



Knjiga Receptata *Cookbook*

Tradicionalni Mediteranski Recepti sa Maslinama i Maslinovim Uljem
Traditional Mediterranean Recipes with Olives and Olive Oil



Knjiga recepata sa maslinama i
maslinovim uljem

*Cookbook of Traditional Mediter-
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Olive Oil*

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Sadržaj:

Content:

Zapečene Crne Masline -----	6	-----Roasted Black Olives
Marinirane Srdele u Maslinovom Ulju -----	7	-----Sardines Marinated In Olive Oil
Pita od Zelja -----	8	-----Greenery Dish
Vegetarijanski Bakalar -----	9	-----Vegetarian False Cod Meal
Inćuni u Maslinovom Ulju -----	10	-----Anchovies In Olive Oil
Marinada od Maslinovog Ulja za Meso na Roštilju -----	11	-----Olive Oil Marinade For Grilled Meat
Priganice -----	12	-----Priganice (Fried Dumplings)
Rumetinov "Kruv" -----	13	-----Maize Bread
Palamida u Maslinovom Ulju -----	14	-----Palamida In Olive Oil
Pomadore s Umakom od Maslinova Ulja -----	15	-----Tomatoes With Olive Oil Sauce
Bob kao Prebranac -----	16	-----Prebranac - Style Broad Beans
Kuvani Slani Grah - Slanutak -----	17	-----Cooked Chickpeas
Dubrovačka Pazija -----	18	-----Pazija From Dubrovnik
Tunjevina u Umaku od Maslina -----	19	-----Tuna In Olive Sauce
Pečena Tuna s Pomodorama i Maslinama -----	22	-----Bread with Olive Oil and Olives
Piletina s Maslinama -----	23	-----Cheese Cubes in Olive Oil
Ljetni Pjat -----	24	-----Fried Tuna With Tomatoes and Olives
Boranija na Salatu -----	25	-----Chicken With Olives
Kruh s Maslinama -----	26	-----Summer Meal
Toć Od Maslina -----	27	-----Green Beans Salad
Zelje i "Fadžola" -----	28	-----Bread With Olives
Slatka Pita od Bundeve -----	29	-----Olive Sauce
Torta Od Sira i Maslina -----	30	-----Collard and Beans
Pikantni Kolač s Maslinama, Pancetom i Šunkom -----	31	-----Butternut Squash Pie
Pržene Domaće Masline -----	32	-----Cheese And Olives Tart
Mediteranska Pizza -----	33	-----Piquant Cake With Olives, Bacon And Ham
Biscotti s Parmezanom i Maslinama -----	34	-----Fried Home - Grown Olives
Brudet od Morskog Psa -----	35	-----Mediterranean Pizza
Plavi Patlidžan u Paradajz Sosu -----	36	-----Biscotti With Parmesan and Olives
Bukvice Sa Roštilja u Maslinovom Ulju -----	37	-----Shark Stew
Marinada s Maslinovim Uljem -----	38	-----Aubergines in Tomato Sauce
Juha od Patata s Pečenom Paprikom i Maslinama -----	39	-----Barbecued Bogue Fish in Olive Oil
Mlade Bamije sa Patlidžanima -----	40	-----Olive Oil Marinade
Bajmiš (Emambajam) -----	41	-----Potato Soup With Roasted Paprika and Olives
Pogača s Maslinama -----	42	-----Bannock With Olives
Pikantna Palenta s Maslinama -----	43	-----Piquant Poelnta With Olives
Dolma Od Bamija Na Dobrovdski Način -----	44	-----Okra Dolmades in the Dobre Vode Fashion
Palamida u Maslinovom Ulju -----	45	-----Adriatic Bonito in Olive Oil
Srdele na Pari s Maslinama -----	46	-----Steamed Sardines With Olives
Pasta s Maslinama -----	47	-----Pasta With Olives
Puretina u Umaku od Gorgonzole i Maslina -----	48	-----Turkey Meat in Gorgonzola And Olives Sauce
Punjene Lignje s Rižom i Maslinama -----	49	-----Stuffed Calamari With Rice And Olives

Zapečene Crne Masline

Potrebni sastojci:

30 dag crnih uzrelih maslina, - 1 dag morske soli, - 1 dcl maslinovog ulja, - ružmarin, - papar

Priprema:

Crne masline oprati i osušiti. U prosuju (tavu) staviti maslinovo ulje i malo zagrijati. Dodati posoljene masline i staviti u zagrijanu pećnicu na 150 oC. Češće promiješati i peći 10-15 min.

Servirati u zdjeli i začiniti maslinovim uljem, ružmarinom i malo papra.

Preporučeno vino:

Pošip (Pelješko vinogorje)



Roasted Black Olives

Ingredients:

30 dag ripe black olives, - 1 dag sea salt, - 1 dcl olive oil, - rosemary, - pepper

Preparation:

Rinse and dry black olives. Pour olive oil into a frying pan and slightly heat. Add salted olives and put in the oven preheated to 150 oC. Often stir and bake for 10-15 min.

Serve in a bowl and season with olive oil, rosemary and some pepper.

Recommended wine:

Pošip (Pelješac Vineyards)

Marinirane Srdele u Maslinovom Ulju

Potrebni sastojci:

½ kg srdela, - 3 dcl maslinova ulja, - sol, - 1 dcl soka od limuna, - papar u zrnu, - ružmarin, - lovorov list

Priprema:

Očišćene i posoljene srdele lagano popržiti na maslinovu ulju. Ohladene srdele poredati u staklenu posudu i preliti maslinovim uljem, dodati sok od limuna, papar u zrnu, lovorov list i ružmarin.

Servirati uz postojeću marinadu s dodatkom začina po želji.

Preporučeno vino:

Dubrovačka Malvasija (Vinogorje Konavle)



Sardines Marinated In Olive Oil

Ingredients:

½ kg sardines, - 3 dcl olive oil, - salt, - 1 dcl lemon juice, - peppercorn, - rosemary, - bay leaf

Preparation:

Strained and salted sardines slightly fry in olive oil. Cool sardines arrange in a jar and pour olive oil over it, add lemon juice, peppercorn, bay leaf and rosemary.

Serve with this marinade and season additionally if desired.

Recommended wine:

Dubrovačka Malvasija (Konavle Vineyards)

Pita od Zelja

Potrebni sastojci:

veza mladog bijelog luka, veza mladog crnog luka, po dvije veze blitve spanaca i kopra, veza morača, čaša tople vode, kukuruzno i pšenično brašno, maslinovo ulje i so

Priprema:

Sitno isjeckati povrće i pržiti na maslinovom ulju (dodaje se redom u razmaku od 1-2 minuta). Dodati jednu kašiku brašna da pokupi vodu.

Pripremiti posudu (tepsija ili dublji pleh) za pečenje, podmazati je uljem i posuti kukuruznim brašnom. Pripremljeno povrće usuti u posudu i prelitati sa smjesom: 1 čaša tople vode razmutiti sa bijelim brašnom tako da se dobije gustina između tijesta za palačinke i priganice. Dodati ulja i peći u zagrijanoj retni dok se ne dobije zlatnožuta boja

Autor/Porijeklo:

Dobra Voda, Bar



Greenery Dish

Ingredients:

a bunch of spring garlic, a bunch of spring onions, two bunches each of Swiss chard, spinach and dill, a bunch of fennel, a glass of warm water, maize and wheat flour, olive oil, salt

Preparation:

Chop the vegetables finely and fry on olive oil (add in the order stated, 1-2 minutes apart). Add one tablespoon of flour to soak in excess water.

Take a pie dish or a deeper baking pan, oil it and sprinkle with maize flour. Put the fried vegetables into the pan and pour over the mixture made of flour and one glass of warm water (the density somewhere between the one for French pancakes and for dumplings). Add oil and bake in a preheated oven until golden brown..

Author/Origin:

Dobra Voda, Bar

Vegetarijanski Bakalar

Potrebni sastojci:

1 kg krompira, 1 glavica luka, 2 česna bijelog luka, Veza peršuna, 2 dl pirea od paradajza ili 500 g svježeg paradajza, Lovor, so, biber, maslinovo ulje

Priprema:

Krompir oguliti i narezati na ploške. Propirjati sitno nasjeckani luk pa slagati red krompira, red nasjeckanog bijelog luka i peršuna te 1-2 kašike paradajz pirea. Tako redati dok se ne potroše sve namirnice. Posoliti, popapriti, staviti lovorov list, zaliti uljem i vodom toliko da prekrije krompir. Kuhati na tihoj vatri dok krompir ne omekša i ostane u gustom soku. Za vrijeme kuhanja jelo se ne smije miješati već samo protresti.

Ovako priređen krompir podseća na bakalar zbog bijelog luka paradajza i maslinovog ulja koji su glavni sastojci za brudet od bakalara.

Autor/ Porijeklo:

Polje, Bar



Vegetarian False Cod Meal

Ingredients:

1 kg potatoes, 1 onion, 2 cloves of garlic, a bunch of parsley, 2 dl tomato puree or 500 g fresh tomato, bay leaf, salt, pepper, olive oil

Preparation:

Peel and slice the potatoes. Sauté finely chopped onion and place over a layer of potatoes, a layer of chopped garlic and parsley, and pour on top 1-2 tablespoons of tomato puree. Repeat these layers until you have used all the ingredients. Put salt, pepper, bay leaf, pour over oil and water just about enough to cover the potatoes. Cook over mild heat until potato becomes soft and remains in a thick sauce. Do not stir, just shake gently while cooking.

The taste of potatoes thus prepared resembles a cod meal, because of the garlic, tomato and olive oil which are the main ingredients for a cod stew.

Author/Origin:

Polje, Bar

Inćuni u Maslinovom Ulju

Potrebni sastojci:

½ kg inćuna, - 2 dcl soka od limuna, - 3 dcl maslinova ulja, - sol, - papar u zrnu

Priprema:

Izdvojiti filete inćuna od kosti. Posoliti filete, složiti u staklenu posudu i preliti sokom od limuna. Ostaviti 6 sati i nakon toga izliti limunov sok. Inćune preliti maslinovim uljem da prekrije sadržaj i dodati papar u zrnu i kapare.

Servirati na tanjur s maslinovim uljem i limunom, malo popapriti i dodati nekoliko kapi aceta balsamica.



Anchovies In Olive Oil

Ingredients:

½ kg anchovy, - 2 dcl lemon juice, - 3 dcl olive oil, - salt, - peppercorn

Preparation:

Fillet anchovies (remove the bones). Salt fillets, arrange in a jar and pour lemon juice over it. Let it soak for 6 hours and then pour the lemon juice out. Pour olive oil over anchovies to cover the content and add peppercorn and caper.

