

GASTRONOMY GUIDEBOOK & TOURIST ITINERARY

Lošinj

GASTRONOMSKI VODIČ

& TURISTIČKI ITINERAR



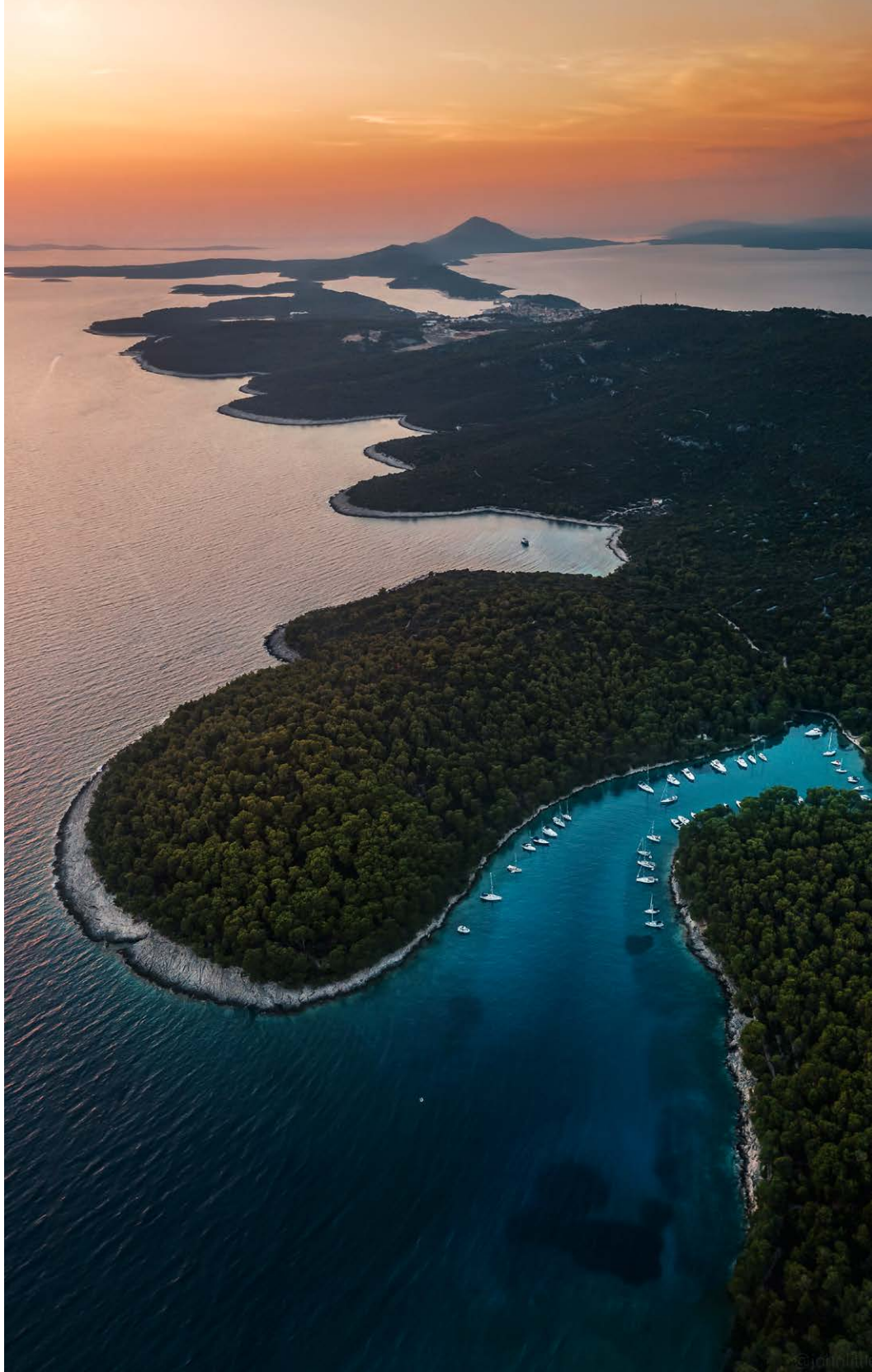
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 **Interreg**
Italy - Croatia
KeyQ+
European Regional Development Fund



dobrodošli na Lošinj

WELCOME TO LOŠINJ



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KARTA CIJELOG PODRUČJA S OZNAČENIM REGIJAMA REGION OUTLINE MAP



Projekt KeyQ+

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ABOUT THIS GUIDEBOOK

O VODIČU

Mali Lošinj je uistinu pravi mali hedonistički biser na Jadranu. Kada god dođete na ovaj otok, bilo to ljeti kada vas vuku rajске plaže, ugodna hladovina borovih šuma i kristalno čisto more, zimi kada bura čisti horizonte ili pak u proljeće i jesen kada aromatično bilje posebno miriše, uvijek će vas osvojiti. Krase ga predivne borove šume, sjajne tirkizne uvale, nevjerojatni vidici koji se ukazuju na svakom koraku, dramatična obala, pogled na Velebit i druge susjedne otoke, aromatično i ljekovito bilje te poseban miris u zraku. Baš zato Lošinj se često naziva otokom vitalnosti jer liječi dušu i tijelo. Otok ima uistinu poseban zrak zbog čega su Veli i Mali Lošinj i zakonom proglašeni zimskim klimatskim lječilištima 1892. god. , a i danas je u Velom Lošinju lječilište za alergijske bolesti dišnog sustava i kože.

Maleni je to otok, ali je pun tradicije, povijesne ostavštine, baštine i ljudskih priča. Posebno onih mitoloških koje su i zapečatile početke povijesti otočja. Antika je na Lošinju vidljiva na svakom koraku – u kulturi, pejzažu, gradovima i muzejima. Potrebno je samo malo zagrebat i ispod površine, da bi tragovi te daleke prošlosti izašli na vidjelo. Lošinj se nekada sa Cresom nazivao Apsyrtydes i na taj ćete naziv nabasati puno puta kada dođete na otok.

A da biste uopće došli do Lošinja cestom, morate proći kroz Osor koji je upravo u doba antike bio jedan od najvažnijih gradova na Kvarneru. A i najpopularnija ličnost s Lošinja dolazi baš iz antike. Predivan je to grčki atleta Apoksiomen kojemu su u čast Lošinjani podigli muzej i pokazali ga javnosti. Apoksiomen se tako zauvijek udomaćio u ovom malom primorskom mjestu nakon što je dva tisućljeća bio na morskome dnu u lošinjskom akvatoriju.

Antika se danas ne vidi samo u kulturnim spomenicima i baštini, ona je i u svakodnevnom životu, posebno u gastronomiji. Nekada su na antičkim grčkim stolovima neizbježne bile masline, med, pilo se vino i jelo puno žitarica te riba. Smokva je bila neizostavna voćka, kao i drugo sušeno voće, grožđe, jabuke i kruške. Koristili su se svi mediteranski začini. I dan danas sve te namirnice čine okosnicu lošinjske tradicionalne otočke kuhinje.

Mali Lošinj is a true hedonistic pearl of the Adriatic. No matter when you decide to visit this beautiful island, be it in the summer when you'll be drawn in by the heavenly beaches, the pleasant shade of the pine trees and the crystal clear sea, or in the winter when the northeasterly (the bura, or locally named "bura") wind clears the horizon, or during the springtime and autumn when the aromatic herbs release their mesmerizing scent, you'll be swept off your feet time and again. Characterised by beautiful pine forests, glittering turquoise coves, incredible landscapes popping up at every step of the way, the dramatic seashore, the view of the Velebit mountain range and of other neighbouring islands, the aromatic and medicinal herbs, and their special scent being released into the air. This is the main reason why Lošinj is often dubbed the Island of vitality – because its natural surroundings foster the healing of both body and soul. The truly outstanding air quality earned Veli Lošinj and Mali Lošinj the status of a winter health resort, bestowed upon them by law in 1892. Moreover, Veli Lošinj is to this day a health resort for the treatment of allergic diseases of the respiratory tract and skin.

