jam-Filled Buns—*Bubtle*, 234
 butter, 17, 222
 Buttery Buns, 222

C

cabbage, 178
 Stuffed Cabbage Rolls—*Sarma*, 163–164
 cakes, 209–210
 Almond and Chocolate Cake, 280
 Carob Cake, 236
 Cottage Cheese Cake—*Prijesnac*, 230
 Cream Torte, 272
 Double Chocolate Cake, 274
 Dubrovnik Cake, 278
 Marble Cake, 228
 pandišpanj, 270
 Ston Pasta Cake, 276
 Wedding-Day Sponge Cake
 Pandišpanj, 270
 calamari, Stuffed Calamari, 146
 Candied Almonds, 190
 Candied Orange Peel, 188
 candy. *See* sweets
 capers, 17, 34, 110
 cardamom, 202
 carnival, 254
 Carob Cake, 236
 Carob Liqueur, 288
 carob liqueur, 236
 carobs, 211–212, 236, 288
 carrots, 60, 62, 76, 120, 176–177, 182
 casseroles, 96
 celery, 19, 60, 62, 176–177, 182
 chard, 84
 cheese, 30
 Kontonjata—Quince Cheese, 292
 Cheese Strudel, 226
 cherries, 227, 300
 Cherry Strudel, 227
 Sour Cherry Liqueur, 287
 cherry liqueur, 248
 Cherry Strudel, 227
 cherry tomatoes, 154
 chicken, 20
 Tingulet—Chicken in Pungent Tomato Sauce, 168
 Chicken Stock, 20
 chickpeas, 66

Chickpea Soup, 66
 chocolate, 248
 Almond and Chocolate Cake, 280
 dark, 236, 274, 276, 278
 Double Chocolate Cake, 274
 Dubrovnik Cake, 278
 Ston Pasta Cake, 276
 Christmas, 130, 240–241
 Christmas Eve Cod, 130
 chub mackerel, 22
 cinnamon, 18, 60, 158, 172, 176–177, 184, 202, 209–210, 220, 226, 227, 238–239, 250, 276, 289–290
cipol, 23
 clams, Clams Buzara-Style, 152
 Clams Buzara-Style, 152
 cloves, 18, 158, 176–177, 230, 289–290, 294, 300
 cocoa powder, 248, 274
 cod
 Christmas Eve Cod, 130
 Dried Cod in Tomato Sauce, 132
 collard greens, 178
 common dentex, 22
 common pandora, 22
 common sole, 22
 cookies
 Almond Biscotti, 202
 Almond Meringue Cookies, 214
 Aniseed Tiles, 198
 Londoneri, 200
 Vanilla Crescents, 204
 Water-Risen Cookies, 216
 cottage cheese, 226, 230
 Cottage Cheese Cake—*Prijesnac*, 230
 cream, 16, 278
 Creamed Spinach, 98
 Cream Torte, 272
 crêpes, 262–263
 cucumbers, 112, 118
 Custard Slices, 246–247
 cuttlefish, 134
 Cuttlefish with Fava Beans, 134

D

Deep-Fried Bristling, 140
 dentex, 22
 desserts, 187–281. *See also* sweets
 Almond and Chocolate Cake, 280
 Almond Biscotti, 202
 Almond Meringue Cookies, 214
 Aniseed Tiles, 198
 Apple Pie, 220
 Apple Strudel, 226
 Baked Apples, 260
 Baked Crêpes with Cheese, 262–263
 Breaded and Fried Semolina, 256
 bubtle, 234
 Buttery Buns, 222
 Carob Cake, 236
 Cheese Strudel, 226
 Cherry Strudel, 227
 Cottage Cheese Cake—*Prijesnac*, 230
 Cream Torte, 272
 Custard Slices, 246–247
 Double Chocolate Cake, 274