Serve on a plate with olive oil and lemon, slightly season with pepper and add a few drops of Aceto Balsamico.

Marinada od Maslinovog Ulja za Meso na Roštilju

Potrebni sastojci:

1 kg mesa za roštilj, - 3 dcl maslinova ulja, - 0.5 dag soli, - 1,5 dcl piva, - papar, - aceto balsamico

Priprema:

U staklenu posudu uliti maslinovo ulje. Dodati pivo, sol, mljeveni papar i nekoliko kapi aceta balsamica. Meso lagano unakrsno zasjeckati s obje strane, posoliti i poredati u posudu s marinadom.

Ostaviti dva sata na sobnoj temperaturi. Tijekom pečenja na roštilju meso mazati sa sadržajem. Servirati s maslinovim uljem i limunom.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Olive Oil Marinade For Grilled Meat

Ingredients:

1 kg grill meat, - 3 dcl olive oil, - 0.5 dag salt, - 1.5 dcl beer, - pepper, - Aceto Balsamico

Preparation:

Pour olive oil in a jar. Add beer, salt, ground pepper and a few drops of Aceto Balsamico. Slightly chop the meat cutting a cross-cross pattern on both sides, salt it and arrange in a pot with marinade.

Let it soak for two hours at the room temperature. When grilling, coat the meat with marinade. Serve with olive oil and lemon.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Priganice

Potrebni sastojci:

1kg.brašna (tip 500), Paketić svježeg (2 kesice suvog) kvasca, 600ml mlake vode, Kašika šećera, Kašičica soli, (Za slatke: korica limuna, suhice)

Priprema:

Staviti brašno u veći sud(da bi tijesto moglo da nadolazi), napraviti udubljenje i dodati prethodno razmučen kvasac sa vodom i šećerom (suhi kvasac stavlja se direktno u brašno sa ostalim sastojcima).

Drvenom varjačom, dobro imutiti i izlupati tijesto da se počne odvajati od varjače. Kad se počnu pojavljivati mjehuri, tijesto prekriti čistom krpom i ostaviti na toplom da se zapremina udvostruči, što će, ako je dobar kvasac, biti već za nešto više od pola sata.

Uskiso tijesto, blago promiješati varjačom, vaditi supenom kašikom ili kašičicom ako želite manje priganice i pržiti u vreloj ulju (mješavina biljnog i maslinovog, Ekstra djevičanskog).

Mogu se poslužiti sa medom, samo posute vanilom i šećerom u prahu ili slane, sa bijelim sirom i maslinovim uljem.

Autor/Porijeklo:

Grbalj



Priganice (Fried Dumplings)

Ingredients:

1kg flour (type 500), a cube of fresh yeast (or 2 sachets of dry yeast), 600ml of warm water, 1 tsp sugar, 1 tsp salt (for the sweet ones: lemon zest, raisins)

Preparation:

Put flour in a larger bowl (enough for the dough to leaven), make a hole in the middle and add yeast previously dissolved in water with some sugar (put dry yeast directly into the flour with other ingredients). Use a wooden spoon to whisk and beat the dough energetically until it starts to separate from the spoon. Once bubbles start popping, cover the dough with a clean tea towel and leave in a warm place until it doubles in size, which should, if the yeast is good, take place in somewhat over half an hour.

Use a wooden spoon to gently whirl the risen dough, then scoop the dough with a tablespoon or a teaspoon, if you prefer smaller dumplings, and deep fry in hot oil (a mixture of sunflower seed oil and extra virgin olive oil).

May be served with honey, or sprinkled with powder sugar when sweet, or with white cheese and olive oil when salty.

Author/Origin:

Grbalj

Rumetinov “Kruv”

Potrebni sastojci:

1kg kukuruznog brašna, 0,8 kg pšeničnog brašna, 1 kašika svinjske masti, 2 kašike maslinovog ulja, Ekstra djevičanskog, 2 kašike šećera, kašičica soli, 1lit. vode, paketić svježeg kvasca

Priprema:

Pustiti vodu da proključa, dodati kašiku soli i dobru kašiku svinjske masti. U veliki sud staviti kukuruzno brašno i popariti vodom. Dobro izmiješati i ostaviti da se ohladi.

Kada je mlako, prosejati u njega pšenično brašno, dodati nadošli kvasac koji smo prethodno razmutili, sa kašikom šećera i kašikom brašna, u šoljici mlake vode i malinovo ulje.

Sve dobro izmiješati drvenom varjačom i prurčiti u podmazan pleh. Ostaviti na toplom da nadolazi, dok se ispuni do vrha. U dobro zagrijanu rernu (200° C) peći da požuti, a onda smanjiti temperaturu na 150°C i peći 50 min.

Autor/Porijeklo:

Grbalj



Maize Bread

Ingredients:

1kg maize flour, 0.8 kg wheat flour, 1 tbsp rendered lard, 2 tbsp extra virgin olive oil, 2 tbsp sugar, 1 tsp salt, 1l water, a cube of fresh yeast

Preparation:

Let the water boil, add one tablespoon of salt and a full tablespoon of lard. Put the maize flour into a large bowl and pour hot water over. Whisk well and leave to cool.

Once warm, sift the wheat flour into it, and the risen yeast previously mixed with a tablespoon of sugar and flour each in a cup of warm water and olive oil.

Whisk well with a wooden spoon and pour into a greased pan. Leave in a warm place to leaven until filling the pan full. Put in a preheated oven (200° C) to bake until golden, and then reduce the heat to 150°C and bake for another 50 min.

Author/Origin:

Grbalj

Palamida u Maslinovom Ulju

Potrebni sastojci:

palamida cca 1 kg, - 3 dag soli, - 4 dcl maslinova ulja, - papar, - petrusin, - limun

Priprema:

Narezati palamidu na deblje fete. U hladnu vodu složiti fete palamide, dodati sol, petrusin, papar u zrnu i malo soka od limuna. Kada zakipi kuhati na umjerenoj vatri do 15 min. Kada se sadržaj ohladi izvaditi fete palamide i složiti u staklenu posudu. Preliti maslinovim uljem da prekrije cijeli sadržaj. Dodati usitnjeni petrusin i papar u zrnu.

Servirati uz listiće petrusina, sitno sjeckani česan i limun.

Preporučeno vino:

Rukatac (Pelješko vinogorje)



Palamida In Olive Oil

Ingredients:

palamida about 1 kg, - 3 dag salt, - 4 dcl olive oil, - pepper, - parsley, - lemon

Preparation:

Cut palamida in thick slices. Arrange palamida slices in cold water, add salt, parsley, peppercorn and some lemon juice. When it boils, simmer it and cook for about 15 min on a moderate heat. After the contents have cooled down, take palamida slices out and arrange them in a jar. Pour olive oil over the whole contents. Add minced parsley and peppercorn.

Serve with parsley leaves, finely chopped garlic and lemon.

Recommended wine:

Rukatac (Pelješac Vineyards)

Pomadore s Umakom od Maslinova Ulja

Potrebni sastojci:

5 pomadora, - 4 dcl maslinovog ulja, - 10 dag mladog sira, - slane zelene masline, - petrusin, - sol, - papar

Priprema:

Na pomadorama odrezati vrh u obliku fete i izvaditi sadržaj sa sjemenkama. Od sadržaja iz pomadora odvojiti sjemenke, a ostatak narezati. U posudu uliti maslinovo ulje, staviti sadržaj pomadore, nasjeckani mladi sir, usitnjene slane zelene masline, usitnjeni petrusin, sol i mljeveni papar te lagano promiješati. Dobiveni umak vratiti u pomadore i poklopiti odrežanim vrhom.

Servirati s ostatkom umaka.

Preporučeno vino:

Dubrovačka Malvasija (Vinogorje Konavle)



Tomatoes With Olive Oil Sauce

Ingredients:

5 tomatoes, - 4 dcl olive oil, - 10 dag fresh cheese, - salty green olives, - parsley, - salt, - pepper

Preparation:

Slice off the tomato tops and take out the contents. Remove seeds from the contents and chop the rest of it. Pour olive oil in a bowl, tomato contents, chopped fresh cheese, finely chopped salty green olives, minced parsley, salt and ground pepper and lightly stir. Stuff the tomatoes with this sauce and cover it with top slices.

Serve with the rest of the sauce.

Recommended wine:

Dubrovačka Malvasija (Konavle Vineyards)

Bob kao Prebranac

Potrebni sastojci:

1 kg mladog boba, Tri-četiri čena bijelog luka, Četiri-pet zrna bibera, list lovora (kasnije se izvade), 1 dl biljnog ulja za prženje i maslinovog ulja Ekstra vergine (po želji), 1 kg luka (crnog i porog), Dvije tri mrkve, začim, mljeveni biber, kašika slatke aleve paprike

Priprema:

Pristaviti vodu sa malo soli, biberom i mrkvom (nakon kuvanja, mrkvu ukloniti), petrusinom, zgnječenim čenom bijelog luka i mladim očišćenim bobom (voda samo da pokrije bob).

Kada je sve skoro kuvano (ne prekuvano) odlići suvišnu vodu i pripremiti ostalo:

Na biljnom ulju dinstati posoljen luk, najprije pori, pa kad izgubi vodu, dodati i crni, sjeckan na rebarca, sve dok ne omekša.

Dodati kašiku pelata od pomidore, slatke aleve paprike, još malo propržiti, začiniti i u to usuti kuvani bob. Skloniti sa vatre, dodati dvije-tri kašike maslinovog ulja Ekstra vergine i pažljivo promiješati, izručiti tepsiju (još bolje zemljani sud) i zapeći u rerni.

Autor/Porijeklo:

Popović / Zagora



Prebranac - Style Broad Beans

Ingredients:

1 kg fresh broad beans, 3-4 cloves of garlic, 4-5 grains of pepper, a bay leaf (to be removed later), 1 dl sunflower seed oil for frying and extra virgin olive oil (to taste), 1 kg onions and leek, 2-3 carrots, seasoning, ground pepper, 1 tbsp sweet ground pepper

Preparation:

Put water over heat and add some salt, pepper and carrots (after being cooked, remove the carrots), parsley, squashed clove of garlic and fresh broad beans (just enough water to cover the beans).

When almost done (not overcooked), discard excess water and prepare the rest:

Sauté leek in sunflower oil, add salt, and when it loses water, add the sliced onion and continue sautéing until soft.