It's a small island full of tradition, historical heritage and people's tales and anecdotes. Mythological tales in particular sealed the beginnings of the island's history. Remnants of the Ancient world can be seen everywhere in the island of Lošinj - in its culture, landscape, towns and museums. All it takes is a bit of scratching at the surface, for the vestiges of these distant times to emerge. The islands of Lošinj and Cres used to be called Apsyrtydes in ancient times, and this is a name you'll come across many times once you've arrived on the island.

However, to get to Lošinj by road in the first place, you need to drive through Osor, which was in ancient times one of the most important towns in the Kvarner region. The most popular figure of Lošinj also comes from ancient times. It is the statue of a magnificently beautiful Greek athlete that moved the inhabitants of the island to build a museum in its honour to display it to the general public. Thus, this Croatian Apoxyomenos found its forever home in this small seaside town, after having spent two millennia on the seabed in the local waters of Lošinj.

Today, traces of ancient times can be observed not only in the monuments and other cultural heritage, but also in everyday life, and particularly in the island's cuisine. Foods such as olives and honey used to be part and parcel of ancient Greek meals, wine was drunk, and lots of grains and fish were eaten as well. The fig was an indispensable fruit, along with other dried fruit, grapes, apples and pears. All the available Mediterranean condiments were also heavily used. To this day, all these foods make up the backbone of this island's traditional cuisine.



Otok Lošinj dio je cresko-lošinjske otočne skupine koja obuhvaća uz Cres i otoke Unije, Ilovik, Susak i Vele Srakane kao i niz manjih, nenaseljenih otočića. Dugačak je 33 kilometra, a ovdje živi oko 8,2 tisuća stanovnika, i to prije svega u mjestima Osor, Nerezine, Sveti Jakov, Čunski, Artatore, Mali Lošinj i Veli Lošinj.

Ovaj kvarnerski otok predstavlja raj za one koji žele uživati u prekrasnim plažama, suncu i moru, ali i bogatoj povijesti koja seže duboko još u doba antike. Tada se ovo otočje nazivalo zajedničkim imenom Apsyrtides koje zadire u drevnu mitologiju. Taj su naziv Cres i Lošinj s okolnim otocima dobili po imenu grčkog junaka Apsirta, jednog od protagonista mitološke priče o Argonautima. Naime, Argonauti su na sjevernom Jadranu uspjeli pobjeći upornim progoniteljima, noseći na lađi argo, odnosno zlatno

runo. Riječ je o blagu koje je Jazon oteo kralju Etu iz mjesta Kolhida, koje se nalazilo na crnomorskoj obali Kavkaza. Ujedno Jazon je oteo i njegovu kćer Medeju, a za njima je u potjeru krenuo njezin brat Apsirt. Sustigao ih je baš kod Osora, a priča kaže da su ga tada Jazon i Medeja na prijevaru ubili, a od dijelova njegovog tijela nastali su Apsirtovi otoci – Apsyrtides.

Povijest kaže da je Lošinj već davne 167. godine prije Krista bio pod okriljem rimske vlasti, a Osor je, kao najvažnije središte, dobio kozmopolitski karakter. Na prevlaci između Lošinja i Cresa već su Liburni, prvi stanovnici otoka, prokopali umjetni kanal za prolaz brodova čime je Osor dobio stratešku važnost. Tako se skratio dugi, a zbog kvarnerske bure i pogibeljni zaobilazni morski put, pa je osorska luka bila nezaobilazna točka svake plovidbe

Otok
Lošinj

ovim područjem. Osor je u to doba imao sve značajke rimskog grada. Imao je forum, hram, kazalište i druge javne zgrade. Ni nakon pada Zapadnoga Rimskog Carstva ovo mjesto na razmeđu između Cresa i Lošinja nije izgubio na svojoj važnosti.

Međutim, tragova bujnoga života u antičkim vremenima ima na svim točkama otoka. Najbolje o tome svjedoče kilometri suhozidina u pastoralnom krajoliku, u kojemu je ispričan ep o golemom ljudskom trudu kojim je tijekom tisućljeća pripitomljen ovaj krševiti prostor.

Svakako jedna od najznačajnijih ostavština iz tog doba je čarobni Apoksiomen. Antički brončani kip

atleta, koji je visok čak 192 centimetra, izvađen je iz podmorja između otočića Vele Orjule i otoka Lošinja 27. travnja 1999. Pretpostavlja se da je u more dospio početkom 1. stoljeća, kamo su ga tijekom jake nevremena bacili zbog opasnosti od prevrtanja broda ili kao žrtvu bogovima za siguran nastavak putovanja kroz Osorski kanal.

Original kip, koji predstavlja mladog sportaša u trenutku dok čisti strigil, odnosno strugaljku kojom je sa svoga tijela strugao ulje, prašinu i znoj nakon natjecanja, nalazi se u jedinstvenoj arheološko-arhitektonskoj kulturnoj instituciji na našim prostorima – Muzeju Apoksiomena u centru grada Malog Lošinja. Prekrasna antička skulptura postala je u vrlo kratko vrijeme simbol i zaštitni znak otoka.

No tu su i drugi antički ostatci, brojne crkvice, samostani, renesansne zgrade i bazilike. Gotovo se mogu vidjeti na svakom koraku, a tko želio vidjeti bogato kulturno naslijeđe otočja najbolje da se zaputi u palaču Fritzi u Malom Lošinj u kraja 19. stoljeća. Prije nje na tom je prostoru sagrađena prva zgrada općine. Tko želi pak znati nešto više o pomorskoj tradiciji ovog kraja, obavezno mora posjetiti muzejsko-galerijski prostor Kula u Velom Lošinj. Stalni postav predočava slojevit povijest Lošinja, s posebnim težištem na slavnoj pomorskoj prošlosti kojom se Lošinjani uvijek ponose.

Island of Lošinj

The island of Lošinj forms a part of the Cres-Lošinj group of islands that, along with Cres, encompasses the islands of Unije, Ilovik, Susak and Vele Srakane, as well as a host of other smaller uninhabited islands. The island is 33 km long and has a population of about 8.2 thousand, primarily inhabiting the following towns and villages: Osor, Nerezine, Sveti Jakov, Čunski, Artatore, Mali Lošinj and Veli Lošinj.

This island in the Kvarner region is a true paradise for those who want to enjoy the crystal clear sea or sunbathe on the beautiful beaches, as well as those who want to learn more about the island's rich history reaching back to ancient times. Back then, this group of islands was jointly referred to as the Apsyrtides, a name strongly reminiscent of ancient Greek mythology. The islands of Cres and Lošinj, along with the group of surrounding islands, got that name after a Greek hero, Apsyrtus – one of the main characters in the Greek mythological story of the Argonauts. The story goes like this: the Argonauts managed to escape their persecutors in the waters of the northern Adriatic, carrying in their crafts the argo, meaning the golden fleece. This was the treasure that Jason had stolen from king Aëtes from a place called Colchis, situated on the Black Sea shores of the Caucasus. Jason had also

abducted his daughter Medea, which prompted her brother Apsyrtus to go after them. He caught up with them at Osor and the story goes that Jason and Medea went on to kill him by trickery and the parts of Apsyrtus' body were transformed into islands – the Apsyrtides

Historical records tell us that in the year 167 BC, Lošinj found itself under Roman rule and Osor, being the most important hub of the time, gained the status of a cosmopolitan area. The first settlers of the island, the Liburnians, dug a canal for ship transit on the isthmus between Lošinj and Cres, which in turn helped Osor gain strategic importance. Thus the lengthy, circuitous and, due to the Kvarner bora wind, often perilous sea route was shortened, which made the port of Osor into an ineluctable point on this area's ship routes. At the time, Osor possessed all the features of a Roman city. It had a forum, a temple, a theatre and other public buildings. Even after the fall of the Western Roman Empire, this city lost none of its earlier strategic importance.