Doughnuts with Jam, 254–255
 Dressed-Up Apples, 250
 Dubrovnik Cake, 278
 Easter Bread—*Pinca*, 266–267
 Festive Mini Doughnuts—*Prikle*, 252
 Figs with Honey, Rose Liqueur, and Almonds, 264
 Floating Islands, 248
 Hrostyle, 258
 Jam-Filled Buns—*Buhtle*, 234
 Jam-Filled Roll, 224
Klašuni, 209–210
kremšnite, 246–247
 Londoneri, 200
Lumblija, 211–212
 Marble Cake, 228
 Meringue and Jam Pie, 230
 Orange Bars, 206
pandišpanj, 270
paradižot, 248
pinca, 266–267, 268
prijesnac, 230
prikle, 252
Rozata, 244
 Ston Pasta Cake, 276
 Strudel, 226
 Vanilla Crescents, 204
 Walnut Roll, 238–239
 Water-Risen Cookies, 216
 Wedding-Day Sponge Cake
Pandišpanj, 270
Zavajul, 242
 dessert wine, 242. See also *prošek*
 dill, 19, 40, 44, 62, 92, 104, 112, 142
 Dirty Pasta, 158
divlja liga, 304
divlje šparoge, 48
 Double Chocolate Cake, 274
 Doughnuts with Jam, 254–255
 Dressed-Up Apples, 250
 Dried Cod in Tomato Sauce, 132
 Dubrovnik Cake, 278
 Dubrovnik City Day, 160
 Dubrovnik Summer Festival, Opening Ceremony, 160, 161
 dusky grouper, 22

E
 Easter, 266–267, 268
 Easter Bread—*Pinca*, 266–267
 eggplant, 86, 90, 96
 eggs, 16, 48, 106, 262–263, 266–267, 268, 272, 278

F
 False Soup, 62
 fats, 17
 fava beans
 Cuttlefish with Fava Beans, 134
 Stuffed Artichokes with Fava Beans, 44
 fennel, 40
 Festive Mini Doughnuts—*Prikle*, 252
 Fig and Almond Cake—*Smokvljenak*, 298
 figs, 18, 289–290
 Fig and Almond Cake—*Smokvljenak*, 298
 fig jam, 209–210
 fig liqueur, 278
 Figs with Honey, Rose Liqueur, and Almonds, 264
 Figs with Honey, Rose Liqueur, and

Almonds, 264
 Finger Food from the Pantry, 306
 fish, 17, 20, 22–24, 42–43, 52, 130, 132, 134, 140, 144. See also specific kinds of fish
 Brodet—Fish Stew, 126
 Fish Soup, 68
 Fish Stock, 20
 how long to cook, 24
 how to buy, 24
 Oven-Baked Fish, 142
 Popara, 154
 Succulent Grilled Fish, 148
 Fish Soup, 68
 Fish Stock, 20
 Floating Islands, 248
 flounder, 23
 flour, 18
francuska salata, 30
 Fresh Oysters, 32
 Fried Padrón Peppers, 114
 Fried Summertime Vegetables, 86
 Fried Zucchini and Eggplant, 86
 Fried Zucchini Flowers, 86
 fritters, 94
 fruit, 242, 289–290
 Frybread (*Popriguše*), 98

G
 garlic, 16, 64, 308
gerice, 23
 gilt-head bream, 22
 gnocchi, 88
 grape brandy, 287, 288, 298
grdobina, 22
 greater amberjack, 22
 green beans, 170
 green bell peppers, 165–166
gregada, 151
grk, 151
 grouper, 22

H
 hake, 22
 ham
 dry-cured, 30, 38, 48, 178 (see also *pršut*)
 smoked, 17
 herbs, 19, 40, 112, 312. See also specific herbs
 Homemade Jam, 289–290
 Homemade Liqueurs, 287–288
 honey, 18, 194, 211–212, 264
 Horseradish, 306
 Hrostyle, 258

I
Igre, 161
incun, 22

J
 Jam-Filled Buns—*Buhtle*, 234
 Jam-Filled Roll, 224
 jams, 18, 200, 224, 230, 234, 254–255. See also marmalades
 Homemade Jam, 289–290
 Jam-Filled Buns—*Buhtle*, 234
 Jam-Filled Roll, 224
 John Dory, 23
 juniper berries, 182

