



GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



dobrodošli u Istru

WELCOME TO ISTRIA



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KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA
REGION OUTLINE MAP**Projekt KeyQ+**

Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske projekt je koji se provodio u sklopu programa INTERREG Italija - Hrvatska

Project KeyQ+

Culture and tourism as keys for the quality cross-border development of Italy and Croatia is a project carried out under the INTERREG Italy - Croatia CBC Programme.

O VODIČU

Istria je pravi mali izvor neotkrivenih prirodnih i kulturnih ljepota, povijesnih činjenica o kojima se malo zna jer ih je povijest nekim slučajem izbrisala iz sjećanja. A upravo ono neotkriveno ili pomalo skriveno budi znatiželju, pustolovni duh, želju za pronalaskom „skrivenog“ blaga koje će tada postati javno i u središtu interesa i razgovora. A i prikazat će jednu sasvim drugačiju sliku Istre, ove bogate hrvatske regije s gledišta kulturne baštine, arhitekture, povijesti, pučkih priča i gastronomije.

Projekt KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske omogućuje vam da saznate nešto novo o Istri što će vas iznova oduševiti i potaknuti na istraživanje mjesne povijesti i prije svega gastronomije. Osmislili smo posebnu povijesno-gastronomsku rutu koja će vas poput vremenskog stroja vratiti u slavno razdoblje prije nešto više od stotinu godina kada je ovim prostorom vladala Austro-Ugarska Monarhija.

Ova je država, koja se raspala nakon Prvog svjetskog rata, Istri donijela poseban urbanistički i arhitektonski procvat. Oblikovala je, uz antičke spomenike, najznačajniju kulturnu baštinu Istre koja je i danas najreferentnija kada je u pitanju najveći grad na poluotoku – Pula. Isto tako, svi ostali istarski gradići, a posebno Pazin, sa sobom nose to nasljeđe. U ovome vas vodiču vodimo na najslikovitija i najupečatljivija mjesta nastala u tom razdoblju.

Međutim, to nasljeđe nije ostalo samo u kamenu, zgradama, spomenicima, grobljima, prometnoj infrastrukturi, nego ono još i danas živi u lokalnoj gastronomiji. Mnoga su se jela iz tog razdoblja udomaćila u istarskoj kuhinji, kao i recepti koji su aktualni i danas. Zato uz posjet najprivlačnijim austrougarskim znamenitostima pomoću ovoga vodiča možete upoznati i austrougarska jela i recepte koji su postali dio istarske svakodnevnice, a sve to zajedno kušati u najprobranijim restoranima i konobama na ovoj povijesno-gastronomskoj ruti koju smo osmislili baš za vas. Želimo vam ugodno istraživanje austrougarske Istre i njezinih slasnih i neodoljivih poslastica.

Istria is a true hidden gem of natural and cultural beauties, as well as little-known and forgotten historical facts. It is these undiscovered or somewhat hidden tidbits that arouse curiosity, awaken a spirit of adventure, and kindle the desire to find the "hidden" treasure, which then becomes the talk of the town. These tidbits portray an entirely different image of Istria, this rich Croatian region – rich from the viewpoint of cultural heritage, architecture, history, folklore and gastronomy.

The "KeyQ+ project: Culture and tourism as keys for the quality cross-border development of Italy and Croatia" provides you with the opportunity to gain new insights into Istria that will fascinate you time and again and move you to research local history and above all gastronomy. A special historical and gastronomic route has been developed to serve as a figurative time machine and take you back to the time of the glorious reign of the Austro-Hungarian Monarchy in these parts of the world, which was a little over a hundred years ago.

This monarchy, although it fell apart after World War I, transformed Istria into an urbanistic and architectural masterpiece. It has shaped the ancient monuments, as well as the most significant cultural heritage of Istria, which can to this day be most clearly observed in the peninsula's largest city – Pula. Moreover, all other Istrian cities and towns, Pazin in particular, carry this heritage. This guidebook takes you on a tour of the most picturesque and memorable places dating from this period of history.

However, this heritage is not only manifested in stone, buildings, monuments, cemeteries and transport infrastructure, it also lives to this day as part and parcel of the local gastronomy. Many dishes dating back to that period have become an integral part of Istrian cuisine, along with a plethora of recipes that remain of relevance to this day. Using this guidebook, you will be able to familiarize yourself with the most beautiful landmarks dating from Austro-Hungarian times, as well as treat your taste buds to a variety of dishes and recipes from the period – now part and parcel of Istria's everyday life. All of this can be experienced in the most exquisite restaurants and taverns outlined in the enclosed route, which has been tailor-made just for you. We wish you a most memorable experience of Austro-Hungarian Istria and its tasty and irresistible delicacies.



Istra je maleni poluotok na sjeverozapadnom dijelu Hrvatske s 200 tisuća stanovnika i čak 655 naselja koji graniči s Italijom i Slovenijom. Toliko je raznovrsna i bogata prirodnim ljepotama da je mnogi dijele na plavu i zelenu Istru. Plava Istra priobalno je područje s razvijenim ribarskim i turističkim gradićima, dok je njezina unutrašnjost pitoma oaza zelenila te pitoresknih gradića na brežuljcima koji su ispresijecani maslinicima i vinogradima. Na sjeveru je omeđena planinskim masivom Učke i Ćićarije.

Tijekom povijesti Istra je bila na sjecištu mnogih kultura i naroda iz svih dijelova Europe. Zbog toga ovo područje krase multikulturalnost, raznovrsnost baštine, narodnih običaja, kulinarska razigranost, ali i dvojezičnost. U Istri se danas govori hrvatskim i

talijanskim jezikom, a svako selo i grad gotovo da imaju svoje posebno narječje i poseban govor. Nevjerojatno je da se ponekad čak ni Istrani međusobno ne razumiju. Na jugu se primjerice govori štokavskim narječjem, u unutrašnjosti čakavskim, a na sjeveru kajkavštinom. Talijanskim se jezikom pak govori na obali, odnosno u gradskim središtima poput Vodnjana, Pule, Rovinja, Poreča ili Umaga.

Kao što se razlikuju međusobno po govoru, Istrani se razlikuju i po svojoj kuhinji, narodnoj nošnji, plesovima. Tako su se u gradovima poput Vodnjana mogle jesti bogate slastice i piti slatko vino imena „vin de rosa“ koje je slično toskanskom Vinu Santu, dok je u unutrašnjosti kuhinja bila siromašna pa su se samo za velike blagdane pripremale gozbe u

Istna

obliku fuži sa šugom od kokoši, kiselog kupusa, juhe od pijetla te kroštula. Sve te razlike nastale su tijekom povijesti jer je Istra uvijek bila rascjepkana između različitih gospodara, a samo u 20. stoljeću bila je pod vlašću triju država – Jugoslavije, Italije i Austro-Ugarske.

Posebno zlatno doba Istra je doživjela upravo pod vlašću Austro-Ugarske, odnosno Habsburške Monarhije. Ta je država ovim dijelom Sredozemlja zavládala nakon Napoleonova pada 1813. godine. Vrlo brzo ovo područje postaje jako privlačno austrijskoj vlasti. Odlučili su od Pule stvoriti glavnu ratnu luku za čitavo

kraljevstvo, što znači da su velik novac i snage uprli kako bi od malog primorskog mjesta s antičkom Arenom napravili pravi grad koji nije bio samo vojni, već i plemićki. U samo 60 godina iz temelja je izgrađeno gotovo sve što danas Pulu čini Pulom.

U to je doba osnovan Arsenal, izgrađena je željeznica s golemom infrastrukturom koja je Beč povezivala s Istrom, a gradnja je počela u Pazinu na mjestu današnjeg željezničkog kolodvora. Sagrađen je masivan obrambeni sustav s nizom utvrda i bitnica u gradu i 30 kilometara od njega koji i danas postoji te se smatra jednim od najvećih obrambenih sustava u Europi. Među njima je i onaj na Verudeli gdje je smješten akvarij koji prikazuje morski svijet cijelog planeta. Uređene su elegantne gospodske palače i rezidencijalna naselja, pulska gradska tržnica, mornarički kasino, današnji Dom hrvatskih branitelja, gdje su dolazili car Franjo i krema austrougarskog društva, stvorena je tramvajska mreža te park-šume. Pula je bila, kao i drugi istarski gradovi, pravo gradilište, a tisuće i tisuće kamenoklesara sa sjevera Italije dolazili su graditi pulske zgrade.

U vrijeme austrougarske vladavine najveći istarski grad narastao je s 800-tinjak stanovnika na 60 tisuća duša i postao je uz Zagreb najveći grad na ovim prostorima. Istodobno s njim stasala su i druga mjesta poput Poreča, Rovinja i Pazina koji je u to doba u svojem središtu dobio i prvu gimnaziju na hrvatskom jeziku.

