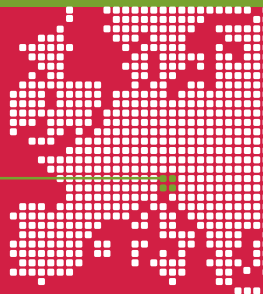




**I FEEL
SLOVENIA**

GASTRONOMY

**FRESH AND TASTY
FROM THE SUNNY SIDE**

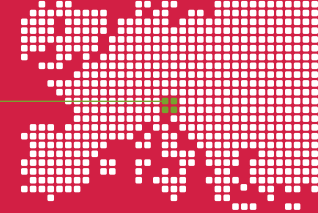


::: TRADITIONAL ::: SIMPLE BECOMES DELICIOUS

02/03

HAVE YOU HEARD?

The Society for the Recognition of Pan-Fried Potatoes as an Independent Dish may sound extravagant, but it is also a very successful effort to keep Slovenian culinary tradition alive in the 21st century.



Traditional Slovenian cuisine is based on the cultural influences of the Alpine, Mediterranean, and Pannonian regions. It includes an abundance of game and fish, but the culinary tradition is dominated by soups, pastries, meats, stews, cabbage, beans, and potatoes.

There is a delicacy that awaits you in nearly a hundred different forms. **Ricotta dumplings** (*sirovi štruklji*) are a Slovenian specialty – a steamed treat that can be accompanied by sweet or savory sauces. Inner Carniola will also surprise you with another gastronomical “hit” – the well-known and popular **potica**, a traditional rolled cake typically filled with ground walnuts. Try **tarragon-filled potica** if you have the opportunity.

Carniolan sausage (*kranjska klobasa*), the production of which is governed by strict rules, is

a cooked pork sausage from the alpine regions, seasoned only with salt, pepper, and garlic. It is preferably eaten plain, with mustard and a roll.

The northeastern Panonnian region is well known for its delicious **Prekmurje layered pastry** (*prekmurska gibanica*), which can sometimes be a feast in itself. This rich dessert is filled with poppy seeds, ricotta cheese, walnuts, and apples.

The Slovenian coast provides a simple yet delicious way to have lunch or dinner while enjoying a splendid seaside view. If you prefer something traditional, you should opt for dishes made with **sardines** (*sardele*) and **anchovies** (*sardoni*) prepared in various ways, the ever-popular **tomato-based fish stew** (*brodet*), or **black mussels** (*pedoči*).

::: 1799

saw the publication of the first Slovenian-language cookbook, authored by the Slovenian poet Valentin Vodnik.

SPICED UP

Culinary heritage developed from the traditions of the countryside and medieval towns, and was later influenced by monastic orders and the nobility. During Austro-Hungarian rule it was strongly enriched by Central European styles and tastes, through Italy it was influenced by Mediterranean cuisines, and the two world wars contributed Balkan traditions.

SPECIALS

TIMELESS TASTES

804

is the year when the salt pans at Sečovlje were first mentioned.

04/05

HAVE YOU HEARD?

Only sea salt is permitted for salting genuine Karst prosciutto (*kraški pršut*).

If you start your tour in the Mediterranean part of Slovenia, then **Karst prosciutto** (*kraški pršut*) will probably be your appetizer, perhaps **Nanos cheese** (*nanoški sir*) can also be found, and other dishes will employ **fleur de sel** (*solni cvet*), a tasty and valuable product of the salt-making process. However, true connoisseurs will also advise you to try the special **Kobarid dumplings** (*kobariški štruklji*) filled with walnuts and raisins, deliciously seasoned **egg frittatas** (*fritaje* or *frtalje*), a popular traditional **sauerkraut stew with potatoes** and **beans** (*jota*), and **baccalà** (*bakala*) – creamed dried codfish prepared with or without tomato.

Slovenia's western regions, especially Istria, are known for their olive oil production, but if you travel to the east, to Styria and Prekmurje,

pumpkin-seed oil is a real delicacy. It is used for salads and with various kinds of cheese, as a snack to accompany excellent wines from the region – and even in ice cream. This region also offers **potted meat** (*tünka*) – smoked pork, preserved with minced cracklings and lard to retain the meat's succulence – which would be a traditional choice.

