

I FEEL
SLOVENIA

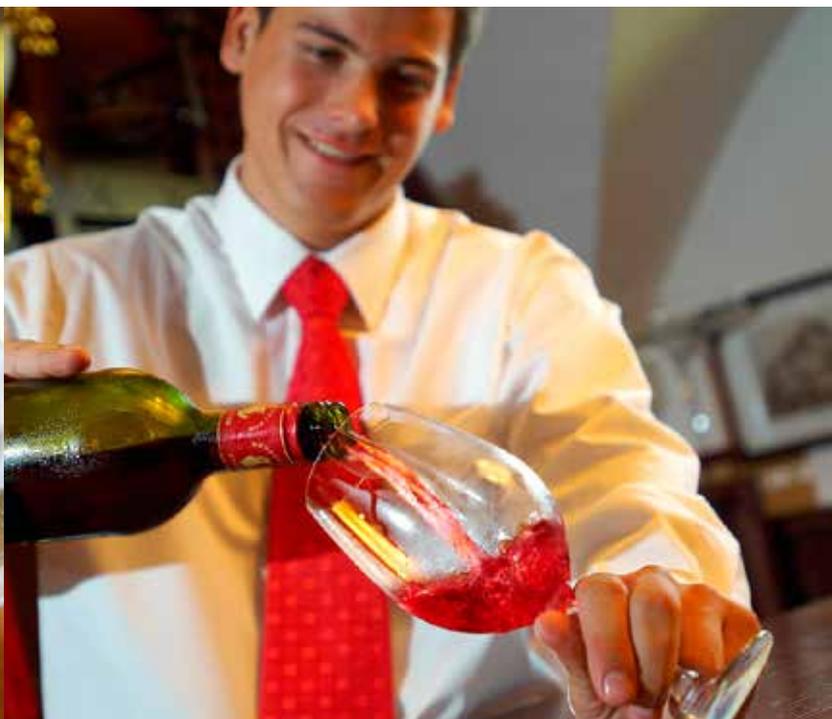
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TASTE
SLOVENIA

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Taste Slovenia



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

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.