However, vestiges of the lushness of life in ancient times can also be found in other parts of the island. The lengthy drystone walls in the pastoral landscape bear witness to this fact, as it tells the epic story of the almost superhuman efforts to tame this rocky area throughout the centuries.

Certainly one of the most significant remnants of that time is the splendid Apoxyomenos. This ancient bronze statue of an athlete reaching a height of 192 cm was raised from the seabed in the area between

the small island of Vele Orjule and Lošinj on the 27th of April 1999. It is assumed that ended up on the seabed at the beginning of the 1st century AD, when it was thrown off a ship to prevent it from capsizing, or as a sacrifice to the gods for a continued safe journey through the Osor canal.

The statue portrays a young athlete cleaning his strigil – that is to say, a scraper he used to scrape oil, dust and sweat off of his body after a competition. The original statue can be seen at the Museum of Apoxyomenos in the town centre of Mali Lošinj. This museum is a unique archaeological, architectural and cultural institution in these areas. The beautiful ancient statue has in a very short time become a true symbolic landmark of the island.

Nevertheless, Mali Lošinj also offers a host of other ancient remnants to see, such as numerous small churches, convents, Renaissance buildings and basilicas. These can be seen at almost every step of the way and if you wish to experience the rich cultural heritage of the entire group of islands, you should definitely make your way toward Mali Lošinj's Fritzy palace, dating back to the end of the 19th century. Before the palace, this area was the grounds of the first municipality building. For those who want to know more about the maritime tradition of these areas, visiting Kula (The Tower), a museum-gallery space located in Veli Lošinj, is an absolute must. This permanent exhibition puts the multifacetedness and richness of Lošinj's history on display, with a particular focus on the glorious maritime past that the locals always like to take pride in.



LOKALNI PROIZVODI

local products

fennel

KOROMAČ

Ova se biljka naziva još i komorač ili slatki kopar. Uobičajeno raste na Mediteranu u blizini mora. Dvogodišnja je ili trajna biljka ugodnog i slatkog aromatičnog mirisa. Iz odebljalog korijena u prvoj godini izrastu listovi, a u drugoj godini i do dva metra visoka stabljika s listovima i cvjetovima. Stabljika je okrugla, modro-zelene boje i u gornjem dijelu razgranana, a listovi su sastavljeni od mnoštva listića. Pripada porodici štitarki jer su žuti cvjetovi skupljeni u štitaste cvatove. U svakom plodu ima stotinjak sjemenki bogatih eteričnim uljima. Sjemenke su male, aromatične, plosnate i ovalne, sa žutim žlijebom i koriste se kao začim. Samoniklo raste uz puteve i kamenita mjesta. Uzgajao se još u antici, a iznimno se cijenio zbog ljekovitog učinka kod bubrežnih i želučanih tegoba te kod očnih bolesti i lošeg vida.

This herb is locally known under the names "koromač", "komorač" or "slatki kopar". It usually grows on the Mediterranean near the sea. It is a biennial or perennial herb with a pleasant, sweetish and aromatic scent. Small leaves spring up from its thickened root in the first year, while the second year sees an up to two metres tall stalk with fronds and flowers. The stalk is round and somewhat turquoise in colour, branching at the top, and the leaves have many little fronds. It belongs to the Umbelliferae (Apiaceae) family because the yellow flowers are bundled together into umbrella-shaped umbels. Each of its individual seed heads carries hundreds of seeds rich in essential (etheral) oils. The small, aromatic, flat and oval-shaped seeds with a small yellow groove are used as a condiment. It is self-grown and can be found along roads and in rocky places. It's been grown since ancient times and greatly valued for its medicinal properties, especially helpful in the treatment of stomach, kidney and eyesight-related conditions.





HONEY

Antičko doba bilo je presudno kada je riječ o medu. Naime, tada se ljudi počinju aktivnije baviti pčelarstvom kao djelatnošću, a pčele više nisu samo kukci iz divljine koji su se lovili radi meda. Početkom bavljenja pčelarstvom počinju se pisati i prve regule kojima se uređuju međusobni odnosi u pčelarstvu. Slavni intelektualci u to doba također su pisali o ovom slatkom proizvodu koji je i simbol Lošinja. O njemu govori „prvi pčelar“ staroga vijeka Aristotel (384. – 322. godine prije Krista), dok je Hipokrat (460. – 380. godine prije Krista) pisao o uporabi meda u medicinske svrhe. Zanimljivo je da i izraz „medeni mjesec“ potječe iz toga vremena kada su se mladencima tijekom prvog mjeseca njihovog zajedničkog života, obilno davali napitci na bazi meda kako bi puni snage započeli svoj zajednički život i osnovali potomstvo.

MED

The ancient times were of vital importance when it comes to honey. That's when people began more actively engaging in beekeeping and bees themselves began being viewed as more than just wild insects caught for honey. It was in the infancy of beekeeping that the first rules and regulations were put in writing to regulate the mutual relations of all the parties involved in beekeeping. The greatest minds of the time wrote extensively on this sweet product, which is another symbol of Lošinj. Aristotle (384-322 BC), the first "beekeeper" of Antiquity, also wrote on honey, while Hippocrates (460-380 BC) wrote on using honey for medicinal purposes. It's an interesting tidbit that the expression "honeymoon" can be traced back to that time when, during the first month of their married life, newlyweds were given ample amounts of honey-based drinks to invigorate them at the onset of their new roles as marriage partner and parent.

sea bass

BRANCIN

Brancin je nezaobilazna bijela riba koja se može naći na svim tržnicama, ali i gotovo u svakom ribljem restoranu na Jadranu, pa tako i na Lošinju. Robustan je to morski grabežljivac iznimno čvrste građe, te izdužene i elegantne linije tijela. Zbog toga pliva jako brzo, a slovi i kao iznimno inteligentna životinja koju se najčešće može pronaći kako lovi uz obalu.

Zbog svih tih svojstava njeno je bijelo meso iznimno ukusno te se pripravlja na razne načine još od antičkog doba. Bila je i ostala nezaobilazni dio jelovnika, a kao i danas kod pripremanja bi se pretila ekstra djevičanskim maslinovim uljem te raznim aromatičnim biljem. U antici bi se često na nju dodavao i naribani ovčji sir. Danas se brancin jede na razne načine. Mnogi ga vole onako najjednostavnije – na gradelama, a poseban okus ima kada se pripravlja u krupnoj soli.



The sea bass is an indispensable white fish that can be found in any marketplace, as well as at almost any seafood restaurant on the Adriatic – including Lošinj. It is a marine predator of exceptionally robust physique and an exquisitely elegant, elongated body. This enables it to swim really fast underwater and it is said to be a highly intelligent animal that can most often be seen hunting near the seashore. These are some of the features that make its white flesh exceptionally prized, which is but one of the many reasons why it has been prepared in various ways since ancient times. It was and is an indispensable part of the menu and, just as is done today, the ancients would dress it in a mixture of aromatic herbs and copious amounts of extra virgin olive oil. In ancient times, they would enhance its taste by generously sprinkling it with grated sheep's cheese. Today, sea bass is prepared in several different ways. Many prefer making it the plain and simple way – grilling it, but a special flavour can be achieved by baking it in a coarse sea salt crust.

Gilthead Bream

ORADA



Uz brancin orada je jedna od najplemenitijih vrsta jadranske bijele ribe zbog čega se puno priprema i uzgaja na Jadranu. Jako je cijenjena zbog svog slatkastog bijelog mesa, a često se zbog atraktivnog izgleda naziva i kraljicom Jadrana. Hrani se školjkama i rakovima, a najčešće je u blizini obale. Zanimljivo je da svaka orada ima drugačiji oblik lica, baš poput čovjeka. Ribolovci za nju kažu da je borbena riba.