K
kjerna, 22
klapa singing, 139
Klašuni, 209–210
 Konavle region, 151
Konserva—Tomato Concentrate, 310. See also tomato concentrate
Kontonjata—Quince Cheese, 241, 292
 Korčula, * 150–151
kremšnite, 246–247

L
 lamb, dried, 178
 lard, 17
 leaf celery, 19, 60, 62
 legumes, 16. See also specific legumes
 lemon liqueur, 278
 lemon peel, 18
 lemons, 18, 34, 46, 198, 252, 262–263, 266–267, 272, 276, 278, 289–290, 292, 300
 lentils, 76
 Lentil Soup, 76
lešada, 60, 174
lijerica, 139
Lindo, * 139, 240
 liqueurs, homemade, 287–288
 Carob Liqueur, 288
 Loquat Liqueur, 287
 orahovica, 288
 Pomegranate Liqueur, 288
 Rozulin—Rose Liqueur, 296
 Sour Cherry Liqueur, 287
 Walnut Liqueur, 288
list, 22
lokarda, 22
 Londoneri, 200
 Loquat Liqueur, 287
 loquats, 287
Lumblija, 211–212

M
 main dishes, 123–185
 Baked Octopus, 128
 Beef Tongue in Tomato Sauce, 174
 Brodet—Fish Stew, 126
 Christmas Eve Cod, 130
 Clams *Buzara*-Style, 152
 Cuttlefish with Fava Beans, 134
 Deep-Fried Bristling, 140
 Dirty Pasta, 158
 Dried Cod in Tomato Sauce, 132
 Menestra, 178
 Mussels *Buzara*-style, 136
 Oven-Baked Fish, 142
 Pašticada, 176–177
 Popara, 154
 Rabbit and Vegetable Stew, 182
 Red Mullet in Tomato Sauce, 144
 Salt-Crusted Sea Bass, 124
 Scampi *Buzara*-Style, 156
 Stuffed Bell Peppers, 165–166
 Stuffed Cabbage Rolls—*Sarma*, 163–164
 Stuffed Calamari, 146
 Succulent Grilled Fish, 148
 Summer Veal and Bean Stew, 170
 Tingulet—Chicken in Pungent Tomato Sauce, 168
 Tripe Stew, 184

Veal Sauce with a Touch of Cinnamon, 172
malvasija, 151
Mantala, 241, 294
 Maraschino liqueur, 247, 266–267
marastina, 150
 Marble Cake, 228
 Marinated Anchovies/Sardines, 42
 Marinated Fish, 52
 Marinated Octopus and Prawns, 56
 marmalades, 18, 284
 mayonnaise, 120
 Mediterranean sand smelt, 23
Menestra, 178
 Meringue and Jam Pie, 230
 milk, 16
Mjendolata, 194
 mullet, 23, 52, 68
 music, 139
 mussels, 78, 136
 Mussels *Buzara*-style, 136
 Mussel Soup, 78

N
 nutmeg, 18, 158, 176–177, 184, 230, 288, 294
 nuts, 18, 190, 192, 194, 200, 276, 298. *See also specific nuts*

O
 octopus, 56
 Baked Octopus, 128
 Octopus Salad, 110
 oils, 17
 Old Town, 117, 160
 olive oil, 17
 olives, 17, 30, 306
 onions, 16, 60, 62, 64, 104, 118
 Opening Ceremony, Dubrovnik Summer Festival, 160, 161
orahovica, 288
 Orange Bars, 206
 orange juice, 302
 orange liqueur, 278
 orange peel, 18
 oranges, 18, 266–267, 278, 288, 289–290
 Bitter Orange Marmalade, 284
 Candied Orange Peel, 188
 Orange Bars, 206
 oregano, 312
orhan, 22
oslić, * 22
 Oven-Baked Fish, 142
ovrata, 22
 oysters, 32, 70, 72–73
 Fresh Oysters, 32
 Oyster Soup, 70