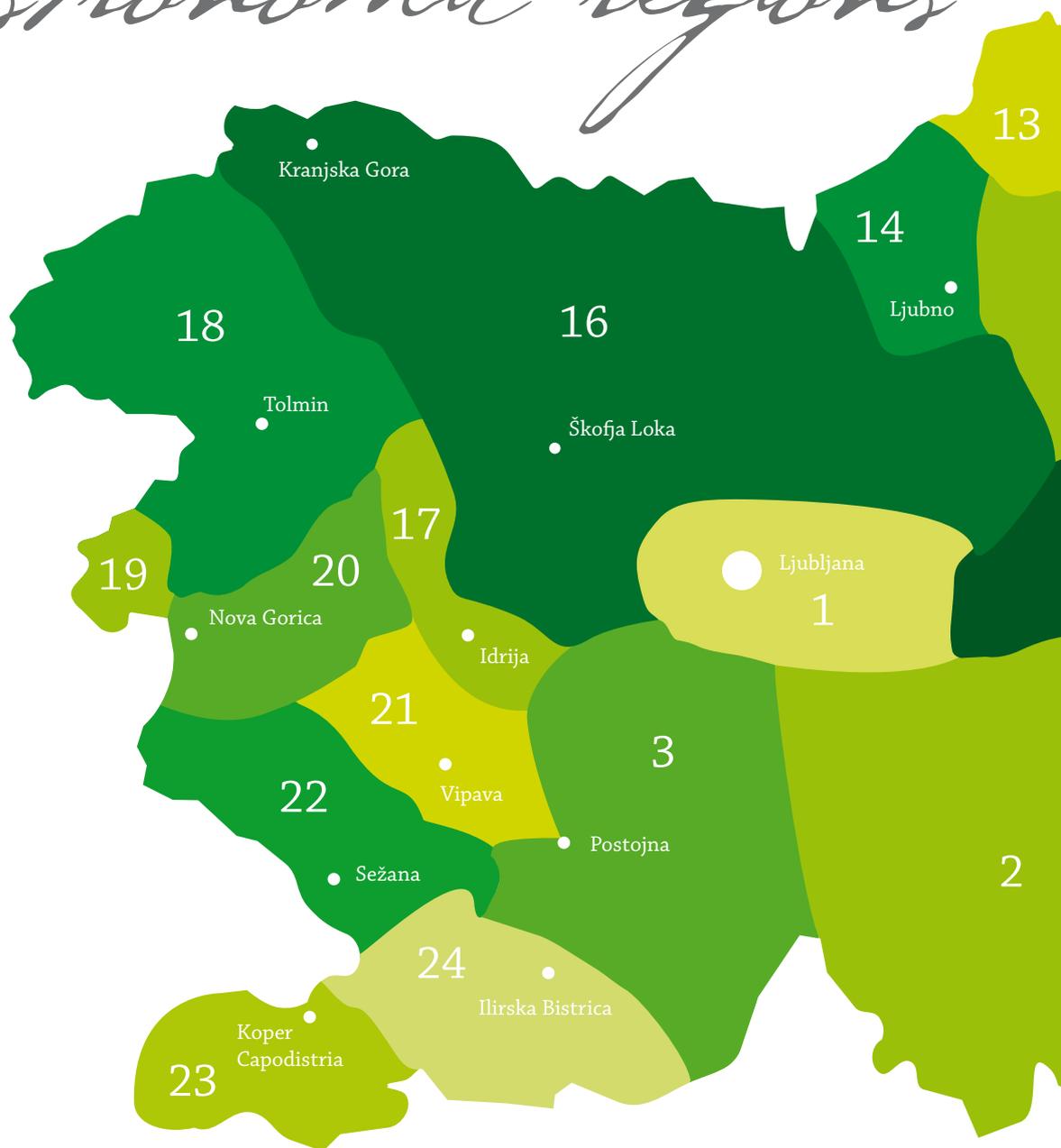


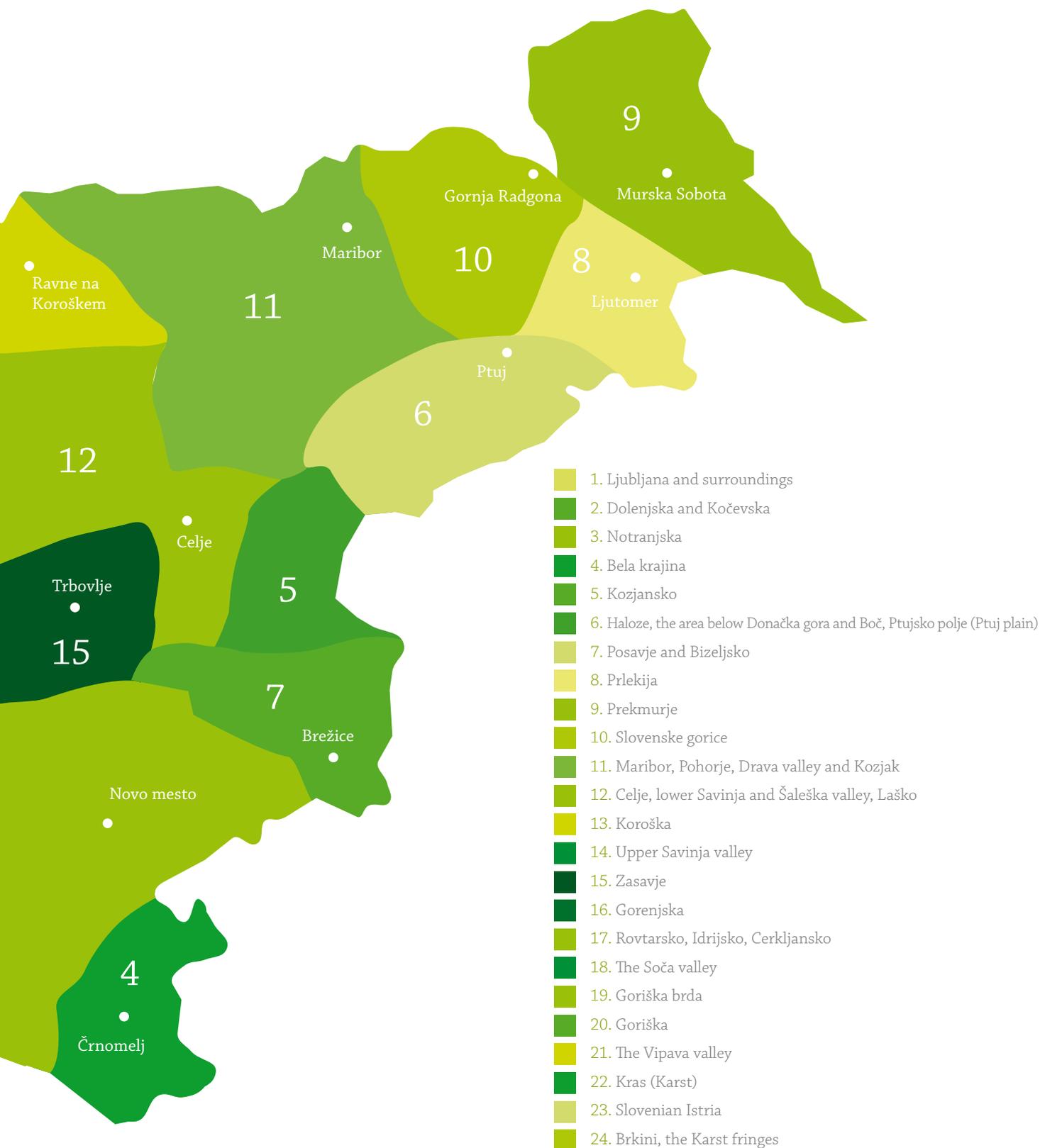
distinguishable and characteristic dishes, which are the basis of Slovenian gastronomic distinctiveness and also serve as an excellent starting point for numerous new explorations and the creation of a rich palette of tastes. Important ingredients of Slovenian gastronomy also include the natural environment 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 žegnaj!' (God bless!) and, naturally, also 'na zdravje!' (cheers!).