In the Alpine region, gourmands' attention will be attracted by **Savinja-style flat stuffed sausage** (*savinjski želodec*), which is cured in smoked pork stomach in the Savinja Valley. **Honey** is produced throughout the country, and in the winter you can warm up with sweet-tasting **Carniolan honey liqueur** (*kranjska medica*), produced with excellent honey from Upper Carniola.

DELIGHTS FROM THE SEA

Slovenia's short coastline, measuring less than 47 km, strongly influences the western part of Slovenia with flavors from the sea – offering fish, squid, and mussels.



WINES

THE NOBLE REFRESHMENT

70%

of the wine produced in Slovenia is quality or premium quality wine, and only 30% is table wine.

06/07

HAVE YOU HEARD?

The *klopotec* is a wooden rattle, mounted on a tall wooden pole and driven by the wind as kind of a scarecrow in the idyllic wine-growing landscape, especially in the Styrian region of Slovenske Gorice.

Influences of two different geographical worlds come together in a climate ideal for growing wines. The variety of cultivars, coupled with variations in natural conditions, provides a rich diversity of taste, bouquet, and color in numerous wines. A rich blend of heritage, experience, and expertise creates the basis for the high quality of Slovenian wines.

THE COAST AND THE WEST

The Karst region is the home of **Karst Terrano** (*kraški teran*), a dark ruby-red wine, claimed to have healing properties. **Refosco** (*refošk*) is the most common wine throughout Istria. **Malvasia** (*malvazija*) is the next best-known product of this seaside region, where generous exposure to the sun and the proximity of the Adriatic Sea contribute to its special qualities. The Vipava Valley to the north is home to many indigenous cultivars, such as **Zelen**, **Pinela**, **Grganja**, **Klarnica**, and **Rebula**. The wine producers here are also experts in producing other wine varieties, such as **Pinot Gris**, **Pinot Blanc**, **Chardonnay**, and **Sauvignon**, as

well as the reds **Barbera**, **Pinot Noir**, **Merlot**, **Cabernet Sauvignon**, and others.

THE SAVA VALLEY

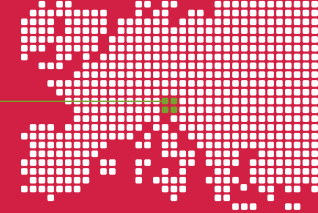
Here the undisputed star is **Cviček**, a dry, light red wine with a low alcohol content, blended from several grape varieties. It is a great accompaniment to meat dishes and cured meats. **Metliška Črnina** is a specialty of the White Carniola region, and **Bizeljčan** dominates the Bizeljsko region.

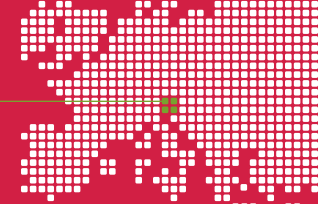
THE DRAVA VALLEY

This is where some of the best examples of Slovenian **Welschrieslings** and **Rieslings** are found. Moving towards the southeast, Prlekija will introduce you to **Šipon**, and the Radgona-Kapela vineyards will entrance you with their sweet and playful **Traminec**. **Ranina** is said to be indigenous here, but you will also encounter **Silvaner**, **Sauvignon**, **Chardonnay**, **Muscat Blanc**, **Rivaner**, **Müller-Thurgau**, **Pinot Blanc**, **Pinot Noir**, and **Kerner** here.

SLOVENIA PREFERS WHITE

Currently 38 varieties of grape are grown in 14 winegrowing districts, and about 75% of wines are white wines. Slovenians drink almost all of the wine they produce themselves; only 5% of wine is exported.





RECIPES

TASTE SLOVENIA



24

natural thermal springs have enabled Slovenia to not only develop health spas, but also bottle renowned mineral waters.

08/09

HAVE YOU HEARD?

Slovenia is a country where you can enjoy seafood for lunch at the coast and then have dinner in the Alps the same day.

ROAST GOOSE WITH FLATBREAD AND RED CABBAGE

GOOSE:

1 goose, 1 *tblsp* salt, black pepper, 1 *tblsp* marjoram, 2 *tblsp* soy sauce, 500 g (3 or 4) apples, 200 g (7 oz.) prunes, 200 ml ($\frac{3}{4}$ cup) water, 2 *tblsp* honey

Clean the goose, remove any feathers, and rinse with cold water. Rub with salt, pepper, and marjoram. Coat the inside with soy sauce. Heat the oven to 200 °C (400 °F). Cut the apples into small cubes and pit the plums. Stuff the goose with the apples and plums, truss it, and put into the baking pan. Pour the water into the bottom of the pan and roast for 2 hours. While roasting, baste the goose with the drippings. When the goose is almost done, drizzle it with honey and roast another 15 minutes, until it turns golden.

