



FANONA

RIBLJA KUCHARICA
FISH COOKBOOK



Porto di Fianona / Plomin luka



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FISH COOKBOOK

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- **Konoba Porat**, Plomin Luka: Serdo Kos; kuhali Serdo Kos i Đana Boneta
- **Pizzeria Burra**, Plomin: Matea Knapić; kuhao Amit Singh
- **Restoran Tri murve**, Vozilići: Vanesa Boneta Faraguna i Damir Faraguna; kuhao Damir Faraguna
- **Stancija Stare staze**, Kršan: Maja Lazarić Radić; kuhao Denis Benković
- **Tradicionalni recepti:** Nada Janjić i Viviana Brkarić; kuhala Viviana Brkarić

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Oplominskoj ribarskoj baštini govori i tradicionalna „Ribarska fešta na Porte“ koja u kolovozu u Plomin Luci okuplja brojne posjetitelje kako bi uživali u bogatoj ponudi domaćih ribljih specijaliteta.

U nekim su receptima navedene samo potrebne namirnice i osnovni postupak, a detalji pripreme jela prepuštaju se mašti, ukusu i vještini onih koji požele isprobati ponuđeni recept.

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- **Konoba Porat**, Plomin Luka: Serdo Kos; cooks: Serdo Kos and Đana Boneta
- **Pizzeria Burra**, Plomin: Matea Knapić; cook: Amit Singh
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- **Stancija Stare staze**, Kršan: Maja Lazarić Radić; cook: Denis Benković
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The traditional fishermen's festival “Ribarska fešta na Porte”, which gathers numerous visitors in Plomin Luka in August with its rich offer of home-made fish specialties, is also testimony to Plomin's fishing heritage.

In some recipes, only the necessary ingredients and the basic procedure are listed, while the details of the preparation of the dish are left to the imagination, taste, and skill of those who want to try the offered recipe.

Ovaj događaj sufinanciran je sredstvima Europske unije iz Europskog fonda za pomorstvo i ribarstvo



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Kuharicom želimo istražiti i valorizirati gastronomiju ovog kraja kao nematerijalno kulturno dobro koje je vrijedno sačuvati i prenijeti na nove naraštaje te iskoristiti kao jedan od glavnih aduta kvalitetne turističke ponude. Mediteranska prehrana, kombinacija ribarske i težačke prehrane, karakteristična je za naš kraj i upisana na Reprezentativnu listu svjetske nematerijalne kulturne baštine. Izdavanjem kuharice koja proizlazi iz suživota s ribarskom i maritimnom tradicijom, želimo promovirati održivo ribarstvo te održati sinergiju ribarstva, turizma i očuvanja ribarske i maritimne baštine.

Ariana Brnetić, mag.oec.

With this cookbook, we want to explore and appraise the gastronomy of this region as an intangible cultural treasure that is worth preserving and passing on to next generations, as well as using as one of the main assets of a quality tourist offer. A combination of fish and labourer's diet, the Mediterranean diet is typical of our region and entered on the Representative List of the Intangible Cultural Heritage of Humanity. By publishing a cookbook that stems from the co-existence of fishing and maritime tradition, we want to promote sustainable fishing and maintain the synergy between fishing, tourism, and the preservation of fishing and maritime heritage.

Arijana Brnetić, MEcon



Plomin - Fianona smješten iznad prekrasnog istoimenog zaljeva na jugoistočnom dijelu Istre, bio je naseljen još u antičko doba, a o važnosti naselja govori i činjenica da se i cijeli Kvarnerski zaljev u vrijeme rimske Flanone nazivao Sinus Flanaticus. Stanovništvo Plomina i Plomin Luke od vjkada je bilo okrenuto moru. Bilo je to naselje pomoraca, brodovlasnika i ribara kojima je more davalo „kruh svagdašnjji“, ali i bogatu trpezu na kojoj su se uvijek našli svježe ulovljena riba, mekušci i plodovi mora.

U ovoj kuharici prezentiramo tradicionalne recepte koje su pripremale naše none i pranone, ali i nove koje su osmislili šefovi ugostiteljskih objekata Plominštine i Kršanštine gdje posjetitelji mogu uživati u delicijama pripremljenim od ribe, mekušaca i školjki iz našeg mora. Ugostitelji su u pripremi jela koristili kvalitetne i svježe namirnice kao što su svježe ulovljena riba, povrće uzgojeno u obližnjim OPG-ovima te samoniklo bilje. Kuharica je namijenjena svim generacijama kao poticaj da se u svakodnevnu prehranu uvrste riba i morski plodovi te zdrave sezonske namirnice iz našeg kraja.

Plomin – Fianona, located above the beautiful bay of the same name in the southeastern part of Istria, was inhabited since the ancient times, and the importance of this settlement is also indicated by the fact that the entire Kvarner Bay was called Sinus Flanaticus during the period of the Roman Flanona. The inhabitants of Plomin and Plomin Luka lived together with the sea since time immemorial. The settlement was home to sailors, ship owners and fishermen to whom the sea provided their “daily bread”, as well as an abundance of food among which you could always find freshly caught fish, molluscs and seafood.

This cookbook introduces traditional recipes prepared by our grandmothers and great-grandmothers, but also new recipes designed by the chefs of restaurants in the Plomin and Kršan area, where visitors can enjoy delicacies prepared from fish, molluscs and clams from our sea. In the preparation of the dishes, the caterers used quality fresh ingredients such as freshly caught fish, vegetables grown in nearby family farms, and wild herbs. This cookbook is intended for all generations as an incentive to include fish and seafood, as well as healthy seasonal ingredients from our region in the daily diet.



Srdela, sardela / Pilchard

Sardina pilchardus

Srdela je mala plava riba koja živi u velikim gustim jatima, a hrani se planktonima. Ona čini većinu ribarskog ulova u Jadranskom moru i tradicionalno je bila dio svakodnevne prehrane pa se često naziva i hraniteljicom stanovništva u priobalju. Srdela se kao i ostala plava riba lovi u „škurom“ razdoblju mjeseca, odnosno u razdoblju bez mjesečine, okružujućom mrežom plivaricom uz upotrebu umjetne rasvjete, odnosno „sviće“ koja služi za privlačenje i sakupljanje ribe. Srdela se može loviti tijekom cijele godine, ali pravi lov počinje u ožujku i traje do kraja studenog. Meso srdele bogato je brojnim nutrijentima kao što su omega-3 masne kiseline, vitaminima D, B2, B3 i B12 te mineralima kao što su selen, kalcij, jod i bakar pa bi je trebalo što češće uvrstiti u jelovnik. U našem kraju najčešće se priprema pečena na roštilju, pržena, na brudet, u marinadi ili konzervirana u soli.

Pilchard is a small blue fish that lives in large, dense schools and feeds on plankton. It makes up the majority of fish catches in the Adriatic Sea and has traditionally been part of the daily diet, so it is often called the breadwinner of the coastal population. Like all other blue fish, pilchard is caught during the “dark” period of the moon, i.e. in the period without moonlight, with a purse seine with the use of artificial lighting, that is the boat's lamplight which attracts and gathers fish. Pilchard can be caught all year round, but the real fishing begins in March and lasts until the end of November. Pilchard meat is rich in numerous nutrients such as omega-3 fatty acids, vitamins D, B2, B3 and B12, and minerals such as selenium, calcium, iodine and copper, so it should be included in the diet as often as possible. In our region, it is most often prepared grilled, fried, in a fish stew or brudet, marinated, or preserved in salt.



MARINIRANE SRDELE

- Sastojci:
- srdele
 - maslinovo ulje
 - luk
 - češnjak
 - papar u zrnu
 - sol
 - lovorov list
 - grančica ružmarina
 - ocat
 - bijelo vino

Srdele očistiti, oprati, uvaljati u brašno, ispržiti na vrućem ulju i posložiti u veću posudu. Na ostatku ulja popržiti luk narezan na rezance, dodati krupno nasjeckani češnjak, izgnječen papar, sol, lovorov list i grančicu ružmarina. Sve izmiješati, preliti octom i vinom te malo prokuhati. Toplu marinadu preliti preko srdela koje moraju biti potopljene u tekućini.