Slovenian Gastronomic regions





Ljubljana and surroundings 1

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 JANČE***JANŠKA VEZIVKA*

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'. Its 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 KRAKI*

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 ŽGANC*

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 Ljubljanica 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.

**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, crackling, 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.



Dolenjska and Kočevska 2

**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.

**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).

**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.

**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 zelenjavnim jedem ob prazničnih priložnostih.

**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.

**POTATO DUMPLINGS***KOSTELSKÉ 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.

**THICK KOHLRABI HOTPOT FROM BLOKE***BLOŠKA KAVLA ALI TROJKA*

Kohlrabi ('kavla' or 'kavra') is much enjoyed in Notranjska. It also makes a tasty stew, combining kohlrabi, 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.

**PIKE 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***POLŠJA OBARA*

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.

Notranjska 3

Bela krajina

4

**BELA KRAJINA FLATBREAD***BELOKRANJSKA 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.

**BELA KRAJINA NUT ROLL***BELOKRANJSKA 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.

**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.

**CEREAL SAUSAGES***ŽITNA KLOBASA »JAGLÁČA«**ALI »MASTENÍČA« 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.

**ČRNOMELJ 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.

Kozjansko

5

**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.

**KOZJANSKO FLAT CAKE TART***KOZJANSKA 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.

**KOZJANSKO BREAD CAKE***KOZJANSKA KRHOVA**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.

KOZJANSKO PASTRY POCKETS*KOZJANSKI KRAPI 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.



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

6

**LEAVENED CAKE***ĚRPICA, JERPICA 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.

Posavje, Bizeljsko

7

**BIZELJSKO BUCKWHEAT CAKE***BIZELJSKI AJDOV KOLAČ*

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.

**CORN CAKE AND PLAITED-DOUGH HEART***KORUZNA PRGA ALI PRŠJÁČA**IN PLETENO SRCE*

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.

Prlekija

8

**MEAT FROM THE LARD BARREL***PRLEŠKA TŪNKA*

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.



Prekmurje 9

**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.

**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***OCVIRKOVE POGAČICE*

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***KRÚPLUVI ŽGANIKI ALI DÖDÖLE*

These 'žganci' 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 KŪLINJI*

Dough squares or scraps of dough from pasta-making, boiled in salted water, dressed with sour cream and sprinkled with poppy seeds.

**POVITNICA**

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

**PREKMURJE STEW***PREKMURSKI BOGRAČ*

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***GIBICE*

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***PREKMURSKÉ 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 RETÁŠ*

One of the more popular roulades made of leavened or stretched dough and stuffed with turnips. It's a typical Christmas dish.

**HAJDINSKA ZLÉJVANKA 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 10

**PLUM SOUP***SLIVOVA JUHA*

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

**OLJOV POCŪK**

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 cracknel.

**CURD CHEESE CONES***SIREKI*

Hand-shaped cones made of curd cheese, red peppers and spices, dried in the sun or the oven, and an excellent spicy snack to accompany white wines from the Slovenske gorice area.