P
 Padrón peppers, 114
palamida, 22
 pancetta, 80, 182
pandispanj, 270
 pandora, 22
 Pan-Fried Prawns with Garlic and Parsley, 46
papalina, 23
paradižot, 248
 Parmesan cheese, 90, 96
 Parmigiana-Eggplant Casserole, 96

parsley, 19, 40, 44, 46, 60, 62, 64, 104, 112, 142, 176–177, 182, 184
 pasta, 16, 80, 276
 Dirty Pasta, 158
 Ston Pasta Cake, 276
Pašticada, * 176–177
 pastries. *See* desserts; sweets
pataraca, * 23
 peaches, 289–290
 pear liqueur, 276
 peas, 62, 92, 120
 Pelješac, * 150
pena, 23
 pepper, 18
 pic, 23
 picarel, 23
picigin, 304
 Pickled Onions, 306
 Pickled Rock Samphire, 306
 pickles, 120
 pies
 Apple Pie, 220
 Meringue and Jam Pie, 230
pinca, 266–267, 268
plavac mali, 150
 plums, 289–290
 plum tomatoes, 310
 polenta, 16
 Pomegranate Liqueur, 288
 pomegranate seeds, 288, 302
 Pomegranate Syrup, 302
 Popara, 154
Popriguše, 98
 pork head, 178
 pork ribs, 163–164
 pork sausages, 80
pošip, 150
 potatoes, 62, 66, 76, 78, 84, 88, 104, 120, 128, 142, 154, 178, 184
 Potato Salad, 104
 prawns, 46, 56
 Preserved Olives, 306
 preserves, 283
 Bitter Orange Marmalade, 284
 Carob Liqueur, 288
 Fig and Almond Cake—*Smokvljenak*, 298
 Finger Food from the Pantry, 306
 Homemade Jam, 289–290
 Homemade Liqueurs, 287–288
 Horseradish, 306
Konserva—Tomato Concentrate, 310
Kontonjata—Quince Cheese, 292
 Loquat Liqueur, 287
Mantala, 294
 olives, 306
orahovica, 288
 Pickled Onions, 306
 Pickled Rock Samphire, 306
 Pomegranate Liqueur, 288
 Preserved Olives, 306
 Roasted Garlic, 308
 rock samphire, 306
Rozulin—Rose Liqueur, 296
smokvljenak, 298
 Sour Cherry Liqueur, 287
 Sour Cherry Syrup, 300
 Sun-Dried Tomatoes, 312
 tomato concentrate, 310
 Walnut Liqueur, 288
 Wintertime Syrups: Bitter Orange and

Pomegranate, 302
prijesnac, 230
prikle, 252
 produce, buying, 26
prošek, 16, 216, 242
prstići, 38
pršut, 17, 30, 38. *See also* ham
 prunes, 18, 158
 puff pastry, 226, 227, 247

Q
 quinces, 289–290, 292

R
 rabbit, Rabbit and Vegetable Stew, 182
 Rabbit and Vegetable Stew, 182
 raisins, 18, 200
 red mullet, 23
 Red Mullet in Tomato Sauce, 144
 red onions, 60, 64, 104
 red scorpionfish, 23
 rice, 16, 54, 60, 62, 64, 68
 risotto, Asparagus Risotto, 54
 Roasted Bell Peppers, 108
 Roasted Garlic, 308
 rock samphire, 306
 rose liqueur. *See Rozulin*—Rose Liqueur
 rosemary, 19, 43, 124, 128, 142, 148, 176–177, 182, 312
 rose petals, 296
 rosewater, 244
Rozata, 244
Rozulin—Rose Liqueur, 18, 209–210, 216, 244, 264, 266–267, 272, 276, 296
rukatac, 150
 rum, 18, 200, 209–210, 211–212, 216, 220, 238–239, 244, 248, 250, 252, 254–255, 262–263, 278