Čuvati u hladnjaku.

MARINATED PILCHARDS

- Ingredients:
- Pilchards
 - Olive oil
 - Onion
 - Garlic
 - Peppercorns
 - Salt
 - Bay leaf
 - Sprig of rosemary
 - Vinegar
 - White wine

Clean and wash the pilchards, roll them in flour, fry in hot oil, and arrange them in a large dish. Fry the onion cut into noodles in the remaining oil, add coarsely chopped garlic, crushed pepper, salt, bay leaf, and a sprig of rosemary. Stir everything, pour vinegar and wine, and cook for a little while. Pour the warm marinade over the pilchards, which must be submerged in the liquid.

Keep in the refrigerator.





KRUMPIR I SRDELE

- Sastojci:
- srdele
 - krumpir
 - stari kruh
 - nasjeckani peršin
 - češnjak
 - origano
 - sol
 - papar

Srdele očistiti, odstraniti kosti, poprskati sokom od limuna i malo posoliti.

Krumpir narezati na ploške i kuhati 20 minuta u slanoj vodi. U zdjeli izdrobiti stari kruh, dodati peršin, češnjak, origano, sol i papar. Nauljiti posudu za pečenje i prvo posložiti red krumpira pa na njega poslagati srdele položene na leđa, posipati začinenim izmrvljenim kruhom i poprskati maslinovim uljem te tako dalje slagati dok se ne potroše svi sastojci. Pritom paziti da se slaganje završi s krumpirom. Peći u pećnici 20 – 25 minuta na temperaturi od 180° C.

POTATO AND PILCHARDS

- Ingredients:
- Pilchards
 - Potato
 - Old bread
 - Chopped parsley
 - Garlic
 - Oregano
 - Salt
 - Pepper

Clean the pilchards, debone them, sprinkle with lemon juice and add a little salt.

Cut the potatoes into slices and cook for 20 minutes in salted water. Crush old bread in a bowl, add parsley, garlic, oregano, salt, and pepper. Oil the baking tin and firstly lay a row of potatoes, then place the pilchards on their backs on the potatoes, sprinkle with seasoned crumbled bread and spray with olive oil, and continue to arrange until all the ingredients are used up. At the same time, make sure that the stacking ends with the potatoes. Bake in the oven for 20-25 minutes at a temperature of 180°C.





ŠUGO OD SRDELA

- Sastojci:
- ½ kg srdela
 - 400 g pelata
 - 1 režanj češnjaka
 - 1 luk
 - malo ružmarina
 - nasjeckani peršin
 - 1,5 dcl bijelog vina
 - sol
 - papar

Očistiti srdele (odstraniti glavu, uzdužno prerezati trbuh, prstom izvaditi iznutrice i potom izvući kost) i kratko ih isprati u hladnoj vodi. Na maslinovu ulju propirjati luk i dodati cijeli režanj češnjaka te još kratko pirjati. Dodati pelate, bijelo vino i malo ružmarina pa pirjati sve zajedno dok se umak ne zgusne. Zatim dodati srdele, kuhati desetak minuta te na kraju posuti nasjeckanim peršinom.

Poslužiti s polentom ili tjesteninom.

PILCHARD SAUCE

- Ingredients:
- ½ kg of pilchards
 - 400 g of peeled tomatoes
 - 1 clove of garlic
 - 1 onion
 - A bit of rosemary
 - Chopped parsley
 - 1.5 dL of white wine
 - Salt
 - Pepper

Clean the pilchards (remove the head, cut the belly lengthwise, remove the entrails with your finger and then remove the bone) and rinse them briefly in cold water. Sauté the onion in olive oil and add an entire clove of garlic, then sauté for a short time. Add the peeled tomatoes, white wine and a bit of rosemary, then sauté all together until the sauce thickens. Then add the pilchards, cook for 10 minutes and sprinkle with chopped parsley at the end.

Serve with polenta or pasta.





SOLJENE SRDELE

- Sastojci:
- 2,5 kg vrlo svježih tek ulovljenih srdela
 - 1,2 kg krupne soli

U staklenu ili drvenu posudu usuti prvi sloj krupne soli, posložiti prvi sloj srdela, postavljajući naizmjenično glave i repove kako bi se uštedio prostor. Ribe treba slagati jednu do druge pazeći da ne nastaju praznine, a zatim ih dobro zbiti rukama te prekriti obilnim slojem krupne soli. Svaki sljedeći red slagati okomito na prethodni i ponavljati postupak dok se ne potroše sve srdele, a u zadnjem sloju mora biti sol. Na tako poslagane srdele staviti drveni ili plastični poklopac i na njega uteg (kamenje ili pune boce vode). Ispod posude staviti veliku zdjelu koja će služiti za skupljanje viška tekućine. Čuvati pod težinom na tamnom i hladnom mjestu oko dva mjeseca bez uklanjanja tekućine koja se pojavi na površini u posudi, baciti samo ono što isteče u zdjelu. Nakon dva mjeseca srdele su spremne za konzumaciju. Može ih se izvaditi vilicom, odsoliti, odstraniti kost i staviti u ulje ili koristiti u receptima.

SALTED PILCHARDS

- Ingredients:
- 2.5 kg of very fresh, recently caught pilchards
 - 1.2 kg of coarse salt

Pour the first layer of coarse salt into a glass or wooden container, arrange the first layer of pilchards, alternating heads and tails to save space. The fish should be placed next to each other, making sure that there are no gaps, then compact them well with your hands and cover them with a thick layer of coarse salt. Stack each next row perpendicular to the previous one and repeat the process until all the pilchards are used up. The final layer must be the salt. Put a wooden or plastic cover on the pilchards arranged in this way and then add a weight (stones or full bottles of water) on the cover. Place a large bowl under the container to collect excess liquid. Store under the weight in a dark and cool place for about 2 months without removing the liquid that appears on the surface in the container; throw away only what flows out into the bowl. After 2 months, the pilchards are ready for consumption. They can be taken out with a fork, desalted, deboned and put in oil or used in recipes.





Škombar, skuša / Mackerel

Scomber Scombrus

Škombar ili skuša česta je riba u Jadranskom moru koje ima u izobilju od svibnja do lipnja te od rujna do listopada. Hrani se drugom plavom ribom, a karakteristično je da se kreće u plovama. Ima vrlo cijenjeno bijelo delikatno meso te se smatra najukusnijom plavom ribom Jadrana. Najbolja je pečena na gradelama sa žarom napravljenim od suhих grana vinove loze, a odlična je i u brodetu i marinadi. Škombar se, kao i tuna, konzervira u ulju. Obiluje zdravim masnim kiselinama, sadrži selen, fosfor, magnezij i željezo. Ima glatku kožu, gotovo bez ljuski pa ga je vrlo jednostavno očistiti. Važno je što prije izbaciti iznutrice kako meso ne bi gorčilo.

Mackerel is a common fish in the Adriatic Sea, which is abundant in it from May to June, as well as from September to October. It feeds on other blue fish, and typically moves in schools of fish. Its white delicate meat is highly prized, and is considered the tastiest blue fish in the Adriatic. It is the tastiest when grilled on the grill grid with embers made from dry vine branches, but it is also great in a fish stew and marinade. Mackerel, like tuna, is preserved in oil. It is rich in healthy fatty acids, it contains selenium, phosphorus, magnesium, and iron. It has smooth skin, almost without scales, so it is very easy to clean. It is important to remove the entrails as soon as possible so that the meat does not become bitter.



ŠKOMBRI NA GRADELE

- Sastojci:
- 4 srednja škombra
 - maslinovo ulje
 - nasjeckani češnjak
 - nasjeckani peršin
 - nekoliko kriški svježeg limuna
 - stručak ružmarina

Škombre očistiti od iznutrica, oprati pod mlazom hladne vode, dobro osušiti i posoliti. Ribu položiti na vruće gradele, peći 4 - 5 minuta na jednoj strani, okrenuti i stručkom ružmarina nanijeti maslinovo ulje. Kada je riba pečena i s druge strane, premazati umakom od maslinova ulja, sitno nasjeckanog češnjaka i peršina. Po želji začiniti limunovim sokom.