**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.

Maribor, Pohorje, Drava valley and Kozjak 11

**ŠTAJERSKA 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 POTATO MUSH***OLBIČ ALI POHORSKI ŽGANCI*

A kind of 'žganci', made of potato and corn flour and, naturally, dressed with cracklings.

**ŠTAJERSKA BOILED STRUDEL***ŠTAJERSKI KUHANI ŠTRUKLJI*

These 'štruklji' with curd cheese filling are boiled and then served with the water, thus the soup, which is dressed with cracklings or lard.

**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.

**BOGĚCA OR BOGÁJCA**

Festive flat cake with cottage cheese stuffing with added apples and ground walnuts.

**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.

Celje, Lower Savinja and Šaleška valley, Laško 12

**MILK SOUP WITH PASTA
GROATS AND PLUMS**

MLEČNA FORFLCOVA ŽUPA S ČEŠPLJI
'Usukanci', rolls made of flour water and eggs, called 'forfci', are cooked in a milky soup. To enrich the taste, fresh or dried plums are added.

**PLUM SOUP**

ČEŠPLJEVA 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**

ZABELJENI HMELJEVI VRŠIČKI
Boiled spring shoots of cultivated or wild hops, dressed with breadcrumbs, pre-griddled in butter.

**EGG STRUDEL**

JAJNI 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 Griže. 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 13

**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 'žlinkrofi' 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 KRHOV 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**

POVITNEK
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 'potréntati', which in the Carinthian dialect means to stretch dough over a racquet.

Upper Savinja valley 14

**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.

**SPICED CURD CHEESE***MÓHOVT*

A kind of curd cheese spread that keeps well in the medium term, but not for too long, spiced with salt and cumin and the addition of cream. It's also suitable as a side dish with dried meats.

**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.

**FLOUR DUMPLINGS***ŪBRNJENIK*

This dish is also known as 'obrnenk' or 'ubrnenk' and is made of roasted wheat, buckwheat or corn flour, over which boiling salty milk is poured. Sour cream and butter are added. From this, balls or dumplings are shaped and served warm or cold with coffee or sour milk.

**SOUP DUMPLINGS***FÍRUŠ*

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***AJDNEK*

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

**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.

Zasavje 15

**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.

**POTATO OMELETTE***KRUMPENTOČ*

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

**LIVER SAUSAGE***ZASAVSKA JETRNICA*

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

**TROJANE 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'.

Gorenjska 16

RATEČE PASTRY POCKETS WITH PEAR FILLING*RATEŠKI KOCOVI KRAPI*

Boiled and dressed pockets made of potato dough, with a filling of cooked dried pears, corn groats, sugar (honey) and cinnamon. If they are made without sugar and cinnamon, they are an excellent side dish to meat dishes and sauces.

**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.

**CREAM AND FLOUR DISH***MÁSOVNIK 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'.

**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***BŪDL ALI GORENJSKA PRATA*

A flat baked loaf of white bread, stuffed with corn flour, precooked in butter or cream. Once baked, it is sliced.

**CABBAGE AND POTATO HOTPOT***GOVNÁČ*

This dish is also called 'présnek' 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.

**ŠKOFJA LOKA STUFFED TURNIPS***LOŠKA SMOJKA*

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.

**JURIJEVA 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'.

**TRNIČ CHEESE***SIR TRNIČ*

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.





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.



RATEČE PASTRY POCKETS WITH CURD CHEESE FILLING

RATEŠKI ŠPRESOVI KRAPI

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



PORK OFFAL AND BRAWN IN PORK NET

MÁVŽLJI ALI MÁŽELJNI

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.



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.



BUCKWHEAT FLOUR PASTRY POCKETS

AJDOVI KRAPI

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 KRAPI

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



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.



BLEED CREAM SLICE

BLEJSKA KREMŠNITA

ALI KREMNA REZINA

A cream slice made of leaves of dough, filled with vanilla and sweet cream that was invented after the Second World War and is now Bled's main culinary speciality.



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 'bakalca' sauce, made of ram or hare meat.

**STUFFED PORK STOMACH FROM ŠEBRELJE***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.

**POTICA CAKE WITH LOVAGE FILLING***LÚŠTRKAJCA*

A spring and summer 'potica' with lovage filling.