Istria

Istria is a small peninsula located in northwest Croatia with a population of 200,000 and 655 settlements, sharing a border with Italy and Slovenia. It is highly diversified and rich in natural beauties, causing it to be informally divided into "blue" and "green" Istria by many. Blue Istria is the coastal area, with its well-developed fishing and tourist towns, while its inland is the green oasis of nature and picturesque hilltop towns, interspersed with olive groves and vineyards. The northernmost part of the peninsula is bounded by the Učka and Ćićarija mountain ranges.

Historically, Istria has been at the crossroads of numerous cultures and peoples from all over Europe. As a consequence, this area has become well-known for its multiculturalism, diversity of heritage and folklore, culinary playfulness, and its bilingualism. Croatian and Italian are spoken in Istria today, along with a wide range of village- and town-specific local dialects. The fact that sometimes even Istrians have a hard time understanding each other's local dialects never ceases to amaze. E.g. in the south, the Štokavian dialect is spoken, the inland area is predominantly Čakavian, while people in the northernmost parts speak Kajkavian.

an. Italian is spoken along the coastline and in urban areas such as Vodnjan, Pula, Rovinj, Poreč or Umag.

As they differ in the dialects spoken, they also differ in their local cuisine, as well as folk costumes and dances. Historically, in towns such as Vodnjan, people would eat lavish desserts and drink a type of sweet wine named "Vin de rosa", similar to the "Vin Santo" wine from the Italian region of Tuscany. The inland cuisine was considerably less elaborate, with delicacies such as "fuži" (traditional Istrian pasta) with chicken stew, sauerkraut, rooster soup and "kroštule" (most similar to Italian bow tie cookies: Frappe or Cioffe) strictly reserved for major feast days. All these differences emerged as a result of varying historical circumstances and because Istria has historically always been divided between many different rulers. In the 20th century alone, it was under the reign of three different powers – Yugoslavia, Italy and the Austro-Hungarian Monarchy.

The golden age of Istria's history was especially during the reign of the Austro-Hungarian Monarchy, also known as the Habsburg Monarchy. This monarchy began its reign over this part of the Mediterranean after the fall of Napoleon in the year 1813. Soon after, the Austrian authorities gained interest in this area. They decided to transform Pula into the main wartime harbour of their entire empire, meaning that considerable amounts of money and power were channelled into making a small seaside town with an amphitheatre into the true military and nobility hub of the empire. It took them only 60 years to

build almost everything that makes the city of Pula what it is today from the ground up.

At that time, the maritime arsenal was founded, the railway was built connecting Vienna to Istria, and its construction began in the town of Pazin where the railway station is situated today. A massive defence system with an array of forts and batteries was also erected in the city extending out for 30 kilometres. It still exists today and it is considered one of Europe's largest defence systems. One of these systems can also be found in Verudela where the aquarium is situated, featuring sea creatures from around the world. Elegant mansions and residential settlements were furnished, as well as the Pula Market, Marine Casino, and today's Home of Croatian Homeland War Veterans, which was at the time visited by emperor Francis Joseph and by the Austro-Hungarian elite. A network of tram lines and forest parks was also set up at the time. Along with other cities of Istria, Pula was a veritable construction site and thousands upon thousands of stonemasons flocked here to build Pula's buildings.

During the Austro-Hungarian reign, the largest Istrian city had grown from a population of about 800 to 60,000, which made it the second-largest city in our part of the monarchy, second only to Zagreb. Alongside these two, other towns and cities were also growing in population, such as Poreč, Rovinj and Pazin, which then became home to the first Croatian Gymnasium (educational institution) in Istria.



LOKALNI PROIZVODI *local products*

Krumpir

POTATO

Krumpir se u Istri toliko udomaćio da je danas gotovo nezamislivo zamisliti ručak ili večeru bez nje, a zapravo je u Istri tek od 18. stoljeća. Kako bi postao omiljeno povrće, morao je prijeći jako dug put, čak iz Južne Amerike. Njegovu vrijednost prvi su prepoznali Španjolci koju su ga još u 16. stoljeću donijeli u Europu, a potom je zasađen u Engleskoj. No, na početku nije bio omiljeno povrće. U Prusiji ni naredbe vladara nisu bile dovoljne da se krumpir udomaći među pukom, a seljaci su ga prihvatili tek kada ga je sam Fridrik II. Veliki zasadio na kraljevskom polju. Slično je bilo i u Francuskoj te Rusiji. U Hrvatsku je krumpir došao u 18. stoljeću naredbom vladarice Marije Terezije. Prvi krumpir posađen je davne 1769. godine, a tada su ga nazivali "zemaljske jabuke". Pretpostavlja se da je naziv krumpir došao s Nijemcima koji su se tada doselili



u Hrvatsku. A Nijemci za njega u raznim područjima imaju različite nazive – grumber (Grumber), grumbirn (Grumbirne) i grombir (Grombiera). U Istri se nazivaju kumpiri ili gramperi. Sade se krajem veljače ili početkom ožujka, a najbolji su mladi krumpiri koji se počinju vaditi već u svibnju. Posebno je među potrošačima omiljen istarski mladi krumpir.

The people of Istria have become so accustomed to potatoes that it is hard to imagine a lunch or dinner without some potato-based dish on one's plate. In actual fact, it came to Istria no earlier than the 18th century. It was a long road to the success of becoming the favoured vegetable, a road originating in South America. Its value was first recognized by the Spaniards, who brought it to Europe in the 16th century, and afterwards it was planted in England. However, its beginnings were more humble than that. In Prussia, not even the king's orders could help establish the potato as a viable option among the people and the peasants only accepted it after Frederick the Great himself had planted it in his royal field. The situation was similar in France and Russia. The potato came to Croatia in the 18th century by the decree of queen Maria Theresa. The first potato, or "earth apple" as people called it back then, was planted in the year 1769. It is assumed that the Croatian name for potato (krumpir) was brought by German settlers who came to Croatia at that time. Different regions of Germany have different names for the potato – Grumber, Grumbirne and Grombiera. In Istria, they are called "kumpiri" or "gramperi". They are planted at the end of February or beginning of March, and the best tasting ones are the baby potatoes, which begin to be harvested as early as May. The Istrian baby potato is the consumers' favourite type of potato.



MESO ISTARSKOG GOVEDA

Gotovo da nekad u Istri nije bilo obitelji koja nije imala boškarina, odnosno istarsko govedo. Riječ je o autohtonoj hrvatskoj pasmini goveda čiji volovi znaju imati i do 1.300 kilograma, a uzgajali su se u Istri i na Krku. Nekadašnjim stočarima služili su za rad u polju. Njima su orali i vozili teret. Bili su omiljeni jer su bili poslušni. Boškarin je bio u istarskim štalama i zbog mesa, a najmanje se upotrebljavao za proizvodnju mlijeka. Danas se istarski boškarini mogu vidjeti na smotri boškarina u Kanfanaru gdje dolaze najljepši i najposlušniji primjerci ove plemenite životinje.

Danas se uzgajaju prvenstveno radi mesa koje se može naći na trpezi ponajboljih istarskih konoba i restorana. Upravo uzgoj istarskog goveda za meso pružio mu je šansu da u potpunosti ne nestane. Naime, nakon što se istarsko selo moderniziralo, nestalo je potrebe za boškarinima kao radnim životinjama, a njihovu je ulogu preuzeo traktor.

Od 1990. djeluje Savez uzgajivača istarskog goveda koji radi na zaštiti i očuvanju preostale populacije istarskog goveda, a veliku ulogu u očuvanju i promociji ove životinje provodi Agencija za ruralni razvoj Istre.

ISTRIAN CATTLE MEAT

It is safe to say that in relatively recent history, almost every family owned at least one Boskarin, the traditional Istrian cattle. This is the native Croatian breed of cattle whose oxen can weigh up to 1,300 kg. They used to be raised in Istria and on the island of Krk. Formerly they were used by farmers for doing work in the fields. They were used for ploughing the fields and carrying loads. The oxen were known for their obedience, which made them into a family pet. The Boskarin was also kept for its meat and in some very rare cases it was used in the milk production process. Today, the most beautiful and obedient specimens of this noble native Istrian cattle can be seen at the Boskarin exhibition in the village of Kanfanar, Istria.

Today they are primarily raised for their meat, which has found its way to the menus of the most renowned Istrian taverns and restaurants. This very purpose of raising and keeping it helped prevent this species of cattle from becoming completely extinct. With the modernization of the Istrian village, the need for keeping the Boskarin cattle as working animals began to decline with the introduction of tractors, which began overtaking the function of the animal.

Since 1990, the Association of Istrian Cattle Breeders (SUIG) has been actively promoting the protection and preservation of the remaining population of Istrian cattle. A major part in this endeavour is also played by the Agency for Rural Development of Istria (AZRRI).

