This is not simply so that you eat and drink well, but above all so that you may get to know the daily lives and festivals of the dwellers of town and village, markets and isolated high-mountain farms, their forms of economic and social activities and spiritual creativity through this richness of nature and the mastery of chefs. There’s another old wisdom that says ‘a person is what he eats’. Thus, via the gastronomy of Slovenia, we will help you get to know the rich culinary heritage, modern creative explorations, ways of hospitality and serving food in characteristic inns, as well as cooking with nature on tourist farms. In addition, we will discover how gastronomic and culinary events unite the Slovenian people over a cauldron of ‘bograč’ goulash, at competitions for the best Carniolan sausage, at global meetings of roast potato lovers, at festivals of individual indigenous wines such as teran, refošk, rebula and cviček and numerous other get-togethers with good food and good people. In the gastronomic field, Slovenia offers a colourful image of diversity. Numerous traditional dishes, meals, drinks and eating habits have shaped a number of modern regional characteristics, which today have become 24 gastronomic regions. By this we mean areas in which certain culinary peculiarities and characteristics are compressed. These regions feature 170
distinguishable and characteristic dishes, which are the basis of Slovenian gastronomic distinctiveness and also serve as an excellent starting point for numerous new explorations and the creation of a rich palette of tastes. Important ingredients of Slovenian gastronomy also include the natural environment and food production methods.

Countless fish live in the clean rivers and streams, you can quench your thirst in many a brook, fields produce a palette of outstanding cereals, healthy vegetables grow in gardens, woodlands offer mushrooms and fruits of the forest, flowery meadows and hay pastures conceal abundant herbs, there’s plentiful fruit in meadowy fruit orchards and butchers are proud of their fresh and healthy meat offer. Then there is the sea and the bees that diligently make honey. Let’s leave this list there as this gastronomic basis is so rich and diverse that many things will have to remain unwritten. Until recent times, Slovenia was a gastronomic unknown. But conditions change from year to year and locals and foreign tourists are getting to know the palette of peculiarities and differences that they have not noticed elsewhere. So what’s the speciality of the Slovenian gastronomic image? It must be its location on the world map, at the meeting point of the European Alps, Mediterranean and Pannonian Plain. Throughout history to present times the relatively small area that is today Slovenia has distinguished itself by its colourful gastronomic diversity, which is a consequence of the influence of these three worlds on it. Naturally, these influences have been adapted or ‘tailor made’ to the lives and activities of the people here. The richness of diversity, the experience of the Mediterranean, Alps or the Pannonian Plain, as well as some of the neighbouring Balkans - but all this in a special version, accomplishment and even new creative discoveries. So there’s no chance of getting bored at a table in Slovenia, wherever you are. No more than a few kilometres down the road, you may be surprised by a completely new, different dish. With your dish, once again, a completely different kind of bread or festive bread is served, along with different wines, natural juices, a glass of natural spring or mineral water or a glass of fruit, herbal or honey brandy. As it is appropriate to do here, we would like to wish you ‘dober tek!’ (bon appétit!) or ‘bog żegnaj!’ (God bless!) and, naturally, also ‘na zdravje!’ (cheers!).

As an old Slovenian saying puts it, the route to a man’s heart is through his stomach. There’s surely much truth in this piece of folk wisdom and this is why we would like to draw you closer to the diversity and richness of modern culinary Slovenia.
Slovenian Gastronomic regions

Taste Slovenia

Slovenian Gastronomic regions

Kranjska Gora

Tolmin

Škofja Loka

Idrija

Vipava

Postojna

Koper Capodistria

Ilirska Bistrica

Nova Gorica

Sežana

Ljubljana

Ljubno

Murska Sobota

Točna Slovenija
1. Ljubljana and surroundings
2. Dolenjska and Kočevska
3. Notranjska
4. Bela krajina
5. Kozjansko
6. Haloze, the area below Donačka gora and Boč, Ptujsko polje (Ptuj plain)
7. Posavje and Bizeljsko
8. Prlekija
9. Prekmurje
10. Slovenske gorice
11. Maribor, Pohorje, Drava valley and Kozjak
12. Celje, lower Savinja and Šaleška valley, Laško
13. Koroška
14. Upper Savinja valley
15. Zasavje
16. Gorenjska
17. Rovtarsko, Idrijsko, Cerkljansko
18. The Soča valley
19. Goriška brda
20. Goriška
21. The Vipava valley
22. Kras (Karst)
23. Slovenian Istria
24. Brkini, the Karst fringes
Ljubljana and surroundings

**Strudel**

**Štruklji**

One of the best recognised dishes, known all over Slovenia. It is made from different kinds of dough, with a diverse range of fillings, baked or boiled, sweet or savoury. They were once a characteristic festive and ceremonial dish, the best known of which are tarragon, curd cheese, walnut, apple and poppy seed 'štruklji', as well as other varieties.

**Holiday Bread from Jance**

**Janška veživka**

This kind of festive bread from the rural area around Ljubljana used to be made for individuals who were celebrating their name days, as well as for other festive occasions.

**Pickled Cabbage and Millet Mush**

**Všenat zelje**

This dish of stewed sauerkraut and millet porridge has a rich tradition in top-end sauerkraut making in the area around Ljubljana and in the popularity of millet porridge as a staple diet in the past.

**Barley Mush Hotpot**

**Ričet**

This filling and tasty dish is a stew of meat and vegetables, known all over Slovenia and most commonly referred to as 'ričet'. It's basis is barley or pot barley.

**Sautéed Potatoes with Onions**

**Pražen krompir**

Probably the most widespread dish from the 19th century on, when Slovenes welcomed the potato into our gastronomic wealth. A society for the recognition of roast potatoes as a dish on their own has been active in Ljubljana since 2002.

**Frog’s Legs**

**Žabji krai**

Baked or fried in batter, they are one of the characteristic dishes of the people of Ljubljana. They are still available in certain inns as an outstanding speciality.

**Fried Chicken Drumsticks**

**Leteči žganci**

This is an ironic appellation for fried chicken legs and wings, which arose centuries ago in working class circles in the former city port on the Ljublanica river.

**Eggs Ljubljana**

**Ljubljanska jajčna jed**

Probably the first geographically defined and named dish in the cookery book by Magdalena Pleiweis (1868).

**Ljubljana Curd Cheese Pancakes**

**Ljubljanske skutne palačinke**

The popularity of good-quality curd cheese available on the Ljubljana market was the godparent of these pancakes which are made with the addition of fresh tarragon.

**Barley Mush Hotpot**

**Ričet**

This filling and tasty dish is a stew of meat and vegetables, known all over Slovenia and most commonly referred to as ‘ričet’. It’s basis is barley or pot barley.

**Nut Roll**

**Potice**

Alongside ‘štruklji’, nut roll is the most typical Slovenian dessert. It is made with more than 80 different fillings. Nut roll is a characteristic festive dessert made from different kinds of dough. The most characteristic types of nut roll include tarragon, honey, walnut, poppy seed, craking, chive, lovage and curd cheese.