**CABBAGE AND POTATO HOTPOT***SMUKÁVC*

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

**LITTLE BAKED PIES***PAJTÍČKE*

Sliced and dressed small 'poticas', made of leavened dough filled with ground walnuts and onion.

**APPLE AND BEAN HOTPOT***KARÁŽEVC*

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

**POTICA CAKE WITH CHIVE FILLING***ŽELŠEVKA*

A savoury spring and summer 'potica' with a chive filling.

The Soča valley 18

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.

**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.

**CORN FLOUR DUMPLINGS***BÚLJE*

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.

**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.

**PIES FILLED WITH DRIED PEARS FROM TRENTA**

TRENTARSKÉ KLOCE ALI KRAFI
'Štruklji' made of stretched dough with a dried pear and cornflour filling, dressed with butter.

**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.

**VEGETABLE AND POTATO PUREE***POŠTÓKLJA*

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').

**KOBARID STRUDEL***KOBARIŠKI ŠTRUKLJI*

A special kind of boiled and dressed 'štruklji' or pockets stuffed with walnuts, raisins and spices, which are made in and around Kobarid.

**SOČA TROUT IN BUCKWHEAT OR CORN FLOUR***ŠOŠKA 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.



Goriška brda 19

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***KRUH 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***KÚHNJE*

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***PIŠTÚNJ*

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***TÓČI*

Toči is an expression referring to the most diverse meat sauces and goulashes, into which people dipped ('točáti') 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***FUJE*

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 'punjave'.

**STRUDEL WITH OLIVE FILLING***ŠTRUKLJI WLJKÁVA*

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 ('wljke'), which are an ingredient of the filling.

**FILO DOUGH POTICA CAKE***ŠFOJÁDA*

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

**POTICA CAKE***HUBÁNCA*

A spiral wrapped 'potica' with a walnut and raisin filling.



Goriška 20

GORIŠKA POTICA FROM FILO DOUGH*GORIŠKA GUBÁNCA*

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.

**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 GOULASH 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.

**HOLIDAY BREAD***PINCA*

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



The Vipava valley 21

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

SKUHA

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 JOTA – 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 ŠTRUKLJI

'Štruklji' made from leavened dough, cooked in a tablecloth with fillings of walnuts, curd cheese, raisins and sugar.



Kras (Karst) 22

HOTPOT WITH CELERY

ŠELINKA

A stew or thick soup made from the celery tubers and leaves, potato and rice, as well as beans, soured with a spoonful of vinegar or dry wine.



KARST JOTA

KRAŠKA JOTA

On Karst, 'jota' is made from sour turnips or sauerkraut, but always also includes potatoes. Sweet Karst 'jota' is a speciality 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 PANCETA

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 'Karst zašinek', which is also a vital element of the cold cuts platter.



Slovenian Istria 23

**BREAD WITH OLIVES AND FIG BREAD***KRUH Z OLJKAMI**IN FIGOV KRUH*

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

**OMELETTE***FRTAJE 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***MINEŠTRE*

Minestrone used to be everyday stews in Istria. The most widespread were 'bobići' and 'paštafažoj', while 'rižibiži', vegetable and barley minestrone 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.

**DRIED 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 Šavrinje dessert without added sugar or preservatives.

Brkini, the Karst fringes 24

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.



*Taste the allure
of gastronomic events*



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 Sečovelje 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.