Add one tablespoonful of tomato puree, some ground sweet pepper, fry some more, add seasonings and cooked broad beans. Remove from heat, add two or three tablespoonfuls of extra virgin olive oil and mix carefully, put into a baking pan (or even better an earthenware pot) and bake in the oven.

Author/Origin:

Popović / Zagora

Kuvani Slani Grah - Slanutak

Potrebni sastojci:

1kg očišćenog i opranog suhog zrna, pokišati dan ranije u vodi, kašika soli, prstohvat šećera, dosta crnog i bijelog luka, veza petrusina, dvije tri mrkve, biber u zrnju, lovorov list

Priprema:

Grah se skuva sa biberom, lovorom, mrkvom (poslije se izvadi), zgnječenim čenom bijelog luka i pola glavice crnog luka, sjeckanog na sitne kockice.

Na biljnom ulju izdinstati jednu i po glavicu crnog luka, sitno sjeckani češnjak, dodati kašiku pelata paradajza, i uspe u lonac sa skuvanim grahom. Skloniti s vatre i začiniti sitno sjeckanim češnjakom, petrusinom, malo mljevenog bibera i začinom.

Autor/Porijeklo:

Donjogrbaljsko jelo



Cooked Chickpeas

Ingredients:

1kg clean and washed dry chickpeas, soaked overnight, 1 tbsp salt, a pinch of sugar, plentiful amount of onion and garlic, a bunch of parsley, 2-3 carrots, grain pepper, a bay leaf

Preparation:

Chickpeas are cooked with pepper, bay leaf, carrots (to be removed later), crushed clove of garlic and half an onion, finely chopped.

Use sunflower seed oil to fry one and a half onion, finely chopped garlic, add a spoonful of tomato puree and pour in the pot with cooked chickpeas. Remove from heat and season with finely chopped garlic, parsley, some ground pepper and seasoning.

Author/Origin:

Donji Grbalj

Dubrovačka Pazija

Potrebni sastojci:

1 kg prirodnog miješanog zelja (žučenica, čejećeg, hrastej), - 2 dcl maslinovog ulja, - domaći vinski ocat,
- 1 ožica soli, - papar

Priprema:

U lonac uliti 2/3 hladne vode i posoliti. Kada se voda ugrije staviti očišćeno zelje i dodati ožicu maslinovog ulja. Kada zakipi nekoliko puta lagano promiješati zelje i kuhati 20 min. Kuhano zelje izvaditi na pliticu i raširiti u tankom sloju. Kada se zelje djelomično ohladi začiniti ga maslinovim uljem, nekoliko kapi domaćeg vinskog octa i malo popapriti.

Ovo tradicionalno jelo servirati s tvrdo kuhanim jajima ili slanim srdelama.

Preporučeno vino:

Rukatac (Vinogorje Korčula)



Pazija From Dubrovnik

Ingredients:

1 kg natural mixed cabbage (žučenica, čejećeg, hrastej), - 2 dcl olive oil, - domestic wine vinegar, - 1 teaspoon salt, - pepper

Preparation:

Pour 2/3 cold water in a pot and salt it. Place cleaned cabbage into warm water and add a teaspoon olive oil. When it boils, lightly stir the cabbage several times and cook for 20 min. Take out the cooked cabbage onto a tray and spread it in a thin layer. When partly cooled down, season it with olive oil, a few drops of domestic wine vinegar and some pepper.

Serve this traditional dish with boiled eggs or salted sardines.

Recommended wine:

Rukatac (Korčula Vineyards)

Tunjevina u Umaku od Maslina

Potrebni sastojci:

1 kg odrezaka od tune, 4 velike zrele pomadore ili pelata, 2 žlice kapara, 5 glavic luka, 1 velika ožica sitno nasjeckanog petrusina, 4 pice česna, 20 crnih maslina, 1 dcl maslinovog ulja, ½ limuna, sol, papar

Priprema:

U zdjeli izmiješajte nasjeckane pomadore, kapare, sitno narezani luk, usitnjeni česan, petrusin, masline u komadu, pola maslinovog ulja, sol i prstohvat papra. Na većoj ili u plitkoj tavi na malo ulja isprigajte s obje strane dopola odreske od tune pa svaki odrezak prekrijte dobivenom smjesom.

Držite zajedno na laganoj vatri da se prožme, po potrebi podlijte s malo ribljeg temeljca ili poskropite bijelim suhim vinom.

Preporučeno vino:

Pošip (Vinogorje Korčula)



Tuna In Olive Sauce

Ingredients:

1 kg tuna steaks, 4 big ripe tomatoes or pelati, 2 teaspoons caper, 5 onion bulbs, 1 tablespoon finely chopped parsley, 4 garlic cloves, 20 black olives, 1 dcl olive oil, ½ lemon, salt, pepper

Preparation:

Mix chopped tomatoes, caper, finely chopped onion, minced garlic, parsley, whole olives, half of olive oil, salt and a pinch of pepper in a bowl. Half fry both sides of tuna steaks in a frying pan in some oil and then cover each steak with the mixture made earlier.

Keep it together on a light heat to saturate the flavours, pour in some fish stock if necessary or sprinkle with dry white wine.

Recommended wine:

Pošip (Korčula Vineyards)

Hljeb sa Maslinovim Uljem i Maslinama

Potrebni sastojci:

½ kg bijelog brašna, Tip 400, ½ kg integralnog brašna, paketić svježeg kvasca, 650 ml mlake vode, kašika šećera, 2 kašičice soli, kašika blagog maslinovog ulja, Ekstra djevičansko, kašika soka od limuna, 1 manja glavica crnog luka, 2 čena bijelog, nepuna šaka sitno sjeckanog ruzma, šaka tučenih maslina (sorta Žutica) prepečen susam

Priprema:

Sve da bude sobne temperature. Crni luk propržiti na dvije kašike biljnog ulja, dodati sitno sjeckan češnjak malo posoliti i još malo pržiti. Skloniti sa vatre. Kvasac, šećer i kašiku brašna izmiješati u šolji mlake vode, poklopiti i ostaviti da nadode. U sredinu izmiješenog brašna usuti preostalu toplu vodu, punu kašičicu soli, limunov sok, maslinovo ulje, ruzmari, masline i prženi luk i na kraju, uskisi kvasac. Sve lagano izmiješati drvenom varjačom. Kada postane gusto, mijesiti rukom. Dobro umiješeno tijesto (glatko i čvrsto) ostaviti da naraste. Udvostručeno tijesto blago premijesiti i preručiti u nauljen pleh. premazati vodom ili bjelancetom, obilato posuti prženim (kratko, na tiganju bez masnoće) susanom i peći na temperaturi 200 ° C dok ne uhvati koricu. Smanjiti temperaturu na 180 ° C i peći još ½ sata.

Autor/Porijeklo:

Grbalj



Bread with Olive Oil and Olives

Ingredients:

½ kg wheat flour, type 400, ½ kg wholegrain flour, a cube of fresh yeast, 650 ml warm water, 1 tbsp sugar, 2 tsp salt, 1 tbsp mild olive oil, extra virgin, 1 tbsp lemon juice, 1 smaller onion, 2 cloves of garlic, half a handful of finely chopped rosemary, a handful of crushed olives (žutica variety), roasted sesame

Preparation:

All ingredients should be at room temperature. Fry onion in two teaspoonfuls of sunflower seed oil, add finely chopped garlic, salt lightly and fry for a bit longer. Remove from heat. Mix yeast, sugar and a tablespoonful of flour and put in a mug of warm water, cover and let rest a bit until it leavens. Put the remaining water in the centre of the mixed flour, add a teaspoonful of salt, lemon juice, olive oil, rosemary, olives and fried onions, ending with risen yeast.

Mix lightly with a wooden spoon. Once it becomes too thick, continue kneading with your hands. Leave the well-knead dough (smooth and firm) to leaven. Gently knead the dough and put it in an oiled pan. Apply water or whisked egg white on top, sprinkle abundantly with fried (briefly, on a fat-free pan) sesame and bake at 200 ° C until it gets a crust. Then reduce the heat to 180 ° C and bake for another ½ hour.

Author/Origin:

Grbalj

Kockice Sira u Maslinovom Ulju

Potrebni sastojci:

1 kg kravljeg sira - suvljeg, maslinovo ulje, ekstra djevičansko (Žutica) da pokrije sir, nepuna šaka zrna bibera: crnog, bijelog, crvenog, zelenog, šaka usitnjene grančice rusmarina, listići mažorane i bosioaka, po želji

Priprema:

Sir, najbolje domaći, grbaljski ili luštički (samo da nije premekan i mlad) izrežite na kockice otprilike 3x3x3cm. Pripremite mješavinu bibera u zrnu: crnog, crvenog, zelenog, bijelog, grubo iščupkanih listića ruzmarina (malo protrljati kroz prste), mažorane i bosioaka i obavezno, Ekstra djevičansko ulje masline, najbolje Žutice, jer je blago i miriše na sveže voće, taman toliko da ne pokrije ukus sira. Slažite kockice sira u tegle (mogu biti male, neobičnog oblika) posipajte raznobojnim zrnavljem bibera i začinskim biljem i zalijte maslinovim uljem.

Dobro zatvorenu teglu, napunjenu uljem (do žljeba za poklopac) odložite na suvo i mračno mjesto, da sazri.

Ako je preša, ne treba čekati, nego odmah na sto.

Autor/Porijeklo:

Grbalj



Cheese Cubes in Olive Oil

Ingredients:

1 kg harder cow's-milk cheese, extra virgin olive oil (žutica) to cover the cheese, half a handful of mixed pepper grains: black, white, red, green, a handful of chopped rosemary, marjoram and basil leaves, to taste

Preparation:

Cut the cheese, best if home-made, from Grbalj or Luštica (take care not to be too soft or immature) into cubes approximately 3x3x3cm in size. Prepare the pepper mixture (black, red, green and white) with roughly chopped rosemary leaves (slightly rubbed by hand), marjoram and basil and by all means extra virgin olive oil, best if of žutica variety, since it is of mild taste and has the smell of fresh fruit, not to mask the taste of cheese.

Place cheese cubes into jars (may be also of small size and unusual shapes), put multicoloured grains of pepper and spices, and pour the olive oil over.

Keep a well closed jar filled with oil (all the way up to the narrow part) in a dry and dark place for the cheese to mature.

If in a hurry, no need to wait, the cheese may be served immediately.