Ova je riba opjevana je još u vrijeme antičke Grčke zbog svojih veličanstvenih kretnji. Već se u to vrijeme spremala na razne načine, pa se tako kuhala, pržila, pekla na roštilju, sušila, solila, čuvala u salamuri ili pak jela sirova. Poznat je i recept po kojem se orada omotala u smokvin list, posolila bi se i začinila suhim origanom, ali bez dodatka ulja. Takav bi se smotljak stavio na žeravicu dok se riba ne bi ispekla.

Along with the sea bass, the gilthead bream is one of the most valued food fish species of the Adriatic and it is therefore raised in large quantities and often prepared. It is highly valued for its sweet-tasting white flesh and, due to its appealing physique, it has often been called the queen of the Adriatic. It feeds on shellfish and crustaceans and it can most often be seen near the seashore. It is interesting to note that each gilthead bream comes with a different shaped face, just like humans do. Fishermen say it tends to fight when caught.

Due to its gracious and elegant underwater movement, it became the central theme of many an ode in ancient Greece. Back then it was already prepared in many different ways: it was cooked, fried, grilled, dried, salted, brined or eaten raw. A recipe has been discovered where people would wrap the gilthead in a fig leaf, salt it and toss in some dried oregano, without adding any oil. Such a wrap would then be ember baked until the fish was done.



CARPACCIO OD BRANCINA S DRESSINGOM OD SLANE RIBE



VRIJEME
TIME

10 MIN



PORCIJA
SERVES

4



TEŽINA
DIFICULTY

4/10

METODA
METHOD

RAW /
SIROVO

SEZONA
SEASON

CIJELA GODINA
WHOLE YEAR

SASTOJCI _ INGREDIENTS

Brancin / Sea bass	400 g
Limun / Lemon	60 g
Maslinovo ulje / Olive oil	60 ml
Rukola / Arugula	20 g
Sol / Salt	6 g
Papar / Pepper	2 g
Šećer / Sugar	6 g
Marinirani i usoljeni in- ćuni / Marinated salted anchovies	10 g

SEA BASS CARPACCIO WITH SALTED FISH DRESSING

P R I P R E M A

Očistimo brancina, uklonimo kosti i izrežemo na filete.

Napravimo dresing miješanjem limuna, soli, papra, šećera, maslinovog ulja i slanih inćuna. Rukulu uredno posložimo na tanjur, položimo tanko narezani brancin i polijemo dresingom.

Na grčkim gozbama (banketima) vrijedilo je nekoliko pravila. Žlice su se koristile samo za grabljenje umaka iz zdjela, pri jelu su se, umjesto njima, koristili korom kruha ili pogače.



P R E P A R A T I O N

Clean the sea bass, remove the bones and cut in filets. Make a dressing by mixing lemon, salt, pepper, sugar, olive oil and salted anchovies. Arrange the arugula nicely on a plate, top with sea bass cut into thin slices, and drizzle with dressing.

Festivals in Ancient Greece followed certain rules. Spoons were used only to take sauces from the serving dishes and a flat round of bread or a hard bread crust was used as a plate.



KREM JUHA OD KOROMAČA

VRIJEME
TIME

30 MIN

PORCIJA
SERVES

4

TEŽINA
DIFICULTY

4 / 10

METODA
METHODKUHANJE
/ COOKSEZONA
SEASONCIJELA GODINA
WHOLE YEAR

SASTOJCI _ INGREDIENTS

Luk / Onion	80 g
Celer / Celery	40 g
Koromač / Fennel	400 g
Brašno / Cake flour	25 g
Sol / Salt	1 g
Papar / Pepper	120 g
Maslinovo ulje / Olive oil	3 jušne žlice / 3 tbsp

FENNEL CREAM SOUP

P R I P R E M A

Narežemo povrće na kockice. Ulijemo maslinovo ulje u zdjelu i lagano miješamo dodajući brašno u ulje.

Dodajemo povrće i nastavimo kuhati. Začinimo paprom i soli.

Kada se povrće skuha, juhu miješamo dok ne postane glatka i poslužimo sa svježim lišćem koromača i maslinovim uljem.

Hipokrat, otac medicine i liječnik koji je utemeljio medicinsku etiku, savjetovao je: „Neka hrana bude tvoj lijek, a lijek neka bude tvoja hrana.“



P R E P A R A T I O N

Cut vegetables in cubes. Pour in the olive oil in a bowl and stir slowly combining the flour into the oil. Add vegetables and continue cooking. Season with salt and pepper. When the vegetables are cooked, blend the soup until smooth and serve it with fresh fennel leaves and olive oil.

Hippocrates, the father of medicine and the physician who established the principles of medical ethics, had a famous saying: 'Let food be thy medicine and medicine be thy food.'

Bon Appetit



FILE ORADE S RIBANIM SIROM NA
ORZOTU OD BROSKVE



VRIJEME
TIME
30
MIN



PORCIJA
SERVES
4



TEŽINA
DIFICULTY
4/10

METODA
METHOD

KUHANJE
/ COOK

SEZONA
SEASON

CIJELA GODINA
WHOLE YEAR

SASTOJCI _ INGREDIENTS

Orada / Gilthead bream	2 kg
Tvrđi sir / Hard cheese	200 g
Broskva (kelj) / Kale	800 g
Ječam / Barley (orzo)	400 g
Crveni luk / Purple onion	1 kom / 1 pcs
Maslinovo ulje / Olive oil	
Sol / Salt	
Papar / Pepper	

FILLET OF GILTHEAD BREAM WITH GRATED
CHEESE ON A BED OF ORZOTTO WITH KALE

P R I P R E M A

Ribu izrežemo na filete, posipamo naribanim sirom i pržimo na maslinovom ulju s obje strane dok ne bude gotovo.

Poslužimo uz kelj (broskvu).

Kuhamo ječam, bijeli kelj (broskvu), pržimo luk na maslinovom ulju i dodajemo kelj i ječam. Posolimo po želji i dobro promiješamo.

Poslužimo uz ribu s ribanim sirom.

Već je kod starih Grka postojalo pravilo da riba mora tri puta plivati: u vodi, u ulju i, konačno – u vinu.



P R E P A R A T I O N

Cut the fish into fillets, sprinkle with grated cheese and fry in olive oil on both sides until done. Serve on a bed of orzotto with kale.

Cook barley, blanch kale, fry onion in olive oil and add kale and barley, add salt to taste and mix well. Serve with fish with cheese shavings.

The Ancient Greeks had a rule that fish must swim three times – once in the sea, once in olive oil, and once in wine.



ANTIČKI KOLAČ OD JABUKA, MEDA I BADEMA



VRIJEME
TIME

90 MIN



PORCIJA
SERVES

4



TEŽINA
DIFICULTY

6/10

METODA
METHOD

PEČENJE /
BAKING

SEZONA
SEASON

JESEN - ZIMA
FALL - WINTER

SASTOJCI _ INGREDIENTS

Jabuke / Apples	2 kg
Vučenog tijesto za pite / Pie crust	500 g
Med / Honey	1 kg
Rezani oblanširani bademi / Cut and blanched almonds	200 g
Cimet/ Cinnamon	
Maslac / Butter	

ANTIQUE APPLE, HONEY AND ALMOND CAKE

P R I P R E M A

Jabuke očistimo, narežemo na tanke šnitice te dodamo malo cimeta.

Slažemo red jabuka, dva reda tijesta dok se sve ne potroši pa prelijemo s rastopljenim maslacem i pečemo 30 minuta na 180°C.

Kada je gotovo prelijemo toplim medom i pospemo rezanim bademima. Ohladimo i narežemo.