RED CABBAGE:

750 g (26 oz.) red cabbage, 3 *tblsp* fresh lemon juice, 60 g (2 oz.) onions, 1 *tblsp* oil, 1 *tblsp* white sugar, 100 g (1 small) apple, 40 g (1 clove) of garlic, dash of red wine, $\frac{1}{2}$ *tsp* salt, 3 cloves, 1 bay leaf, 200 ml ($\frac{3}{4}$ cup) water, 1 *bullion cube* (1 $\frac{1}{2}$ oz.)

Clean and core the cabbage, remove the outer leaves. Dry the leaves and slice them thinly; sprinkle with half the lemon juice. Chop the onions. Heat the oil in a pan, add the sugar and let it brown, then add the chopped onions. When the onions are glazed, add the sliced cabbage, stir, and stew for 5 minutes. Wash, peel, and grate the apple and sprinkle it with the remaining lemon juice. Peel and chop the garlic. When the cabbage has softened, add the grated apple, red wine, salt, cloves, bay leaf, and garlic. Stew for 20 minutes, and then add the water and the bullion cube. You can add diced bacon if you wish.

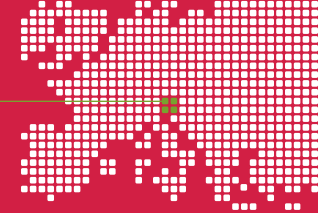
FLATBREAD:

300 g (2 $\frac{1}{4}$ cups) white flour, 3 eggs, 1 *tsp* salt, 2 *tblsp* vegetable oil, cracklings

Mix the flour, eggs, and salt; place the dough on a floured surface and knead for 10 minutes. Leave it to rest for 15 minutes. Heat the oven to 180°C (350°F). Divide the dough into three parts and roll out each part to a thickness of 2 mm (1/16 inch). Put it on a baking sheet and bake until golden. After the flatbread has cooled, break it into pieces, put the pieces in a pot, and pour boiling water over them. Drain when soft. Heat the oil in a frying pan, add the cracklings, and then add the flatbread and fry it.

NOVEMBER CALLING

St. Martin's Day (November 11th) is a week-long (for the most enthusiastic) celebration of the new wine harvest and an opportunity to enjoy a dish served throughout the country: roast goose or duck with red cabbage.



VANILLA ICE CREAM WITH PUMPKIN-SEED OIL AND PUMPKIN SEEDS

1 l (1 qt) vanilla ice cream, 75 g (2½ oz) pumpkin seeds (green, hulled), 25 ml (5 tsp) water, 50 g (¼ cup) sugar, 100 ml (scant ½ cup) pumpkin-seed oil

Caramelize the pumpkin seeds: bring the water and sugar to a boil, add the pumpkin seeds to the pan, and slowly heat until the seeds swell up and turn golden brown. Scoop the vanilla ice cream into a dessert bowl, pour over 1 or 2 tablespoons of pumpkin-seed oil per serving, and garnish with the caramelized pumpkin seeds. You can also mix the pumpkin-seed oil and minced caramelized pumpkin seeds in a blender.

RICOTTA CHEESE WITH PUMPKIN-SEED OIL

650 g (23 oz.) ricotta cheese, 1–2 tbsp sweet paprika, black pepper, salt, 1 onion, 2–3 tbsp pumpkin-seed oil

Mix the ricotta with the sweet paprika, black pepper to taste, salt, and sliced onion. Sprinkle generously with pumpkin-seed oil and serve.