Author/Origin:

Grbalj

Pečena Tuna s Pomodorama i Maslinama

Potrebni sastojci:

3 ožice djevičanskog maslinovog ulja, 1 veliki odrezak tune (oko 1/2 kg), morska sol i svježe mljeveni crni papar prema ukusu, 1 manji usitnjeni luk, 1 korijen seleni, narezan na fete, 750 g oguljenih pelata u soku ili 750 g pasirane rajčice, 1 ožičica ljute mljevene crvene paprike, 20 očišćenih zelenih maslina

Priprema:

Zagrijte pećnicu na 230 oC. U međuvremenu, u prosuji zagrijte ulje na umjereno jakoj vatri. Lagano isprigajte meso dok nježno ne posmeđi. Zatim premjestite meso u posudu za pečenje tek toliko veliku da drži ribu. Neka odstoji dok pripremate umak.

U istoj prosuji zažutite luk i selen. Dodajte pomadore, mljevenu papriku, dobro izmiješajte i krčkajte pokriveno dok se toč ne počne zgušnjavati. Zatim primiješajte masline i začinite. Ožicom razmažite toč preko ribe. Pokrijte jelo folijom i smjestite na srednju razinu pećnice i pecite 30 minuta. Prije posluživanja, ribu razdjelite na četvrtine i uklonite kožu.

Preporučeno vino:

Pošip (Vinogorje Korčula)



Fried Tuna With Tomatoes and Olives

Ingredients:

3 teaspoons virgin olive oil, - 1 big tuna steak (about 1/2 kg), sea salt and freshly ground black pepper to the taste, - 1 medium-sized chopped onion, - 1 celery root, sliced, - 750 g peeled pelati in juice or 750 g strained tomato, - 1 teaspoon of ground hot red pepper, - 20 clean green olives

Preparation:

Preheat the oven to 230 oC. Meanwhile, warm up oil in a pan on a moderate heat. Lightly fry the meat until gently brown. Then place the meat in a frying pan just big enough to hold the fish. Let it sit while you prepare the sauce.

In the same pan, yellow the onion and celery. Add tomatoes, ground pepper, stir well and simmer it covered until the sauce is thick. Then stir in the olives and season it. Spread the sauce over the fish with a spoon. Cover the dish with foil, place it on the medium level in the oven and bake for 30 minutes. Before serving, cut the fish in four pieces and remove the skin.

Recommended wine:

Pošip (Korčula Vineyards)

Piletina s Maslinama

Potrebni sastojci:

2 kg pilećih bataka i karabataka, 2 veće glavice česna ili bijelog luka, 1 čaša maslinovog ulja, 1 l suhog bijeloga vina, 10 dag brašna, 4 grančice ružmarina, 30 dag crnih maslina, sol, papar

Priprema:

Pileće batke i karabatkke uvaljajte u brašno i popecite na ulju dok ne dobiju zlatnu boju. Izvadite meso i nastavite ga pržiti u drugoj tavi, na vrelom maslinovu ulju s dvije pune šake očišćenih režnjeva češnjaka i isto toliko očišćenih maslina, stalno podlijevajući suhim bijelim vinom. Kad počne jako pirjati, dodajte nekoliko grančica ružmarina, posolite, popaprite i podlijte s pola litre vina te nastavite pirjati dok vino ne ispari, a umak ne postane gust.

Služite s njokima, palentom ili domaćim makaronima.

Preporučeno vino:

Pošip (Vinogorje Korčula)



Chicken With Olives

Ingredients:

2 kg chicken legs and thighs, 2 big garlic bulbs, 1 glass olive oil, 1 l dry white wine, 10 dag flour, 4 rosemary sprigs, 30 dag black olives, salt, pepper

Preparation:

Dredge chicken legs and thighs in flour and sauté in oil until golden. Take out the meat and continue sautéing in another frying pan, in hot olive oil with two handfuls of clean garlic cloves and as much clean olives, constantly pouring in dry white wine. When starting to sauté heavily, add a few rosemary sprigs, salt, pepper and pour in half a litre wine and keep sautéing until the wine evaporates, and the sauce becomes thick.

Serve with dumplings, polenta or homemade macaroni.

Recommended wine:

Pošip (Korčula Vineyards)

Ljetni Pjat

Potrebni sastojci:

mlado povrće: 1kg tikvice, 1kg balancana, 1kg pomidore, 4 krupne glavice kapule, 10 mesnatih paprika, ako je povrće domaće (neprskano) sa korom, dobro oprano, so, češnjak, i maslinovo ulje Ekstra vergine, koliko god želite, petrusin, bosiljak (po želji), majčina dušica, mleveni biber.

Priprema:

Tikvice i balancane izrezati po dužini, debljine 5mm dužine 8-10cm, posoliti i ostaviti da se cijedi i izgubi gorčinu. Mrkvu na štapiće.

Veće glavice kapule sjeći na deblje kolutove i osoliti, paprike oprati i osušiti. Sve osim paprike, izmiješati u posudi, lagano da se ne zgnječi, sa maslinovim uljem, sitno sjeckanim češnjakom, petrusinom, rusmarinom i začinom.

Na dobru ugrijanom roštilju, ispeći svaki komad povrća taman toliko da nije žilavo i sve slagati u sud za posluživanje. U ono što je ostalo od ulja i začinskog bilja, dolijte još maslinovog ulja i prelivajte ispečeno povrće i posipajte sjeckanim češnjakom, petrusinom, rusmarinom, majčinom dušicom...

Služiti uz meso i/ili ribu sa roštilja, samo ili uz sireve.

Ako ste vični, pa na roštilju ispečete i tanke lepinje.

Autor/Porijeklo:

Ljubica Radanović



Summer Meal

Ingredients:

Fresh vegetables: 1kg courgettes, 1kg aubergines, 1kg tomatoes, 4 big onions, 10 meaty peppers, if the vegetables are home-grown (untreated) then use unpeeled, well drained, salt, garlic and extra virgin olive oil, to taste, parsley, basil (to taste), thyme, ground pepper.

Preparation:

Cut the courgettes and aubergines lengthways in 5mm thick and 8-10cm long pieces, add salt and leave to drain until losing the bitter taste. Cut carrots julienne style.

Slice onions thickly and add salt. Wash and dry peppers. Mix all ingredients, except peppers, lightly, not to squash, with olive oil, finely chopped garlic, parsley, rosemary and spices.

Grill each piece of vegetable on a hot grill, just about enough to become tender and put in a serving dish. Take the remainder of olive oil and seasonings, add some more olive oil and place over the grilled vegetables and sprinkle with chopped garlic, parsley, rosemary, thyme...

Serve the vegetables alone, with barbecued meat and/or fish or with assortment of cheeses.

If you are skilled enough, grill also some flat bread.

Author/Origin:

Ljubica Radanović

Boranija na Salatu

Potrebni sastojci:

1kg mlade boranije, 4-5 srednjih krompira, so, mljeveni biber, bijeli luk, peršun, 4-5 kašika domaćeg, ekstra djevičanskog maslinovog ulja Žutice

Priprema:

Četiri srednja krompira očistiti i staviti u posonjenu vodu da se kuvaju.

Mladu boraniju, dok još nema konca, oprati i očistiti, isjeckati na komade dužine 4-5 cm.

Napola skuvanom krompiru dodati boraniju i bariti dok ne omekša.

Kada je gotovo, skloniti sa vatre, odliti vodu, krompir grubo zgnječiti viljuškom i sve začiniti po ukusu: bijelim lukom, petrusinom, mljevenim biberom i dodati dosta maslinovog ulja.

Autor/Porijeklo:

Grbalj



Green Beans Salad

Ingredients:

1kg green beans, 4-5 medium potatoes, salt, ground pepper, garlic, parsley, 4-5 tbsp home-made extra-virgin olive oil of žutica variety

Preparation:

Peel four medium-size potatoes and cook in salted water.

Take new green beans, without strings, wash and remove the ends, then cut into 4-5 cm long pieces.

When potatoes are half cooked, add green beans and cook until soft.

When all done, remove from heat, discard excess water, crush the potatoes with a fork and season to taste with garlic, parsley, ground pepper and add plentiful amount of olive oil.

Author/Origin:

Grbalj

Kruh s Maslinama

Potrebni sastojci:

75 dag polubijelog brašna (tip 850), 4 – 4,5 dcl mlake vode, 4 dag (kockica) kvasca, 1 ožičica cukara, 1 ožičica soli, 1 dcl maslinovog ulja, 10 dag očišćenih zelenih maslina

Priprema:

U 1 dcl mlake vode umiješajte cukar, razmrvite kvas te ostavite da nabubri. U zdjelu stavite brašno, sol, dodajte dignuti kvasac i postupno dodavajte ostatak mlake vode. Umijesite glatko tijesto koje se ne smije lijepiti za ruke i podlogu. Mijesite barem 12-15 minuta. Dobivenu smjesu tijesta pospite brašnom, pokrijte čistom krpom i ostavite da se diže barem sat vremena.

U međuvremenu narežite zelene masline.

Kad se tijesto udvostručilo, malo ga rastegnite, po njemu rasporedite masline i polijte maslinovim uljem pa sve zajedno dobro premijesite. Mijesite bar deset minuta. Nakon toga ostavite da se diže sat vremena. Zagrijte pećnicu na 200°C. U pećnicu stavite padelicu s vodom kako bi se kruh tokom pečenja vlažio. Dignuto tijesto prije stavljanja u pećnicu namažite s nekoliko kapi maslinovog ulja i na par mjesta zarežite. Pecite sat vremena.

Vruć, pečen kruh premažite s malo vode te ga nakon 2-3 minute umotajte u krpu.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Bread With Olives

Ingredients: -

75 dag half white flour (type 850), 4 – 4.5 dcl lukewarm water, 4 dag (cube) yeast, 1 teaspoon sugar, 1 teaspoon salt, 1 dcl olive oil, 10 dag clean green olives

Preparation:

Stir in sugar and crumbled yeast in 1 dcl lukewarm water and let it swell. Put flour, salt in a bowl, add swollen yeast and gradually add the rest of lukewarm water. Knead smooth dough that does not stick to either the hands or the board. Knead at least 12-15 minutes. Dust the dough with flour, cover with clean cloth and let rise minimum for an hour.

Meanwhile chop green olives.

When the dough has doubled in size, stretch it a little, arrange olives and pour olive oil over it and knead all together again. Knead at least ten minutes. Then let it rise for an hour. Preheat the oven to 200°C. Place a pan with water into the oven to moist the bread during baking. Before placing the risen dough into the oven, grease it with a few drops of olive oil and cut in a few places. Bake one hour.