Rimljanin Apicije ušao je u legendu kao najveći sladokusac svih vremena. Uložio je ogromno bogatstvo u svoju prehranu i, kada je shvatio da mu je ostalo još samo 10 milijuna sestercija, odlučio se otrovati jer nije bio spreman nastaviti živjeti bez luksuza.



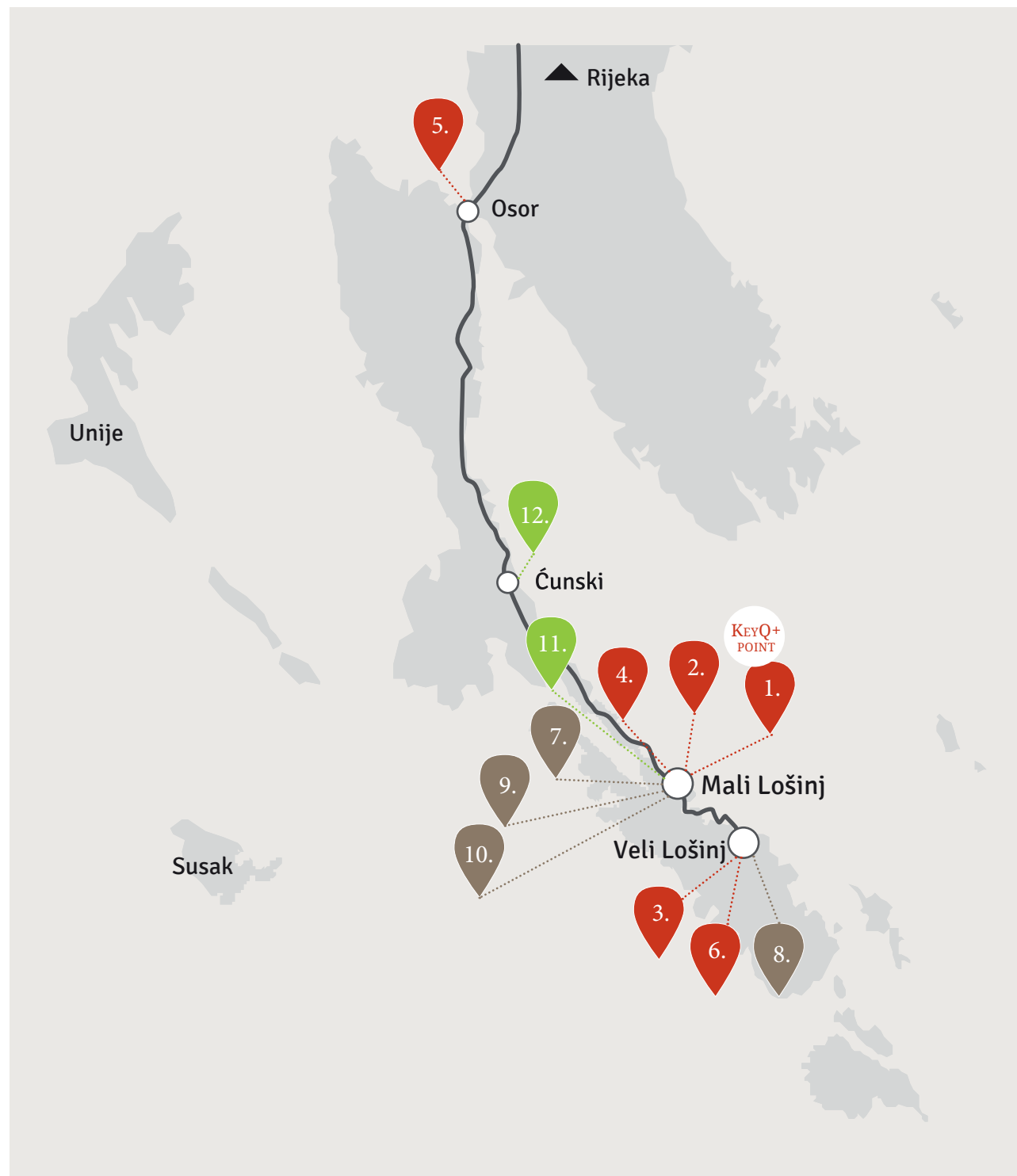
P R E P A R A T I O N

Peel the apples and cut into thin slices, add some cinnamon and put apples on top of dough making a layered pie and when done spread melted butter on top.

Bake for 30 minutes at 180°C. After the pie is done lace with warm honey and sprinkle with almond slices.

Serve cold and sliced.

Apicius was a Roman legend and is considered the greatest gourmet of all time. He spent a fortune on food and after he had only 10 million sestertii left Apicius decided to poison himself, rather than to continue living in poverty.



PUT KULTURE I GASTRONOMIJE

Culture And Gastronomy Path

TURISTIČKI ITINERAR _ TOURIST ITINERARY

TOČKE INTERESA _ POINTS OF INTEREST:

POVIJESNO - KULTURNO TOČKE _
HISTORICAL & CULTURAL HOTSPOTS:

1. **MUZEJ APOKSIOMENA_ THE MUSEUM OF APOXYOMENOS**
2. TEMATSKI VIDIKOVAC PROVIDENCA_ PROVIDENCA THEMED VIEW-POINT
3. PLAVI SVIJET - INSTITUT ZA ISTRAŽIVANJE I ZAŠTITU MORA_ THE BLUE WORLD INSTITUTE OF MARINE RESEARCH AND CONSERVATION
4. PALAČA FRITZI_ THE FRITZY PALACE
5. ARHEOLOŠKA ZBIRKA OSORA_ THE ARCHAEOLOGICAL COLLECTION OF OSOR
6. MUZEJSKO GALERIJSKI PROSTOR KULA_ THE MUSEUM-GALLERY SPACE IN THE TOWER (KULA)

RESTORANI _ RESTAURANTS:

7. VELI ŽAL, MALI LOŠINJ
8. BORA BAR TRATTORIA & TARTUFERIA, VELI LOŠINJ
9. ARTATORE, MALI LOŠINJ
10. RESTORAN ZA KANTUNI, MALI LOŠINJ

PROIZVOĐAČI _ FOOD PRODUCERS:

11. MIOMIRISNI OTOČKI VRT - LJEKOVITO BILJE_ MEDICINAL HERBS
12. OPG NIVES NOVAK-JERNEIĆ - MED I MASLINOVO ULJE_ HONEY AND OLIVE OIL



KEYQ+
POINT

1.

MUZEJ APOKSIOMENA

THE MUSEUM OF APOXYOMENOS

RIVA LOŠINJSKIH KAPETANA 13, MALI LOŠINJ
385 (0)51 734 260, INFO@MUZEJAPOKSIOMENA.HR
WWW.MUZEJAPOKSIOMENA.HR

Muzej Apoksiomena jedinstvena je arheološko-arhitektonska kulturna institucija na našim prostorima, u cijelosti posvećena jednom eksponatu – brončanom kipu mladog atleta Apoksiomena. Apoksiomen je 1999. izvađen iz mora na čijem je dnu boravio gotovo dva tisućljeća.

Muzej na originalan način priča priču o sportašu savršenih tjelesnih proporcija, umjetničkom djelu koje impresionira svojom cjelovitošću i ljepotom izvedbe. Brončani grčki kip datiran je u 2. ili 1. st pr. Kr., a njegovo ime dolazi od grčkog naziva za prikaz atleta koji se čisti od ulja, znoja i pijeska nakon vježbanja ili natjecanja. Muzej je otvoren 2016. godine u palači Kvarner u samom centru Malog Lošinja. Apoksiomenova svestremska ljepota, njegova neobična i misteriozna priča te osebujan muzejski postav još nikoga nisu ostavili ravnodušnim.

This museum is a unique archaeological and architectural cultural institution in these areas, entirely dedicated to a single exhibit - the bronze statue of a young athlete called Apoxyomenos. It lay on the seabed for almost two millennia, to finally be recovered in 1999.

