



*Taste
Slovenia*

**I FEEL
SLOVENIA**



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VINAKRAS
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Taste Slovenia



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'd like to draw you closer to the diversity and richness of modern culinary Slovenia.

www.slovenia.info



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



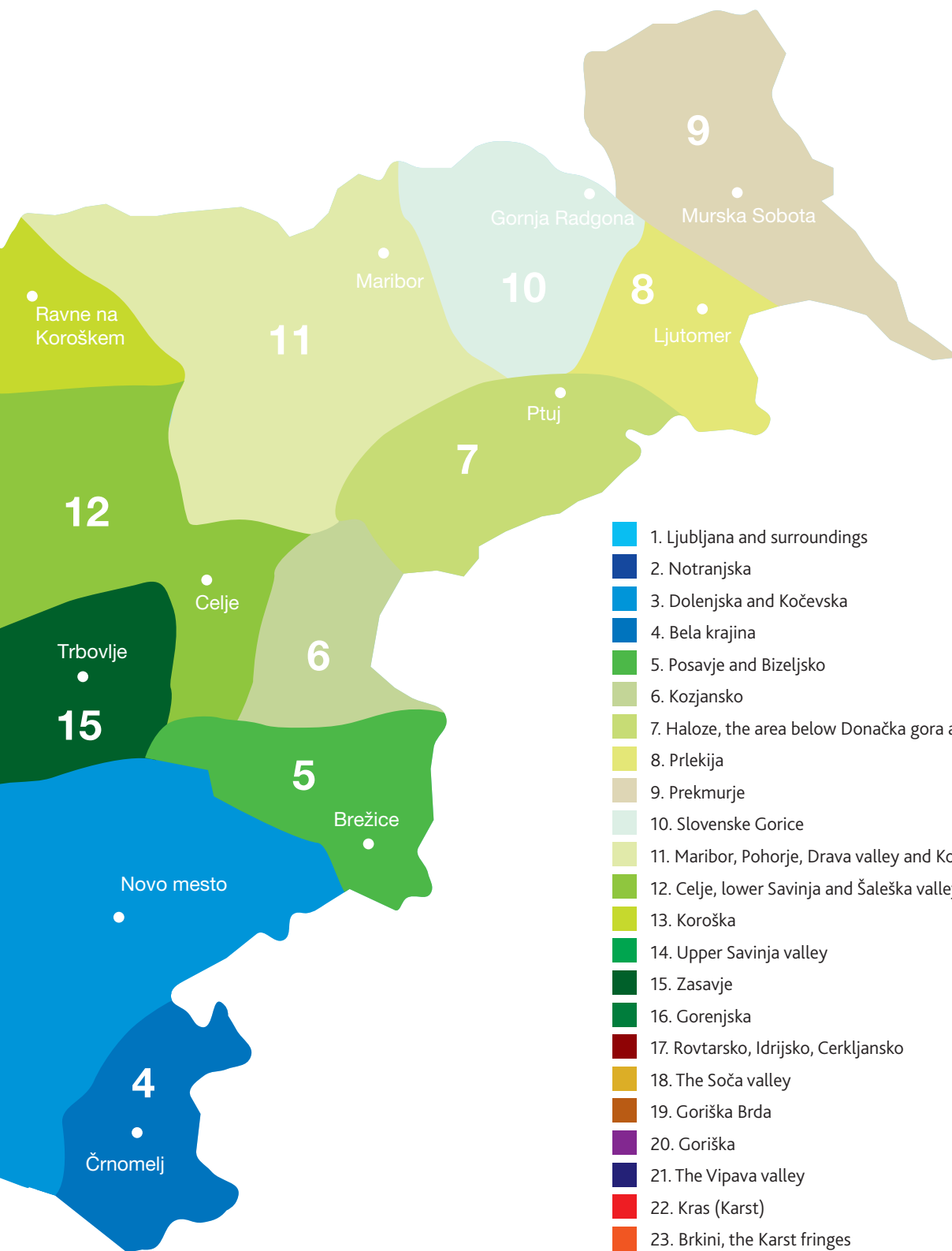


of their fresh and healthy meat offer. Then there is the sea and the bees that diligently make honey. Let's leave this list there as this gastronomic basis is so rich and diverse that many things will have to remain unwritten. Until recent times, Slovenia was a gastronomic unknown. But conditions change 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 žegnaj!' (God bless!) and, naturally, also 'na zdravje!' (cheers!).

Slovenian Gastronomic regions





- 1. Ljubljana and surroundings
- 2. Notranjska
- 3. Dolenjska and Kočevska
- 4. Bela krajina
- 5. Posavje and Bizeljsko
- 6. Kozjansko
- 7. Haloze, the area below Donačka gora and Boč, Ptujsko polje (Ptuj plain)
- 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. Brkini, the Karst fringes
- 24. Slovenian Istria

FROGS' LEGS
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.



LJUBLJANA AND SURROUNDINGS



VŠENAT
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.



ROAST POTATOES
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.



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.



JANČE 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.



FLYING 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 Ljubljanica river.