Coat hot, baked bread with some water and wrap in a cloth after 2-3 minutes.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Toć Od Maslina

Potrebni sastojci:

20-ak crnih maslina, petrusin, ožičica kapara, kuhani žumanjak, ožičica octa

Priprema:

Iz maslina izvaditi pice i sitno ih narežite. Pomiješajte ih s peršinom, dodajte kapare i česan. Na kraju dodajte žumanjak i ocat te popaprite po želji i miješati dok ne dobijete kremasti toć. Poslužiti uz riblja jela.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Olive Sauce

Ingredients:

about 20 black olives, parsley, a teaspoon caper, boiled egg yolk, a teaspoon vinegar

Preparation:

De-stone olives and chop them finely. Mix them with parsley, add caper and garlic. Finally add egg-yolk and vinegar and pepper to the taste and mix until the sauce becomes creamy. Serve with fish dishes.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Zelje i "Fadžola"

Potrebni sastojci:

½ kg bijelog pasulja pokišati veće prije, 1kg zelja (raštanj) oprati, očistiti i isjeckati na tanje rezance (kao duvan), Vezica morača

Priprema:

Pasulj sa malo soli i skuvati (prvu vodu nakon što proključa, baciti), ne potpuno.

Raštanj skuvati do pola, procijediti, isprati vodom i dodati pasulju sa još nekoliko zrna bibera, listom lovora i kuvati dok se sve ne skuva.

Posoliti po ukusu i iskidati grančice morača (mirodije).

Servirati sa maslinovim uljem, Extra vergine.

Autor/Porijeklo:

Štefica Seratlić / Luštica, Zabrđe



Collard and Beans

Ingredients:

½ kg white beans (soaked overnight), 1kg collard (wash, remove the stem and cut into thin strips, tobacco-like fashion), a bunch of fennel

Preparation:

Half cook beans with some salt (discard the first water, immediately after beginning to boil).

Half cook the collard, drain, wash with cold water and add to the beans with several grains of pepper and a bay leaf and cook until done.

Add salt to taste and chopped fennel.

Serve with extra-virgin olive oil.

Author/Origin:

Štefica Seratlić / Luštica, Zabrđe

Slatka Pita od Bundeve

Potrebni sastojci:

1.3 kg bundeve tzv. „cukarine“, 4-5 jaja, šolju od bijele kafe šećera, šolju mlijeka, šolju kratko barenog pirinča, 2/3 šolje biljnog i 1/3 maslinovog ulja (Ekstra vergine) i 100 gr suvog grožđa, so, šećer, pomorandže, vanilin šećer

Priprema:

Izrendati na krupnu rendu 1.3 kg bundeve tzv. „cukarine“, posoliti i pošećeriti, ostaviti da odstoji 30 minuta da pusti sok. Iscijediti dobro i u to dodati 4-5 jaja, šolju od bijele kafe šećera, šolju mlijeka, šolju kratko barenog pirinča, 2/3 šolje biljnog i 1/3 maslinovog ulja (Ekstra vergine) i 100 gr suvog grožđa.

Dodati sjeckane ušećerene kore od pomorandže ili izrendati koru od pomorandže i vanilin šećer. Sve pomješati i izliti u veliki pleh (od šporeta) prethodno namazan uljem i pobrašnjen. Ravnomjerno rasporediti smjesu i opet posuti brašnom (da bi se stvorila korica) i peći oko 1h na 200 C.

Autor/Porijeklo:

Dubravka Radunović



Butternut Squash Pie

Ingredients:

1.3 kg butternut squash, 4-5 eggs, a large cupful each of sugar, milk and blanched rice, 2/3 cup sunflower seed oil and 1/3 cup of extra-virgin olive oil, 100 g raisins, salt, sugar, oranges, vanilla sugar

Preparation:

Roughly grate the pumpkin, add salt and sugar, leave for 30 minutes to release water. Drain the pumpkin well and add 4-5 eggs, cupful each of sugar, milk and parboiled rice, then the sunflower seed oil and the olive oil, and raisins.

Add chopped candied orange peels or orange zest and vanilla sugar. Blend together and put in a large baking pan, the size of the oven, greased and floured. Place the mixture evenly and sprinkle with flour (to form a crust) and bake around 1h at 200°C.

Author/Origin:

Dubravka Radunović

Torta Od Sira i Maslina

Potrebni sastojci:

450 g mascarpone sira, 4 jaja, 50 g naribanog parmezana, 200 g maslina (zelenih/crnih/punjenih), papar, 1 ožica krušnih mrvica, maslinovo ulje

Priprema:

Okrugli kalup za tortu namažite maslinovim uljem pa po dnu i stranicama pospite krušne mrvice. Jaja i sir izmiksajte u jednoličnu smjesu. Dodajte parmezan i masline, lagano ih umiješajte. Začinite paprom. Smjesu ulijte u pripremljeni kalup i stavite u pećnicu zagrijanu na 175 oC. Tortu pecite oko uru vremena. Pečenu tortu ostavite da se 15-ak minuta hladi u kalupu, a onda ju istresite na tanjur. Tortu ostavite da se ohladi na sobnoj temperaturi. Prije posluživanja tortu pospite ribanim parmezanom.

Tortu možete poslužiti uz svježe povrće, domaći kruh, sirne namaze, umake i sl. Poslužite je kao predjelo, kao prilog glavnom jelu ili kao lagani međuobrok.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Cheese And Olives Tart

Ingredients:

450 g mascarpone cheese, 4 eggs, 50 g grated parmesan, 200 g olives (green/black/stuffed), pepper, 1 teaspoon breadcrumbs, olive oil

Preparation:

Grease a round tart mould with olive oil and sprinkle breadcrumbs on the bottom and side walls. Mix eggs and cheese to become smooth. Add parmesan and olives, lightly stir them in. Season with pepper. Pour the mixture in the prepared mould and place it in the oven preheated to 175 oC. Bake the tart for about an hour. Leave the baked tart cool down in the mould for about 15 minutes, and then shake it out on a plate. Leave the tart cool down at room temperature. Before serving, sprinkle the tart with grated parmesan.

The tart can be served with fresh vegetables, homemade bread, cheese spreads, sauces and the like. Serve it as entree, side dish or light meal.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Pikantni Kolač s Maslinama, Pancetom i Šunkom

Potrebni sastojci:

75 g pancete, 75 g kuhane šunke, 150 g gruyère sira (ili neki drugi aromatični sir), 4 jaja, 50 ml maslinovog ulja, 250 g brašna, 1 vrećica praska za pecivo, 100 ml suhog bijelog vina, 150 g zelenih maslina punjenih paprikom (iz staklenke), prstohvat šećera

Priprema:

Kalup obložiti papirom. Izrezati pancetu i šunku na kockice, a sir izrendati. Jaja i maslinovo ulje pjenasto umutiti. Pomalo dodavati brašno, prašak za pecivo, šećer, bijelo vino i sir. Na kraju dodati pancetu, šunku i masline. Tijesto izliti u kalup i staviti u hladnu pećnicu. Uključiti na 150°C i peći cca 50 min dok ne dobije zlatnu boju.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Piquant Cake With Olives, Bacon And Ham

Ingredients:

75 g bacon, 75 g cooked ham, 150 g gruyere cheese (or some other flavoured cheese), 4 eggs, 50 ml olive oil, 250 g flour, 1 bag baking powder (13 g), 100 ml dry white wine, 150 g green olives stuffed with paprika (pickled), a pinch of sugar

Preparation:

Line the mould with paper. Chop bacon and ham in cubes, and grate the cheese. Mix eggs and olive oil into the foam. Gradually add flour, baking powder, sugar, white wine and cheese. Finally add bacon, ham and olives. Pour the dough in the mould and place it in the cold oven. Turn on to 150°C and bake about 50 min until golden.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Pržene Domaće Masline

Potrebni sastojci:

1/2 kg domaćih crnih maslina, 1 crvena paprika, 1 zelena paprika, 1 glavica crvenog luka, 3 češnja bijelog luka, maslinovo ulje, biber, safran

Priprema:

Na predhodno zagrijnoj tavi stavimo 3 kašike maslinovog ulja, potom izdinstamo sitno isjeckanu crvenu i zelenu papriku i crni luk.

Čim luk postane staklast (ne smije da zagori) smanjimo na srednju temperaturu, dodamo masline i pustimo da se lagano proprže.

Na kraju dodamo bijeli luk i začine prema želji i ukusu. Predlazemo da se na kraju začini sa safranom, biberom i peršunom.

Autor/Porijeklo:

Olivera Čejović / Bar



Fried Home - Grown Olives

Ingredients:

1/2 kg home-grown black olives, 1 red pepper, 1 red onion, 3 cloves of garlic, olive oil, pepper, saffron

Preparation:

Put 3 spoonfuls of olive oil in a preheated pan, then sauté finely chopped red and green peppers and onion.

As soon as the onion softens (should not change colour), reduce to medium heat, add olives and fry slightly.

At the end, add garlic and seasonings to taste. We suggest using saffron, pepper and parsley.

Author/Origin:

Olivera Čejović / Bar

Meditranska Pizza

Potrebni sastojci:

300 gr brašna, tip 500, pekarski kvasac, maslinovo ulje, 5 domaćih crnih maslina, 5 zelenih domaćih maslina, mleveni paradaiz (pelat), domaći njeđuški sir, njeđuška pršuta, artičoke, kapar, šampinjoni, vrganj, lisičarka, so, šećer, origano

Priprema:

Napravimo tijesto za picu na sledeći naćin : 10 grama pekarskog kvasca potopiti u mlaku vodu i do-dati kasicu šećera. U 300 gr brašna tip 500 dodati kašićicu soli zatim predhodno pripremljen kvasac i 4 kašike maslinovog ulja. Mlaku vodu dodavati prema potrebi dok tijesto ne postane glatko. Pokriti spremljeno tijesto i ostaviti ga da odstoji sat vremena. Nakon toga premijesiti tijesto i pustiti ga da još jednom odstoji (nekih 15 minuta).

Posuti sastojke po pizzi i to sledećim redom : premazati tijesto pelatom, staviti pečurke, sir, artičoke, kapar, i na kraju kriške domaće njeđuške pršute, a preko kojih idu masline. U maksimalno zagrijanu pecnicu ubaciti pizu i peci je dok se sastojci ne sjedine i dok tijesto ne porumeni. Izvadjenu pizu preliti maslinovim uljem i dodati origano.