MACKERELS GRILLED ON GRILL GRID

- Ingredients:
- 4 medium-sized mackerels
 - Olive oil
 - Chopped garlic
 - Chopped parsley
 - A few slices of fresh lemon
 - Sprig of rosemary

Remove the entrails from the mackerels, wash them under cold water, dry well and salt. Place the fish on the hot grill grid, grill for 4-5 minutes on one side, turn and apply olive oil with a sprig of rosemary. When the fish is done on the other side as well, coat it with sauce made of olive oil, finely chopped garlic and parsley. Season to taste with lemon juice.





Papalina / Sprat

Sprattus sprattus

Papalina je mala plava riba iz porodice haringi, a nazivaju je još srdelica i srdelini. Živi u plovama i čest je ulov u našem kraju. Papalina se hrani planktonima. Ukusnog je mesa i mekih kostiju pa se može konzumirati cijela. Vrlo je zdrava, odličan je izvor bjelančevina i nutritivnih sastojaka jer sadrži omega-3 masne kiseline, vitamine i minerale, a zbog kratkog životnog vijeka kao i ostala mala plava riba ne sadrži teške metale.

Sprat is a small blue fish from the herring family, also called brisling. It lives in large schools and is a common catch in our area. The sprat feeds on plankton. It has tasty meat and soft bones, so it can be consumed in its entirety. It is very healthy, and an excellent source of protein and nutritional ingredients because it contains omega-3 fatty acids, vitamins and minerals, and due to its short lifespan, like other small blue fish, it does not contain heavy metals.



FRIGANE PAPALINE S MLADOM BLITVOM I KRUMPIROM

- Sastojci:
- 1 kg papalina
 - sol
 - oštro brašno
 - ulje za pečenje
 - 30 dag krumpira
 - ½ kg mlade blitve

Očistiti papaline (uhvatiti ih u predjelu škrga, okrenuti glavu i izvući utrobu), isprati u hladnoj vodi, ocijediti i posušiti krpom. Uvaljati ih u brašno, otresti višak brašna i pržiti u dubokom ulju dok ne dobiju zlatnožutu boju. Ocijediti ih na papirnati ubrus i posoliti.

Krumpir očistiti i narezati na kockice, kuhati desetak minuta u slanoj vodi pa dodati mladu opranu blitvu. Kuhati zajedno još 2 – 3 minute i ocijediti. U tavi na laganoj vatri aromatizirati maslinovo ulje s 2 režnja češnjaka te ubaciti blitvu s krumpirom, promiješati i nakon minutu - dvije, blitva je spremna za serviranje.

FRIED SPRATS WITH YOUNG SWISS CHARD AND POTATOES

- Ingredients:
- 1 kg of sprats
 - Salt
 - Coarse flour
 - Oil for cooking
 - 30 dkg of potatoes
 - ½ kg of young Swiss chard

Clean the sprats (take them by the gill area, turn the head and pull out the entrails), rinse in cold water, drain and dry with a cloth. Roll them in flour, shake off the excess flour and deep-fry in oil until they turn golden yellow. Place them on a paper towel to absorb the oil and add salt.

Peel the potatoes and cut them into cubes, cook them for 10 minutes in salted water, then add the washed young Swiss chard. Cook together for 2-3 more minutes and drain. Flavour the olive oil with 2 cloves of garlic in a pan over low heat, then add the Swiss chard with potatoes, stir and after a minute or two, the Swiss chard is ready to serve.







Buzara / Savoury stew



BUZARA

Za 2 osobe.

- Sastojci:
- 15 dag kvarnerskog škampa
 - 10 dag kozica
 - 15 dag dagnji
 - 15 dag vongola
 - maslinovo ulje
 - 2 - 3 režnja češnjaka
 - 250 g pelata
 - 1 dcl bijelog vina
 - prstohvat peršina
 - malo krušnih mrvica
 - sol
 - papar
-
- 20 dag špageta

Popržiti na ulju par režnjeva češnjaka, dodati pelate, zaliti vinom i pirjati nekoliko minuta. Dodati malo tekućine (ribljeg temeljca ili vode) te prokuhati još nekoliko minuta. Posuti s malo krušnih mrvica i dodati plodove mora. Sve zajedno prokuhati nekoliko minuta, dodati začine po potrebi i posuti svježe nasjeckanim peršinom.

Poslužiti s kuhanim špagetima.

BUZARA (SAVOURY STEW)

Meal for 2 persons.

- Ingredients:
- 15 dkg of Kvarner scampi
 - 10 dkg of shrimp
 - 15 dkg of mussel
 - 15 dkg of vongole
 - Olive oil
 - 2-3 cloves of garlic
 - 250 g of peeled tomatoes
 - 1 dL of white wine
 - A pinch of parsley
 - A bit of bread crumbs
 - Salt
 - Pepper
-
- 20 dkg of spaghetti

Fry a couple of cloves of garlic in oil, add peeled tomatoes, pour wine and simmer for a few minutes. Add a little liquid (fish stock or water) and cook for a few more minutes. Sprinkle with some bread crumbs and add seafood. Cook everything together for a few minutes, add spices as needed and sprinkle with freshly chopped parsley.

Serve with cooked spaghetti.



BUZARA OD PIDOĆA (DAGNJI)

Za 4 osobe.

- Sastojci:
- 2 kg pidoća (dagnji)
 - ½ glavice češnjaka
 - maslinovo ulje
 - malo krušnih mrvica
 - bijelo vino
 - peršin

Dagnje očistiti i oprati pod mlazom hladne vode. Nauljiti tavu maslinovim uljem pa na laganoj vatri propirjati sitno nasjeckani češnjak i peršin. Dodati dagnje, dobro sve promiješati te poklopiti posudu. Kada se dagnje otvore, zaliti bijelim vinom. Pustiti malo da lagano ključa te dodati krušne mrvice da se umak zgusne. Poslužiti s tostiranim domaćim kruhom.

MUSSEL BUZARA (SAVOURY STEW)

Meal for 4 persons.

- Ingredients:
- 2 kg of mussels
 - ½ head of garlic
 - Olive oil
 - A bit of bread crumbs
 - White wine
 - Parsley

Clean the mussels and wash them under cold water. Oil the pan with olive oil and sauté finely chopped garlic and parsley over low heat. Add the mussels, stir everything well and cover the pot. When the mussels open, pour white wine. Let it simmer for a while and add breadcrumbs to thicken the sauce. Serve with toasted homemade bread.

Pidoć, dagnja / Mussel
Mytilus galloprovincialis



BRODET

- Sastojci:
- 1,5 kg razne ribe
 - 1 veći luk ili dva manja
 - 3 – 4 režnja češnjaka
 - maslinovo ulje
 - 2 dcl bijelog vina
 - 400 g pelata
 - nasjeckani peršin
 - sol
 - papar

Dobro očistiti ribu, oprati je i narezati na komade, posoliti i uvaljati u brašno pa peći u visokoj tavi dok ne porumeni. Izvaditi ribu iz tave te na istom ulju propirjati nasjeckani luk, a nakon nekoliko minuta dodati češnjak. Čim pusti aromu, dodati pelate i vino te kuhati na laganoj vatri petnaestak minuta. Nakon toga dodati ribu te kuhati bar pola sata na laganoj vatri. Nije potrebno miješati jelo pri kuhanju, već samo lagano protresti tavu. Pred kraj kuhanja začiniti po želji te dodati nasjeckani peršin. Poslužiti s kuhanom palentom.

FISH STEW

- Ingredients:
- 1.5 kg of various fish
 - 1 large onion or 2 small ones
 - 3-4 cloves of garlic
 - Olive oil
 - 2 dL of white wine
 - 400 g of peeled tomatoes
 - Chopped parsley
 - Salt
 - Pepper

Clean the fish well, wash it and cut it into pieces, salt it and roll it in flour, then fry it in a high-sided pan until it turns golden brown. Take the fish out of the pan and sauté the chopped onion in the same oil, then after a few minutes add the garlic. As soon as the aroma is released, add the peeled tomatoes and wine, and cook over low heat for about 15 minutes. Afterwards, add the fish and cook for at least half an hour over low heat. It is not necessary to stir the dish while cooking, just shake the pan slightly. Towards the end of cooking, season to taste and add chopped parsley. Serve with cooked polenta.