Cabbage

KUPUS

Tradicionalna istarska kuhinja nezamisliva je bez kiselog kupusa koji je zimi jedan od najboljih izvora vitamina C. Nekada su ga obitelji sa sela same spravljale po staroj recepturi, a ribanje i soljenje bili su prava procedura. Duge zimske večeri mnogi su tako proveli u svojim konobama strpljivo ribajući na velikim ribežima ovo zimsko povrće kako bi imali dovoljno zaliha za cijelu zimu. Kada bi ga nasjeckali na sitne komadiće, posolili bi ga i gnječili dok ne bi pustio vodu i tako ga konzervirali.

Kupus je povrće koje se najčešće zimi vidi na istarskim tržnicama te je uz kelj glavno zimsko povrće u Istri. Velike površine zasađene kupusom nalaze se na jugu Istre, posebno na poluotoku Marlera koje je jedno od najzahvalnijih područja za uzgoj povrća. Inače, kupus se u europskoj prehrani upotrebljava još od pretpovijesnog doba.

Traditional Istrian cuisine is unthinkable without sauerkraut – one of the top sources of vitamin C during the winter season. Sauerkraut dishes used to be made by peasant families according to traditional recipes, and the process of shredding and salting it became quite a procedure in its own right. These families spent the long winter evenings in their cellars, patiently slicing and shredding this winter vegetable with the help of large shredders, so as to keep their food store well-stocked during the entire winter season. Having finely chopped it, they would salt it and mash it until it released the water and thus it was preserved.

Cabbage is a vegetable most often available in the Istrian open markets during the winter, making it, along with kale, the main vegetable of the season in Istria. Vast cabbage plantations are located in the south of Istria, especially in the Marlera peninsula, which is one of the most rewarding vegetable-growing areas of the region. To wrap up the cabbage story, here's another interesting titbit: it has been part and parcel of European cuisine ever since prehistoric times.



Garlic

ČEŠNJAK



Češnjak je od davnine poznat kao biljka s vrhunskim kulinarским i medicinskim svojstvima, a njegov glavni sastojak alicin ima iznimno antibakterijsko, antivirusno, antigljivično, anti-parazitsko i antioksidacijsko djelovanje. Stoga ne čudi što se češnjak ne upotrebljava od davnine samo u kuhinji, već i pučkoj medicini. Češnjak je zaštitnik tijela i zdravlja, a onaj tko ga voli, nezaobilazno ga kao začina upotrebljava u svojoj kuhinji –u raznim salatama, s ribljim specijalitetima, u peštu, gulašu ili rižotu. U Istri se češnjak uzgaja stoljećima, a u zadnje vrijeme pridaje mu se posebna pažnja zbog sve većeg uvoza češnjaka iz Azije. Posebno je omiljen istarski crveni češnjak koji se svojom kvalitetom i svojstvima razlikuje od drugih sorti. Naime, njegova je proizvodnja iznimno zahtjevnija jer se gotovo sve mora raditi ručno nakon što se posadi u jesen ili u rano proljeće. Većinom se ručno bere u lipnju ili srpnju, zatim se čisti i uvezuje u pakiranja za daljnju distribuciju. Želja je istarskih proizvođača zaštititi proizvodnju ove povrtne kulture u Europi pa je stoga osnovana Udruga proizvođača istarskog češnjaka.

Garlic has been famous since ancient times for its remarkable nutritional and medicinal properties. Its main constituent, allicin, has exceptional antibacterial, antiviral, antifungal, antiparasitic, and antioxidative properties. It should come as no surprise then that since ancient times, garlic has not been used only in cooking, but also in folk medicine. Garlic protects the health and wellbeing of the entire body, and for those who love eating it, it is an indispensable seasoning or condiment for their salads, fish specialties, different types of pesto, stews and risottos. In Istria, it has been grown for centuries and it has of late received a lot of attention due to the increasing import volumes of garlic from Asia. The all-time favourite is the Istrian red garlic, whose exceptional quality and other properties make it stand out among other varieties. It is exceptionally demanding to grow, as almost everything regarding its growth needs to be done manually once it has been planted in autumn or early spring. It is predominantly harvested by hand in June or July, then it is cleaned, bound into sheaves and packaged for further distribution. Driven by their desire to protect the production of this vegetable on a wider European scale, Istrian producers have founded the Association of Producers of Istrian Garlic.

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH



GULAŠ OD DIVLJAČI S NJOKIMA OD PIROVOG BRAŠNA



VRIJEME
TIME
60 MIN



PORCIJA
SERVES
4



TEŽINA
DIFFICULTY
8/10

METODA
METHOD

COOK - FRY
KUHANJE-PRŽENJE

SEZONA
SEASON

JESEN - ZIMA
FALL - WINTER

SASTOJCI _ INGREDIENTS

Meso divljači bez kosti / Venison meat, boneless	800 g
Luk / Onion	500 g
Crveno vino / Red wine	350 g
Češnjak / Garlic	5 g
Koncentrat rajčice / Toma- to paste	60 g
Lovor list / Bay leaf	1 kom/pcs
Ružmarin / Rosemary	1 grančica /sprig
Timijan / Thyme	2 g
Borovica / Juniper	10 g
Brašno / Flour	50 g
Sol, papar / Salt, pepper	
Pirovo brašno / Spelt flour	400 g
Pšenično brašno / Wheat flour	100 g
Ribani kravljji sir / Grated cow cheese	80 g
Maslac / Butter	200 g

VENISON STEW WITH SPELT GNOCCHI

P R I P R E M A

Meso divljači oblikujemo u veće kockice, posolimo, poparimo i pobrašnimo.

Luk i češnjak izrežemo na sitne kockice i pržimo na ulju dok ne dobije žućkastu boju i omekša. Dodamo meso te ga zajedno s lukom pržimo dok ne porumeni, dodamo koncentrat rajčice i crveno vino te ostavimo kuhati dok vino ne ishlapi.

Polijemo temeljcem ili vodom, dodamo lovor, ružmarin, timijan i borovicu, začinimo solju i paprom te na laganoj vatri pirjamo dok meso ne omekša. Po potrebi zgusnemo.

Umijesimo tijesto od pirovog i pšeničnog brašna, ribanog sira, soli i vruće vode. Oblikujemo žličnjake i kuhamo u kipućoj, posoljenoj vodi.

Žličnjake izvadimo iz vode i popržimo u tavi na maslinovom ulju.

Popržene žličnjake poslužimo s gulašom od divljači.



P R E P A R A T I O N

Chop the game meat into large cubes and add salt, pepper and flour.

Dice the onions and garlic and fry in oil until it softens and turns golden. Add the meat and fry it with the onions until it has browned, then add the tomato concentrate and red wine and cook until the wine has reduced. Add the stock or water, bay leaf, rosemary, thyme and juniper, season with salt and pepper, and simmer over a low heat until the meat is tender. If necessary, thicken.

Mix the spelt and wheat flour, grated cheese, salt and hot water. Cook spoonfuls of the mixture in boiling, salted water. Remove from the water and fry in olive oil.

Serve the fried spoonfuls with the wild game stew.

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH



KUHANA JUNEĆA OBRAZINA S PEČENIM KUPUSOM I CRNIM VINOM



VRIJEME
TIME

120 MIN



PORCIJA
SERVES

4



TEŽINA
DIFFICULTY

8/10

BEEF CHEEK WITH ROASTED CABBAGE AND RED WINE

P R I P R E M A

Juneće obrazine skuhati u zasoljenoj vodi zajedno s povrćem, paprom i lovorom. Iskuhano meso ohladiti i izrezati na što tanje odreske.

Svježi kupus izrezati na mesoreznicu i zapeći u pećnici, začiniti solju, paprom, kimelom, octom i uljem.

U lončiću iskuhivati med i crveno vino dok tečnost ne ishlapi.

Na tanjur položiti kupus i obrazinu, te začiniti redukcijom meda i vina.



P R E P A R A T I O N

Cook the beef cheeks in salted water along with the vegetables, pepper and bay leaf. Allow the cooked meat to cool and cut into thin slices.

Slice the fresh cabbage with a meat slicer and bake in the oven seasoned with salt, pepper, caraway seeds, vinegar and oil.

Boil the honey and red wine in a saucepan until the liquid is reduced.

Serve cabbage and the cheeks on a plate and drizzle with the honey and wine reduction.