The museum managed to find a completely new and fresh way of telling the story of a perfectly proportioned athlete through a work of art whose beauty and precise execution never cease to amaze the spectator. The bronze Greek statue has been dated to the 2nd or 1st century B C, and he owes his name to the Greek representation of an athlete cleaning himself of oil, sweat and dust after exercise or a competition. The Museum was opened in 2016 in the Kvarner palace, situated in the town centre of Mali Lošinj. The timeless beauty of the statue, the unusual and mysterious story related to it and the distinct museum exhibit never fail to amaze visitors.



2.

TEMATSKI VIDIKOVAC PROVIDENCA

PROVIDENCA THEMED VIEWPOINT

UMPILJAK, MALI LOŠINJ
385 (0) 99 599 1699, INFO@LOSINJ-PROVIDENCA.COM
WWW.LOSINJ-PROVIDENZA.COM

Tematski vidikovac Providenca ponad Malog Lošinja jedno je od najljepših i najdojmljivijih mjesta na otoku od kuda puca nevjerojatan pogled na ljepote otočja. Ovo meditativno mjesto na brdu Umpiljak pružit će svakom posjetitelju da na najbolji mogući način doživi lošinjski suton.

Atrakcija objedinjuje poučnu stazu Apsyrtides dugačku 300 metara, koja je dobila naziv po starom antičkom imenu za cresko-lošinjsko otočje, i bar na vrhu brda s lokalnim delicijama i osvježavajućim napicima. Na laganoj poučnoj stazi nalazi se 28 interpretacijskih ploča s fotografijama i tekstom te prikazuju svaki otok. Kada stignete na sam vrh staze čeka vas posebna nagrada. Tu je smješteno 18 ručno izrađenih stolova s klupama koji nose nazive poznatih lošinjskih brodova koji su u 19. stoljeću izgrađeni u ovdašnjim brodogradilištima.

The Providenca themed viewpoint above Mali Lošinj is one of the most beautiful and most impressive places on the island where you can enjoy an incredible view of all the beauties of the islands. This point of peace and meditation, located on mount Umpiljak, will help each visitor to Lošinj experience an everyday event such as a sunset in a most memorable fashion.

This attraction includes the 300-metre Apsyrtides didactic path, named after the ancient name of the Cres-Lošinj group of islands, with a bar at the top of the hill, serving local delicacies and refreshing drinks. This easy didactic path features 28 information boards with pictures and accompanying text presenting each island of the group. Once you've reached the top of the path, you'll notice that a special reward awaits you. Here you'll find 18 hand-crafted tables and benches carrying the names of famous ships that were built in well-known local shipyards in the 19th century.



3.

PLAVI SVIJET - INSTITUT ZA ISTRAŽIVANJE I ZAŠTITU MORA

THE BLUE WORLD INSTITUTE OF MARINE RESEARCH AND CONSERVATION

KAŠTEL 24, VELI LOŠINJ
+385 (0) 51 604 666, INFO@PLAVI-SVIJET.ORG
WWW.PLAVI-SVIJET.ORG

Institut Plavi svijet sa sjedištem u Velom Lošinj u osnivan je radi istraživanja i zaštite mora te organizama koji u njemu žive, ali i zbog edukacije o potrebi očuvanja morskog ekosustava i ugroženih morskih vrsta. Nalazi se u Lošinjskom edukacijskom centru o moru na rivi u Velom Lošinj, a u neposrednoj blizini je i ured istraživača te istraživački brod. Mjesto je to gdje se okupljaju znanstvenici i istraživači, ali i svi oni koji vole more i žele o njemu nešto više znati. Posebno je zanimljiv njihov program "Usvajanja dupina" kojim se podržava Jadranski projekt dupin, najduži znanstveno-istraživački projekt u regiji. Svatko može usvojiti dupina, dovoljno je da posjeti Institut, a može to napraviti i putem online prijave. Svi posjetitelji kao trajnu uspomenu dobivaju fotografiju dupina čijoj su zaštiti na ovaj način potpomogli.

The Blue World Institute, based in Veli Lošinj, was founded for the purpose of researching and conservation of the sea and the creatures inhabiting it, but also for educational purposes, particularly on the necessity of the conservation of marine ecosystems and endangered marine species. The Institute is located in the Lošinj Maritime Education Centre, at the waterfront of Veli Lošinj and the office of the researchers and the survey vessel are also nearby. It is a place of meeting for scientists and researchers, but also for all those who love the sea and who want to learn more about it. Their "Adopt a dolphin" programme is particularly interesting. The programme's reason for being is to support the Adriatic Dolphin Project - the longest-running scientific research project in the region. Everyone can adopt a dolphin. All you have to do is pay a visit to the Institute or simply do it via an online application form. All adopters receive a photo of the individual dolphin they helped save in this manner.



4.

PALAČA FRITZI

THE FRITZY PALACE

V.GORTANA 35, MALI LOŠINJ
+385 (0) 51 233 614, INFO@MUZEJAJAPOKSIOMENA.HR
WWW.MUZEJ.LOSINJ.HR

Mali Lošinj svoju bogatu i veliku kulturnu baštinu čuva u povijesnoj palači Fritzi u Malom Lošinj. Od 2007. godine u njoj je naime smješten Lošinjski muzej. Ime je dobila po Pension Fritzi koji je ondje poslovao početkom 20. stoljeća. Riječ je o zgradi s kraja 19. stoljeća koja je nastala na mjestu zgrada prve gradske uprave – Municipio. Zgrada je temeljito pregrađena i preuređena u historicističku palaču s prepoznatljivim nizom četverolisnih prozora na glavnom pročelju. Zanimljivo je da su tada lošinjski obrtnici na prvom katu uredili reprezentativnu Veliku dvoranu s galerijom, na čijoj su ogradi izrezbareni simboli pojedinih obrta. U palači Fritzi izložene su dvije najznačajnije zbirke iz Umjetničkih zbirki Maloga Lošinja - Zbirka starih majstora Piperata i Zbirka hrvatskih majstora Andra Vida Mihičića.

The island's rich cultural heritage is kept safe at the Fritzy palace in Mali Lošinj. Since 2007, it has been home to the Lošinj Museum. It owes its name to the Fritzy guest house, which was operating here at the beginning of the 20th century. The building itself dates back to the 19th century and it was erected on the grounds of a complex of buildings that formed the first municipal administration - the Municipio. The building was thoroughly reconstructed and redecored into a historicistic palace, with its signature array of quatrefoil windows on the main facade. It's interesting to note that the craftsmen of that time arranged the Great Hall with a gallery whose fence was carved with the emblems of each individual craft. The two most significant collections from the Art Collections of Mali Lošinj have been displayed in the Fritzy Palace – The Piperata Collection of Old Masters and the Collection of Croatian Masters of Andro Vid Mihičić.



5.

ARHEOLOŠKA ZBIRKA OSORA

THE ARCHAEOLOGICAL COLLECTION OF OSOR

GRAD OSOR, GRADSKA VIJEĆNICA OSOR
+385 51 237 346, INFO@MUZEJAPOKSIOMENA.HR
WWW.MUZEJ.LOSINJ.HR

Napuštajući otok Cres stižete do malog gradića Osora, jednog od najspecifičnijih hrvatskih mjestašaca koji spaja na neki način dva otoka – Lošinj i Cres. Pokretni most na kanalu koji razdvaja dva otoka simbol je tog mjesta koji je zapravo muzej na otvorenome u kojemu su umjetnici svih epoha ostavili svoj trag. U ovom gradiću, koji označava vaš dolazak na otok Mali Lošinj, moći ćete vidjeti puno toga - od dijela suvremenog hrvatskog kipara Ivana Meštrovića do ostataka antičkih zidina, utvrda, prve ranokršćanske bazilike. Slobodno se može reći da je ovo svojevrsni grad-muzej čiji vrtovi i parkovi kriju tragove antičkih vila, renesansnih portala i samostana. Gradić koji je u isto vrijeme i povijest i muzej, ljeti postaje jedinstveni scenski prostor bogat kulturnim događanjima među kojima se ističu Osorske glazbene večeri.