FILET BIJELE RIBE PEČEN U VAKUUMU S CRNIM TARTUFOM NA KREMI OD CELERA

- Sastojci:
- dva filea brancina (300 grama)
 - listovi poriluka
 - celer
 - mrkva
 - crni tartuf
 - krumpir (po želji)

Filetirati i začiniti brancina. Skuhati listove poriluka i mrkvu narezanu na tanke ploške, posložiti između filea brancina i vakuumirati u vrećici. Zatim cijelu vrećicu potopiti u vrućoj vodi na nekoliko minuta.

Skuhati celer, dodati mu temeljac i začine pa ga usitniti u blenderu da dobije kremastu teksturu.

Izvaditi iz vrećice file brancina i položiti ga na kremu od celera uz pečeni krumpir. Obogatiti jelo naribanim crnim tartufom.

VACUUM-COOKED WHITE FISH FILLET WITH BLACK TRUFFLE ON CELERY CREAM

- Ingredients:
- 2 sea bass fillets (300 g)
 - Leek leaves
 - Celery
 - Carrot
 - Black truffle
 - Potato (optional)

Cut the sea bass into a fillet and season it. Cook the leek leaves and the carrot cut into thin slices, arrange between the sea bass fillet and vacuum-seal in a bag. Then soak the entire bag in hot water for a few minutes.

Cook the celery, add stock and spices to it, then grind it in a blender to get a creamy texture.

Remove the sea bass fillet from the bag and place it on the celery cream with baked potatoes. Enrich the flavour of the dish with grated black truffle.

Brancin, luben
Dicentrarchus labrax



Sea Bass
Dicentrarchus labrax



Hobotnica, folpo / Octopus

Octopus vulgaris

Hobotnica (folpo) ili mrkač je glavonožac koji živi na kamenitom morskom dnu. Hrani se rakovima, školjkama i malim ribama. U slučaju opasnosti mijenja boju i stapa se s okolinom te ispušta crnilo kako bi pobjegla od predatora. U Jadranskom moru naraste od 500 g do 15 kilograma. Hobotnica je vrlo cijenjena u gastronomiji zbog nježnog i ugodnog okusa, ali i zbog nutritivne vrijednosti jer predstavlja odličan izvor proteina, vitamina, minerala te omega-3 masnih kiselina. Slični malim hobotnicama su muzgavci koje ponekad i zamjenjuju s hobotnicom, ali za razliku od hobotnice koja ima dva reda pipaka, muzgavci imaju samo jedan red. Hobotnica se najviše lovi ostima „na sviću“, dok se muzgavci love koćom.

Octopus (folpo) or musk octopus is a cephalopod that lives on the rocky seabed. It feeds on crabs, shellfish and small fish. In case of danger, it changes colour and blends in with its surroundings, and releases ink to escape from predators. In the Adriatic Sea, it can grow from 500 g to 15 kilogrammes. The octopus is highly valued in gastronomy for its delicate and pleasant taste, but also for its nutritional value, as it is an excellent source of protein, vitamins, minerals, and omega-3 fatty acids. Similar to small octopuses are musk octopuses, which are sometimes confused with octopuses, but unlike the octopus, which has two rows of tentacles, musk octopuses have only one row. The octopus is most commonly caught with tridents while fishing by lamplight, while musk octopuses are caught with a trawl net.



HOBOTNICA NA SALATU

- Sastojci:
- 1,5 kg domaće hobotnice
 - 2 l vode
 - 1 jušna žlica soli
 - grančica ružmarina
 - 2 - 3 lista lovora
 - 1 žuti luk
 - 1 glavica češnjaka
 - 2 jušne žlice maslinova ulja
 - 1 rajčica
 - 2 krumpira srednje veličine

U vrelu vodu ubaciti hobotnicu, dodati začine i kuhati otprilike sat i pol, odnosno dok ne omekša (provjeriti vilicom je li kuhana). Ocijediti je, očistiti i dobro ohladiti. Narezati krakove na kolutiće te poslužiti sa svježom rajčicom izrezanom na kockice i s kockicama kuhanog krumpira. Začiniti domaćim maslinovim uljem, morskom solju te domaćim vinskim octom.

OCTOPUS SALAD

- Ingredients:
- 1.5 kg of local octopus
 - 2 L of water
 - 1 tablespoon of salt
 - Sprig of rosemary
 - 2-3 bay leaves
 - 1 yellow onion
 - 1 head of garlic
 - 2 tablespoons of olive oil
 - 1 tomato
 - 2 mid-sized potatoes

Add the octopus in hot water, add spices and cook for about an hour and a half, or until it becomes soft (check if it is cooked with a fork). Drain, clean and cool well. Slice the tentacles into rings and serve with fresh tomato diced into cubes and boiled potato cubes. Season with homemade olive oil, sea salt and homemade wine vinegar.





KRAK HOBOTNICE NA POVRĆU

Za 1 osobu.

- Sastojci:
- 20 dag krakova hobotnice
 - 1 režanj češnjaka
 - 2 crne masline
 - 2 veća kapara
 - 2 cherry rajčice
 - 2 – 3 kriške tikvice
 - 2 – 3 kriške patlidžana
 - luk
 - ½ kg mladog krumpira

Skuhati hobotnicu u vreloj slanoj vodi i provjeriti vilicom je li dovoljno kuhana. Narezati na krakove, posložiti na oguljen krumpir i peći oko 45 minuta na 185° C.

Pred kraj pripreme dodati ostalo povrće i servirati.

OCTOPUS TENTACLES ON VEGETABLES

Meal for 1 person.

- Ingredients:
- 20 dkg of octopus tentacles
 - 1 clove of garlic
 - 2 black olives
 - 2 large capers
 - 2 cherry tomatoes
 - 2-3 courgette slices
 - 2-3 aubergine slices
 - Onion
 - ½ kg of new potatoes

Boil the octopus in hot salted water and check with a fork whether it is sufficiently cooked. Cut into wedges, arrange them on peeled potatoes, and bake for about 45 minutes at 185° C. Towards the end of the preparation, add the rest of the vegetables and serve.



KRAK HOBOTNICE ZAPEČEN U SALSU OD POMIDORA NA PALENTI UZ HLADNI UMAK OD TIKVICA

- Sastojci:
- dva kraka prethodno skuhane hobotnice
 - salsa od pomidora (umak od rajčice)
 - palenta
 - tikvice
 - začini

Krakove hobotnice položiti na salsu od pomidora i kratko zapeći u pećnici. Skuhati palentu i kratko je zapeći na tavi.

Skuhati i začiniti tikvice te ih u blenderu izraditi u kremu.

Na hladni umak od tikvica položiti palentu i krakove hobotnice. Začiniti maslinovim uljem.

OCTOPUS TENTACLES BAKED IN TOMATO SALSA ON POLENTA WITH COLD COURGETTE SAUCE

- Ingredients:
- 2 previously boiled octopus tentacles
 - Tomato salsa (sauce)
 - Polenta
 - Courgettes
 - Spices

Place the octopus tentacles on the tomato salsa and bake briefly in the oven. Cook the polenta and fry it briefly in a pan.

Cook and season the courgettes, then put them in a blender and make a creamy sauce.

Place the polenta and octopus tentacles on top of the cold courgette sauce. Season with olive oil.





MARINIRANI MRKAČ

Za 4 osobe.

- Sastojci:
- 1 kg svježeg mrkača
 - Začini: sol, papar, lovor, ružmarin
 - ½ glavice češnjaka
 - 1 jušna žlica soli
 - 4 - 5 litara vode za kuhanje
 - balzamični ocat
 - 30 dag kuhanog krumpira

Očistiti mrkača (otvoriti glavu, odstraniti iznutrice i izvaditi kljun) te ga ubaciti u kipuću vodu sa začинима. Kuhati sat i pol do dva sata, odnosno dok dovoljno ne omekša. Kada se malo ohladi, narezati ga na komadiće i pomiješati s nasjeckanim kuhanim krumpirom. Začiniti solju, paprom, balzamičnim octom i maslinovim uljem.