**Ljubljana Strudel**

**Ljubljanski štrukelj**

This is a dessert made with preserves whose recipe originated under this name in the most popular Slovenian cookbook written by Felicita Kalinšek, which has been reprinted a number of times since the end of the 19th century.
Taste Slovenia

**CHRISTMAS BREAD**
*Poprtnik*
This is an ancient kind of ceremonial bread that was and is still made around Christmas time. In the past, it had to be on the table for all three Christmases and was richly decorated with ornaments made of dough.

**BEAN AND POTATO PUREE WITH FRITTERS**
*Matevž*
‘Matevž’ is known in some places as ‘the bear’ or ‘potato grandfather’ and a tasty creamy side dish with cracklin or a dish on its own made of boiled potatoes and beans.

**BEAN STRUDEL**
*Fižolovi štruklji*
Among the most diverse kinds of ‘štruklji’ in Slovenia, bean štruklji is especially common in Dolenjska, which may be boiled or baked, as a dish on its own or a side dish with roast meat or poultry.

**ROAST GOOSE OR DUCK WITH FLAT CAKES AND RED CABBAGE**
*Pečena gos ali raca z mlinci in rdečim zeljem*
This excellent aromatic and tasty combination of three traditional dishes used to be, so to speak, compulsory during festivities of St Martin, the saint of wine (November 11).

**RIBNIŠKA POVÁNCA**
A tasty holiday strudel with a filling made of cream, egg yolk and raisins.

**AJDOV POTÁNCELJ OR POTÁNCA**
This salty buckwheat flat cake with cottage cheese stuffing is a side dish for meat and vegetable dishes during holidays in zelenjavnm jedem ob prazničnih priložnostih.

**THICK KOLHRABI HOTPOT FROM BLOKE**
*Bloška kavla ali trojka*
Kohlrahi (‘kavla’ or ‘kavra’) is much enjoyed in Notranjska. It also makes a tasty stew, combining kohlrahi, beans and potatoes, from where the name ‘threesome’ arises. Naturally, herbs and meat are added.

**KOSTEL STUFFED PIG’S STOMACH**
*Kostelski želodec*
A characteristic and traditional Easter dish, a kind of stomach stuffed with bread, pieces of smoked pork (ham) and herbs.

**PIE AND BEANS**
*Ščuka s fižolom*
The intermittent Cerknica lake was richly stocked with fish for centuries. Pike was a much appreciated dish, which was enjoyed fresh or smoked.

**TURNIP WITH RIBNIČAN BEANS**
*Repa s fižolom ribničan*
The Ribničan, a special kind of tasty bean, has almost died out. However, hard-working organisers in the village of Hrovača near Ribnica organise an annual event called Bean Day, helping to promote the return of the former European glory of this bean.

**DORMOUSE STEW**
*Polša orba*
In his masterpiece ‘the Glory of the Duchy of Carniola’, published in 1689, polyhistorian J.V. Valvasor wrote extensively about Cerknica lake, as well as dormouse hunts. Numerous dormouse dishes include dormouse stew.

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**NOTRANJSKA**

**POTATO DUMPLINGS**
*Kostelske hrge*
These potato dumplings are a typical dish of Kostel-on-the-Kolpa, and are enjoyed with salad as a self-standing dish or as a side dish, served especially with game in sauce.

**AJDOV POTÁNCELJ OR POTÁNCA**
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**DOLENJSKA AND KOČEVSKA**

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**CEREAL SAUSAGES**

ŽITNA KLOBASA »JAGLÁČA« ALI »MASTENICA« AND »ČMAR«

Two typical semi-dried products from the farm’s annual autumn killing of a pig in Bela krajina. The cereal sausage is stuffed with millet porridge and meat, whereas čmar is a kind of stuffed pork stomach.

**SIMPLE NUT ROLL**

_Prosta povitica_

This festive bread from Bela Krajina is also trademarked. Its special feature is its egg filling, while the name ‘prosta’ (simple) suggests it is easy to make.

**BELA KRAJINA FLATBREAD**

_Beloškranjska pogača_

In 2001, this was trademarked as a foodstuff with an indication of traditional reputation. It arose centuries ago on the basis of intercultural contact with migrants from the Balkans, the Uskoki, between the 15th and 16th centuries. This ceremonial bread is sprinkled with salt and cumin.

**ČRNOBJELJ STUFFING**

Črnomaljski nádev ali fuline

This compulsory Easter dish is called ‘nádev’ in the local dialect. Bread, pork, bacon and spices are stuffed into intestines. This dish is also prepared at times of hard labour in the fields and vineyards.

**KÖTZJANZKO BREAD CAKE**

_Kötzjanska kruhova potica_

A special kind of ‘potica’, made by spreading layers of bread soaked in milk with warmed cream or whey. The whole is then wrapped into dough leaves and baked in a baking dish.

**BELA KRAJINA NUT ROLL**

_Beloškranjska povitica_

The local dialect calls it ‘povitica’ and it is a savoury festive bread made of stretched dough, rolled into a spiral and baked. It is somehow reminiscent of the Balkan burek.

**KÖTZJANZKO PASTRY POCKETS**

_Kötzjanski krapali ali »ajdov párjek«_

These are floury pockets of buckwheat dough, boiled in salted water, stuffed with millet porridge and dressed with cracklings and cream. Served as a main course or side dish to meat dishes with sauces.

**CARROT SOUP**

_Korejevec_

This vegetable stew takes its name from root crops. At first, only turnips and parsnips were used, whereas today mostly carrots and parsnips find their way into this dish.

**KÖTZJANZKO FLAT CAKE TART**

_Kötzjanska mlinčevka_

This is a wonderfully juicy and filling festive bread, made of layers of walnut and egg filling. It’s a very festive dish that can stand proudly alongside the best cakes.

**SOURDOUGH FLATCAKE WITH CURD CHEESE FILLING**

_SIROVA zafrk(n)jača_

A festive bread of leavened dough with curd cheese filling and a folded crust, from which it takes its name.

**KOÖZJANZKO FLATBREAD**

_Beloškranjska pogača_

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Halože, the area below Donačka gora and Boč, Ptujsko polje

LEAVENED CAKE
**Erpica, jerpiča ali oprešák**
With whatever dough is left over from bread-making (kneaded flour with bran) housewives used to make tasty little breads, spread with cream and topped with cracklings. These days, they are an excellent warm bake at receptions and other social events.

HALOZE LAYER CAKE
**Haloška »gobónca«**
In the broad range of countless ‘gibanicas’ of north-eastern and eastern Slovenia, a prominent place is held by this sweet or savoury Haloze bread made of leavened dough and topped with curd cheese, egg-whites and sour cream that is a fine accompaniment to the excellent Haloze white wines.

BIZELJSKO BUCKWHEAT CAKE
**Bizeljski ajdov kolac**
A succulent cake of unleavened buckwheat dough with curd cheese filling. At its tastiest fresh out of the oven, still warm. A typical food to accompany certain jobs that used to be done in the fields and vineyards, and for major holidays.