Bon Appetit

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH



PIRJANA JUNEĆA PLEĆKA S FRIG-
ANCIMA OD KRUMPIRA I POVRĆEM



VRIJEME
TIME
180
MIN



PORCIJA
SERVES
4



TEŽINA
DIFFICULTY
9/10

METODA
METHOD

COOK
KUHANJE

SEZONA
SEASON

JESEN - ZIMA
FALL - WINTER

SASTOJCI _ INGREDIENTS

Juneća plećka/Beef shoulder	700 g
Mrkva /Carrot	150 g
Luk/Onion	200 g
Celer korijen/Celeriac	100 g
Crveno vino/Red wine	300 g
Koncentrat rajčice/Tomato paste	40 g
Maslinovo ulje/Olive oil	70 g
Lovor list/Bay leaf	1 kom/pcs
Ružmarin/Rosemary	1 grančica /sprig
Kadulja/Sage	3 g
Sol, papar/Salt, pepper	
Krumpir/Potato	300 g
Brašno/Flour	100 g
Jaja/Egg	1 kom/pcs
Ulje za prženje/Frying oil	1l
Sol/Salt	
Mrkva/Carrot	200 g
Cvjetača/Cauliflower	200 g
Mahune/Green beans	200 g
Maslac/Butter	70 g

SAUTÉED BEEF SHOULDER WITH POTATO
PATTIES AND VEGGIES

P R I P R E M A

Juneću plećku posoliti i popapriti, sotirati na maslinovom ulju sa svih strana te izvaditi iz posude. Na masnoću od mesa dodati povrće te dobro sotirati. U sotirano povrće dodati koncentrat rajčice i meso, podliti crvenim vinom i iskuhavati dok vino ne ishlapi. Podliti temeljcem ili vodom, poklopiti posudu i pirjati na laganoj vatri dok meso ne omekša. Meso izvaditi iz posude i izrezati na ploške. Umak usitniti štapnim mikserom i po potrebi zgusnuti. Ploške mesa vratiti u umak.

Krumpir iskuhati u zasoljenoj vodi. Nakon što se iskuhao krumpir protisnuti, posoliti, malo ohladiti te dodati brašno i jaja. Po potrebi dodatno začiniti. Smjesu oblikovati u manje njoke.

U zagrijano ulje položiti njoke koje se prethodno lagano pritisnu dlanovima i pržiti dok ne poprime zlatno žutu boju. Mrkvu, cvjetaču i mahune poprži na maslacu pa začinimo. Meso poslužimo uz frigance i povrće.

P R E P A R A T I O N

Add salt and pepper to the beef clod, sauté in olive oil on all sides and remove from the pan. Add the vegetables to the meat fat and sauté well. Add the tomato concentrate and meat to the sautéed vegetables, deglaze with the red wine and cook until the wine has reduced. Add stock or water, cover the pan and simmer until the meat is tender. Remove the meat from the pan and cut into slices. Process the sauce with a hand blender and thicken if necessary. Return the slices of meat to the sauce.

Boil the potatoes in salted water. Once the potatoes are cooked, mash them, add salt, cool slightly, add flour and eggs, and season with salt. Form the mixture into smaller gnocchi.

Lightly press them using your hands, place in the heated oil and fry until golden brown. Fry the carrots, cauliflower and green beans in butter and add seasoning. Serve the meat with the fried gnocchi and vegetables.

Bon Appetit

POVIJESNI RECEPTI - HISTORICAL RECIPES

INSPIRIRANI AUSTROUGARSKOM MONARHIJOM - INSPIRED BY AUSTROUGARY MONARCH



N J O K I P U N J E N I Š L J I V A M A



VRIJEME
TIME
60 MIN



PORCIJA
SERVES
4



TEŽINA
DIFFICULTY
5/10

METODA
METHOD

COOK
KUHANJE

SEZONA
SEASON

JESEN - ZIMA
FALL - WINTER

SASTOJCI _ INGREDIENTS

Krumpir/ Potato	500 g
Brašno/ Flour	140 g
Žumanjak/ Egg yolk	3 kom/pcs
Sol/Salt	
Šljive bez koštica/ Plums, pitted	12 kom/pcs
Šećer u kocki/ Sugar cubes	6 kom/pcs
Krušne mrvice/ Bread crumbs	130 g
Maslac/ Butter	150 g
Cimet/ Cinnamon	3 g
Šećer/ Sugar	50 g

GNOCCHI FILLED WITH PLUMS

P R I P R E M A

U loncu skuhati krumpir u ljusci. Iskuhani krumpir oguliti i protisnuti.

Krumpirovu masu malo ohladiti i dodati žumanjke, brašno i malo soli. Umijesiti tijesto kao za njoke te razvaljati na 1 cm debljine.

Uz pomoć alata u izvaljanom tijestu oblikovati krug ili kvadrat, položiti šljivu u koju smo stavili komadić kocke šećera, oblikovati rukama knedlu (njok).

Oblikovane njoke kuhati u kipućoj posoljenoj vodi dok se njoki ne dignu na površinu vode. U tavi popržiimo krušne mrvice na maslacu.

Kuhane njoke uvaljamo u krušne mrvice i posipamo mješavinom šećera i cimeta. Njoke poslužiti tople.



P R E P A R A T I O N

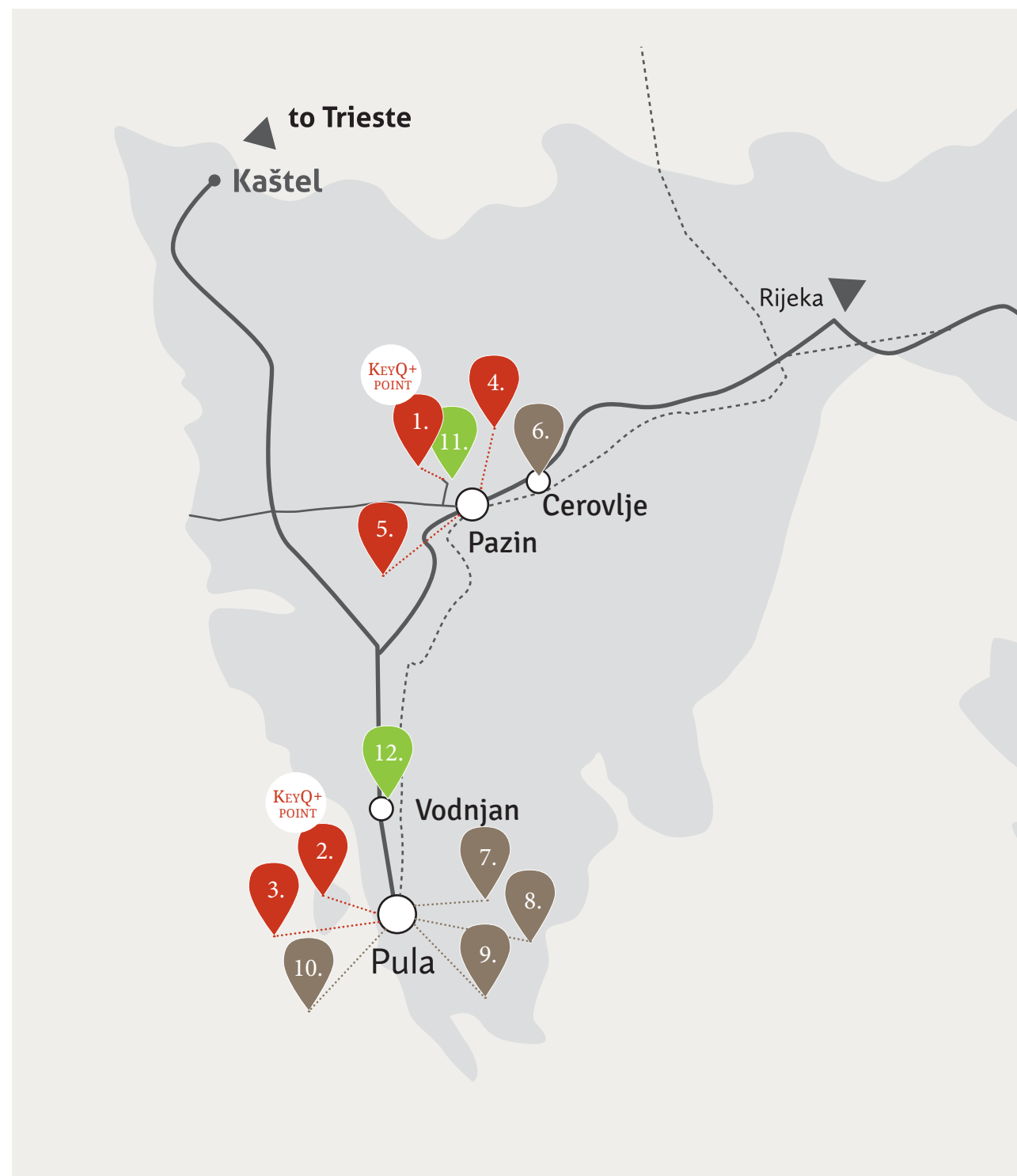
Cook unpeeled potatoes in a pot. Peel and mash the cooked potatoes.