MARINATED MUSK OCTOPUS

Meal for 4 persons.

- Ingredients:
- 1 kg of fresh musk octopus
 - Spices: salt, pepper, bay leaf, rosemary
 - ½ head of garlic
 - 1 tablespoon of salt
 - 4-5 litres of water for cooking
 - Balsamic vinegar
 - 30 dkg of boiled potatoes

Clean the musk octopus (open the head, remove the entrails and the beak) and put it in boiling water with spices. Cook for an hour and a half to 2 hours, or until it softens enough. When it cools down a bit, cut it into pieces and mix it with chopped boiled potatoes. Season with salt, pepper, balsamic vinegar and olive oil.



Lignja, kalamar / Squid

Loligo vulgaris

Lignja ili kalamar, kako ga naziva lokalno stanovništvo, ubraja se u glavonošce i jedan je od najtraženijih ulova naših ribara zbog vrlo ukusnog mesa. Lignja je odličan lovac koji za svojim plijenom juri izbacivanjem mlaza vode. Ima vretenasto duguljasto tijelo s osam krakova te dva duga lovna kraka kojima vješto hvata svoj plijen. Najčešće su to ribe i rakovi, ali ponekad i druge lignje. Jadranska lignja daleko je najukusnija i najcjenjenija. Lovi se danju i noću za vrijeme mjesečine ili uz umjetna svjetla. Može se loviti s obale skosavicom ili iz barke panulom, skosavicom ili pušćom.

Squid or calamari, as the locals call it, is a cephalopod and is one of the most sought-after catches by our fishermen because of its very tasty meat. The squid is an excellent hunter that chases after its prey by ejecting a stream of water. It has a spindly oblong body with eight arms and two long hunting tentacles with which it skilfully catches its prey. Most often these are fish and crabs, but sometimes also other squids. Adriatic squid is by far the tastiest and most appreciated. It is caught during the day and at night during the moonlight or with artificial lights. It can be caught with a squid catcher from shore or with a trolling line or squid catcher from a boat.



FRIGANE LIGNJE

- Sastojci:
- 1,5 kg domaćih lignja
 - ulje za prženje
 - brašno
 - krušne mrvice
 - sol
 - papar

Lignje dobro očistiti od iznutrica, izvaditi prozirnu kost, isprati te posušiti krpom. Narezati na kolutiće i uvaljati u brašno pomiješano s krušnim mrvicama i začinima (najbolje u zatvorenoj posudi ili vrećici da se brašno i mrvice ravnomjerno rasporede). Otresti višak brašna te pržiti u dubokom ulju nekoliko minuta. Poslužiti tople s tartar-umakom i salatam.

FRIED CALAMARI

- Ingredients:
- 1.5 kg of local calamari
 - Oil for frying
 - Flour
 - Bread crumbs
 - Salt
 - Pepper

Thoroughly remove the entrails from the calamari, remove the transparent bone, rinse and dry with a cloth. Cut into rings and roll in flour mixed with bread crumbs and spices (best in a closed container or bag so that the flour and crumbs are evenly distributed). Shake off excess flour and deep-fry in oil for a few minutes. Serve warm with tartar sauce and salad.



TOPLO/HLADNO SALATA

Salata od liganja s koromačem

- Sastojci:
- 6 kvarnerskih liganja
 - ½ korijena koromača
 - peršin
 - sol
 - papar
 - limunov sok

Lignje očistiti, narezati na kolutiće i pirjati dok se ne zarumene. U odvojenoj posudi pirjati koromač narezan na ploškice dok ne postane zlatnožut. Pomiješati ih, začiniti peršinom, soli i paprom te sokom od limuna po želji.

Poslužiti toplo ili hladno prema želji.

HOT & COLD SALAD

Calamari and Fennel Salad

- Ingredients:
- 6 Kvarner calamari
 - ½ fennel bulb
 - Parsley
 - Salt
 - Pepper
 - Lemon juice

Clean the calamari, cut into rings and sauté until golden brown. In a separate pot, sauté the fennel sliced into thin slices until it turns golden yellow. Mix them together, season to taste with parsley, salt and pepper, and lemon juice.

Serve hot or cold, as desired.



PUNJENE LIGNJE NONE PINE

- Sastojci:
- 1,5 kg kvarnerskih liganja
 - ½ kg krumpira
 - Za nadjev:
 - 1 jaje
 - 2 žlice krušnih mrvica
 - prstohvat peršina
 - 2 režnja češnjaka
 - 1 jušna žlica maslinova ulja
 - sol
 - papar
 - 1 žlica pirea od rajčica

- Za umak:
- ½ glavice luka
 - 2 režnja češnjaka
 - malvazija za podlijevanje
 - 5 – 6 žlica pirea od rajčica

Očistiti lignje od utrobe i nasjeckati krakove. Napraviti smjesu za punjenje od krušnih mrvica, jaja, nasjeckanog peršina, sitno nasjeckanog češnjaka, pirea od rajčica, maslinova ulja i nasjeckanih krakova. Napuniti očišćene lignje i zatvoriti čačalicom da nadjev ne iscuri. Na maslinovu ulju propirjati lignje sa svih strana da dobiju rumenu boju. Izvaditi ih i ostaviti sa strane te u istoj tavi propirjati pola glavice luka i 2 režnja češnjaka. Podliti malvazijom, umiješati 5 - 6 žlica pirea od rajčice i u to ubaciti punjene lignje.

Krumpir narezati na ploške i blanširati u ulju da ne dobije koricu te pred sam kraj pirjanja ubaciti u tavu s lignjama da poprimi okuse.

Lignje prerezati na ploške i servirati na krumpiru.

NONA PINA'S STUFFED CALAMARI

- Ingredients:
- 1.5 kg of Kvarner calamari
 - ½ kg of potatoes
 - For the stuffing:
 - 1 egg
 - 2 spoonsful of bread crumbs
 - A pinch of parsley
 - 2 cloves of garlic
 - 1 tablespoon of olive oil
 - Salt
 - Pepper
 - 1 spoonful of tomato purée

- For the sauce:
- ½ head of garlic
 - 2 cloves of garlic
 - Malvasia for basting
 - 5-6 spoonsful of tomato purée

Remove the entrails from the calamari and chop the tentacles. Make the stuffing mixture from bread crumbs, eggs, chopped parsley, finely chopped garlic, tomato purée, olive oil, and chopped tentacles. Stuff the cleaned calamari and close with toothpicks so that the stuffing does not leak out. Sauté the calamari in olive oil on all sides until they turn golden. Take them out and leave them aside, then sauté half an onion and 2 cloves of garlic in the same pan. Baste with Malvasia, stir in 5-6 spoonsful of tomato purée and add the stuffed calamari.

Cut the potatoes into slices and blanch them in oil to prevent the forming of a crust, then towards the end of the sautéing, add them to the pan with the calamari to absorb the flavours.

Cut the calamari into slices and serve on potatoes.



DOMAĆI NJOKI S PESTOM OD MEDVJEĐEG LUKA S KOLUTIĆIMA KVARNERSKIH LIGNJI

- Sastojci:
- 1 kg njoka
 - 40 dag domaćih liganja
 - 5 dag medvjedeg luka
 - maslinovo ulje
 - sol
 - prstohvat domaće rikule

Lignje očistiti od iznutrica, nasjeckati na kolutiće i kratko propirjati na maslinovu ulju da zadrže svježinu i mekoću. U blenderu izmiksati medvjedi luk s maslinovim uljem i solju te napraviti pesto. Kuhati njoke u 3 litre kipuće slane vode. Kada su kuhani, ubaciti ih u tavu s 4 – 5 žlica pesta od medvjedeg luka i lagano promiješati.

Serviranje:

rasporediti njoke na četiri tanjura, na njih položiti propirjane kolutiće domaće lignje te posuti domaćom rikulom.