BIZELJSKO FLAT CAKE TART
**Bizeljska mlinčevka**
A rich and juicy festive bread, stuffed with curd cheese between layers of mlinci.

POFALÁČA
This nourishing flat cake with a filling made of scrambled eggs, cracknels and chives is a treat for children when baking bread.

MEAT FROM THE LARD BARREL
**Prleška tünka**
A speciality when preserving the best parts of pork, which is first desalinated, then fried and put into wooden vessels, whereupon it is topped with lard. The meat keeps its exceptional juiciness, aroma and colour.

PRLEKIJA CUCUMBERS
**Prleške murke**
A refreshing cold dish made of sliced fresh cucumber, sour milk, sour cream, spices and dressing, ideal for the hottest summer days.

BUCKWHEAT CAKE
**Ajdov krapec**
This dish, also known locally as ‘krópec’, has a rounded bread form which bears no reflection to its name. This tasty festive bread is made of a thin layer of buckwheat dough, topped with curd cheese and sour cream.

PRLEKIJA LAYER CAKE
**Prleška gibanica**
One of the best Slovenian low sweet or savoury baked festive breads made of stretched dough that is laid between seven curd cheese and sour cream fillings.

CORN CAKE AND PLAITED-DOUGH HEART
**Koruzna prga ali pršjáča**
Two bread products that bear testimony to the cereal richness of this part of Slovenia. Koruzna prga is a round festive bread with a squared net that itself tells you how it should be eaten. Pleteno srce (woven heart) is a traditional wedding bread from Artiče near Brežice and the tradition is carried on in fine style by the central Slovenian bakery in Grosuplje.
Prekmurje

WEDDING BREAD
Bosman
A richly decorated ceremonial bread, which used to be a compulsory gift to brides, as well as newborns and children being christened. It is decorated with several lines of plaited dough and various dough ornaments, as well as paper flowers.

HOLIDAY BREAD
Vrtanek
A characteristic bread cake made of plaited dough, which was made to mark the end of field work, for example as a gift to haymakers, or at various feasts. Nowadays, it makes an important contribution to creating culinary fare at receptions and social events.

FRITTER TARTLETS
Ocvirkové pogăčice
These crackling cakes, also called ‘fónke’, ‘fánke’ or ‘fánkice’, are today a generally widespread dish in Prekmurje, especially at various social events, receptions and celebrations, which is connected with their size and taste, which go well with wine.

PICKLED TURNIP AND MILLET MUSH
Bujta repa
This was once a compulsory dish for lunch at pig-killing time on the farm, in which turnip and millet porridge are cooked together with a piece of pork or two thrown in.

POTATO MUSH
Krompluvi žganiki ali dödöle
These ‘žganči’ made of potato and strong white flour, dressed with lard, onion, cracklings and topped with sour cream, are an excellent dish on their own or side dish with meat.

PASTA RAGS WITH POPPY SEEDS
Makovi kulinji
Dough squares or scraps of dough from pasta-making, boiled in salted water, dressed with sour cream and sprinkled with poppy seeds.

POVÎTNICA
Pork net wrap with a filling of millet porridge, pork meat and spices.

PREKMURJE LAYER CAKE
Prekmurska gibanica
This excellent, juicy and most widespread Slovenian dessert from Prekmurje is stuffed with poppy seeds, curd cheese, walnuts and apples. It is trademarked as a foodstuff with an indication of traditional reputation and therefore can only be made under this name if the original protected recipe is respected in full.

PREKMURJE STEW
Prekmurski bogrâč
A popular thick stew that takes its name from the large pot in which it is cooked. It is a kind of goulash made with three different meats, spices, pepper, tomatoes, potato and, in season, fresh mushrooms. There is an annual ‘bograč’ cooking competition.

THIN DRIED PANCAKES
Gibite
A very old dish, made of unleavened dough, a kind of ‘mlinci’, enriched with lard, cracklings, sour cream and / or poppy seeds.

MEAT AND SAUSAGES FROM PIG SLAUGHTER AND PREKMURJE HAM
Prekmurske koline in prekmurska šunka
The production of a whole range of traditional meat products from pig-killing time on the farm has been preserved in Prekmurje. These include sausages with buckwheat and millet porridge, pressed sausage, blood sausage and, of course, the high-quality trademarked Prekmurje ham.

TURNIP STRUDEL
Repni retâš
One of the more popular roulades made of leavened or stretched dough and stuffed with turnips. It’s a typical Christmas dish.

HAJDINSKA ZLEÎVANKA WITH PUMPKIN SEED OIL AND CRACKNEL
One of the popular flat cakes prepared in north-eastern Slovenia from liquid buckwheat dough poured into a hot baking pan.
**Slovenske gorice**

**PLUM SOUP**  
*Slivova juha*
One of countless milky soups made with fresh or dried plums that makes a filling and refreshing summer dish.

**OLJOV POCUK**
Flaky pastry flat cake with pumpkin seed oil rolled into a thin roll formed into a ring.

**KROMPIRJEV KRAPEC**
Thin, flat cake made of potato dough, covered with minced lard and cracknels.

**SOUR BROTH**  
*Štajerska kisla juha*
This soup was originally made after the annual pig kill on the farm and included ‘everything but the squeak’ and then was soured in wine. Nowadays, it’s become a highly popular dish eaten after late nights with lots of alcohol. It also often rounds off wedding receptions and New Year’s parties.

**POHORJE HOTPOT**  
*Pohorski lonec*
Typical meat and vegetable stew made of pork, beef and lamb, with the addition of buckwheat and mushrooms in season.

**POHORJE DRIED MEAT**  
*Pohorska bunka*
Desalted whole parts of better-quality pork is stuffed into the pork stomach and beef intestines, mildly smoked and air dried.

**POHORJE POTATO MUSH**  
*OLBIČ ALI POHORSKI ŽGANCI*
A kind of ‘žganči’, made of potato and corn flour and, naturally, dressed with cracklings.

**ŠTAJERSKA BOILED STRUDEL**  
*Štajerski kuhani štruklji*
These ‘struklji’ with curd cheese filling are boiled and then served with the water, thus the soup, which is dressed with cracklings or lard.

**LEAVENED CAKE**  
*Kipjena gibanca ali kvasenica*
As its name suggests, this is a sweet or savoury festive bread made of leavened dough and topped with curd cheese and sour cream. It’s best eaten straight from the oven.

**STAJERSKA SOUR BROTH**

**PLUM SOUP**  
*Slivova juha*
One of countless milky soups made with fresh or dried plums that makes a filling and refreshing summer dish.

**LEAVENED CAKE**  
*Kipjena gibanca ali kvasenica*
As its name suggests, this is a sweet or savoury festive bread made of leavened dough and topped with curd cheese and sour cream. It’s best eaten straight from the oven.