MONTH	LOCATION	EVENT	ORGANISER/INFORMATION
March	Sevnica	Sevnica salami festival	Sevnica salami makers' association, +386 7 814 06 71
April	Pomjan	Largest Istrian asparagus fritaja	Pomjan Istrian cellar, +386 41 649 339
May	Rečica ob Savinji	Evaluation of Upper Savinja stomachs	Association of Upper Savinja stomach makers, +386 31 471 126
	Višnjevnik	Rebula and olive oil festival	TIC Brda, +386 5 395 95 94
	Ptuj	Delicacies of Slovenian farms	Ptuj farming and forestry institute, +386 2 749 36 10
	Metlika	Wine spring	TIC Metlika, +386 7 363 54 70
	Marezige	Refošk festival	Refošk festival organisational board, +386 5 655 12 40
	Ljubljana	Wine Ljubljana	Ljubljana fairgrounds, d.o.o., +386 1 300 26 00
June	Dekani	Traditional olive festival	TD Dekani, +386 41 348 077
	Dobrovo	Cherry festival	TIC Brda, +386 5 395 95 94
	Izola	Days of olives, a festival of wine, fish and olive oil	Izola centre for sports, culture and events, +386 5 640 35 39
	Čatež	Čatež cviček festival	Čatež pod Zaplalom Wine makers' Tourism Assoc., +386 41 615 295
	Brda	Day of open cellars	TIC Brda, + 386 5 395 95 94
	Šentrupert	Cviček in Šentrupert	Šentrupert wine makers' association, +386 31 381 080
	Ljubljana	Strawberry Sundays	TD Besnica-Janče, +386 1 367 11 85
July	Laško	Beer and flowers traditional tourist event	TD Laško, +386 3 733 89 50, www.turisticnodrustvo-lasko.si
	Polenšak	Harvest festival	TD Polenšak, +386 41 403 713
	Šempas (Ozeljan)	Polenta festival	TD Ozeljan - Šmihelj, +386 41 631 299
	Smokvica	'Kur en bot' party and Day of Istrian figs	Figaruola Koper Association, +386 5 657 12 01
August	Polhov Gradec	Days of honey	Božnar beekeeping, d.o.o., +386 1 364 00 20
	Medana	Days of poetry and wine	TIC Brda, +386 5 395 95 94
	Izola	Fishermen's festival	Izola centre for sports, culture and events, +386 5 640 35 39
	Prvačina	Peach festival	TZ - TIC Nova Gorica, +386 5 330 46 00
	Dutovlje	Teran and prosciutto festival	Peter Gerc, s.p., Dutovlje, +386 41 513 675
	Dornava	Onion festival	TED Lükari Dornava, +386 51 399 850
	Piran	Salt makers' festival	Avditorij Portorož, +386 51 399 850
	Sora pri Medvodah	'Kranjska klobasa' festival	Hiša Jezeršek, Sora pri Medvodah, +386 1 361 94 11
September	Hrovača	Bean day	VETD Hrovača, +386 51 364 701
	Ljutomer (Pristava)	Day of Pristava festive breads	TKD Mak Pristava, +386 2 584 97 80
	Ljutomer (Pristava)	Pumpkin festival in Mekotnjak	TD Stara Cesta, +386 41 276 402
	Slivje	Plum days	TD Dimnice Slivje, +386 41 450 569
	Ljubljana	Cabbage festival	TD Zajčja Dobrava, +386 41 708 362
	Bodonci	Pumpkin festival	Klas Bodonci farming wives' association, +386 2 549 12 03
	Puonci	'Zlata kijanca' with dödöli festival	KTD Pucomci, +386 2 545 14 79
	Idrija	Idrijski Žlikrofi Day	ICRA d.o.o. Idrija, tel. 05 37 43 910
	Koper	Sweet Istria	Turistična organizacija Koper, +386 5 6646 242
October	Ljubljana	Chestnut Sunday	TD Besnica - Janče, +386 1 367 11 85
	Šalovci	Cabbage day	TD Šalovci, +386 2 559 80 50
	Podsreda	Festival of Kozjansko apples	Kozjanski park, +386 3 800 71 13
	Kanal ob Soči	Traditional chestnut festival in Lig	TD Kolovrat Lig, +386 41 390 952
November	Vipavska dolina	Wine sanctuaries of the Vipava valley	RA ROD Ajdovščina, +386 5 365 36 00
		Numerous St Marin's celebrations throughout Slovenia	
	Strunjan	Kaki festival, sales and exhibition of kaki delicacies	TD Solinar Strunjan, +386 5 678 20 00
	Zgornja Kungota	Svežina cellars beckon, open door day in wine cellars	TD Svečina, +386 2 656 01 71
	Drašiči in okolica	A walk along the paths of the Drašiči local wine cellar	TIC Metlika, +386 7 363 54 70
	Prevalje	Must party	Meža valley fruitgrowers' association, +386 41 620 631
December	All larger towns	Christmas - New Year's fairs with culinary offer	Tourist Information Centres, Tourism Associations and others

Taste the inns, restaurants



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.



and agritourism farms

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.



Taste protected special agricultural products and foodstuffs



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 želoдец, 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 vrelec, Radenska Light, Radenska Radin) and spirits. The quality of the latter is provided by the following spirits: dolenski sadjevec, gorenjski tepkovec, brkinski slivovec, kraški brinjevec and kostelska rakija. Furthermore, some typical (autochthonous) wines also deserve special mention, such as dolenski cviček, metliška črnina, 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 terri-

tory 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.



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