Autor/Porijeklo:

Olivera Čejović / Bar



Mediterranean Pizza

Ingredients:

300 g flour type 500, baker's yeast, olive oil, 5 home-grown black olives, 5 home-grown green olives, tomato puree, home-made cheese and prosciutto of Njeđuši, artichokes, capers, champignons, porcini mushrooms, chanterelle mushrooms, salt, sugar, oregano

Preparation:

Make pizza dough as follows: soak 10 g of baker's yeast in lukewarm water and add a teaspoonful of sugar. Take 300 g of flour, add a teaspoonful of salt, then the risen yeast and 4 tablespoonfuls of olive oil. Add lukewarm water until the dough becomes smooth. When finished, cover the dough and leave for an hour. Then knead the dough and leave for additional 15 minutes or so.

Sprinkle the ingredients on top of the pizza in the following order: put a layer of tomato puree, add mushrooms, cheese, artichokes, capers and end with a thin slice of home-made prosciutto, putting olives on top. Put the pizza in a preheated oven and bake until the ingredients blend and the dough turns golden. Pour olive oil over the pizza when done and sprinkle with oregano.

Autor/Origin:

Olivera Čejović / Bar

Biscotti s Parmezanom i Maslinama

Potrebni sastojci:

250 g oštrog brašna, pola praška za pecivo, 1 čajna žlica soli, 1/4 čajne žlice mljevenog papra, 2 žlice sjemenki sezama, lana, 2 žlice sitno naribanog parmezana, 3 jaja, 100 g maslina, sitno nasjeckanih

Priprema:

Uzdjeli pomiješajte brašno, prašak, sol, papar, sezam, lan i parmezan. Dodajte jaja pa sve izmiksajte mikserom. Tijesto prebacite na pobrašnjenu površinu, dodajte nasjeckane masline i rukama ih umijesite u tijesto. Dobiveno tijesto podijelite na dva dijela i oblikujte dva oko 2,5 cm debela i oko 30 cm duga valjka. Stavite ih na lim obložen papirom za pečenje i zatim u pećnicu zagrijanu na 180 oC. Pecite ih oko pola sata. Pečeno tijesto ostavite da se malo ohladi, da bude mlako. Tada ga narežite na ploške debljine 1-2 cm. Ploške polegnite na lim obložen papirom za pečenje i stavite ih u pećnicu zagrijanu na oko 160 oC. Ploške pecite 15-ak minuta s jedne pa ih okrenite i pecite još 15-ak minuta s druge strane da lagano potamne i budu hrskave. Pečene ploške ostavite da se ohlade.

Preporučeno vino:

Pošip (Vinogorje Koručula)



Biscotti With Parmesan and Olives

Ingredients:

250 g hard flour, half bag baking powder, 1 teaspoon salt, 1/4 teaspoon ground pepper, 2 tablespoons sesame, flax seed, 2 tablespoons finely grated parmesan, 3 eggs, 100 g olives, finely chopped

Preparation:

Mix flour, baking powder, salt, pepper, sesame, flax and parmesan in a bowl. Add eggs and mix it all with a mixer. Transfer the dough onto the board dusted with flour, add chopped olives and hand-knead them into the dough. Divide the dough in two parts and form two rolls about 2.5 cm thick and about 30 cm long. Place them on the baking plate lined with baking paper and then in the oven preheated to 180 oC. Bake them for about a half an hour. Leave the baked dough cool down a little, to be lukewarm. Then slice it in 1-2 cm thick wedges. Lay the wedges down on the baking plate lined with baking paper and place them in the oven preheated to about 160 oC. Bake the wedges about 15 minutes on one side, turn them over and bake for another 15 minutes on the other side, until slightly brown and crispy. Leave the baked wedges cool down.

Recommended wine:

Pošip (Vinogorje Koručula)

Brudet od Morskog Psa

Potrebni sastojci:

80 dag morskog psa, 50 dag luka, 20 dag pelata, 10 kom crnih maslina, 1 ožica vinskog octa, 2 dcl maslinovog ulja, petrusin, česan, sol, papar

Priprema:

Na maslinovo ulje stavimo luk da se pirja dok ne zažuti, dodamo pelate, nasjeckane crne masline, česan, petrusin i možemo dodati malo vode, ako nam je toč pregust. Dodamo sol, papar i malo vinskog octa i pustimo da pirja 10-ak minuta. U međuvremenu, isprigamo fete morskog psa uvaljanog u brašno. Isprigane filete stavimo u toč i pirjamo par minuta. Kao prilog napravimo pulentu s malo soli, maslinovog ulja i nasjeckanim crnim maslinama.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Shark Stew

Ingredients:

80 dag shark, 50 dag onion, 20 dag pelati, 10 black olives, 1 teaspoon wine vinegar, 2 dcl olive oil, parsley, garlic, salt, pepper

Preparation:

Sauté the onion in olive oil until yellow, add pelati, chopped black olives, garlic, parsley and we can add some water, if the sauce is too thick. Add salt, pepper and some wine vinegar and let it sauté for about 10 minutes. Meanwhile, fry shark steaks dredged in flour. Place the fried fillets in the sauce and sauté for a few minutes. Prepare polenta with some salt, olive oil and chopped black olives as a side dish.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Plavi Patlidžan u Paradajz Sosu

Potrebni sastojci:

3 plava patlidžana srednje velicine, 1/2 kg pelata (mljeveni paraizaiz), bijeli luk, persun, morska so, maslinovo ulje

Priprema:

Izrezati patlidžan na tanke snite, proprziti ga na malo maslinovog ulja. U posebnu tavu stavite 2 kasike maslinovog ulja, ubacite pola kila mljevenog paraizaiz i dodajte cesanj bijelog luka. Kad se sos ukuva, dodajte moreske soli prema zelji, i sitno seckani persun.

Predhodno isprzene snite patlidžana poredjajte u posudu - 1 red patlidžana pa onda prelijte sa sosom od paraizaiz, pa onda opet red patlidžana, pa sos ... sve tako dok ne potrosite pripreljenu kolicinu.

Ostavite da se dobro ohladi i sluzite sa hlebom od maslinovog ulja i grilovanom piletinom.

Autor/Porijeklo:

Olivera Čejović / Bar



Aubergines in Tomato Sauce

Ingredients:

3 medium-size aubergines, 1/2 kg tomato puree, garlic, parsley, sea salt, olive oil

Preparation:

Slice aubergines thinly and fry in olive oil. In a separate pan, put 2 tablespoonfuls of olive oil, add half a kilo of tomato puree and chopped clove of garlic. When the sauce reduces in volume, add sea salt to taste and finely chopped parsley.

Put a layer of the fried aubergines in a pan, then cover in tomato sauce. Repeat these layers until you have used all the ingredients.

Let cool well and serve with olive oil bread and barbecued chicken.

Author/Origin:

Olivera Čejović / Bar

Bukvice Sa Roštilja u Maslinovom Ulju

Potrebni sastojci:

3 kg bukvice, 1,5 maslinovog ulja, morska so

Priprema:

Očišćene i posoljene bukvice ispeći na roštilj. U drugu posudu staviti maslinovo ulje da "baci jedan ključ", te sačekati pola sata da se ulje prohladi. Ohlađenu ribu složiti u dublju posudu, te preliti sa prohladenim maslinovim uljem. Nakon toga kada se riba u posudi skroz ohladi, staviti u frižider i po potrebi uzimati.

Posluživanje: bukvice se poslužuju kao hladno predjelo

Predlog pića uz jelo: crno vino

Autor/Porijeklo:

Božidarka Lukšić / Sutomore- Spič



Barbecued Bogue Fish in Olive Oil

Ingredients:

3 kg bogue fish, 1.5l olive oil, sea salt

Preparation:

Barbecue gutted and salted bogue fish. Put olive oil over heat until it begins to boil, remove from heat and wait for half an hour for the oil to cool down. Place the cooled fish in a deeper pot, pour over with cooled olive oil. When cold enough, put in the fridge and use as needed.

Serving: serve as a cold appetizer

Proposal: serve with red wine

Author/Origin:

Božidarka Lukšić / Sutomore, Spič

Marinada s Maslinovim Uljem

Potrebni sastojci:

maslinovo ulje, aceto balsamico, limunov sok, papar, česan, lovorov list

Priprema:

U posudu za ulijte 1 dcl maslinovog ulja, dodajte balsamica, limunovog soka, soli, papra, sitno nasjeckanog česan i petrusin. Sve dobro izmiješajte i koristite kao preljev uz kuhanu morsku ribu.

Preporučeno vino:

Pošip (Vinogorje Korčula)



Olive Oil Marinade

Ingredients:

olive oil, Aceto Balsamico, lemon juice, pepper, garlic, bay leaf

Preparation:

Pour 1 dcl olive oil in a saucepan, add balsamico, lemon juice, salt, pepper, finely chopped garlic and parsley. Give it all a good stir and use it as dressing with cooked sea fish.

Recommended wine:

Pošip (Korčula Vineyards)

Juha od Patata s Pečenom Paprikom i Maslinama

Potrebni sastojci:

2 pice česna, maslinovo ulje, 4 patate (oko 300-350g), oguljene i narezane na manje komade, 2 pečene i marinirane crvene paprike, 100 g crnih maslina bez pica, sušeni origano, sol i papar

Priprema:

Česan pirjati na maslinovom ulju dok ne omekša. U vodu dodati patate i origano te malo posoliti. Kuhane patate (zajedno s vodom), pečenu papriku i masline te izdinstani česan izmiksati dok se ne dobije pire. Juhu posoliti i popapriti te dodati malo maslinovog ulja, po potrebi razrijediti s još vode. Juhu poslužiti ukrašenu preostalim maslinama.

Preporučeno vino:

Rukatac (Pelješko vinogorje)



Potato Soup With Roasted Paprika and Olives

Ingredients:

2 garlic cloves, olive oil, 4 potatoes (about 300-350g), peeled and cut in small pieces, 2 roasted and marinated red paprikas, 100 g de-stoned black olives, dried oregano, salt and pepper

Preparation:

Sauté the garlic in olive oil until soft. Add potato and oregano in the water and season with some salt. Mix the cooked potatoes (together with water), roasted paprika and olives and sautéed garlic into a purée. Season the soup with salt and pepper and add some olive oil, dilute with some water if necessary. Serve the soup garnished with the remaining olives.