**POHORJE OMELETTE**  
*Pohorska omleta*
This biscuit omelette, stuffed with cranberries and topped with sweet cream, is an example of the invention of heritage in the period after the end of the Second World War.
MILK SOUP WITH PASTA GROATS AND PLUMS
Mlečna forfcovca župa s češplji
‘Usukenci’, rolls made of flour water and eggs, called ‘forfc’, are cooked in a milky soup. To enrich the taste, fresh or dried plums are added.

PLUM SOUP
Češpljiva juha
A milky soup with millet porridge, to which cooked dried plums are added.

PEAR COMPOTE WITH SWEET DUMPLINGS
Hruškova čežana s štrukeljci
These small ‘štruklji’ are made of flour and water, in which pears have been cooked. They are dried and lightly baked in an oven, then cooked into a pear mash.

BUTTERED HOP SHOOTS
Žabeljeni hmeljevi vršički
Boiled spring shoots of cultivated or wild hops, dressed with breadcrumbs, pre-griddled in butter.

EGG STRUDEL
Jajčni štruklji
Cooked ‘štruklji’ made of stretched dough, stuffed with eggs fried on cracklings and sprinkled with parsley.

BREAD ROLL CAKE
Žemeljna potica
This is, in fact, a festive bread, made of layers of sliced bread rolls, covered with warmed cream or whey. The wrapping is made of leavened dough that is laid into a round dish before the layers of topping are added.

PREŠEREN FIG PRALINES
Fige Prešernove
Top-quality fig pralines, covered in plain or milk chocolate are made by the Dobnik chocolate studio in Pongrac near Grize. The delicacy owes its name to the greatest Slovenian poet France Prešeren (1800—1849), who often carried figs in his coat pocket and to whom children often shouted ‘Doctor, figs, figs!’

KOROŠKA CURD CHEESE WITH ONION AND PUMPKIN-SEED OIL
Koroška skuta s čebulo in bučnim oljem
A tasty breakfast or snack, made of curd cheese, cream, spices and onions, topped with pumpkin-seed oil.

FRUIT RAVIOLI
Kvočevi nudlni
A kind of dough pockets or ‘alknrofi’ stuffed with ground dried pears. They are also made with other fillings.

PORK LUNG AND BREAD DISH
Mežerli
An old and extremely tasty dish at pig-killing time, based on pig, veal and lamb intestines, bread, spices and eggs. It’s often served with soured potatoes or as a side dish.

KOROŠKA BREAD HORSERADISH
Koroški kruhov hren
A typical Carinthian side dish or a thick sauce with meat and roast potatoes, made of bread, covered with a meaty soup, grated horseradish and sometimes sour cream too. It’s often on the menu at tourist farms.

CURD CHEESE PARCEL
Povitnik
A roll of stretched dough with curd cheese, buckwheat, egg, crackling or chive filling. It may be a savoury side dish with meat or a self-standing dessert.

RYE BREAD CAKE
Trenta
A festive bread made of dough left over from the making of the typical Carinthian rye bread, spread with cream and sprinkled with salt and cumin. It takes its name from the verb ‘potrentati’, which in the Carinthian dialect means to stretch dough over a racquet.
SOLČAVA AGED CHEESE
Solčavski sirnek
This spicy curd cheese with salt and cumin is matured in pots for three to four months and makes an excellent, aromatic spread for brown bread. It also goes well with cold cuts and apples and may be enjoyed with elder or plum conserves or honey. A creamy soup called ‘sirnica’ is also made from it.

SOUP DUMPLINGS
Firšič
Spoon dumplings made of buckwheat flour and fresh pig’s blood are an excellent ingredient of this soup, typical at pig-killing time.

WHEAT HOTPOT
Zdrkanka
Ground wheat grains are cooked in milk and dressed with butter. The dish, which is served on its own for breakfast, can also be enriched with dried plums and cinnamon.

BUCKWHEAT CAKE
Adjnek
A juicy and tasty festive bread made of buckwheat dough and several layers of filling made of ground walnuts, honey and cinnamon.

TRÓJANE DOUGHNUTS
Trojanski krofi
The modern Konšek Inn in Trojane is developing its gastronomy, among other things, on the basis of the culinary heritage of fried doughnuts, which are a well-established trademark as the ‘Trojane doughnuts’.

POTATO OMELETTE
Kruppentoč
Omelettes or burgers made of grated potatoes that used to be made in glass-making families in Hrastnik.

LIVER SAUSAGE
Zasavská jetrnica
A typical semi-dried sausage made at pig-killing in Zasavje with liver filling, which is enjoyed warm or cold.

CAKE
Pohla
A round sweet or savoury festive bread made of white or corn flour, with a folded edge and filled with curd cheese, sour cream, cumin and salt or alternatively apples and curd cheese, or perhaps curd cheese, tarragon and sugar.

EGG OMELETTE OR MINER’S SUN
Funštrc ali knapovsko sonce
This dish of flour, eggs and milk or simply milk and water was once a characteristic part of the miners’ diet.

PASTA AND POTATO DISH
Grenadirmarš
A roasted and dressed dish made from boiled potatoes and pasta, in some places with the addition of eggs, which is a consequence of contact with the former Austro-Hungarian empire.

STUFFED PIG’S STOMACH FROM THE UPPER SAVINJA VALLEY
Zgornjesavinjski želodec
A top-quality and trademarked cold cut made of high-class pork and bacon.
Taste Slovenia

Krnič cheese
On Velika planina above Kamnik, they still make very old forms of decorated loaves of curd cheese, which used to be given as a gift to maidens to prove love and fidelity.

Škofja Loka stuffed turnips
Loška smožka
Cooked turnips, stuffed with millet porridge and dressed. In the past, it was especially a fasting dish, while today it is suitable as a warm starter, main course or side dish.

Škofja Loka millet mush
Loška medla ali midla
A thick dressed dish made of millet porridge and buckwheat flour, which can be enjoyed with milk.

Buckwheat mush with mushrooms
Ajdova kaša z gobami
A tasty and aromatic combination of boiled buckwheat mash and fried fresh mushrooms. Boletus mushrooms are most suitable, while various mixed fresh mushrooms are also excellent.

Buckwheat and corn mush
Ajdovi in koruzni žganci
It was often emphasised as early as the 19th century that ‘žganci’ were the pillar of Carniola. Buckwheat and corn, or less frequently barley, are cooked in two ways and are still today one of the basic and typical dishes of Gorenjska.

Jurjeva kapa omelette
Jurjeva kapa
An omelette made of eggs, flour and water that may be sweet or savoury, and as the latter served as an enrichment to buckwheat ‘žganci’.

Cabbage and potato hotpot
Govanac
This dish is also called ‘presnek’ and is a thick dressed stew made of fresh chopped cabbage and potato. It’s suitable as a dish on its own or as a side dish with boiled or roast beef.

Cream and flour dish
Masovnik ali máslenik
A filling, thick dish made of white, buckwheat or corn flour, which is cooked into hot cream. The dish is suitable on its own with brown bread or as a side dish with buckwheat or corn ‘žganci’.