Having left the island of Cres, you arrive at the town of Osor, one of the most charming small Croatian towns that, in a sense, serves as a connection between the two islands - Lošinj and Cres. The swing bridge over the canal separating the two islands is a symbol of the town. The town itself is basically an open-air museum where artists from all ages have left their mark. In this town, which marks your arrival on the island of Mali Lošinj, you'll be able to see lots of things - from the works of art of the Croatian modern sculptor Ivan Meštrović to the remnants of ancient walls, forts and the first Early Christian basilica. It is safe to say that Osor is a kind of museum-town, with its gardens and parks harbouring vestiges of ancient villas, Renaissance portals and convents. During the summer, this historical museum-town transforms into a one of a kind scene rich in cultural events. The most prominent of them has to be the Osor Musical Evenings.



6.

MUZEJSKO GALERIJSKI PROSTOR KULA

THE MUSEUM-GALLERY SPACE IN THE TOWER (KULA)

KAŠTEL BB, VELI LOŠINJ
+385 51 236 594, INFO@MUZEJAPOKSIOMENA.HR
WWW.MUZEJ.LOSINJ.HR

Muzejsko galerijski prostor Kula u Velom Lošinj, koji je dio Muzeja Lošinja, svjedoči o pomorskoj tradiciji otoka. Ovaj zanimljiv muzej smješten je u samostojećoj kuli iz 15. stoljeća koja je stoljećima šttila stanovnike Velog Lošinja od napada gusara i pljačkaša. Stalni postav ima zadaću predočiti slojevitu povijest Lošinja, od nalaza Apoksiomena kome je posvećeno prizemlje kule, pa sve do povijesti Velog Lošinja od prapovijesti do 20. stoljeća na prvom katu. Tu se mogu vidjeti amfore pronađene u podmorju otoka Ilovika te tursko i austrijsko oružje iz 18. i 19. stoljeća. Drugi i treći kat posvećeni su pomorstvu koje je oblikovalo povijest mjesta i otoka u zadnjih 500 godina. Zato se ovdje mogu vidjeti makete jedrenjaka, brodska oprema, navigacijski instrumenti, ali i portreti uglednih lošinskih kapetana.

The Kula museum-gallery space, which forms a part of the Lošinj Museum, is a testimony to the island's glorious maritime tradition. This interesting museum is situated in a free-standing tower from the 15th century, which was there to protect the inhabitants of Veli Lošinj from pirate raids in centuries past. The permanent exhibition is there to display the nuanced history of Lošinj: from the finding of the statue of Apoxyomenos (the ground floor of the tower), to the island's history spanning from pre-historic times to the 20th century (the first floor). The amphorae found on the seabed of the island of Ilovik can also be seen here, as well as Turkish and Austrian weapons dating back to the 18th and 19th centuries. The second and third floors are dedicated to the maritime tradition, which helped shape the island's and the town's history in the last 500 years. Scale models of sailing ships, along with some ship equipment and navigational instruments, as well as portraits of Lošinj's most renowned ship captains can be seen here.



7.

VELI ŽAL, MALI LOŠINJ

RESTAURANT

SUNČANA UVALA 3, 51550 MALI LOŠINJ
 +385 (0)51 667 260, VELI.ZAL@JADRANKA.HR
 WWW.LOSINJ-HOTELS.COM/HR/RESTORANI/RESTORAN-I-CAFFE-BAR-VELI-ZAL/

Svojom dugogodišnjom tradicijom i iskustvom restoran Veli Žal ponad predivne Sunčane uvale u Malom Lošinju nudi specijalitete za prave gurmane i istinske sladokusce. Svatko će ovdje pronaći nešto za sebe, a ono po čemu se posebno ističu su tipični otočni specijaliteti specifični za klasične restorane koji drže do svog imidža. Poznato je da je Veli Žal atraktivno mjesto gdje se dolazi uživati u tradicionalnim otočnim jelima poput creske janjetine, jelima od plemenite jadranske ribe i rakova, kvarnerskom škampu, domaćim raviolima sa skutom i šparogama, ali i slasnom bifteku od boškarina. Ovdje se mogu kušati i raznovrsna jela ispod peke, ali i s otvorenog roštilja na drveni ugljen ili s pak ražnja. Restoran s predivnom terasom ima i bogatu vinsku kartu s više od pedeset etiketa vrhunskih vina iz svih dijelova Hrvatske.

Its long-standing tradition and extensive experience enable the Veli Žal restaurant, situated just above Sunčana uvala (Sun valley) in Mali Lošinj to offer true gourmet specialities and sweet desserts. Everyone will find something to their taste here and what makes this place stand out are the typical island specialities specific to restaurants that want to maintain their reputation. It is a known fact that Veli Žal is an attractive locality where people come to enjoy traditional island dishes, such as the Cres lamb, quality Adriatic fish and seafood, the Kvarner shrimps (scampi), homemade ravioli with cheese curds and asparagus, as well as the delicious Istrian Boškarin beefsteak. Here you can taste various dishes baked under the lid (peka), on a charcoal grill, or spit-roasted dishes. It's a restaurant with a beautiful terrace and a rich wine list, featuring more than fifty superior quality wine brands coming from all parts of Croatia.



8.

BORA BAR TRATTORIA & TARTUFERIA, VELI LOŠINJ

TAVERN

ROVENSKA 3, 51551 VELI LOŠINJ
 +385 (0)51 867 544, BALENOVICMAJA@HOTMAIL.COM
 WWW.BORABAR.NET

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.

Bora Bar trattoria & Tartuferia is situated on the peaceful and quiet waterfront of Veli Lošinj. It is located right next to the seaside, which is why it is considered one of the restaurants with the best view on the island. Nestled in the midst of an old seaside town, it is looking towards the sea and the Velebit mountain range. At first sight, many will say it's just a bar by the sea, but there's so much more to the Bora bar, with its truly impressive food choices on offer. What makes them stand out are the various Istrian truffle-based meals, served in accordance with all the Rules of Professional Conduct - fresh and finely grated. The fresh homemade pasta served here will be taken note of and greatly appreciated and commended by virtually anyone visiting this place. The daily fresh desserts are also worthy of an honourable mention. They also have a wide range of homemade craft beers, renowned gin, rum and whiskey brands, as well as local wine brands. The relaxing and cosy atmosphere will most assuredly win everyone over, and on top of that, pets are allowed as well.



9.

ARTATORE, MALI LOŠINJ

RESTAURANT

ARTATORE 132, 51550 MALI LOŠINJ
 +385 (0)51 232 932, INFO@RESTAURANT-ARTATORE.HR
 WWW.RESTAURANT-ARTATORE.HR

Restoran Artatore smješten je u istoimenoj uvali sedam kilometara od Malog Lošinja. Uvala je prikladna za nautičare jer nudi odličan zaklon od bure, ima prekrasnu prirodnu plažu okruženu borovom šumom i mediteranskim biljem. Ovaj se restoran ponosi svojom bogatom tradicijom. Otvoren je još 1972. godine, a od tada se sva jela temelje na obiteljskim receptima. Nude tipičnu mediteransku kuhinju obogaćenu isključivo namirnicama s otoka. Za ovaj se restoran slobodno može reći da njeguje tradiciju i staru školu ugostiteljstva. Tako ovdje možete kušati klasična jela Lošinja – od slasne otočke janjetine „pod teču“ koju svi preporučaju, do juhe od kvarnerskog škampa, ali i tjestenine s jastogom koji će vam sigurno ostati u sjećanju. Kada govorimo o desertima, u Artatoreu se uvijek na kraju naručuje čokoladni kolač od smokava.