Recommended wine:

Rukatac (Pelješac Vineyards)

Mlade Bamije sa Patlidžanima

Potrebni sastojci:

2 kg mladih bamija, 1 kg duguljastih patlidžana, 1,5 kg crnog luka, 1,5 kg paradajza, 400 ml maslinovog ulja, 1 litar jabukovog sirćeta, so, bijeli biber, začini, bosiljak, petrusin

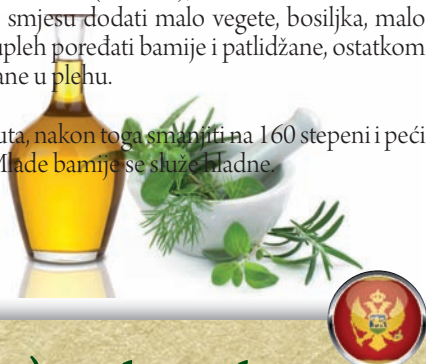
Priprema:

Predhodnu noć, bamijama skinuti peteljke i vrh zasjeći, te ih staviti u smjesu pola litra vode i litar jabukovog sirćeta. Tako potopljene bamije ostaviti da prenoće. Odmah ujutro, bamije izvaditi i dobro isprati hladnom vodom, te ostaviti na suvoj krpi da se osuše. Na zagrijanom maslinovom ulju, bamije pržiti da dobiju boju zlata. U tiganju gdje su pržene bamije dodati još malo maslinovog ulja i ispržiti patlidžane sa svih strana da budu mekani. U drugu posudu, sitno siceckani luk (kockice), dinstati na maslinovom ulju te dodati rendani paradajz i dinstati 15-ak minuta. U smjesu dodati malo vegete, bosiljka, malo bijelog bibera, supena kašika petrusina. Pola smjese sipati upleħ poredati bamije i patlidžane, ostatkom smjese preliħi preko, te viljuškom pritisnuti bamije i patlidžane u pleħu.

Staviti u hladnu rernu uključiti na 250 stepeni i peći 20 minuta, nakon toga smanjiti na 160 stepeni i peći sat vremena, a povremeno viljuškom bamije i patlidžane. Mlade bamije se sluħe hladne.

Autor/Porijeklo:

Božidarka Lukšić / Sutomore- Spič



Fresh Okra (Lady's Fingers) with Aubergines

Ingredients:

2 kg fresh okra, 1 kg longish aubergines, 1.5 kg onions, 1.5 kg tomato, 400 ml olive oil, 1 l apple vinegar, salt, white pepper, spices, basil, parsley

Preparation:

Remove petals from lady's fingers and cut the ends, then put in a mixture of half a litre of water and a litre of apple vinegar to soak overnight. First thing in the morning remove the lady's fingers from the mixture, wash in cold water and let dry on a tea towel. Fry lady's fingers in preheated olive oil until golden. Use the same pan where lady's fingers were fried to fry aubergines until soft, adding more olive oil. In another pan, sauté finely chopped onion in olive oil, then add grated tomato and cook for additional 15 or so minutes. Add some seasoning, basil, white pepper, a tablespoonful of parsley. Pour half of the mixture into a baking pan, put a layer of lady's fingers and aubergines, cover with the remaining mixture, and use a fork to press lady's fingers and aubergines deeper in the mixture.

Put in a cold oven, turn it to 250°C and bake for 20 minutes, then reduce the heat to 160°C and continue baking for another hour, occasionally pressing lady's fingers and aubergines with a fork. Fresh lady's fingers are served cold.

Author/Origin:

Božidarka Lukšić / Sutomore, Spič

Bajmiš (Emambajam)

Potrebni sastojci:

1 kg duguljastih padlidžana, 1 kg paradajza, 500 gr crnog luka, 250 ml maslinovog ulje, jedna glavica bijelog luka, petrusin, so, začini

Priprema:

Oprati i osušiti krpom patlidžane, narezati (oguliti) ih sa dvije strane da kora ostne u sredini. Špikovati patlidžane sa bijelim lukom, i ispržiti ih na maslinovom ulju sa svih strana da budu mekani. U drugi tiganj izdinstati na tanke listove crni luk, te rendani paradajz dodati, što zajedno dinstati još 10-ak minuta. Nakon toga, u četvrtasti ili ovalni pleh odvojiti pola mase dinstanog luka i paradajza pa poredati već pržene patlidžane, a ostatak smjese prelići preko njih. Staviti malo mljevenog bibera, začina i soli po želji, te 1 kašiku sjeckanog petrusina.

Pleh staviti u hladnu rernu i peći na 200 stepeni pola sata, te smanjiti na 150 stepeni i tako peći još pola sata. Smjesu koja se nalazi u plehu tokom pečenja ne mješati. Bajmiš se poslužuje bez mesnih priloga.

Autor/Porijeklo:

Božidarka Lukšić / Sutomore- Spič



Bajmiš (Emambajam)

Ingredients:

1 kg longish aubergines, 1 kg tomatoes, 500 g onion, 250 ml olive oil, 1 head of garlic, parsley, salt, seasonings

Preparation:

Wash and dry aubergines, remove the peel from two sides and leave it in the middle. Stuff aubergines with garlic and fry in olive oil from all sides until soft. Use another pan to sauté thinly sliced onions, then add grated tomatoes and sauté for another dozen minutes. Put half of the sautéed onion and tomato mixture into a rectangular or oval dish, then put the fried aubergines, and pour the remaining mixture on top. Sprinkle with some ground pepper, seasonings and salt, and 1 tablespoonful of parsley.

Put the dish in a cold oven and bake for half an hour at 200°C, then reduce the heat down to 150°C and continue baking for another half an hour. The mixture in the dish is not to be stirred during baking. Bajmiš is served without any meat.

Author/Origin:

Božidarka Lukšić / Sutomore, Spič

Pogača s Maslinama

Potrebni sastojci:

2 glavice luka, 2 ožice maslinovog ulja, 250 g crnih maslina, 750 g oštrog bijelog brašna, sol, 4 ožice kvasca, petrusin, metvica, 4-5 dcl mlake vode

Priprema:

Luk narezati i prodinstati na ulju. Masline krupno narezati, pa ih u posebnoj zdjeli izmiješati s lukom, brašnom s kvascem, solju, petrusinom i metvicom. Miješajući dolijevati mlaku vodu. Umijesiti tijesto i ostaviti ga na toplom mjestu da se diže. Nakon toga ga premijesiti. Tijesto razdijeliti u dva dijela (dvije buhtlice) i staviti na veći uljem namazan lim. Buhtlice razrezati nožem na 3-4 mjesta i staviti peći na 220 oC oko 40 minuta.

Preporučeno vino:

Postup (Pelješko vinogorje)



Bannock With Olives

Ingredients:

2 onion bulbs, 2 teaspoons olive oil, 250 g black olives, 750 g hard white flour, salt, 4 teaspoons yeast, parsley, mint, 4-5 dcl lukewarm water

Preparation:

Chop the onion and sauté in oil. Coarsely chop the olives, and then mix them with onion, flour with yeast, salt, parsley and mint in a separate bowl. When mixing, pour in lukewarm water. Knead dough and leave it rise in a warm place. Then knead it again. Divide the dough in two parts (two halves) and place it on a large baking plate greased with oil. Cut the halves with a knife in 3-4 places and bake on 220 oC for about 40 minutes.

Recommended wine:

Postup (Pelješac Vineyards)

Pikantna Palenta s Maslinama

Potrebni sastojci:

400 g palente, 200 g crnih i zelenih maslina, 1 glavica luka, 2 prstohvata svježe mente, 2 prstohvata kopra, 1 crveni feferon, 100 g glatkog brašna, 20 g maslaca, 1 grančica ružmarina, maslinovo ulje, sol, papar, 1 l vode

Priprema:

Luk sitno nasjeckajte i izdinstajte na maslinovom ulju dok ne dobije zlatnu boju. Nakon toga, dodajte brašno i promiješajte da se ne bi stvorile grudvice. Dolijte vodu i pričekajte da prokuha. Nakon što je voda prokuhala, dodajte sitno nasjeckane masline, mentu, kopar, crveni feferon, ružmarin, maslac i maslinovo ulje. Sol i papar dodajte po želji. Ostavite da se kuha 15-ak minuta. Nakon toga u toj istoj smjesi skuhaite palentu uz neprestano miješanje.

Preporučeno vino:

Dingač (Pelješko vinogorje)



Piquant Poelnta With Olives

Ingredients:

400 g polenta, 200 g black and green olives, 1 onion bulb, 2 pinches fresh mint, 2 pinches dill, 1 red chilli pepper, 100 g soft flour, 20 g butter, 1 rosemary sprig, olive oil, salt, pepper, 1 l water

Preparation:

Finely chop the onion and sauté in olive oil until golden. Then, add flour and mix it to prevent lumps. Pour in the water and wait to boil. When the water boils, add finely chopped olives, mint, dill, red chilli pepper, rosemary, butter and olive oil. Add salt and pepper to the taste. Leave it cook for about 15 minutes. Afterwards, cook polenta in the same mixture, constantly stirring.

Recommended wine:

Dingač (Pelješac Vineyards)

Dolma Od Bamija Na Dobrovodski Način

Potrebni sastojci:

1 kg. svježih bamija, 2 glavice crnog luka – 200 grama, 2 paradajza – 200 grama, 1,5 dcl maslinovog ulja, začini

Priprema:

U šerpi srednje veličine sipati maslinovo ulje, dodati isjeckani crni luk i sve lagano dinстати, nakon toga dodati sjeckani paradajz i sve zajedno još malo prodinstati. Kada su luk i paradajz dovoljno izdinstani dodati bamije (ako su bamije male dodati ih cijele a ako su velike onda ih isjeći na komade). U šerpu sipati i malo vode oko 1 dcl i poklopiti je, povremeno miješati kako bamije nebi zagorjele. Bamije kuvati u zatvorenoj šerpi oko 30 minuta i nakon toga skloniti šerpu da se jelo ohladi.

Bamije će biti ukusnije ako se serviraju potpuno hladne.

Autor/Porijeklo:

Arnela Alković / Bar



Okra Dolmades in the Dobre Vode Fashion

Ingredients:

1 kg fresh lady's fingers, 2 onions – 200 g, 2 tomatoes – 200 g, 1.5 dl olive oil, spices

Preparation:

Use a medium-size pot. Put olive oil, add chopped onions and sauté lightly, then add chopped tomatoes, continue sautéing. When onions and tomatoes are sautéed enough, add lady's fingers (if small, in one piece, if somewhat larger, cut them into pieces). Add some water, about 1 dl, cover the lid, stir occasionally so that the lady's fingers do not stick. Cook lady's fingers in a covered pot for some 30 min and then remove from heat and let cool down.