Cool the mashed potatoes a little and add the egg yolks, flour and some salt. Knead the resulting dough in the same way as for the gnocchi and roll to 1 cm thickness.

Using a tool, form circles or squares in the dough. Insert a piece of a sugar cube inside each plum and place one on each piece of dough, then shape the dumplings by hand.

Cook the dumplings in boiling salted water until they rise to the surface. In a pan, fry the breadcrumbs with butter. Roll the cooked dumplings in the breadcrumbs and sprinkle with a mixture of sugar and cinnamon.

Serve the dumplings warm.



PUT KULTURE I GASTRONOMIJE

Culture And Gastronomy Path

TURISTIČKI ITINERAR _ TOURIST ITINERARY

TOČKE INTERESA _ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE _
HISTORICAL & CULTURAL HOTSPOTS:

1. **EDUKACIJSKI GASTRONOMSKI CENTAR ISTRE_ EDUCATIONAL GASTRONOMY CENTRE OF ISTRIA**
2. **TRŽNICA PULA_ MARKET OF PULA**
3. AQUARIUM PULA
4. STARA JEZGRA GRADA PAZINA_ PAZIN OLD TOWN
5. ŽELJEZNIČKI KOLODVOR U PAZINU I ZBIRKA ISTARSKE ŽELJEZNICE_ THE PAZIN RAILWAY STATION AND THE COLLECTION OF MEMORIES OF ISTRIAN RAILWAY

RESTORANI _ RESTAURANTS:

6. VELA VRATA, BERAM
7. AMFITEATAR, PULA
8. VODNJANKA, PULA
9. RIBARSKA KOLIBA, PULA
10. KANTINA, PULA

PROIZVOĐAČI _ FOOD PRODUCERS:

11. AZRRI, PAZIN - MESO ISTARSKOG GOVEDA_ MEAT OF TRADITIONAL ISTRIAN CATTLE
12. OPG CHIAVALON - MASLINOVO ULJE_ OLIVE OIL



KEYQ+
POINT

1.

EDUKACIJSKI GASTRONOMSKI CENTAR ISTRE

EDUCATIONAL GASTRONOMY CENTRE OF ISTRIA

GORTANOV BRIJEG 1, 52000 PAZIN
+385 (0)52 351 570, INFO@AZRRI.HR
WWW.AZRRI.HR

U želji da poljoprivredne proizvode istarskog poluotoka istakne na kulinarskoj karti ove regije, ali i cijele države, Agencija za ruralni razvoj Istre osnovala je Edukacijski gastronomski centar Istre u Pazinu na Gortanovom brijegu. Na ovom se mjestu organiziraju prije svega kulinarske radionice i prezentacije tradicionalne i moderne istarske gastronomije, i za mlade kuhare te iskusne chefove, i za zaljubljenike u gastronomiju, gurmane te strane goste koji dolaze u Istru na odmor. Cjelovit doživljaj lokalne eno-gastronomске tradicije na Gortanovom brijegu pruža interaktivno kuhanje sa stručnim kuharima, po načelima istarske gastronomije: jednostavnost pripreme, svježina sirovina, sezonske i lokalne namirnice. Za njih su prije svega zaduženi lokalni proizvođači voća, povrća, mesa, jaja, sira i svih drugih namirnica.

In an effort to make the agricultural products of the Istrian peninsula stand out on the culinary map of this region and of the whole country, the Agency for Rural Development of Istria (AZRRI) formed the Educational Gastronomy Centre of Istria, situated on Gortanov brijeg (Gortan's Hill) near Pazin. This is a venue for many events, primarily cooking classes and presentations of traditional and contemporary Istrian cuisine for both novice and experienced chefs, as well as gastronomy aficionados, gourmets and foreign tourists and visitors coming to Istria for a vacation. Experience the tradition of local enogastronomy on Gortanov brijeg (Gortan's Hill) via interactive cooking shows featuring professional chefs preparing meals founded on the basic principles of Istrian gastronomy: simplicity of preparation, freshness of the produce and meats used, seasonal and local foods. The implementation of these principles would not be feasible without the continued support of all the involved local producers of fruits, vegetables, meats, eggs, dairy products and other foods.



KEYQ+
POINT

2.

TRŽNICA PULA

MARKET OF PULA

NARODNI TRG 9, 52100 PULA
+385 (0)52 218 122, TRZNICA@TRZNICA-PULA.HR
WWW.TRZNICA-PULA.HR

Gotovo da nema posjetitelja Pule koji ne dođe i do pulske tržnice. To je svojevrsno srce grada, najvibrantnije mjesto koje privlači i domaće i turiste. Sigurno je najzanimljivija sama arhitektura njene zgrade koja je na ovom mjestu podignuta davne 1903. godine. Kada je izgrađena bila je pravo arhitektonsko čudo i jedinstven primjer arhitekture zbog svoje željezne i staklene konstrukcije koja se tada prvi put upotrijebila. Izgrađena je prema projektu L. Nobisa, a bečka tvrtka Münz u njenu je izgradnju uložila 250 tisuća kruna. Njezina je arhitektura posebno zanimljiva zbog polukružnih konstruktivnih željeznih nosača, proizvedenih u željezari Witkowie. A u impozantnoj secesijskoj zgradi tržnice u prizemlju će vas dočekati riblja tržnica, meso i mesni proizvodi lokalnih i poznatih međunarodnih proizvođača.

It is virtually impossible to visit Pula and not drop in and visit the Pula Market. It is the proverbial heart of the city, the most vibrant of places that attracts both locals and tourists and visitors. Its most appealing aspect must be the architecture of the building itself, erected here in the year 1903. At the time of its completion, it was a true architectural miracle and a one of a kind example of construction, thanks to its combined iron and glass structure, which had never been implemented previously. The Vienna-based company Münz funded its construction with 250,000 Austrian Corona, according to the blueprints of L. Nobis. Its semi-circular iron construction girders, forged in the Witkowie Ironworks never cease to amaze and arouse interest in tourists and locals alike. On the ground floor of the monumental Secession building of the Pula Market, you'll find the fish market, meat and meat products from local and international producers.

3.



AQUARIUM PULA

PULA AQUARIUM

VERUDELA B.B., 52105 PULA
+385 (0)52 381 402, INFO@AQUARIUM.HR
WWW.AQUARIUM.HR

Kada ju je gradila prije 130 godina, austrougarska vojska sigurno nikad ne bi bila pomislila da će u utvrdi Verudela u Puli danas biti smješten najveći akvarij u Hrvatskoj. Umjesto vojnika ovdje su dom našle ribe sjevernog i južnog Jadrana te one iz tropskih područja. Impresivna građevina sagrađena je 1886. godine, zaštićeno je kulturno dobro, a mijenjala je svoje namjene tijekom povijesti – od one vojne preko ugostiteljske do izložbenog prostora morskih i slatkovodnih bića. Posebna je atrakcija i ogromna čelična kupola koja se vratila na utvrdu nakon 74 godine – izvornu su u Drugom svjetskom ratu odnijeli Talijani i istopili za potrebe rata. Akvarij ima čak 35 bazena u kojima se može vidjeti 211 vrsta raznih morskih i slatkovodnih životinja iz cijelog svijeta, od Sredozemlja do tropskih slatkovodnih i morskih staništa.

Members of the Austro-Hungarian military could probably never have imagined that the once so magnificent 130-year-old fort Verudela in Pula would become home to modern Croatia's largest aquarium. Instead of soldiers, the historic fort is now home to fish species from the northern and southern portions of the Adriatic, as well as several species from the tropical areas of the world. This impressive edifice, built in 1886, is protected cultural heritage whose function has shifted throughout history - from the military and hospitality, to an exhibition area, and finally to today's home for many marine and freshwater species. Another of its special attractions is the giant steel dome, which was restored to the fort 74 years after the original was taken by the Italians and melted for use in World War II. The aquarium features 35 aquaria with 211 species of worldwide marine and freshwater creatures ranging from the Mediterranean all the way to tropical marine and freshwater habitats.

4.



STARA JEZGRA GRADA PAZINA

PAZIN OLD TOWN

VELOG JOŽE 1, 52000 PAZIN
+385(0)52 622 460, INFO@CENTRAL-ISTRIA.COM
WWW.CENTRAL-ISTRIA.COM

Krajem 19. i početkom 20. stoljeća oblikuje se stara jezgra središta Pazina koja je povezivala tadašnju periferiju s drevnim Kaštelom, a kasnije i željezničkim kolodvorom te prugom koja je zaslužna za daljnji razvoj grada. Tu su svoje kuće sagradili imućni pazinski trgovci, obrtnici i političari. Glavna ulica bila je Corso, gdje su se nalazili brojni restorani, krčme i trgovine. U starogradske jezgre bilo je i središte gimnazijskog obrazovanja i to na hrvatskom jeziku. U današnjoj zgradi Državnog arhiva otvorena je 1899. godine prva gimnazija na hrvatskom jeziku nakon dugogodišnje i uporne borbe istarskih preporodnih prvaka Jurja Dobrile, Matka Laginje, Vjekoslava Spinčića i drugih. Carsko-kraljevska velika državna gimnazija bila je prva srednjoškolska ustanova istarskih Hrvata.