The Artatore restaurant is located in the eponymous cove, 7 km away from Mali Lošinj. The cove is also suitable for yachts because it serves as an excellent shelter from the wind, it is coupled with a beautiful natural beach surrounded by a pine forest and Mediterranean herbs. This restaurant prides itself on its rich tradition. It was opened in 1972 and since then, all their dishes have been based on family recipes. They offer typical Mediterranean cuisine, enhanced exclusively by local ingredients from the island. It is safe to say that this restaurant cherishes traditional values and an old-school approach to hospitality. The following classics of Lošinj cuisine can be tasted here: the delicious Lošinj “pod teču” lamb, recommended by everyone, the Kvarner shrimp soup, pasta with lobster, all of which will most assuredly remain a memorable experience for you. To wrap things up, the signature dessert of the Artatore restaurant must be the notorious chocolate cake with figs. Don't leave without giving this a try.



10.

RESTORAN ZA KANTUNI, MALI LOŠINJ

RESTAURANT

VLADIMIRA GORTANA 25, 51550 MALI LOŠINJ
 +385 (0)51 231 840, RESTORAN@LOSINIA.HR
 WWW.LOSINIA.HR

Nedaleko muzeja Apoksiomena te malološinjске rive nalazi se šarmantni restoran Za Kantuni na čijem je mjestu početkom 20. stoljeća radio je hotel “Dreher Bierhalle”. U sklopu hotela nalazio se restoran s vrtnom terasom u kojem se točilo vrhunsko pivo te je bilo poznato po velikom izboru vina. Danas se u ovom restoranu mogu kušati jela autohtone lošinjске kuhinje, koja se baziraju na starim otočkim receptima, a koncipirana u skladu s modernom gastronomijom i kulinarnostvom. Svježa morska riba, škampi i lignje na razne načine, školjke, janjetina pod pekom specijaliteti su ovih otoka. Ovdje možete kušati i brojne rakije i likera s područja Kvarnera, ali i lokalna vina. Ujedno, restoran Za Kantuni nosi oznaku kvalitete “Kvarner Food” koja se dodjeljuje za promicanje tradicije kulinarnosti i gastronomije Kvarnera.

This charming restaurant is situated near the Museum of Apoxyomenos and the waterfront of Lošinj. At the beginning of the 20th century, its place was occupied by the “Dreher Bierhalle” hotel. Within the hotel was a restaurant with a garden terrace, offering superior quality beer and a wide variety of wine brands to choose from. By paying a visit to this restaurant today, you'll be able to treat your palate to a blend of the many delicacies of the island's local cuisine based on their old historic recipes, as well as the modern-day gastronomic wonders of Lošinj. The specialties of these islands are represented by fresh sea fish, shrimps and calamari prepared in a variety of ways, shellfish, and the island's acclaimed lamb baked under a lid. You can also try out different local wines, as well as a variety of brandies (locally known as “rakija”) and liqueurs from the Kvarner region. Moreover, the Za Kantuni restaurant has been awarded the “Kvarner Food” Quality Label, which it received for actively promoting the region of Kvarner's culinary and gastronomic traditions.



11.

MIOMIRISNI OTOČKI VRT, MALI LOŠINJ

PROIZVOĐAČ: LJEKOVITO BILJE
PRODUCER: MEDICINAL HERBS

BUKOVICA 6, MALI LOŠINJ
+385 (0) 98 326 519, INFO@MIOMIRISNI-VRT.HR
WWW.MIOMIRISNI-VRT.HR

Miomirisni otočki vrt svojevrsni je rasadnik otočnog ljekovitog bilja u Malom Lošinj. U ovom šarmantnom vrtu raste više od 250 vrsta samoniklog mirisnog bilja koje oplemenjuje lošinjsko-cresko otočje poput kadulje, smilja, aloe i lavande. Među njima je i stotinu autohtonih biljnih vrsta. Vrtna biljna staništa uokviruju kameni suhozidi – gromače, a iz vrta se pruža prekrasan pogled na najljepše lošinjske uvale pa sve do planine Velebit. Ovdje u pratnji stručnog vodiča možete obići vrt i čuti sve informacije o autohtonom bilju. Ujedno tu je smještena i suvenirnica s proizvodima od aromatičnog i ljekovitog bilja. Dio rukotvorina već je stekao zaštićeni naziv "Hrvatski otočki proizvod", a većina ima potvrdu "Izvorni lošinjski suvenir". U večernjim satima posjetitelji mogu kušati domaće prehrambene proizvode.

The Fragrant Garden of Mali Lošinj is a sort of a nursery-garden of the island's medicinal herbs. This garden features more than 250 varieties of self-growing herbs that can be found in the Cres-Lošinj group of islands, such as sage, immortelles, aloe and lavender. These varieties include over a hundred of the local herb varieties. The herb habitats are nicely framed by drystone walls and the view from the garden spans from the most beautiful of Lošinj's coves all the way to the magnificent Velebit mountain range. With the assistance of an expert guide, you can take a tour of the garden and learn some new information on the local herbs. You'll also come across a gift shop offering products made out of the local fragrant and medicinal herbs. Some of the hand-made artefacts can already boast of having received the "Croatian Island Product" approval label and many of them already carry the "Original Lošinj souvenir" label. In the evenings, visitors are invited to have a taste of the local homemade food products.



12.

OPG NIVES NOVAK-JERNEIĆ, ČUNSKI

PROIZVOĐAČ MEDA I MASLINOVOG ULJA
HONEY AND OLIVE OIL PRODUCER

LOŠINJSKIH BRODOGRADITELJA 35, MALI LOŠINJ
+385 (0) 91 2537273, NIVESNOVAKJERNEIC@GMAIL.COM

Brojne zlatne nagrade, medalje i diplome išle su u ruke vrijedne pčelarice i maslinarke Nives Novak-Jernejć iz mjesta Čunski koja je nastavila otočku tradiciju pčelarstva i maslinarstva. Posebno je cijenjen njezin med od kadulje za koji se slobodno može reći da ima svojstva lijeka. Naime, ovaj med ima snažno antiseptičko, umirujuće i antivirusno djelovanje. Posebno je dobar za bolesti dišnih organa kao što je bronhitis i suhi kašalj. Osim što se bavi pčelarstvom, ovo obiteljsko poljoprivredno gospodarstvo uzgaja i masline tako da se na njihovom kućnom pragu mogu kupiti otočki med, pčelinji proizvodi, maslinovo ulje te razni proizvodi od maslina. Isto tako, svi zainteresirani u njihovoj pratnji mogu uživati u šetnji kroz maslinik i maleni voćnjak. Maslinik se nalazi uz cestu koja vodi prema aerodromu.

Numerous first place awards and gold medals have found their way into the hands of Mrs. Nives Novak-Jernejć, a hard-working beekeeper and olive grove keeper from the Čunski village, who put a lot of effort into keeping the island's beekeeping and olive grove tradition alive. Worth mentioning is her highly valued and acclaimed sage honey, of which it is safe to say that it has medicinal properties. It acts as a powerful antiseptic, calming and antiviral agent. It is particularly beneficial in treating respiratory tract diseases, such as bronchitis and dry cough. Besides beekeeping, this family farm owns an olive grove, so you can pay them a visit and buy some of the island's finest honey, other bee products, olive oil and other olive-based products. Moreover, if you are interested, feel free to ask a member of the family for a guided tour of their olive grove and small orchard. The olive grove can be seen along the road leading up to the airport.

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, Emiliju Romagnu i Friuli Venezia Giuliju. Proučavajući i obilazeći ovaj itinerar, uočiti 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 Forlimpopolija. 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 Forlimpopoli. 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 uravnoteženiji 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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