BARLEY STEW WITH BEANS (RIČET)

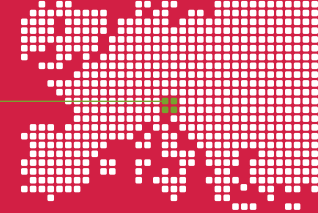
¼ l (1 cup) navy or northern beans, 1 l (1 qt) beef stock, 1 tbsp lard, 1 tbsp chopped onions, ¼ l (1 cup) scotch barley or pearl barley rinsed in hot water, ½ l (2 cups) warm water, 300 g (10½ oz.) smoked pork (or sausage or bacon), 1 tbsp finely chopped parsley, 1 crushed garlic clove, 1 sliced carrot, 3 cabbage leaves cut in strips, salt, and a pinch of black pepper

Soak the beans in water, then bring them to a boil in the stock. Drain when tender, reserving the cooking liquid. Heat the lard in a frying pan and sauté the onions, add the barley, and mix gently while sautéing. Add the warm water, let it come to a simmer, and then add the bean stock. Simmer the stew for about 1 hour, then add the sliced meat, parsley, garlic, carrot, cabbage, salt, and black pepper. Cover, let simmer about 1 hour, and serve.

:: NAVIGATOR

:: ALL HITS IN ONE ROUND

12/13



LJUBLJANA

The capital of Slovenia is an emerging European hotspot for quality leisure and great culinary experiences. When visiting, you should try **pan-fried potatoes, barley stew with beans** (*ričet*), **steamed ricotta dumplings** (*štruklji*), **potica**, **Ljubljana-style soufflé** (*ljubljska jajčna jed*), and **Ljubljana-style ricotta crepes** (*ljubljske skutne palačinke*).



Ljubljana-style ricotta crepes
(*ljubljske skutne palačinke*)



THE EAST

Here the “must taste” list is long and inviting: **Sava Valley liver sausage** (*zasavska jetrnica*) is a real specialty, but you might also sample **the potato and pasta hotchpotch** (*grenadirmarš*), nationally acclaimed **Trojane jelly donuts** (*trojanski krofi*), and **plum soup** (*češpljeva juha*). For snacks and sandwiches, **flat stuffed sausage** (*želodec*) is a great choice here (as in many parts of Slovenia).



Plum soup
(*češpljeva juha*)



CARINTHIA

In Carinthia you will have the chance to discover **Carinthian bread and horseradish sauce** (*koroški kruhov hren*), usually accompanying a traditional dinner. **Ravioli-like dried pear dumplings** (*kvočevi nudlni*) are available, and during the winter a traditional dish is **veal or pork light casserole** (*mežerli*), known in similar forms in the Alpine regions. **Sweet phyllo pastry rolls** (*povitnek*) are a welcome side dish or dessert, sprinkled with breadcrumbs fried in butter, and seasoned with cinnamon.



Ravioli-like dried pear dumplings
(*kvočevi nudlni*)



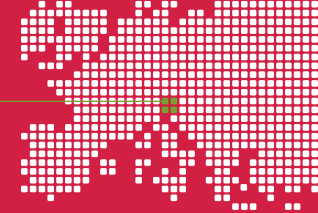
THE MARIBOR AREA

Styrian tangy pork and vegetable soup (*štajerska kislja juha*) is a popular dish for the day following an all-night party. **Pohorje hotchpotch** (*pohorski pisker*) is even more varied, and can be accompanied by **Pohorje-style polenta** (*pohorski žganci*), prepared with potatoes, corn meal, and larded with cracklings. **Smoked and dry-cured pork** (*pohorska bunka*) is a great for snacks, sandwiches, and the like.



Pohorje hotchpotch
(*pohorski pisker*)





ENTERING PREKMURJE

The flatlands of Prekmurje are the home of the **Prekmurje layered pastry** (*prekmurska gibanica*), which is well known all over Slovenia. Prekmurje is also known for its **braided holiday bread** (*vrtanek*), **sour turnip hot pot** (*bujta repa*), which can be eaten warm or cold, various cakes and pies, meats and sausages, **buckwheat blood sausage**

(*hajdinska krvavica*), and **Prekmurje stew** (*prekmurski bograč*) with beef, pork, and game meat, wine, spices, and other ingredients. You can satisfy your sweet tooth with **strudel** (*retas*) or rolls filled with grapes, pumpkin, cabbage, turnip, cherry, apple, poppy seeds, or ricotta cheese.