S
 saffron, 266–267
 sage, 19, 40, 64
 salads, 83–120
 Asparagus and Egg Salad, 106
 Octopus Salad, 110
 Potato Salad, 104
 Roasted Bell Peppers, 108
 Sour Cream and Cucumber Salad, 112
 Tomato and Cucumber Summer Salad, 118
 Vegetable and Mayonnaise Salad, 120
 salema porgy, 23
 salt, 18, 74, 124
 Salt-Crusted Sea Bass, 124
 Salt-Cured Sardines/Anchovies, 42
 Samobor, Croatia, 246
sanpjero, 23
 sardines, 17, 23, 34, 42–43, 52
 Sardines/Anchovies in *Savur*, 43
 Sardines and Anchovies Three Ways, 42–43
sarma, 163–164
 sausages, 80, 178
 Savoy cabbage, 178
 scampi, 156
 Scampi *Buzara*-Style, 156
 scorpionfish, 68
 Scrambled Eggs with Asparagus, 48
 sea bass, 23, 68, 124
 sea salt, 18, 74. *See also* salt
 semolina, 256

shallots, 306
 sharpsnout sea bream, 23
 side dishes, 83–120
 Boiled Chard with Potatoes, 84
 Creamed Spinach, 98
 Fried Padrón Peppers, 114
 Fried Summertime Vegetables, 86
 Fried Zucchini and Eggplant, 86
 Fried Zucchini Flowers, 86
 Frybread (*Popriguše*), 98
 Parmigiana-Eggplant Casserole, 96
 Spring Peas, 92
 Stuffed Eggplant, 90
 Tender Creamy Potato Gnocchi, 88
 Zucchini Fritters, 94
sir iz ulja, 30
skorup, 272
škrpina, * 23
 smoked ham, 17
smokvljenak, 298
 Soft Sandwich Rolls—*Prstići*, 38
 sole, 22
sopa, 23
 The Soup, 60
 soups, 59–81. *See also* stews
 Brodet—Fish Stew, 126
 Chickpea Soup, 66
 False Soup, 62
 Fish Soup, 68
 Lentil Soup, 76
 Mussel Soup, 78
 Oyster Soup, 70
 The Soup, 60
 Summer Veal and Bean Stew, 170
 Tomato and Rice Soup, 64
 Winter Bean Soup, 80
 sour cherries, 287, 300
 Sour Cherry Liqueur, 287
 Sour Cherry Syrup, 300
 sour cream, 112, 230
 Sour Cream and Cucumber Salad, 112
 spices, 18. *See also specific spices*
 spinach, 98
 spiny godfish, 23
 sponge cake, 270
 sports, 304
 spotted flounder, 23
 Spring Peas, 92
srdela, * 23
 starters, 29–58. *See also* side dishes
 Aromatic Bread, 40
 Asparagus Risotto, 54
 Fresh Oysters, 32
 Fried Padrón Peppers, 114
 Marinated Anchovies/Sardines, 42
 Marinated Fish, 52
 Marinated Octopus and Prawns, 56
 Pan-Fried Prawns with Garlic and Parsley, 46
 Salt-Cured Sardines/Anchovies, 42
 Sardines/Anchovies in *Savur*, 43
 Sardines and Anchovies Three Ways, 42–43
 Scrambled Eggs with Asparagus, 48
 Soft Sandwich Rolls—*Prstići*, 38
 Stuffed Artichokes with Fava Beans, 44
 The Traditional Starter Platter, 30
 Tuna Pâté, 34
 St. Blaise's Church, 160, 161
 St. Blaise's Day, 158, 160