The turn of the 20th century witnessed the formation of the Pazin old town nucleus, which served as a connection between what was then the periphery and the ancient Castle of Pazin (Kaštel), and later the railway station and railway, both of which turned out to be catalysts for the town's further development. This is where the wealthy merchants, politicians and craftspeople of Pazin built their homes. The main street was the Corso with its numerous restaurants, pubs and shops. The old town nucleus was also home to the first Croatian Gymnasium (educational institution) in Istria. In the year 1899, in what is today the building of the State Archives, after years of determined struggle by the Istrian revivalists Juraj Dobrila, Matko Laginja, Vjekoslav Spinčić and others, the first Croatian Gymnasium (educational institution) was founded. The Gymnasium was the first institution of secondary education for the Istrian Croats.

5.

ŽELJEZNIČKI KOLODVOR U PAZINU I ZBIRKA ISTARSKE ŽELJEZNICE

THE PAZIN RAILWAY STATION AND THE COLLECTION OF MEMORIES OF ISTRIAN RAILWAY

STAREH KOSTANJCI 1, 52000 PAZIN
+385 (0)91 162 1252

Prije 140 godina Istra je imala željezničku vezu s Bečom, Parizom i Budimpeštom. Željeznica je bila žila kucavica gospodarstva, a danas je živući spomenik industrijske baštine. Jedan od većih kolodvora sagrađen je u Pazinu gdje se danas nalazi i privatna zbirka posvećena povijesti istarske željeznice s brojnim predmetima iz doba Austro-Ugarske. Njezin je vlasnik Jovo Ačimović koji je čitav svoj radni vijek proveo na željeznici te skupljao predmete koji su polako izlazili iz upotrebe. Pruga se počela graditi upravo u Pazinu 1873. simboličnim kopanjem krampom, a dovršena je 1876. godine. U samo tri godine izgrađena su 122 kilometra pruge od Divače do Pule te 21 kilometar od Kanfanara do Rovinja. Bila je od strateškog značaja jer je mogla direktno Beč povezivati s glavnom ratnom lukom carstva – Pulom.

140 years ago, Istria was already linked to Vienna, Paris and Budapest by railway. The railway was formerly a major catalyst of economic growth and development, while today it merely serves as a living monument of industrial heritage. One of the major railway stations was built in Pazin and it is still there to this day, safeguarding a private collection dedicated to the history of the Istrian railway with numerous artefacts dating back to the period of the Austro-Hungarian Monarchy. The custodian of this collection is Mr. Jovo Ačimović who spent his entire career as a railway worker and who liked collecting artefacts as they slowly began falling out of use. An 1873 symbolic pickaxe strike signified that the construction of the railway had begun in Pazin, while its construction was completed in 1876. In only three years, 122 km of rail tracks were laid from Divača to Pula and 21 km from Kanfanar to Rovinj. It was strategically significant because it could link Vienna directly to Pula, the main wartime harbour of the Monarchy.



6.

VELA VRATA, BERAM

T A V E R N

BERAM 41, 52000 PAZIN, BERAM
+385 (0) 52 622 801; +385 (0)91 781 4995
VELA.VRATA11@GMAIL.COM

Konoba Vela Vrata u Bermu smjestila se na ulazu u gradsku jezgru ovog malenog gradića koji je najpoznatiji po freskama Vincenta iz Kastva u crkvi Sv. Marije na Škriljinah. Svoja je vrata otvorila 2006. godine, a od tada je vode bračni par Sandro i Helena Jurčić. Što ova tipična konoba nudi? Vela Vrata među prvim su na svojem stolu ponudili meso od boškarina te su iskušali razne recepte i vrste pripreme tog mesa. Posebni su i po tjestenini jer je rade sami, kao i domaćem kruhu koji će vas uvijek čekati svježe ispečen. Kuhinju temelje isključivo na sezonskim namirnicama iz okolice koje nabavljaju od lokalnih poljoprivrednika. Vrijedni kuhari Velih vrata ponose se i nekim manje uobičajenim jelima za istarske konobe kao što su šugo od prepelice ili zec u padeli s palentom, a ovdje možete kušati i jela s tartufima.

The Vela vrata tavern in Beram is situated at the very entrance to the centre of this small town, most famous for its frescoes by St. Vincent of Kastav in the Church of St. Mary of the Rocks. The tavern welcomed its first guests in 2006 and since then it has been run by a married couple, Sandro and Helena Jurčić. What does this typical Istrian tavern have to offer? They were one of the first to offer the meat of the Istrian Boskarin cattle, prepared in a variety of ways and following different recipes. They are also known for their handmade pasta, as well as freshly baked homemade bread. Their cuisine exclusively consists of local and seasonal foods supplied by local farmers. The hard-working chefs of Vela vrata take great pride in some of their not so ordinary dishes. Some of them you would not expect to taste at a typical tavern, e.g. quail stew, or hare stew with polenta (cornmeal mush), and you can also treat your palate to a variety of truffle-based dishes.



7.

AMFITEATAR, PULA

RESTAURANT

AMFITEATARSKA 6, 52206 PULA
+385 (0)91 2251 971, INFO@HOTELAMFITEATAR.COM
WWW.HOTELAMFITEATAR.COM

Restoran hotela Amfiteatar ima nekoliko posebnosti zbog kojih je vrijedno obići ovu adresu. Prije svega jer ga vodi jedan od najkreativnijih i najmaštovitijih hrvatskih kuhara Denis Zembo koji je „zanat“ izučio u svijetu te vodio niz restorana, među ostalima i svoj luksuzni Le Mandrač u Voloskom. Drugo, restoran se nalazi nadomak pulskog amfiteatra, zbog čega je i dobio taj naziv. Stoga ovdje zalaze mnoge poznate osobe koje dolaze na brojna događanja u Areni, a među njima i svjetske te domaće zvijezde koje tamo nastupaju. A kao treće, uz ime tako slavnog „chefa“, naravno, nezaobilazna su i izvrsna kreativna jela temeljena na izvrsnim domaćim proizvodima. To je Zembova specijalnost zbog koje ga mnogi obožavaju. Upravo stoga poznati svjetski gastronomski vodiči Gault&Millau godinama ne zaobilazi ovu adresu.

This hotel's restaurant has some serious frills to offer that make it worthy of a visit. We would like to point out some of them here. First of all, it is run by one of the most creative and knowledgeable Croatian chefs, Denis Zembo. He gained experience working alongside top chefs worldwide and by having run a number of restaurants – including his own Le Mandrač gourmet restaurant in Volosko (Opatija, Croatia). Moreover, it is located within walking distance of the Pula amphitheatre, hence its name. It should come as no surprise then that some of the most famous local and global celebrities are regulars. In particular those who stay at the hotel during and after their booked performance at the nearby Pula amphitheatre. Lastly, such a famous chef would not be so famous without all the delicious and creative gourmet dishes based on top-quality locally produced ingredients. This is his speciality, which explains why he is loved by many. This is exactly why Gault&Millau, one of the most prestigious gastronomic guides in the world, never fails to include this restaurant in their reviews.



8.