Prekmurje layered pastry
(*prekmurska gibanica*)



Sour turnip hot pot
(*bujta repa*)



THE NORTHWEST

This is the home of buckwheat and **corn žganci**, a traditional everyday meal in the central and Alpine part of Slovenia. It is served on its own with garnish, or as a side dish with stews and sauces, or sour milk, yoghurt, or coffee. There are many sorts of fritters available – **buckwheat** or **Rateče fritters** with pear filling, with ricotta cheese, grits, and so on. **Buckwheat groats** are also served with mushrooms. **Cabbage with mashed potatoes** (*govnač*) is

served on its own or with boiled beef, sausages, or roast meat, and you can try **baked turnips with millet** (*loška smojka*), which is reputed to cleanse the kidneys and bladder, and aid dieting. **Carniolan sausage** (*kranjska klobasa*) is a must here, but even more special are **netted meatballs** (*mavželj*), made of minced pork filling in caul with buckwheat and spices. **Bohinj-style lard and crackling garnish** (*Bohinjska zaseka*) is used for snacks with bread, and the sugary **Dražgoše lebkuchen** (*dražgoški kruhek*) can give you a boost if you are low on energy.



Carniolan sausage
(*kranjska klobasa*)

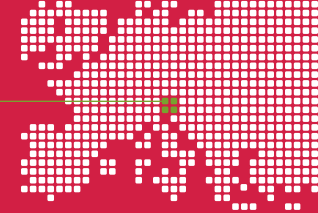


Netted meatballs
(*mavželj*)



Corn polenta
(*žganci*)





THE WEST

Moving southwest, the Soča Valley will offer you **potatoes with ricotta cheese** (*čompe*), **Tolminc cheese**, and **Bovec cheese** (after all, this is the mountain region). Various **dumplings** are also served in this area with a variety of fillings and garnishes. The central western region is renowned for **cherries** (especially Brda) and polenta with

sauces and stews, frittatas, and minestrone. This region is well known for its **sauerkraut stew with potatoes and beans** (*jota*), and other vegetable and meat stews; various cured pork products are also very popular.



Potatoes with ricotta cheese
(*čompe*)

Tolminc cheese

Cherries

THE SEASIDE

Arrive at the coast and indulge in **hand-made Istrian-style garganelli** (*fuži*), marinated and fresh fish of many kinds, squid, and mussels, or enjoy some **fig loaf** (*figov hlebček*) as a dessert. **Fig or olive bread** can accompany any dish, and **Istrian dumplings** (*istrski štruklji*) are a traditional holiday dish – a kind of phyllo pastry,

filled with cracklings, spinach, cheese, apples, herbs, walnuts, or other fillings. Other excellent choices include **corn minestrone** (*bobiči*), **bean and potato minestrone** (*paštafažoj*), and **baccalà** (*bakala*).



Istrian-style garganelli
(*fuži*)

Fig loaf
(*figov hlebček*)

Baccalà
(*bakala*)



:: SMART CHOICES

:: :: A TAKEAWAY GUIDE FOR VISITORS

A short list of Slovenian products with protected geographical indication.

DRAŽGOŠKI KRUHEK

Once a token of faith, love, and friendship, today Dražgoše lebkuchen represent a perfect blend of beautiful and delicious. These decorated oven-baked cookies are made by hand from dense honey-based dough and spices.

SOLNI CVET

It may sound sophisticated, but fleur de sel is as pure and natural as the sea itself. Magical crystals peacefully bloom in a thin layer on the surface of the salt pans until they are gently processed in the traditional manner by master salt-makers at the Sečovlje Salt-Pan Nature Park.

KOSTELSKA RAKIJA

Kostel fruit brandy is distilled from apples and pears. It comes from a part of southern Slovenia that preserves the last patches of virgin woods, inspiring wildlife, and one of Slovenia's most popular water destinations: the Kolpa River.

PREŠERNOVE FIGE

Dried figs are coated in white frosting and then dipped in dark or milk chocolate. This sweet treat was named after Slovenia's most renowned poet, France Prešeren (1800–1849), who was known for carrying dried figs in his coat pocket.

ŠTAJERSKO-PREKMURSKO BUČNO OLJE

The color of this pumpkin-seed-based oil ranges from green to red, while the taste ranges from full-bodied to delicate. With no additives, an excellent fatty acid ratio, and an abundance of vitamin E, it is the perfect choice to take the taste of your salad or even ice cream to a higher level.



Dober tek!

**I FEEL
SLOVENIA**

::: www.slovenia.si ::: www.slovenia.info ::: ::

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