

Croatian traditional dishes



Comenius

*Around the Europe from the Baltic
(Amber) sea to the Black sea –
Learn, play and sing together*

Elementary school Šemovec

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Poljički soparnik



INGREDIENTS: *Dough – 1 kg flour,
2dl water, salt*

STUFFING: *2 kg mangel or spinach,
1 bunch parsley,
1 little onion,
fresh shallots,
1 dl olive oil*

PREPARATION: Knead the dough using ingredients. Let it rest and then roll into two equal parts 80 cm wide (or the size of your biggest baking tray). Cover the dough with the stuffing, put some salt and cover with the other piece of the dough. Roll the edges so the stuffing can't come out. Lower soparnik carefully on the hot fireplace, using round wooden plank. Cover with some ashes and ardor.

After it is done, about 10 minutes later, brush the ashes and spread a little olive oil.

Cut in rhombs shape and serve. Enjoy your meal!

Salty sardines with onions



INGREDIENTS:

*250 g salty sardines,
200 g onions,
0.5 dl olive oil pepper,
1 laurel leaf*

PREPARATION: Divide saardine's meat and bones. Cut onions into thin pieces. Mix oil, pepper and a laurel leaf. Spread sardines on the plate, cover with onions and oil mixture.

Dalmatian fish stew



INGREDIENTS:

*1,4 kg sea fish, 5dl wine,
1,5 dl olive oil, 2dl vinegar,
150 g olive oil, 100 g raisins,
150 g onion, 2 cloves of garlic,
150g tomatoes, some parsley leaves,
salt and pepper*

PREPARATION: Fry chopped onions, garlic, tomatoes and parsley. After some time add vinegar and some water. Put spices and raisins. Add fish meat and cook for 20 minutes. Serve with polenta.

Black cuttlefish risotto



INGREDIENTS:

*1,2 kg cuttlefish,
300 g rice,
1dl olive oil,
50 g tomato concentrate,
3 cloves of garlic,
some parsley leaves,
salt and pepper*

PREPARATION: Clean cuttlefish and cut it into small pieces. Fry onions, garlic, parsley and cuttlefish. Spice the mixture and add tomatoes. Cook until cuttlefish is half done. Add some rice, water. When the rice is done, add ink from cuttlefish. Enjoy your meal!

Žganci (polenta / palenta / pulenta...)



INGREDIENTS:

*0,5 L of hot water,
salt,
40 dag of corn flour,
10 dag
fat or greaves*

PREPARATION: Boil salted water, add cornflour and mix to a thick (about a half an hour). Cut them using spoon and a fork. Cover them with milk, sour cream fat or greaves.

Pašticada



INGREDIENTS:

*1 kg beef file,
150g white meaty
Dalmatian bacon,
5-6 cloves garlic,
1 onion,
100 g carrot,
100 g celery,
150 g peeled tomatoes ,
1 apple, 1 pear,
50 g prunes,
1dl wine, ...*

*...1.5 dl »Prošek« (Croatian desert wine), few drops of olive oil
and cherry brandy, 100 g flour, salt and pepper if necessary, a little
nutmeg, a few leaves of parsley, rosemary, little bit of vinegar, 100
g grated parmesan cheese or/and 0.5 dl olive oil*

PREPARATION: Put beef steak and all the slices of Dalmatian bacon and chunks of garlic in a saucepan, add some wine with a few drops of vinegar and egg wrapped with thread. Marinate meat with various vegetables and spices. Then dry with a clean towel, flour, salt and put in hot olive oil. Fry on all sides to a nice golden. Drain vegetables from wine, put the vegetables with the meat and pour water, add tomatoes, fruits, spices and simmer, stirring occasionally. When the meat is almost done, take it out and remove thread. Let the water with vegetables cook for 30 minutes, and then carefully pass through a fine sieve until you get a creamy sauce. In the sauce add meat, butter, a few drops of cherry brandy and simmer for 10 min. Take the meat out and cut beautiful steaks, pour sauce and serve with homemade noodles. Sprinkle with finely chopped parsley and grated cheese if desired.

Sarma



INGREDIENTS:

*1 head cabbage
(about 2 pounds),
60 g of ground beef,
1 teaspoon red pepper,
10 ounces of rice,
3 cloves garlic,
2 onions,
10 ounces bacon,
30 g of dry ribs,
50 ml oil,
salt and pepper*

PREPARATION: Chop onions and bacon. Fry all, at the end add chopped garlic and pour over the minced beef. Add a little red pepper, salt, pepper, rice, chopped parsley and stir everything together in a uniform mixture. Separate cabbage leaves. In each sheet put a little of the mixture and make small rolls. On the bottom of the saucepan spread some sliced cabbage. Place rolls gently. Pour water to cover the cabbage and cook for about 2 hours, occasionally shaking pan. In the end, if desired, you can make a light roux, and you can serve so.

Sweet bread

INGREDIENTS: *milk, bread,
sugar, sour cream,
1egg*

PREPARATION: Pour milk into a bowl and put bread into it. Leave that for some time so the bread can soak the milk. Put it into a baking tray, spread a mixture made of an egg, cream and sugar and bake.

Štrukli



INGREDIENTS:

*dough: 500 g plain flour,
1 egg,
0,5 dl oil,
3 dl water, salt*

FILLING:

*75 grams cottage cheese,
2 eggs, salt*

TOPPING:

½ l cream

PREPARATION: Mix the ingredients to make dough. Divide it in half and brush with oil and let it rest for about 30 minutes. Sprinkle table with a little flour and drag the dough. Mix fresh cheese, eggs and salt and spread it on the dough. Wrap dough in strudel, starting from the end of the cheese dough. Then divide the dough to the desired size. Cut it using saucer. Place water, salt and little bit of oil into the saucepan and boil. Add pieces of štrukli and cook for three minutes. Remove cooked strudel in a greased ovenproof dish and pour over the cream. Bake them until the crust is golden.

Zlevanka

INGREDIENTS: *1 egg, 2-3 dl milk, 150 g of wheat flour (sharp or smooth), 2 teaspoons honey (or 3 teaspoons sugar), 0.5 teaspoon salt, vanilla sugar, yogurt, 125 grams of white cottage cheese or a few tablespoons of sour cream, 2 dl sour cream to put up*

PREPARATION: Whisk egg, gradually add flour, milk, yogurt, cheese, cream, honey, salt and baking powder. Mixture should be a little thicker. In a greased and floured sheet pour the mixture, flatten and add some sour cream. Bake in the oven at 200°C for about 20 min until golden yellow. Put sugar and cut into desired size pieces and serve.

Rožata



INGREDIENTS:

*10 fresh eggs,
10 spoons milk,
8 dl milk,
1 vanilla sugar,
a little lemon zest*

PREPARATION: Put 10 eggs, 10 tablespoons sugar, 1 vanilla sugar, 8 ounce glass of milk and zest of one lemon in a bowl. Mix all together lightly. Dispose the bowl aside.

Put 7 tablespoons sugar in a pot and place on a medium heat and stir until you get a nice dark caramel color. Sugar must be completely dissolved! Pour the caramel on the bottom the mold and put a little spoon to spread through the sides. You have to work fast and keep the mold on the cloth because of the very hot caramele. Leave to squeeze and cool.

When the caramel is cool, pour slowly the sieved mixture of eggs and milk into the mold and place in a larger mold and pour half mold of hot water. Bake in a water bath at 160-180°C for about an hour and a half. When rožata is done, remove from the water bath and allow to cool completely in the mold.

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Comenius / Elementary school Semovec (Croatia)