HOMEMADE GNOCCHI WITH RAMSON PESTO AND KVARNER CALAMARI RINGS

- Ingredients:
- 1 kg of gnocchi
 - 40 dkg of local calamari
 - 5 dkg of ramson
 - Olive oil
 - Salt
 - A dash of local arugula

Remove the entrails from the calamari, slice the calamari into rings and fry briefly in olive oil to keep them fresh and soft. Mix ramson with olive oil and salt in a blender to make pesto. Cook the gnocchi in 3 litres of boiling salted water. Once they are cooked, put them in the pan with 4-5 spoonsful of ramson pesto and stir gently.

Serving:

arrange the gnocchi on four plates, place the sautéed rings of local calamari on them and sprinkle with local arugula.





Sipa / Cuttlefish

Sepia officinalis

Sipa je glavonožac koji živi u pješčanom ili kamenitom dnu na malim dubinama. Hrani se rakovima, sitnom ribom, crvima i drugim mekušcima. Tijelo joj je ovalno, u obliku spljoštene vrećice ili plašta koji na vrhu ima deset krakova. Njih osam kratke su lovke, a dvama dugim krakovima lovi hranu. Unutar tijela ima veliku kost zahvaljujući kojoj zadržava svoj oblik. U gornjem dijelu plašta je vrećica s tekućinom (sipino crnilo) koju ispušta kako bi se sakrila od napadača ako se osjeća ugroženom. Sipino crnilo upotrebljava se za pripremu posebno ukusnog crnog rižota, a u specijalitetima od sipe najbolje je uživati od travnja do lipnja. Lovi se u vršama, ostima ili kočom.

Cuttlefish is a cephalopod which lives at sandy or rocky bottoms at shallow depths. It feeds on crabs, small fish, worms and other molluscs. Its body is oval, in the form of a flattened bag or mantle, which has ten arms on top. Eight of them are arms, while the two long tentacles serve for catching food. Inside the body, it has a large bone thanks to which it keeps its shape. In the upper part of the mantle, there is a sac with liquid (cuttlefish ink) that it releases to hide from attackers if it feels threatened. Cuttlefish ink is used to prepare a particularly delicious black risotto, and cuttlefish specialties are best enjoyed from April to June. It is caught in traps, with tridents, or trawl net.



CRNI RIŽOTO OD SIPE

- Sastojci:
- 320 g riže
 - 1 velika sipa
 - 1,5 l povrtnog temeljca ili ribljeg temeljca
 - 1 manja glavica luka
 - 2 dcl bijelog vina
 - 2 - 3 režnja češnjaka
 - peršin
 - 6 žlica ekstradjevičanskog maslinova ulja
 - sol
 - papar
 - 50 g maslaca
 - ribani parmezan

Sipu položiti na dasku te joj odvojiti glavu od tijela. Škarama prerezati trbuh, pažljivo odvojiti vrećicu s crnilom i temeljito je očistiti pazeći da se ne ošteti te odložiti u zdjelicu. Izvaditi kost i ostatak utrobe, oguliti te odstraniti oči i kljun. Isprati sipu i krakove pod mlazom hladne vode, ocijediti i narezati na kockice.

U posudi ugrijati povrtni ili riblji temeljac do vrenja. U dubokoj tavi na maslinovu ulju propirjati sitno narezan luk, dodati rižu i nasjeckani češnjak. Pirjati dok riža ne postane staklasta pa zaliti bijelim vinom. Pustiti da vino malo ishlapi pa dodati kockice sipe te kutljaču kipućeg temeljca. Kuhati i postepeno dodavati temeljac. Na polovici kuhanja dodati vrećicu s crnilom, a pri kraju pripreme umiješati nasjeckani peršin. Za savršen kremast okus dodati maslac i dobro promiješati. Po želji servirati uz ribani parmezan.

BLACK RISOTTO WITH CUTTLEFISH

- Ingredients:
- 320 g of rice
 - 1 large cuttlefish
 - 1.5 L of vegetable or fish stock
 - 1 small onion
 - 2 dL of white wine
 - 2-3 cloves of garlic
 - Parsley
 - 6 spoonsful of extra-virgin olive oil
 - Salt
 - Pepper
 - 50 g of butter
 - Grated Parmesan cheese

Place the cuttlefish on the board and separate the head from its body. Cut the belly with scissors, carefully separate the ink sac and clean it thoroughly, making sure not to damage it, then put it in a bowl. Remove the bone and the rest of the entrails, peel, and remove the eyes and beak. Rinse the cuttlefish and tentacles under a stream of cold water, drain and cut into cubes.

Boil the vegetable or fish stock in a pot. Sauté finely chopped onion in olive oil in a deep pan, add rice and chopped garlic. Sauté until the rice becomes translucent, then pour white wine. Let the wine evaporate a little, then add the cuttlefish cubes and a ladleful of boiling stock. Cook and gradually add stock. Halfway through cooking, add the ink sac, and at the end of the preparation stir in the chopped parsley. Add butter and stir well for a perfect creamy texture. Optionally, serve with grated Parmesan cheese.



ŠUGO OD SIPE

- Sastojci:
- 1 kg očišćene sipe
 - 1 luk
 - 1 režanj češnjaka
 - 2,5 dcl bijelog vina
 - 400 g pelata
 - sol
 - lovorov list
 - malo ružmarina
 - nasjeckani peršin

U dubokoj tavi na maslinovu ulju propirjati nasjeckani luk, dodati češnjak i sipe te pirjati još nekoliko minuta. Zatim uliti bijelo vino, pustiti da alkohol ispari i posoliti. Dodati pelate i malo mlake vode te lovorov list i malo ružmarina. Poklopiti posudu i kuhati umak od sipe na laganoj vatri oko 20 do 25 minuta, odnosno dok sipa ne omekša. Pred kraj kuhanja dodati šaku nasjeckanoga svježeg peršina. Poslužiti s kuhanom polentom, tjesteninom ili pire-krumpirom.

CUTTLEFISH SAUCE

- Ingredients:
- 1 kg of cleaned cuttlefish
 - 1 onion
 - 1 clove of garlic
 - 2.5 dL of white wine
 - 400 g of peeled tomatoes
 - Salt
 - Bay leaf
 - A bit of rosemary
 - Chopped parsley

Sauté the chopped onion in olive oil in a deep pan, add the garlic and cuttlefish, then sauté for a few more minutes. After that, pour white wine, let the alcohol evaporate and add salt. Add peeled tomatoes and some lukewarm water, a bay leaf and a bit of rosemary. Cover the pot and cook the cuttlefish sauce over low heat for about 20 to 25 minutes, or until the cuttlefish is soft. Towards the end of cooking, add a handful of chopped fresh parsley. Serve with cooked polenta, pasta or mashed potatoes.



Škamp / Scampi

Nephrops norvegicus

Škamp je dugorepi rak koji živi na muljevitom morskom dnu, a lovi se vršom i kočom. Meso škampa smatra se jednom od najslasnijih delicija i vrlo je traženo, a posebno su cijenjeni kvarnerski škampi zbog svoje teksture, slatkoće i neponovljivog okusa. Često ga uspoređuju s mesom hlapa ili jastoga. I u receptima koje su pripremili naši šefovi kuhinja korišteni su kvarnerski škampi. Odlično se sljubljuju s malvazijom iz našeg kraja.

Scampi is a long-tailed crustacean that lives on the muddy seabed and is caught with a trap and trawl net. Scampi meat is considered one of the tastiest delicacies and is highly sought-after. Kvarner scampi are especially prized for their texture, sweetness, and unique taste. It is often compared to common lobster or spiny lobster meat. Kvarner scampi were also used in the recipes prepared by our chefs. They go excellent with Malvasia from our region.



KREM JUHA OD ŠKAMPA

- Sastojci:
- 1 kg kvarnerskog škampa
 - 2 glavice luka
 - ½ glavice češnjaka
 - 4 - 5 svježih rajčica
 - 2 mrkve
 - 1 stabljika peršina
 - 2 dcl bijelog vina
 - ½ limuna iz ekološkog uzgoja
 - papar u zrnu
 - morska sol
 - 1 jušna žlica otopljenog maslaca
 - 1 jušna žlica mekog brašna za roux

Škampima odvojiti repove, a glave i oklope popržiti na maslinovu ulju s lukom, češnjakom, mrkvom, peršinom i rajčicama. U to dodati korice i sok polovice limuna, papar u zrnu i sol te zaliti bijelim vinom i vodom pa sve zgnječiti da bi se dobio gušći temeljac. Dodati još malo vode po potrebi. Nakon kuhanja sve dobro procijediti i zgusnuti brašnom i maslacem, odnosno napraviti roux. Prije serviranja dodati juhi očišćene repove.