Mohant spicy Bohinj cheese
Bohinjski môhant
This semi-soft cheese is sharply scented with a bitter spicy taste and is a speciality of Bohinj cheese-making. The cheese is indigenous and is trademarked as a foodstuff with geographic origin.

Stuffed pig’s intestine or stomach
Gorenjska danka ali želodec s kašo
These tasty products of pig-killing on the farm comprise stomach or intestines, stuffed with meat, millet porridge and spices and lightly smoked. Once cooked, they are served warm or cold in round slices.

Bohinj pork mash
Bohinjska zaseka
Bacon is first desalted, then cold smoked and air dried. Then it’s chopped or ground, put into a large pot and fat is poured over it. ‘Zaseka’ is an excellent spread on bread or dressing for numerous dishes.

Gorenjska stuffing
Búdl ali gorenjska prata
A flat baked loaf of white bread, stuffed with corn flour, precooked in butter or cream. Once baked, it is sliced.
**HAND CRAFTED HONEY COOKIES**

*Dražgoški kruhek*

These hand made figurative and ornamental honey breads are made of thick honey dough and spices. They are a traditional gift and today are baked as a souvenir.

**PORK OFFAL AND BRAWN IN PORK NET**

*Mavžli ali mazželini*

Chopped pork and/or intestines wrapped into a pork net and roasted. It is very typical all over the Slovenian Alpine world. Stewed sour turnips or cabbage and boiled potatoes are served with it.

**Buckwheat Flour Pastry Pockets**

*Ajdovi krapa*

Although there are many recipes for these, they are most often cooked dough pockets made of buckwheat dough and filled with curd cheese or colostrum. An excellent dressed dish on its own, served in summer with salad or in winter with stewed sauerkraut or turnip.

**Dovški Krapa**

A special type of doughnuts with a filling made of cottage cheese, millet porridge, onion, minced lard and chives.

**Rateče Pastry Pockets with Curd Cheese Filling**

*Rateški špresovi krapa*

Boiled and dressed pockets made of white unleavened dough, with a curd cheese, corn polenta, onion and egg filling.

**Tržič Saddle of Lamb or Mutton**

*Tržiške bržole*

A stew of cooked lamb, braised beef and vegetables, suitable as a dish on its own or side dish.

**Sweet Carniola Strudel Pies**

*Kranjski štrukelj*

This recipe was first recorded in 1868 in the book Slovenska kuharica (Slovenian Cookbook) by Magdalena Pleiweis. The dish comprises little rolled pancake pies au gratin, with a filling of flour-based mush cooked in cream or milk, eggs and vanilla sugar.

**Elderberry Juice**

*Trják ali terják*

A thick elderberry extract that is made by cooking elderberry juice for two days and is used to make healing tea.

**Carniolian Sausage**

*Kranjska klobasa*

This is the best known Slovenian foodstuff in the world, and is based on the rich heritage of turning the pig into meat products. The first mention of the sausage as ‘Carniolan’ was in 1896.
**FLOUR DUMPLINGS WITH SAUCE**

*Idrijski žlikrofi z bákalco*

These smaller, boiled dumplings made of a softer pasta dough are stuffed with potato, onion, fat and spices. They are a typical dish, that came to Idrija along with the miners' life at the start of the 20th century. ‘Žlikrofi’ are excellent when dressed or served with ‘bákalca’ sauce, made of ram or hare meat.

**STUFFED PORK STOMACH FROM ŠEBRELIJE**

*Šebreljski želodec*

Pork stomach, stuffed with the best-quality pork and a little bacon. The excellence of this product is connected with the climatic conditions on the Šebrelje plateau and its being matured between two wooden boards.

**CABBAGE AND POTATO HOTPOT**

*Smukávc*

A dressed stew made of kale, as well as radicchio, turnip, cabbage and potato.

**APPLE AND BEAN HOTPOT**

*Karazevc*

A dressed puréed dish made of apple and beans or apple and potatoes.

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**TOLMINC CHEESE**  
*Sir tolminc*

This is testimony to the rich cheese-making heritage of the broader area around Tolmin. The cheese was first mentioned in writing with this name as early as 1756.

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**POTATOES AND CURD CHEESE**  
*Čompe s skuto*

Boiled unpeeled potatoes with curd cheese have been a characteristic dish of this Slovenian gastronomic region since the 19th century. A tourist event called ‘Potato night’ is organised annually in Bovec.

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**CORN FLOUR DUMPLINGS**  
*Bůljebulja*

Bulja or bulje are dumplings made of corn flour, sugar, raisins, cinnamon and butter, but can also be dough pockets with the same filling. Naturally, they can also be made with other fillings.

---

**PIES FILLED WITH DRIED PERS FROM TRENTA**  
*Trentarske kloce ali krafi*

‘Štruklji’ made of stretched dough with a dried pear and cornflour filling, dressed with butter.

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**BOVEC CHEESE**  
*Bovški sir*

The first documented production of Bovec cheese goes back to the year 1328, when it was made on the Trebščina plateau. It was initially just sheep’s cheese, whereas today it is made with the addition of goat’s and cow’s milk.

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**OMELETTE**  
*Frika*

This is an old shepherds’ dish, a ‘pečenjak’ or omelette made with potato, cheese and egg or other combinations of these ingredients.

---

**BOVEC POCKETS**  
*Buški krafi*

Boiled pockets with a filling made of dried pears, apple puree, raisins, walnuts and spices.

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**VEGETABLE AND POTATO PUREE**  
*Poštőklja*

A purée of boiled potatoes and turnip leaves, dressed with grated cheese. Alternatively, the turnip may be replaced by cabbage, radicchio, dandelion, string beans or other vegetables. The name is connected with the way it is made as the ingredients are mashed with a spoon (‘štokati’).

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**SOČA TROUT IN BUCKWHEAT OR CORN FLOUR**  
*Soška postrv v ajdovi ali koruzni moki*

The noble Soča trout, Salmo trutta marmoratus, is traditionally rolled in buckwheat or corn flour and fried in fat or oil.
CHERRIES FROM GORIŠKA BRDA

_Briške češnje_

In addition to other fruits and vines, cherries are one of the basic characteristics of the natural wealth of Brda. Cherry production has a rich tradition here, as Brda people supplied them to large towns and resorts.

EASTER BREAD

*Križnik*

A kind of festive Easter bread from western Brda, made with better quality ‘potica’ dough and with the addition of dried figs, steeped in brandy or wine, hazelnuts, honey and cinnamon. It takes its name from the cross (‘križ’) cut into the top of the loaf.

WHITE AND YELLOW POLENTA

_Bela in rumena polenta_

Although polenta is not an original dish of Goriška brda, nor other parts of Mediterranean Slovenia, it’s still today an important component of the staple diet as a main course and, even more so, as a warm or cold side dish with various meat and vegetable dishes.