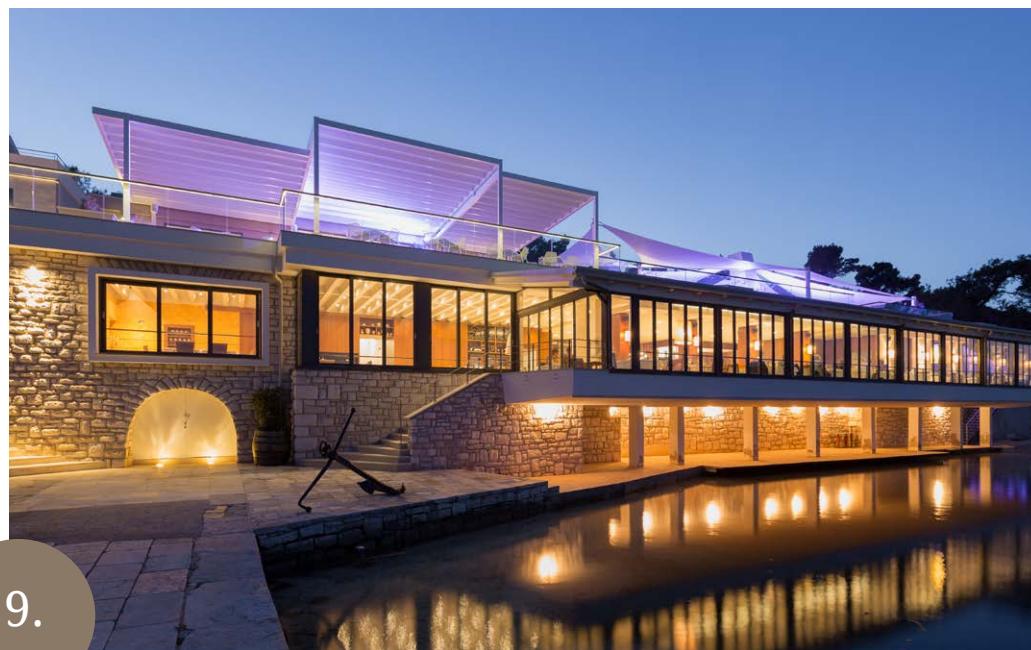
VODNJANKA, PULA

TAVERN

DINKA VITEZIĆA, 52206 PULA
+385 (0)52 511 435
IVANA.CELIJA@GMAIL.COM

Ako tražite pravu istarsku tradicionalnu konobu s domaćim ugođajem, onda je konoba Vodnjanka u srcu Pule pravi izbor za vas. Riječ je o maloj obiteljskoj konobi koja je otvorena cijele godine i omiljeno je mjesto u koje zalaze „lokalci“ na užinu i ručak. Lokal ima dušu i čim u njega kročite, osjećat ćete se kao kod kuće. Budući da je vlasnik lokala Moris Civitico i velik zaljubljenik u glazbu, ona je ovdje pomno birana. Dovoljno za toplu preporuku. Ovdje se oduvijek dobro jela domaća istarska hrana – sve ono što se inače sprema u okrilju obitelji i to stotinama godina – od domaće tjestenine kao što su pljukanci i fuži, do kobasica i ombola s kiselim kupusom, zimskim klasikom na jelovniku domaćih konoba, pa sve do tripica i istarske maneštre, ali i punjenih paprika te gulaša. Mjesto je to koje obitelj Civitico drži već 33 godine.

If you're on the lookout for a true traditional Istrian tavern and a friendly, familiar atmosphere, then the Vodnjanka tavern at the heart of Pula should be your first pick. It's a small, family-run tavern, open throughout the year and it is the local residents' favourite brunch and lunch break place. The friendly hosts will make you instantly feel at home the moment you step inside. Given that the owner, Mr. Moris Civitico, is also very passionate about music, it is always going to be of the choicest kind. After all is said and done, we can safely and highly recommend this place. It has always been a place for good local Istrian cuisine - all the homemade delicacies dating back hundreds of years - from the homemade pasta varieties (pljukanci, fuži) to sausages and pork loin ("ombolo") with sauerkraut - the winter season classic of local taverns, all the way to tripe and the Istrian "Maneštra" (Minestrone, a vegetable and bean soup), as well as stuffed peppers and stews. It is a place with 33 years of family Civitico's ongoing experience in the hospitality industry.



9.

RIBARSKA KOLIBA, PULA

RESTAURANT

VERUDELA 5, 52206 PULA
+385 (0)91 6001 269, INFO@RIBARSKAKOLIBA.COM
WWW.RIBARSKAKOLIBA.COM

Ribarska koliba na Verudeli jedna je od legendi restoranske scene u Puli. Mjesto je to sa stogodišnjom tradicijom gdje se oduvijek jela dobra riblja hrana. Nekada je na tom mjestu bila poznata oštarija, a danas vrhunski restoran. Ovdje je uvijek na stolu bilo sve svježije iz Jadranskog mora, stoga su Ribarsku kolibu posjećivale mnogobrojne poznate osobe – od političara do slavni iz svijeta glazbe i filma, a ta se tradicija nije izgubila do danas. Ovdje je redovito boravio bivši predsjednik Jugoslavije Tito, koji je obožavao ovo mjesto i posjećivao ga kada je boravio na Brijunima. Njemu u čast i danas postoji sala koja je posvećena upravo njemu. Stogodišnju tradiciju odličnog ribljeg restorana s terasom na obali mora s pogledom na susjednu marinu Veruda te luksuzne jahte i lokalne brodice ovaj restoran i danas njeguje.

The Ribarska koliba in Verudela is one of the legendary restaurants of Pula. This hundred-year-old restaurant has long preserved its tradition of serving high-quality fresh seafood. It used to be a well-known inn, while today it is a first-class restaurant. It has always been an oasis of fresh seafood from the Adriatic. Unsurprisingly, it has had numerous celebrities as regulars - politicians and celebrities from the music and film industry, back then and to this day. Tito, President of the former Yugoslavia, was also a regular here when he spent time in his Brijuni residence. In his honour, one of the halls of the restaurant is dedicated to him to this day. The centennial tradition and reputation as an exquisite seafood restaurant is cherished to this day. You can enjoy the view of the sea and of the neighbouring Marina Veruda with its luxury yachts and small local crafts.



10.

KANTINA, PULA

RESTAURANT

FLANATIČKA 16, 52206 PULA
+385 (0)52 214 054, INFO@KANTINAPULA.COM
WWW.KANTINAPULA.COM

U najvibrantnijem dijelu Pule, odmah pokraj gradske tržnice, arhitektonskog čuda od željeza i stakla iz doba Austro-Ugarske Monarhije, svoje je mjesto našao restoran i bar Kantina. Intimno mjesto s terasom i barom na glavnoj žili kucavici grada – Flanatičkoj ulici koja predstavlja najprivlačniju pješačku zonu u gradu. Ovdje možete izabrati mjesto gdje želite objedovati – na terasi s pogledom na gradsku vreću gdje možete osjetiti pravo bilo grada ili se pak povući u predivno uređenu unutrašnjost restorana u donjoj etaži pod stoljetnim kame-nim svodovima. Tamo će vas dočekati mir, topao ugođaj i pravi dojam starinskih restorana i vinskih podruma. Riječ je, naime, o nekadašnjem podrumu vile obitelji Matijassevich i Koch koja je izgrađena u 19. stoljeću. Nudi tipičnu mediteransku kuhinju i autohtona jela.

In the most vibrant part of Pula, right next to the Austro-Hungarian architectural masterpiece that is the city market, you'll find your way to the Kantina bar & restaurant. This exceptional place with its bar and terrace is located right in the lifeblood of the city - on Flanatik Street, which is the most attractive pedestrian zone of the city. Here you can pick a spot to dine - whether it be on the terrace with a view that will instantly make you feel the city's pulse, or on the lower level in the beautifully decorated interior with its stone arches. There you'll find peace, a warm atmosphere and gain a true impression of traditional restaurants and old wine cellars. In actual fact, this used to be the cellar of the Matijassevich and Koch family villa, built in the 19th century. It offers local Mediterranean cuisine and traditional dishes.

11.



AZRRI, PAZIN

PROIZVOĐAČ MESA ISTARSKOG GOVEDA
PRODUCER OF THE MEAT OF TRADITIONAL ISTRIAN CATTLE

ULICA PROF. TUGOMILA UJČIĆA 1, 52000 PAZIN
+385 (0)52 351 570, INFO@AZRRI.HR
WWW.AZRRI.HR

Agencija za ruralni razvoj Istre je osnovana s ciljem zaštite autohtonih pasmina Istre njihovom gospodarskom valorizacijom, odnosno spašavanje od izumiranja pasmina koje možda i nemaju veliki komercijalni interes no svakako su dio identiteta i tradicije Istarskog poluotoka, što ih čini vrijednima za očuvanje. U svom razvoju laboratoriju AZRRI osim mesa autohtonih pasmina, od kojih se dio prerađuje procesima „maturacije“, proizvode se i trajni suhomesnati proizvodi vrhunske kvalitete. Okusi i mirisi novih proizvoda jedinstveni su i jasno definirani za svaki pojedini proizvod u paleti AZRRI-eve ponude, a povezanost s teritorijem osiguravaju dodaci poput Terana, Malvazije istarske, domaćeg češnjaka, istarskog tartufa... Gospodarska, odnosno gastronomska valorizacija mesa autohtonih pasmina održiv je model gospodarenja zajedno s uzgajivačima Istarskog goveda, magarca i ovce, no pozitivan je model gospodarenja poljoprivrednim prostorom u Istri posebice rubnim šumskim površinama na kojima autohtone pasmine obitavaju.