stews
 Brodet—Fish Stew, 126
 Rabbit and Vegetable Stew, 182
 Summer Veal and Bean Stew, 170
 Tripe Stew, 184
 St. Nicholas' Day, 240
 stock, 20
 Ston, Croatia, 72–74
 Ston Pasta Cake, 276
 Stradun Street, 117
 Strudel, 226–227
 Stuffed Artichokes with Fava Beans, 44
 Stuffed Bell Peppers, 165–166
 Stuffed Cabbage Rolls—*Sarma*, 163–164
 Stuffed Calamari, 146
 Stuffed Eggplant, 90
 Succulent Grilled Fish, 148
 sugar, 18. *See also* vanilla sugar
 sultanas, 226, 238–239
 Summer Veal and Bean Stew, 170
 Sun-Dried Tomatoes, 312
 sunflower oil, 17
 sweet peas, 92, 120
 sweets, 187–281. *See also desserts*
 Almond Biscotti, 202
 Almond Brittle, 192
 Aniseed Tuiles, 198
 Candied Almonds, 190
 Candied Orange Peel, 188
 Londoneri, 200
 Mjendulat, 194
 Vanilla Crescents, 204
 syrups
 Bitter Orange Syrup, 302
 Pomegranate Syrup, 302
 Sour Cherry Syrup, 300
 Wintertime Syrups: Bitter Orange and Pomegranate, 302

 T
temeljac, 20
 Tender Creamy Potato Gnocchi, 88
 thyme, 19, 308, 312
Tingulet—Chicken in Pungent Tomato Sauce, 168
 tomato purée, 168
 Tomato and Cucumber Summer Salad, 118
 Tomato and Rice Soup, 64
 tomato concentrate, 17, 60, 62, 132, 172, 310
 tomatoes, 90, 110, 118, 310
 Beef Tongue in Tomato Sauce, 174
 canned, 17
 cherry, 154
 Dried Cod in Tomato Sauce, 132
 Konserva—Tomato Concentrate, 310
 Red Mullet in Tomato Sauce, 144
 Sun-Dried Tomatoes, 312
 Tingulet—Chicken in Pungent Tomato Sauce, 168
 Tomato and Cucumber Summer Salad, 118
 Tomato and Rice Soup, 64
 tomato concentrate, 17, 60, 62, 132, 172, 310
 tomato purée, 64, 144, 156, 158, 182
 Beef Tongue in Tomato Sauce, 174
 Tingulet—Chicken in Pungent Tomato Sauce, 168

The Traditional Starter Platter, 30
travarica, 241
treseta, 304
 tripe, 184
 Tripe Stew, 184
 tuna, 34
 Tuna Pâté, 34

 V
 Vanilla Crescents, 204
 vanilla extract, 247
 vanilla pods, 288
 vanilla sugar, 18, 204, 247, 248, 252, 262–263, 266–267, 276, 289–290
varenik, 211–212, 294
 veal, 20, 60
 Summer Veal and Bean Stew, 170
 Veal Sauce with a Touch of Cinnamon, 172
 Veal Stock, 20
 Veal Sauce with a Touch of Cinnamon, 172
 Veal Stock, 20
 Vegetable and Mayonnaise Salad, 120
 vegetables, 120. *See also specific vegetables*
 Fried Summertime Vegetables, 86
 Rabbit and Vegetable Stew, 182
 Vegetable and Mayonnaise Salad, 120
 Vegetable Stock, 20
 Vegetable Stock, 20
vincotto, 211–212
 vinegar, 16
 vodka, 288, 296

 W
 Walnut Liqueur, 288
 Walnut Roll, 238–239
 walnuts, 18, 200, 209–210, 211–212, 216, 236, 238–239, 276, 278, 288, 294, 298
 Water-Risen Cookies, 216
 Wedding-Day Sponge Cake—*Pandišpanj*, 270
 white cabbage, 178
 wine, 16, 216. *See also specific kinds of wine*
 Winter Bean Soup, 80
 Wintertime Syrups: Bitter Orange and Pomegranate, 302

 Y
 yeast, 16
 yellow beans, Summer Veal and Bean Stew, 170

 Z

Zavajul, 242
zubatac, 22
 zucchini, 86, 94, 142
 zucchini flowers, 86
 Zucchini Fritters, 94
 Župa, Croatia, 254, 256
Župski karnevo, 254