EGG OMELETTE WITH HERBS

_Frtálje ali cvrče_

These egg omelettes, also called ‘cvrče’ include various fresh herbs, scented plants, but also prosciutto and sausages. They demonstrate culinary creativity connected with the natural environment.

HOTPOTS

_Kuhnje_

The dialect term ‘kuhnja’ is used in Brda for a whole range of the most diverse tasty meat, vegetable and pasta stews that are otherwise known as ‘mineštre’ (minestrone).

POTATO PUREE DISH

_Pištunj_

A thick puréed dish made of potato, string beans and pumpkins, dressed with cracklings or bacon. It is suitable as a dish on its own or a side dish.

GRAVIES

_Toči_

Toči is an expression referring to the most diverse meat sauces and goulashes, into which people dipped (‘točati’) polenta or bread. It is a staple diet for breakfast or dinner and a real treasury of culinary improvisation.

MEAT-SKIN-HEAD, BLOOD AND OFFAL SAUSAGES

_Krodegini, šankanele, markandele_

Three characteristic products of pig-killing on a farm - krodegini or kožarice, šankanele or blood sausages and markandele or pork intestine sausages.

BREAD ROLLS

_Fulje_

Rolls of bread, pre-soaked in a prosciutto soup and with flour, eggs, chive and onion added, wrapped into slices of prosciutto. The dish is also known as ‘fulje’ or ‘punjáve’.

STRUDEL WITH OLIVE FILLING

_Štrukli vlikáva_

Baked ‘štruklji’ made with unleavened dough, stuffed with sliced fried sausage or salami, olives and spices. The name of these ‘štruklji’ arose from the dialect name for olives (‘vljke’), which are an ingredient of the filling.

FILO DOUGH POTICA CAKE

_Špojdá_

A ‘potica’ made of dough leaves and stuffed with diverse fillings such as walnuts, pine nuts and raisins.

POTICA CAKE

_Hubáča_

A spiral wrapped ‘potica’ with a walnut and raisin filling.
Goriška Potica from Filo Dough

Goriška Gubanca

A typical festive dessert in the Mediterranean part of Slovenia. The name is connected with wrinkled (layered) dough (‘gube’), which separates the fillings. Gubanca does not have the hole in the middle that is so characteristic of its younger relative, ‘potica’.

Kale Puree Dish

K’p’rouc
Kale stew, thickened with corn flour and dressed.

Veal Stew

Žvarcet
A tasty veal sauce made as a side dish to polenta, ‘žganci’, pasta or rice. There is no single recipe for its preparation, which again shows the great creativity of individual housewives.

Pasta

Bleki
Popular boiled tagliatelle, dressed with pieces of prosciutto, pre-fried in butter.

Goriška Radicchio

Goriški radič
The huge tradition and popularity of radicchio and dishes made of it originate from neighbouring Italy, while in Goriška in Slovenia it has acquired many local variations.

Dry Bread Slices with Soup

Sope
Slices of old bread are put onto a plate with celery soup poured over them.

Black Pudding

Mulce
A kind of blood sausage stuffed with pig’s blood, corn flour, raisins, sugar and spices. The blood sausages are first cooked, then sliced and fried in butter.

Holiday Bread

Pinca
A strongly raised and ingredient-rich festive bread that is also somewhat sweetened.

Goriška Sausage in Wine

Goriške pečenice v vinu
Fried sausages, cooked in white Brda wine, which are served with sour cabbage or turnip, mustard and horseradish.

Goriška Goulas H with Polenta

Goriški golaž s polento
A less spicy variant of Hungarian goulash that was one of the most suitable kinds of late morning snack known to man.
NANOS CHEESE
Nanoški sir
This cheese also helps to create the 'Tastes of the Vipava Valley' trademark. This high-quality dairy product is based on the rich heritage of cattle farming and cheese making on the Nanos plateau, where cheese making was documented as early as the 16th century.

VIPAVA VALLEY CURED PRŠUT HAM
Vipavski pršut
A new kind of high-quality 'pršut', made from the best pork produced in Slovenia. It is made by MIP from Nova Gorica under the common trademark 'The Tastes of the Vipava Valley'.

SOUP WITH CELERY
Šelínka
A soup made of celery tubers and leaves, vegetables and spices with pig's trotter cooked in it. Polenta is eaten with it.

HOTPOT
Škuha
A stew made of lentils or beans with spices, soured with wine. Sausages and ham leftovers are also cooked in it.

BEAN HOTPOT
Fižolova mineštra
A thick soup made of cooked mashed and whole beans with corn polenta. It is just one of countless minestrone, but is the most generally widespread.

VIPAVA VALLEY JOATA – TURNIP, BEANS AND POTATO
Vipavska jota
A local variant of the originally Carnian dish. Thus this is a sauerkraut stew (while some also make it with sour turnip, fresh cabbage and kale or beetroot leaves) with beans, potato, dressing, flour, garlic and pepper.

VIPAVA VALLEY STRUDEL
Vipavski štrukli
'Strukli' made from leavened dough, cooked in a tablecloth with fillings of walnuts, curd cheese, raisins and sugar.

KARST JOATA
Kraška jota
On Karst, 'jota' is made from sour turnips or sauerkraut, but always also includes potatoes. Sweet Karst 'jota' is a specialty and is made with mashed potato and beans with the addition of carrots, spices and a spoonful of vinegar.

KARST CURED PRŠUT HAM
Kraški pršut
The many-century-long tradition of salting and drying pork, especially pork legs, in the Karst wind known as 'burja', is the godparent of this top-quality product that is protected as a geographical indication.

KARST PANCETTA
Kraška pancetta
This meaty bacon is dried in Karst into a tasty pancetta which is an important component of the offer of Karst cold cuts and is essential in the preparation of some dishes.

KARST PORK NECK
Kraški zašinek
Shoulder of pork is dried to make 'Kraški zašinek', which is also a vital element of the cold cuts platter.
**Slovenian Istria**

**Taste Slovenia**

**BREAD WITH OLIVES AND FIG BREAD**
*Kruh z oljami*

Examples of festively enriched bread made of white flour to which sliced or mashed olives or dried figs are added.

**OMELETTE**
*Fritaje ali frtalje*

A typical spring egg omelette containing wild asparagus, pre-roasted with prosciutto or bacon, spring shoots of wild hops, bryony, butcher’s broom and clematis.

**HOTPOTS**
*Minestre*

Minestrones used to be everyday stews in Istria. The most widespread were ‘bobici’ and ‘pastafrako’, while ‘rižibiži’, vegetable and barley minestrones were also made.

**ISTRIAN JOTA**
*Istrska jota*

Istrian ‘jota’ is made with sauerkraut and beans, but is differentiated from Karst ‘jota’ in that it does not contain potatoes.

**PASTA**
*Pašta*

Home-made pasta that was once made just for major holidays, weddings and other occasions. This is why it was dressed with fried pancetta or eaten with goulash and other sauces.