Lady's fingers are better tasting if served cold.

Author/Origin:

Arnela Alković / Bar

Palamida u Maslinovom Ulju

Potrebni sastojci:

3 kg plave ribe – palamide, trupić ili skuša, 300 gr. šargarepe, 400 ml maslinovog ulja, 400 ml biljnog ulja, biber u zrnu, morska so, lovorov list

Priprema:

Palamidu oprati, izrezati na kolutove, (zvona), debljine 2-3 cm, zavisno od veličine ribe i staviti u kuhinjsku krpu da se dobro osuši. Šargarepu izrezati na kolutove i poredati je tako da pokrije dno dublje šerpe ili ekspres lonca. Po poredanoj šargarepi u loncu naslagati osušenu palamidu u redovima, po završetku svakog reda dodati so po želji. Ribu u redovima redati sve do 5 cm od vrha šerpe. Mješavinom maslinovog i biljnog ulja preliti ribu da bude skroz potopljena u ulju, i staviti nekoliko zrna bibera i 2-3 lista lovora. Staviti šerpu bez poklopca na šporet i čekati da provri pa tek onda staviti poklopac. Ako se riba kuva u običnoj loncu onda kuvanje na minimum temperature traje 4 do 5 sati. Po mirisu se može osjetiti kada je riba dovoljno kuvana. Lonac skloniti sa vatre i do sutra ostaviti da se ohladi nakon čega je treba presložiti, najbolje u staklenu činiju i staviti u frižider.

Autor/Porijeklo:

Božidarka Lukšić / Sutomore- Spič



Adriatic Bonito in Olive Oil

Ingredients:

3 kg oily fish – Adriatic bonito or mackerel, 300 g carrots, 400 ml olive oil, 400 ml sunflower seed oil, pepper grains, sea salt, bay leaf

Preparation:

Wash the bonito, slice into 2-3 cm thick pieces, depending on the size of the fish, and put in a tea towel to dry well. Slice the carrots and cover the bottom of a deeper pot or a pressure cooker. Then layer the well dried bonito pieces, and sprinkle salt to taste on top of each layer. Put layers of fish up to 5 cm from the top of the pot. Soak the fish through in the mixture of sunflower seed oil and olive oil, and put several grains of pepper and 2-3 bay leaves. Put the uncovered pot on the stove and wait to boil, then cover the lid. If using regular pot, then simmer for about 4 to 5 hours. The aroma will show when it is ready. Remove the pot from the heat and let cool down until the next day, then put it in a container in which it will be preserved, best a glass jar, and place in a fridge.

Author/Origin:

Božidarka Lukšić / Sutomore, Spič

Srdele na Pari s Maslinama

Potrebni sastojci:

800 g srdela, 1 veliki svežanj petrusina, 2 pice česna, ½ dcl octa od bijelog vina, 50 g crnih maslina, malo limunovog soka, maslinovo ulje

Priprema:

Petrusin operemo i sitno nasjeckamo zajedno s česnom. Opranim srdelama odstranimo glave i kosti te ih razdvojimo na filete. Filete slažemo u posudu s poklopcem u kojoj sastojke možemo kuhati na pari. Filete začínimo sjeckanim česnom, petrusinom, kvasinom, solju, paprom i malo maslinova ulja. Dodamo masline pa posudu s filetima stavimo iznad posude s vrelom vodom odgovarajuće veličine (voda u donjoj posudi ne smije dodirivati posudu s filetima). Kuhati poklopljeno na pari otprilike 15 minuta.

Preporučeno vino:

Rukatac (Pelješko vinogorje)



Steamed Sardines With Olives

Ingredients:

800 g sardines, 1 big bunch parsley, 2 garlic cloves, ½ dcl white wine vinegar, 50 g black olives, some lemon juice, olive oil

Preparation:

Wash the parsley and finely chop it together with garlic. Remove heads and bones off the washed sardines and divide them into fillets. Arrange the fillets in a pan with the lid, where ingredients can be steam-cooked. Season the fillets with chopped garlic, parsley, vinegar, salt, pepper and some olive oil. Add olives and place the pan with fillets over the pan with boiling water of adequate size (water in a lower pan cannot touch the pan with fillets). Steam-cook covered for about 15 minutes.

Recommended wine:

Rukatac (Pelješac Vineyards)

Pasta s Maslinama

Potrebni sastojci:

300-400 g paste, 100-150 g pancete, 100 g maslina (crnih), 1 glavica luka, 2-3 žlice maslinovog ulja, 1 pica česna, bosiok (po volji), 1 ožičica škrobnog brašna, 1-2 ožičice konserve, 100g parmezana sol, papar

Priprema:

Pastu skuhati u slanoj vodi s malo maslinovog ulja. U međuvremenu luk propirjati na ulju te dodati pancetu. Nakon toga redom dodavati česan, masline i bosiok. U posudi pomiješati ožičicu škrobnog brašna i konserve te dodati toću i zakuhati na laganoj vatri uz obavezno miješanje. Pastu procijediti i preliti toćom.. Dodati svježe naribanog parmezana i svježe mljevenog papra. Servirati toplo uz zelenu salatu začinjenu limunom i paprom.

Preporučeno vino:

Merlotina (Vinogorje Konavle)



Pasta With Olives

Ingredients:

300-400 g pasta, 100-150 g bacon, 100 g olives (black), 1 onion bulb, 2-3 tablespoons olive oil, 1 garlic clove, basil (to the taste), 1 teaspoon starch flour, 1-2 teaspoons canned tomato, 100 g parmesan, salt, pepper

Preparation:

Cook pasta in salted water with some olive oil. Meanwhile, sauté the onion in oil and add bacon. Then, add garlic, onions and basil. Mix a teaspoon starch flour and canned tomato in a bowl and add it to the sauce and cook on a light heat – it's imperative to constantly stir it. Drain the pasta and pour the sauce over it. Add freshly grated parmesan and freshly ground pepper. Serve warm with green salad dressed with lemon and pepper.

Recommended wine:

Merlotina (Konavle Vineyards)

Puretina u Umaku od Gorgonzole i Maslina

Potrebni sastojci:

4 osrednja pureća odreska, 1 teglica maslina (punjenih paprikom), 200 g gorgonzole, 1 dcl bijelog vina, 2 glavice crvenog luka, 2 češnja češnjaka, 1 žličica crvene paprike, 200 ml gotovog bechamel umaka, 1 vezica peršina, malo crnog papra, malo origana, malo soli

Priprema:

Pureće odreske sasvim malo posolimo, ulijemo vino, protisnemo češnjak i ostavimo da odstoji najmanje pola sata. Odeske pržimo na maslinovu ulju samo da lagano porumene s obje strane, te ih izvadimo. Na istome ulju popržimo sitno nasjeckani luk dok ne porumeni, te masline, tek da puste malo soka. Dodamo bechamel umak i gorgonzolu narezanu na male kockice da se lakše otopi. Pred sami kraj stavljamo začine peršin, origano, papriku i papar, te vratimo odreske u umak i ostavimo na vatri još minutu-dvije.

Preporučeno vino:

Plavac mali (Pelješko vinogorje)



Turkey Meat in Gorgonzola And Olives Sauce

Ingredients:

4 medium-sized turkey steaks, 1 jar olives (stuffed with paprika), 200 g gorgonzola, 1 dcl white wine, 2 onion bulbs, 2 garlic cloves, 1 teaspoon red paprika, 200 ml ready-made béchamel sauce, 1 bunch parsley, a pinch of black pepper, a pinch of oregano, a pinch of salt

Preparation:

Slightly salt the turkey steaks, pour in the wine, press the garlic and leave it rest for minimum half an hour. Fry the steaks in olive oil only until lightly red on both sides and then take them out. Fry finely chopped onion in the same oil until lightly red, and olives only to leak some juice. Add béchamel sauce and gorgonzola cut in little cubes for easier melting. Just before the very end, season with parsley, oregano, paprika and pepper and place the steaks back in the sauce and leave it on a heat for a minute or two.

Recommended wine:

Plavac mali (Pelješac Vineyards)

Punjene Lignje s Rižom i Maslinama

Potrebni sastojci:

800 g jadranskih lignji, 300 g krumpira, 100 g riže, 60 g maslina, 40 g pršuta, 2 žličice češnjaka, 1 dcl vina, 4 dcl riblje juhe, 0,3 dcl maslinovog ulja, 2 žličice namaza od maslina, malo vrhnja za kuhanje

Priprema:

Lignje očistimo i punimo smjesom. Smjesu napravimo od sitno sjeckanih glava lignji i pršuta te pirjamo na maslinovom ulju, zatim dodamo češnjak, zalijemo ribljom juhom, dodamo rižu i prokuhamo. Lignje pričvrstimo čačkalicom i stavimo peći na vruće maslinovo ulje. Lignje se prže dok ne dobiju lijepu smeđu boju. Dodamo češnjak i zalijemo vinom i pustimo da vino ispari, te zalijemo ribljom juhom i pustimo da se lagano pirja 10-ak minuta na laganoj vatri. Kad su se lignje ispirjale dodamo još malo riblje juhe, nasjeckane masline, malo namaza od maslina i unaprijed prženi krumpir. To sve kratko pirjamo i na kraju dodamo vrhnje za kuhanje.

Preporučeno vino:

Dubrovačka Malvasija (Vinogorje Konavle)



Stuffed Calamari With Rice And Olives

Ingredients:

800 g Adriatic calamari, 300 g potato, 100 g rice, 60 g olives, 40 g prosciutto, 2 teaspoons garlic, 1 dcl wine, 4 dcl fish soup, 0,3 dcl olive oil, 2 teaspoons olive spread, some cooking cream

Preparation:

Clean the calamari and stuff them with the mixture. Prepare the mixture of finely chopped calamari heads and prosciutto and sauté it in olive oil, then add garlic, pour in the fish soup, add rice and simmer. Fix the calamari with a toothpick and bake them in hot olive oil until nicely brown. Add garlic and pour in the wine and leave the wine evaporate, then pour in the fish soup and leave it sauté for about 10 minutes on a light heat. When the calamari are sautéed, add some more fish soup, chopped olives, some olive spread and potato fried in advance. Sauté it all for a few minutes and add cooking cream eventually.

Recommended wine:

Dubrovačka Malvasija (Konavle Vineyards)



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sa Maslinama i Maslinovim Uljem*





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