Priprema rouxa:
otopiti žlicu maslaca i umiješati istu količinu brašna.

SCAMPI CREAM SOUP

- Ingredients:
- 1 kg of Kvarner scampi
 - 2 onions
 - ½ head of garlic
 - 4-5 fresh tomatoes
 - 2 carrots
 - 1 parsley stem
 - 2 dL of white wine
 - ½ organic lemon
 - Peppercorns
 - Sea salt
 - 1 tablespoon of melted butter
 - 1 tablespoon of soft flour for roux

Separate the tails from the scampi, and fry the heads and shells in olive oil with onions, garlic, carrots, parsley, and tomatoes. Add the zest and juice of half a lemon, peppercorns and salt to it, pour in white wine and water, and then mash everything to get a thicker base. Add a little more water if necessary. After cooking, strain everything well and thicken with flour and butter, i.e. make a roux. Before serving, add the cleaned tails to the soup.

Preparation of roux:
melt a spoonful of butter and mix in the same amount of flour.



ŠKAMPI NA ŽARU

Sastojci: ● 300 g kvarnerskog škampa

Pripremiti žar na gradelama od drvenog uglja. Svježe kvarnerske škampe, po mogućnosti ulovljene u vrši, lagano premazati maslinovim uljem i dobro zapeći na gradelama. Poslužiti ih vruće. Po želji začiniti s malo limunova soka.

GRILLED SCAMPI

Ingredients: ● 300 g of Kvarner scampi

Prepare charcoal embers for the grill grid. Lightly coat the fresh Kvarner scampi, preferably caught in a trap, with olive oil and grill well on the grill grid. Serve hot. Season to taste with a little lemon juice.





MARINIRANI REP KVARNERSKOG ŠKAMPA UZ ZAPEČENU SKUTU I LISTIĆE SVJEŽE JABUKE

- Sastojci:
- 4 repa sirovih, svježih kvarnerskih škampa
 - 2 kriške skute
 - listići zelene jabuke
 - maslinovo ulje
 - limunov sok

Kriške skute zapeći na roštilju. Na njih posložiti repove škampa nakratko marinirane u maslinovu ulju, začinima i limunovu soku te posuti naribanim listićima svježe jabuke.

MARINATED KVARNER SCAMPI TAIL WITH BAKED CURD CHEESE AND THIN FRESH APPLE SLICES

- Ingredients:
- 4 tails of fresh, raw Kvarner scampi
 - 2 slices of curd cheese
 - Thin green apple slices
 - Olive oil
 - Lemon juice

Grill slices of curd cheese. Arrange scampi tails briefly marinated in olive oil, spices and lemon juice on them and sprinkle with grated thin slices of fresh apple.







Tjestenina / Pasta



TAGLIOLINI S GAMBERIMA, SUŠENIM RAJČICAMA I TIKVICAMA

- Sastojci:
- očišćeni svježi kvarnerski gamberi
 - sušena rajčica
 - svježe tikvice
 - tjestenina tagliolini
 - malo češnjaka
 - temeljac od gambera

Na maslinovu ulju popržiti malo češnjaka, dodati sušenu rajčicu i tikvice, podliti s malo temeljca pa marinirati. Dodati taglioline i repove gambera. Može se poslužiti s naribanim listićima odležanog Gran padana.

TAGLIOLINI WITH SHRIMP, DRIED TOMATOES AND COURGETTES

- Ingredients:
- Cleaned fresh Kvarner shrimp
 - Dried tomatoes
 - Fresh courgettes
 - Tagliolini pasta
 - A bit of garlic
 - Shrimp stock

Fry some garlic in olive oil, add dried tomatoes and courgettes, baste with a little stock and marinate. Add tagliolini and shrimp tails. Can be served with grated slices of aged Grana Padano cheese.

Gamber, kozica
Parapenaeus longirostris



Shrimp
Parapenaeus longirostris



RAVIOLI PUNJENI BRANCINOM U UMAKU OD RAKOVA

Sastojci:

- brancin
- mrkva
- celer
- griz
- začini
- bijelo vino
- repovi kvarnerskih škampa
- temeljac od škampa

- Sastojci za tijesto (raviole):
- jaja
 - brašno
 - sol

Umijesiti tijesto slično tijestu za fuže*. Nasjeckati brancina na kockice, dodati začine, griz te naribani celer i mrkvu. Napuniti raviole smjesom od brancina. Tijesto je malo tvrđe pa ga treba malo više kuhati.

Kuhane raviole poslužiti s umakom od kvarnerskih škampa.

*Umijesiti tijesto od 400 g brašna, 4 jaja, malo soli i jušne žlice maslinova ulja.

RAVIOLI FILLED WITH SEA BASS IN CRAB SAUCE

Ingredients:

- Sea bass
- Carrot
- Celery
- Semolina
- Spices
- White wine
- Kvarner scampi tails
- Scampi stock

- Ingredients for dough (ravioli):
- Eggs
 - Flour
 - Salt

Knead dough similar to the dough for fuži*. Cut the sea bass into cubes, add spices, semolina, and grated celery and carrot. Fill the ravioli with the sea bass mixture. The dough is a little harder, so it needs to be cooked a little longer.

Serve the cooked ravioli with Kvarner scampi sauce.

* Knead the dough from 400 g of flour, 4 eggs, a bit of salt and a tablespoon of olive oil.





PLJUKANCI SA ŠAFRANOM, TIKVICAMA I KOZICAMA

Sastojci za pljukance:

- 4 jaja
- 40 dag brašna
- malo soli
- malo vode
- malo maslinova ulja

Sastojci za umak:

- 20 dag očišćenih kozica
- 1,5 dcl vrhnja za kuhanje
- 2 jušne žlice maslinova ulja
- ½ dcl bijelog vina
- 1 mala tikvica
- prstohvat šafrana
- sol
- papar

Umijesiti tijesto od svih sastojaka te ostaviti pola sata na hladnom da odmori. Nakon toga čupkati komadiće tijesta pa ih prstima provaljati po dasci kako bi dobili vretenast oblik. Kuhati pljukance 15 minuta u slanoj vodi te ocijediti.

Priprema umaka:

Očišćene kozice prepržiti na maslinovu ulju, zaliti bijelim vinom i dodati tikvice izrezane na trakice te pirjati dok tikvice ne omekšaju. Začiniti s malo soli i papra te na kraju dodati vrhnje za kuhanje i prstohvat šafrana.

Pljukance ubaciti u umak i servirati toplo.

PLJUKANCI WITH SAFFRON, COURGETTES AND SHRIMP

Ingredients for pljukanci:

- 4 eggs
- 40 dkg of flour
- A bit of salt
- A bit of water
- A bit of olive oil

Ingredients for sauce:

- 20 dkg of cleaned shrimp
- 1.5 dL of cooking cream
- 2 tablespoons of olive oil
- ½ dL of white wine
- 1 small courgette
- A pinch of saffron
- Salt
- Pepper

Knead the dough from all the ingredients and leave it in a cold place for half an hour to rest. Afterwards, pluck pieces of dough and roll them on the board with your fingers to give them a spindle shape. Cook the pljukanci in salted water for 15 minutes and then drain.

Preparation of sauce:

Fry the cleaned shrimp in olive oil, pour white wine and add the courgettes cut into strips, then sauté until the courgettes are soft. Season with a little salt and pepper, then at the end add cooking cream and a pinch of saffron.

Put the pljukanci into the sauce and serve warm.