**DRYED CODFISH, WHITE AND RED**
*Bakala na belo in rdeče*

‘Bakala’ is probably the most popular dried cod product and was, in its white version, a typical Christmas Eve dish. The red version goes well with boiled potatoes, bread and polenta.

**MARINATED FISH**
*Ribe v šavorju*

Marinating fish is a method that is especially suitable for smaller sea fish such as various anchovies, picarel and red mullet.

**SQUID RINGS (CALAMARI)**
*Kalamari*

Calamari or squid are prepared in a number of ways. The most widespread methods are grilled (they may also be stuffed) and fried. Calamari risotto is also excellent.

**MUSSELS**
*Pedoči*

Mussels are, according to folk wisdom, at their best in July and August. They are prepared in a number of ways, in a sauce, in ‘buzara’ sauce or pan-fried.

**ROLLS FROM BREAD LEFTOVERS**
*Nákelda*

Rolls made of old bread soaked in chicken soup, eggs, grated sheep’s cheese, raisins, bacon and, naturally, summer savory as the basic spice.

**ISTRIAN STRUDEL**
*Istrski štruklji*

All kinds of ‘štruklji’ are made from stretched dough in Istria. They have diverse fillings and are always boiled. The fillings include curd cheese, cheese, prosciutto, cracklings, spinach, walnuts, apple, potato and numerous herbs.

**FIG LOAF**
*Figov hlebček*

An exceptional product made of dried ground figs, which are formed into a loaf together with fig or grape juice and lightly rolled in flour. Such a loaf remains edible for a very long period. Cut into slices, it is enjoyed as a healthy natural Savinja dessert without added sugar or preservatives.

**BRKINI, THE KARST FRINGES**

**PASTA**
*Fuži*

A special kind of hand-made home-produced pasta, where squares of dough are rolled into a tube, perhaps using a stick. Boiled ‘fuži’ are an excellent accompaniment to game in sauce and roasts.
You may also get to know the diverse gastronomy of Slovenia by visiting various themed events. These are connected with demonstrating culinary heritage, emphasising the originality of certain wines or other drinks, cookery demonstrations and food tasting, as well as competitions in the quality of preparation of specific local dishes. The ‘Delicacies of Slovenian farms’ is an annual event held in Ptuj and the biggest national exhibition where evaluations of bread, dried meat products, pumpkin and olive oil, cheeses and other delicacies of our farms take place. In the summer months, there are numerous harvest festivals with demonstrations of tasks that enabled survival to our forefathers. A whole range of events takes place along wine roads, from the Open Door day of the Brda cellars, the Festival of teran and prosciutto, the Festival of rebula and olive oil, to the famous Days of Dolenjska cviček, a speciality among our wines. On the coast, the Salt makers’ festival is something special. This is an event in Piran and on the Sečovlje salt pans, where one of the gastronomically most interesting foodstuffs, fleur de sel, is still produced. In autumn, many chestnut picnics come alive, accompanied by new wine tasting, as well as days of all those products that fill our cellars, granaries and storerooms at this time of year and enrich our gastronomy until the following harvest, such as pumpkins, beans, plums, cabbage and so on.
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<td>Izola centre for sports, culture and events, +386 5 640 35 39</td>
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<td></td>
<td>Čatež</td>
<td>Čatež cviček festival</td>
<td>Čatež pod Zaplazom Wine makers’Tourism Assoc., +386 41 615 295</td>
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<td></td>
<td>Ptuj</td>
<td>Delicacies of Slovenian farms</td>
<td>TIC Metlika, +386 7 363 54 70</td>
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<td>Prvačina</td>
<td>Peak festival</td>
<td>TZ - TIC Nova Gorica, +386 5 330 46 00</td>
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<td>June</td>
<td>Ljubljana</td>
<td>Strawberry Sundays</td>
<td>TD Bencica-Janče, +386 1 367 11 85</td>
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<td></td>
<td>Laško</td>
<td>Beer and flowers traditional tourist event</td>
<td>TD Laško, +386 3 733 89 50, <a href="http://www.turistinodrustvo-lasko.si">www.turistinodrustvo-lasko.si</a></td>
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<td>Polenšak</td>
<td>Harvest festival</td>
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<td>Šempas (Ozeljan)</td>
<td>Polenta festival</td>
<td>TD Ozeljan - Smihelj, +386 41 631 299</td>
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<td></td>
<td>Smokvica</td>
<td>'Kur en bot' party and Day of Istrian figs</td>
<td>Figaroula Koper Association, +386 5 657 12 01</td>
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<td>August</td>
<td>Polhov Gradec</td>
<td>Days of honey</td>
<td>TD Breda, +386 5 395 95 94</td>
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<td></td>
<td>Medana</td>
<td>Days of poetry and wine</td>
<td>TD Breda, +386 5 395 95 94</td>
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<td>Izola</td>
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<td>Dutovlje</td>
<td>Teras and prosciutto festival</td>
<td>Peter Gerc, s.p., Dutovlje, +386 41 513 675</td>
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<td>Dornava</td>
<td>Onion festival</td>
<td>TED Lukari Dornava, +386 51 399 850</td>
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<td>Piran</td>
<td>Salt makers festival</td>
<td>Arvidonj Portoroz, +386 51 399 850</td>
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<td>September</td>
<td>Sora pri Medvodah</td>
<td>'Kranjiska klobana' festival</td>
<td>Hiša Jezerek, Sora pri Medvodah, +386 1 361 94 11</td>
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<td>Hrvoča</td>
<td>Bean day</td>
<td>VEID Hrvoča, +386 51 364 701</td>
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<td>Ljutomer (Pristava)</td>
<td>Day of Pristava festive breads</td>
<td>TKD Mak Pristava, +386 2 384 97 80</td>
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<td>Ljutomer (Pristava)</td>
<td>Pumpkin festival in Mekotnjak</td>
<td>TD Stara Cesta, +386 41 276 402</td>
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<td>Slovje</td>
<td>Plum days</td>
<td>TD Diminc Slovje, +386 41 450 569</td>
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<td>Ljubljana</td>
<td>Cabbage festival</td>
<td>TD Zajtja Dobra, +386 41 708 362</td>
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<td>Bodonci</td>
<td>Pumpkin festival</td>
<td>Klas Bodonci farming wineries’ association, +386 2 549 12 03</td>
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<td>Puconci</td>
<td>'Zlata kijanca’ with dodoli festival</td>
<td>KTD Puconci, +386 2 545 14 79</td>
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<td>Idrija</td>
<td>Idrijski Žlikrofi Day</td>
<td>ICRA d.o.o. Idrija, tel. 05 37 43 910</td>
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<td>Koper</td>
<td>Sweet Istria</td>
<td>Turistična organizacija Koper, +386 5 6846 242</td>
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<td>October</td>
<td>Ljubljana</td>
<td>Chestnut Sunday</td>
<td>TD Bencica - Janče, +386 1 367 11 85</td>
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<td>Šalovci</td>
<td>Cabbage day</td>
<td>TD Š slavci, +386 2 559 80 50</td>
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<td>Podravina</td>
<td>Festival of Kojansko apples</td>
<td>Kojansko park, +386 3 800 71 13</td>
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<td>Kana žižek</td>
<td>Traditional chestnut festival in Lig</td>
<td>TD Kolarovat Lig, +386 41 390 952</td>
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<td>November</td>
<td>Vipavska dolina</td>
<td>Wine sanctuaries of the Vipava valley</td>
<td>RA ROD Ajdovščina, +386 5 365 36 00</td>
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<td></td>
<td></td>
<td>Numerous St Marin’s celebrations throughout Slovenia</td>
<td></td>
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<td></td>
<td>Strunjan</td>
<td>Kaki festival, sales and exhibition of kaki delicacies</td>
<td>TD Solinar Strunjan, +386 5 678 20 00</td>
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<td></td>
<td>Zgornja Kungota</td>
<td>Steveina cellars becon, open door day in wine cellars</td>
<td>TD Steveina, +386 2 656 01 71</td>
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<td></td>
<td>Dražiščko okolica</td>
<td>A walk along the paths of the Dražiščko local wine cellar</td>
<td>TIC Metlika, +386 7 363 54 70</td>
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<td>Prevalje</td>
<td>Must party</td>
<td>Meža valley fruitgrowers’ association, +386 41 620 631</td>
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<td>December</td>
<td>All larger towns</td>
<td>Christmas - New Year’s fairs with culinary offer</td>
<td>Tourist Information Centres, Tourism Associations and others</td>
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As an old Slovenian saying has it, an inn is where God puts out his hand to you. If this is a synonym for hospitality, then this wisdom of folk philosophy that has taken shape in inns, the sanctuaries of good food and drink, over the centuries, will certainly hold true. The typical characteristic of inns, based on family tradition, has been preserved to the present day, and nowadays, it’s ‘gostilnas’ (inns) that are the highest peak of the gastronomy in Slovenia. To tell you the truth, this is not true of all of them and they do not all reach the same quality standards. But there are thousands of gostilnas and among them are truly many that are genuine bearers of gastronomic excellence. Individual owners use the term ‘restavracija’ (restaurant) instead of ‘gostilna’, which should not mislead you. In general, the content is the same. In addition to these, there are also high-quality hotel restaurants in Slovenia. The food and beverage offer is rounded off by various tourist farms which as a rule offer only local dishes. Thus, the everyday and festive tasks of our rural population are reflected in their everyday and festive fare.
Whenever the talk turns to gastronomy in Slovenia and its gastronomic identity, we think first and foremost of its traditional inns. The oldest form of catering to guests, in some places also offering overnight accommodation, Slovenia’s gostilne are run distinctly as family businesses, usually being passed on from generation to generation. In cities, towns and villages, inns were and still are important gathering places for the local people and at the same time “shrines” offering outstanding food and drink. Since 2010 Slovenia has also been developing an association or consortium, Gostilna Slovenija, which will link together and represent the best inns, with select house, local and Slovenian dishes, a rich wine list and range of non-alcoholic drinks. Good inns are indeed the final link in the chain of supplying high-quality foods, which are the cornerstone for creating a range of natural tastes. These tastes are associated with the natural environment of Slovenia, with meadows and pastures, forests and fields, gardens, rivers, lakes and the sea. All these qualities are brought together with great love, skill and hospitality onto plates, sumptuous tables and to the agreeable atmosphere of the inns. And you should not be surprised when you walk into an inn, and the host or hostess takes a moment to come and sit at your table with you and share a glass of wine in welcome!