The Agency for Rural Development of Istria was founded with the aim of protecting the indigenous animal breeds of Istria through economic valorisation. The agency works to salvage breeds close to extinction that may not have great commercial potential but are certainly part of the identity and tradition of the Istrian peninsula. Besides the fresh meat of autochthonous breeds, some of which is processed by “maturation”, AZRRI also produces high-quality permanent cured meats (salami and sausages). The flavours and fragrances are uniquely and clearly defined for each product in AZRRI's wide range, with each providing a clear linkage to the territory through additions such as Istrian Teran, Istrian Malvazija, Istrian Garlic, Istrian Truffles ... The economic or gastronomic valorisation of the meat of indigenous breeds is not only a viable management model alongside the breeders of Istrian cattle, donkeys and sheep, but also a positive model of agricultural land management in Istria – especially in the peripheral wooded areas where indigenous breeds live.

12.



OPG CHIAVALON, VODNJAN

PROIZVOĐAČ MASLINOVOG ULJA
OLIVE OIL PRODUCER

VLADIMIRA NAZORA 16, 52215 VODNJAN
+385 (0)52 511 906, VISIT@CHIAVALON.HR
WWW.CHIAVALON.HR

OPG Chiavalon iz Vodnjana jedan je od najpoznatijih istarskih OPG-a koji se bavi proizvodnjom vrhunskog ekstradjevičanskog ulja. Njihova je priča počela prije 15-tak godina kada su proizvodili oko 200 litara ulja, a potom se porastom interesa za sve kvalitetnija ulja ta proizvodnja proširila. Godišnje ovaj OPG proizvede 16 tona maslinova ulja, 50 tona žitarica i isto toliko krmnih kultura te povrća. Njegovo ulje danas je na policama trgovina delikatesa te u restoranima u Japanu, Tajvanu, SAD-u, diljem Europske unije te u Srbiji i Crnoj Gori, a odnedavno čak i u Kataru. Osim što prodaju svoje ulje u dizajnerskom pakiranju diljem svijeta, njihovu priču možete saznati direktno u njihovoj kantini i degustacijskoj sali. Ondje možete kušati sve što su proizveli uz stručnu pomoć vlasnika Sandija i Tedija Chiavalona.

The Chiavalon family from Vodnjan owns one of the best-known Istrian family farms. They are producers of extra virgin olive oil of exceptional and internationally acclaimed quality. Their story began some 15 years ago when they produced about 200 litres of oil, but due to the increasing quality of their oil, interest in their products grew, forcing them to expand their production. The annual production rates of this family farm are as follows: 16 tons of olive oil, 50 tons of grains and the same amount of provender and vegetables. Their oil can today be found on store shelves and restaurants in Japan, Taiwan, the USA and throughout the EU, as well as Serbia, Montenegro and, as of late, even Qatar. You can learn more about their olive oil and its custom-made premium packaging live on location (Vodnjan) in their wonderfully designed tasting room, where they'll be happy to share their story. You will also be able to treat your taste buds to all the products they make, as well as get professional assistance from the owners themselves - Sandi and Tedi Chiavalon.

ZAKLJUČAK

Vjerujemo da ste uživali u svim preporukama, atrakcijama, restoranima, ali i jelima koje smo istražili kroz projekt KeyQ+ financiran u sklopu programa INTERREG Italija – Hrvatska. Kako bi povezivali lokalne autohtone namirnice i duh starih vremena, partneri KeyQ+ istražili su povijesne recepte različitih razdoblja otkrivajući jedinstveni izraz kulture i prošlih vremena, a istovremeno se oslanjali na ukuse i potrebe modernih vremena. Prikupljeni recepti koji se temelje na tradicionalnim sastojcima postat će dio posebne „periodične“ ponude odabranih restorana, koji će uz šarmantne kulturne i povijesne vrijednosti na ovom području očarati i lokalno stanovništvo i turiste.

U ovome je projektu stvorena interaktivna „online“ karta lokalnih proizvođača, restorana i povijesnih staza koja vas vodi na prave adrese, a kombinacijom gastronomije i kulturne baštine ovih područja želi se privući posjetitelje da pomnije istraže ovih pet regija uključenih u KeyQ+ projekt: hrvatske regije Istru i Mali Lošinj te talijanske regije Veneto, Emiliu Romagna i Friuli Venezia Giulia. Proučavajući i obilazeći ovaj itinerar, uočit ćete i sedam KeyQ+ točaka koje na zanimljiv i poučan način pričaju priču o tradiciji, povijesti, kulturi i kulinarstvu.

U projektu su sudjelovali partneri iz Hrvatske i Italije. Vodeći partner bila je Agencija za ruralni razvoj Istre (AZRRI) iz Pazina. Iz Hrvatske su se kao partneri uključili i Grad Pula-Pola, Tržnica d. o. o. Pula i Turistička zajednica grada Malog Lošinja. Talijanski partneri bili su CIVIFORM – Centar za profesionalnu edukaciju, Grad Cividale del Friuli, Scuola Centrale Formazione – Centar za strukovnu edukaciju i njegov pridruženi partner Lepido Rocco iz Pramaggiorea, te Casa Artusi – Centar gastronomske kulture iz Forlìmpopolija. Projekt je sufinanciran u omjeru od 85% sredstvima iz Europskog fonda za regionalni razvoj (ERDF-a) s ukupnim budžetom od 871.925,00 eura. Projekt je počeo 1. siječnja 2018., a završen je 30. rujna 2019.

Sada je na vama da s ovim vodičem u ruci krenete u svoju novu avanturu i saznate neke skrivene tajne prošlih vremena istodobno uživajući u svemu što ove regije nude.

It is our sincere hope that you have been able to genuinely experience and enjoy the recommendations, visitor attractions, restaurants and dishes we have presented as part of the KeyQ+ project carried out under the INTERREG Italy-Croatia CBC Programme. To link the local ingredients to the spirit of ancient times, the KeyQ+ partners had to conduct extensive research on historical recipes from different periods, thus discovering a unique expression of culture and times past, while at the same time leaning on the tastes and needs of modern times. The collected historical recipes will become part and parcel of select restaurants' special periodical offers. Along with the undeniable charm of the area's cultural and historical heritage, these special offers are sure to captivate the senses of locals and foreign visitors alike.

The implementation of this project led to the creation of an interactive online map outlining the local producers, restaurants and historical routes enabling you to visit all the right places and to experience and enjoy them first hand. By combining cultural heritage with local gastronomy, we hope to encourage visitors to more fully explore the five regions of the KeyQ+ project: Istria and Mali Lošinj, from Croatia, and Veneto, Emilia Romagna and Friuli Venezia Giulia from Italy. Having closely studied and followed this itinerary, you will hopefully be able to pinpoint the seven main tenets of the KeyQ+ project, telling the story of tradition, history, cultural heritage and gastronomy.

This project involved partners from Italy and Croatia. The lead partner was the Agency for Rural Development of Istria (AZRRI) seated in Pazin. The city of Pula-Pola, the Pula Market and the Mali Lošinj Tourist Board joined the project as partners from Croatia. The Italian partners were as follows: the CIVIFORM Vocational Training Centre from the town of Cividale del Friuli, the town of Cividale del Friuli, the Scuola Centrale Formazione – Vocational Training Centre at national level and its associated member Lepido Rocco from Pramaggiore and the Casa Artusi – centre of gastronomic culture from the town of Forlìmpopoli. The project was co-funded by the European Regional Development Fund (ERDF) in the proportion of 85% with a total budget of € 871,925.00. The project began on January 1st, 2018, and ended on September 30th, 2019.

It is now your turn to embark on your new adventure and unveil some of the hidden treasures of times past, while at the same time thoroughly enjoying everything these regions have to offer, all the while keeping this guidebook close at hand.

KeyQ+: Kultura i turizam kao ključevi kvalitete za prekogranični razvoj Italije i Hrvatske

Trajanje projekta	01/01/2018 – 30/09/2019
Prioritet 3	Okoliš i kulturna baština
Specifični cilj 3.1	Učiniti prirodnu i kulturnu baštinu snažnom za održiv i uravnoteženi teritorijalni razvoj
Informacije o isporučevini	WP2, Aktivnost 2.6, Isporučevina 2.6.1
Nositelj projekta (naziv i kontakt)	AZRRI – Agencija za ruralni razvoj Istre d.o.o. Pazin; info@azrri.hr
Web stranica	www.italy-croatia.eu/web/keyqplus

KeyQ+: Culture and tourism as keys for quality cross border development of Italy and Croatia

Start and end date	01/01/2018 – 30/09/2019
Priority axis 3	Environment and cultural heritage
Specific objective 3.1	Make natural and cultural heritage leverage for sustainable and more balanced territorial development
Deliverable information	WP2, Activity 2.6, Deliverable 2.6.1
Lead partner (name and contact)	AZRRI – Agency for Rural Development of Istria Ltd Pazin; info@azrri.hr
Website	www.italy-croatia.eu/web/keyqplus



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Autor teksta / Text author: Barbara Ban

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