RAVIOLI NONE DORINE U UMAKU OD KVARNERSKOG ŠKAMPA I ISTARSKOG ŠAFRANA

Sastojci: Za tijesto (raviole):

- ½ kg glatkog brašna
 - 25 dag oštrog brašna
 - 4 jaja
 - 2 žumanjka
 - ½ žlice soli
 - 2 jušne žlice ulja
 - malo vode
 - 1 dcl vrhnja za kuhanje
 - malo sjeckanog peršina
-
- Od navedenih sastojaka umijesiti tijesto i odložiti ga na pola sata da odmori

NONA DORINA'S RAVIOLI IN KVARNER SCAMPI AND ISTRIAN SAFFRON SAUCE

Ingredients: For the dough (ravioli):

- ½ kg of smooth flour
 - 25 dkg of coarse flour
 - 4 eggs
 - 2 egg yolks
 - ½ spoonful of salt
 - 2 tablespoons of oil
 - A bit of water
 - 1 dL of cooking cream
 - A bit of chopped parsley
-
- Knead the dough from the above ingredients and leave it to rest for half an hour.





RAVIOLI NONE DORINE U UMAKU OD KVARNERSKOG ŠKAMPA I ISTARSKOG ŠAFRANA

Riblja smjesa:

- 10 dag orade
- 10 dag brancina
- 20 dag oslića
- sol
- papar
- peršin
- lovor
- sitno narezani češnjak
- maslinovo ulje

Umak od škampa i istarskog šafrana:

- 30 dag repova kvarnerskog škampa
- luk
- 2 režnja češnjaka
- nasjeckana rajčica
- malvazija za podlijevanje
- prstohvat istarskog šafrana

Ribu očistiti od kosti i kuhati u vreloj vodi sa začinima (solju, paprom, peršinom, lovorom) kao za riblju juhu. Kuhanu ribu ocijediti i ručno usitniti, a zatim dodati maslinovo ulje, sitno nasjeckani češnjak i peršin te oblikovati kuglice veličine oraha. Na dio razvaljanog tijesta posložiti kuglice nadjeva te preklopiti drugim dijelom tijesta, a onda čašom ili namjenskim kalupom izrezati oblik raviola. Pripaziti da su dobro zatvoreni.

Dok se voda za kuhanje raviola grije, pripremiti umak od škampa. Na domaćem ulju propirjati luk i češnjak, dodati sjeckanu rajčicu i još malo propirjati te dodati očišćene repove škampa. Podliti malvazijom, dodati prstohvat šafrana te zaliti temeljcem napravljenim od glava škampa. U međuvremenu kuhati raviole u vreloj slanoj vodi (na laganoj vatri da se ne otvore) približno tri minute. Pažljivo ih ocijediti te ubaciti u pripremljeni umak od škampa. Prokuhati minutu u umaku da se sljube okusi. Servirati na tanjure šest raviola po osobi.

NONA DORINA'S RAVIOLI IN KVARNER SCAMPI AND ISTRIAN SAFFRON SAUCE

2

Fish mixture:

- 10 dkg of gilt-head bream
- 10 dkg of sea bass
- 20 dkg of hake
- Salt
- Pepper
- Parsley
- Bay leaf
- Finely chopped garlic
- Olive oil

Scampi and Istrian saffron sauce:

- 30 dkg of Kvarner scampi tails
- Onion
- 2 cloves of garlic
- Chopped tomato
- Malvasia for basting
- A pinch of Istrian saffron

Debone the fish and cook in hot water with spices (salt, pepper, parsley, bay leaf) just like for fish soup. Drain the cooked fish and chop it by hand, then add olive oil, finely chopped garlic and parsley, and form walnut-sized balls. Arrange the balls of filling on part of the rolled-out dough and cover it with the other part of the dough, then cut out the shape of ravioli with a glass or a special mould. Make sure they are sealed well.

While heating the water used to cook the ravioli, prepare the scampi sauce. Sauté onion and garlic in homemade oil, add chopped tomato and sauté everything a bit more, then add cleaned scampi tails. Baste with malvasia, add a pinch of saffron and pour stock made from scampi heads. Meanwhile, cook the ravioli in hot salted water (on low heat so they don't open) for about 3 minutes. Carefully drain them and put them in the prepared scampi sauce. Cook for 1 minute in the sauce to combine the flavours. Serve six ravioli per person on plates.



ŠPAGETI MARE MONTI

Sastojci:

- ½ kg špageta br. 5

Za umak:

- marinirani inćuni u limunu
- listići od ½ glavice češnjaka
- maslinovo ulje
- 10-ak crnih maslina
- 10 kom cherry rajčica
- kapari
- jušna žlica sušenih domaćih vrganja
- 2 - 3 jušne žlice pirea od rajčica

Dodatak:

- šaka divlje rikole
- 2 grančice divljeg koromača

Sve sastojke za umak lagano propirjati na maslinovu ulju da ne izgube oblik i boju. Skuhati špagete u kipućoj slanoj vodi, ocijediti i sljubiti s pripremljenim umakom. Na kraju dodati divlju rikolu i koromač.

SPAGHETTI MARE MONTI

Ingredients:

- ½ kg of spaghetti no. 5

For the sauce:

- Anchovies marinated in lemon
- Thin slices of ½ head of garlic
- Olive oil
- Around 10 black olives
- 10 cherry tomatoes
- Capers
- Tablespoon of dried local porcini
- 2-3 tablespoons of tomato purée

Additional ingredients:

- Handful of wild arugula
- 2 sprigs of wild fennel

Lightly sauté all the ingredients for the sauce in olive oil so that they do not lose their shape or colour. Cook the spaghetti in boiling salted water, drain and combine with the prepared sauce. At the end, add wild arugula and fennel.





BRUSKETE

- Sastojci:
- 10 fileta mariniranih inćuna
 - 1 jušna žlica slanog sira
 - 5 – 6 cherry rajčica
 - 1 mala žlica kapara
 - maslinovo ulje
 - rikola

Sve sastojke promiješati i servirati na tostiranom kruhu.

BRUSCHETTA

- Ingredients:
- 10 marinated anchovy fillets
 - 1 tablespoon of salty cheese
 - 5-6 cherry tomatoes
 - 1 teaspoon of capers
 - Olive oil
 - Arugula

Mix all ingredients and serve on toasted bread.

Inćun
Engraulis encrasicolus



Anchovy
Engraulis encrasicolus



PIZZA CALZONE MARE BLUE

Za 1 osobu.

Sastojci: Sastojci za 200 g tijesta:

- 120 g vode
- 80 g brašna tipa 00
- 1 g svježeg kvasca
- prstohvat soli

Sastojci za nadjev:

- 1 režanj češnjaka
- 1 dcl umaka od domaćih rajčica
- 10 – 12 dag mozzarelle fior di latte
- maslinovo ulje
- 7 dag očišćenih jadranskih kozica prethodno poprženih na maslinovu ulju i češnjaku
- sitno nasjeckani peršin

Umijesiti tijesto i ostaviti da odmara na sobnoj temperaturi tri sata. Nakon toga ga oblikovati u kuglicu i zatvoriti u plastičnu posudu ili prekriti prozirnom folijom da se ne stvori korica te pohraniti u hladnjaku između 12 i 24 sata. Zatim ga ostaviti na sobnoj temperaturi pola sata te formirati željeni oblik. Na tijesto poslagati nadjev te peći na maksimalnoj temperaturi pećnice dok ne dobije zlatnožutu boju.

Servirati uz salatu od rukole i cherry rajčica.

PIZZA CALZONE MARE BLUE

Meal for 1 person.

Ingredients: ● Ingredients for 200 g of dough:

- 120 g of water
- 80 g of double zero flour (00)
- 1 g of fresh yeast
- A pinch of salt

● Ingredients for topping:

- 1 clove of garlic
- 1 dL of local tomato sauce
- 10-12 dkg of mozzarella fior di latte
- Olive oil
- 7 dkg of cleaned Adriatic shrimp previously fried in olive oil and garlic
- Finely chopped parsley

Knead the dough and let it rest at room temperature for 3 hours. Afterwards, shape it into a ball, seal it in a plastic container or cover it with transparent film to prevent the forming of a crust, and store it in the refrigerator between 12 and 24 hours. Then leave it at room temperature for half an hour and form it into a desired shape. Place the topping on the dough and bake at the maximum oven temperature until it turns golden yellow.

Serve with arugula and cherry tomato salad.