There are also some top-class restaurants that can offer you a taste of Slovenia and its gastronomic delights. They offer many of the latest culinary masterpieces, and keep up with the current trends of culinary development in the world. The range of tastes on offer is further enhanced by agritourism farms, which offer mainly local and regional dishes. The great majority of these farms also offer overnight accommodation in a wide variety of unspoilt natural settings, enabling guests to fully experience the everyday – as well as festive day – efforts of the local farming people.
The Republic of Slovenia has a variety of special agricultural produce and foodstuffs with protected geographical indication, protected designation of origin or traditional speciality guaranteed. Products with protected geographical indication include pumpkin seed oil from the Štajerska-Prekmurje Region, Šebreljski and Zgornjesavinjski želodec, excellent prosciutto, pancetta and zašink from the Karst region as well as prosciutto and zašink from the nearby Vipavska dolina. A special culinary feature is also prleška tünka, made from the best pieces of pork meat preserved in minced lard. Eleven certified producers are known for their Kreiner sausage – since 1896 and representing a centuries-rich heritage of the largest Slovenian secular holiday – ‘koline’ – the pig slaughter and production of excellent meat products. Moreover, chicken eggs from around Kamnik and ptujski luk (excellent, juicy and aromatic onion from Ptujsko polje) also have protected geographical indication. Traditional speciality guaranteed is given to the typical Slovenian desert ‘prekmurska gibanica’, dough dumplings with potato filling – ‘idrijski žlikrofi’ and three flat cakes from Bela krajina – namely, belokranjska pogača, belokranjska povitica and prosta povitica. Foodstuffs with protected designation of origin include Karst lamb, Nanos cheese, ‘tolminc’ cheese, Bovec cheese, sheep cheese from the Karst region and a special spicy cheese from Bohinj, mohant. This protection group also includes extra virgin olive oil from Slovenian Istria, smoked ham.
from Prekmurje, honey from Kočevsko and the Karst region as well as Piran salt from the Sečovlje salt pans, where high-quality salt flower is produced.

The recognition of high quality has been given to 'Zlato zrno' veal, honey with maximum 18% moisture and maximum 15 mg/kg HMF, pig breeding for the 'Pigi' trademark, free-range chicken breeding, chicken breeding for the 'Domači gorički piščanec' trademark and 'Izida' spelt. All these products significantly co-shape the quality of the gastronomic offer in Slovenia. Restaurants and inns frequently use these products for the preparation of tasty dishes. This also includes Slovenian natural mineral water (Juliana, Edina, Kostela, Tiha, Dana, Kaplja, Primaqua, Donat Mg, Tempel, Radenska Classic, Radenska – Petanjski vreljec, Radenska Light, Radenska Radin) and spirits. The quality of the latter is provided by the following spirits: dolenijski sadjevec, gorenski tepkovec, brkinski slivovec, kraški brinjevec and kostelska rakija. Furthermore, some typical (autochthonous) wines also deserve special mention, such as dolenijski cviček, metliška črnilna, šipon, ranina, zelen, pinela, rebula, kraški teran, klarnica, vitovska grganja, refošk and malvazija. Several other features and foodstuffs that significantly co-shape the gastronomic variety and richness of Slovenia are in the process of being designated as protected features. This comes as no surprise, since the territory of Slovenia represents a centuries-long juncture of the Alpine, Mediterranean and Pannonian world. All this has created the Slovenian gastronomic variety and is an inspiration to modern everyday and festival culinary creations.