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



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, cottage cheese, walnut, apple and poppy seed štruklji, as well as other varieties.



POTICA
Alongside štruklji, potica is the most typical Slovenian dessert. It is made with more than 80 different fillings. Potica is a characteristic festive dessert made from different kinds of dough. The most characteristic types of potica include tarragon, honey, walnut, poppy seed, crackling, chive, lovage and cottage cheese.



LJUBLJANA ŠTRUKLJI
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.



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

NOTRANJSKA



BLOKE KOHLRABI OR THREESOME

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.

PIKE WITH BEANS

The intermittent Cerknica lake was richly stocked with fish for centuries. Pike was a much appreciated dish, which was enjoyed fresh or smoked.

DORMOUSE STEW

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.

DOLENJSKA, KOČEVSKA



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.

TURNIPS WITH 'RIBNIČAN' BEANS

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.



BEAN 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.



MATEVŽ

Matevž is known in some places as 'the bear' or 'potato grandfather' and is a tasty creamy side dish with cracklings or a dish on its own made of boiled potatoes and beans.



KOSTEL POTATO DUMPLINGS

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.



KOSTEL STOMACH

A characteristic and traditional Easter dish, a kind of stomach stuffed with bread, pieces of smoked pork (ham) and herbs.

ROAST GOOSE OR DUCK WITH MLINCI AND RED CABBAGE

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).



BELA KRAJINA



CEREAL SAUSAGE CALLED 'JAGLAČA' OR '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.



ČRNOMELJ FILLING

This compulsory Easter dish is called 'nàdef' 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.



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 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 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.

KOZJANSKO



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 POCKETS

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.



KOZJANSKO 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.



KOZJANSKO BREAD 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.



CHEESE ZAFRKLJAČA

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

POSAVJE AND BIZELJSKO



BIZELJSKO MLINČEVKA

A rich and juicy festive bread, stuffed with cottage cheese between layers of mlinci.



KORUZNA PRGA OR PRŠJÁČA AND 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.



HALOZE, THE AREA BELOW DONAČKA GORA AND BOČ, PTUJSKO POLJE (PTUJ PLAIN)



HALOZE GIBANICA

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 cottage cheese, egg-whites and sour cream that is a fine accompaniment to the excellent Haloze white wines.



ERPICA OR JERPICA

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.

PRLEKIJA



PRLEKIJA 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.



BUCKWHEAT POCKET

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 cottage cheese and sour cream.



PRLEKIJA GIBANICA

One of the best Slovenian low sweet or savoury baked festive breads made of stretched dough that is laid between seven cottage cheese and sour cream fillings.

PRLEKIJA MURKE

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



PREKMURJE



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.

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.

CRACKLING CAKES

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.

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.

DÖDÖLI

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.



MAKOVİ KÜLINJI

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

PREKMURJE PORK AND PREKMURJE HAM

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.

GIBÍCE

A very old dish, made of unleavened dough, a kind of 'mlinci', enriched with lard, cracklings, sour cream and / or poppy seeds.

PREKMURJE 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.

REPNI RÉTAŠ

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



PREKMURJE GIBANICA

This excellent, juicy and most widespread Slovenian dessert from Prekmurje is stuffed with poppy seeds, cottage 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.



SLOVENSKE GORICE



PLUM SOUP

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



KIPJENA GIBANCA OR KVASENICA

As its name suggests, this is a sweet or savoury festive bread made of leavened dough and topped with cottage cheese and sour cream. It's best eaten straight from the oven.



SIREKI

Hand-shaped cones made of cottage 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.

MARIBOR, POHORJE, DRAVA VALLEY, KOZJAK



POHORJE OMELETTE

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.



ŠTAJERSKA SOUR SOUP

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.



OLBIČ OR POHORJE ŽGANCI

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



POHORJE PISKER

Typical meat and vegetable stew made of pork, beef and lamb, with the addition of buckwheat and mushrooms in season.



ŠTAJERSKA BOILED ŠTRUKLJI

These 'štruklji' with cottage cheese filling are boiled in water, thus the soup, which is dressed with cracklings or lard.

POHORJE BUNKA

Desalted whole parts of better-quality pork is stuffed into the pork stomach and beef intestines, mildly smoked and air dried.

**CELJE, LOWER SAVINJA
AND ŠALEŠKA VALLEY, LAŠKO**



MILKY SOUP WITH ROLLS AND PLUMS
'Usukanci', rolls made of flour water and eggs, called 'forlci', are cooked in a milky soup. To enrich the taste, fresh or dried plums are added.



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



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



EGG ŠTRUKLJI
Cooked 'štruklji' made of stretched dough, stuffed with eggs fried on cracklings and sprinkled with parsley.

PREŠEREN FIGS
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!'



CARINTHIAN COTTAGE CHEESE WITH ONIONS AND PUMPKIN OIL
A tasty breakfast or snack, made of cottage cheese, cream, spices and onions, topped with pumpkin oil.



BREAD ROLL 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.

KOROŠKA



PEAR ČEŽANA WITH ŠTRUKLJI
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.



KVOČEVI NUDLNI
A kind of dough pockets or 'žlinkrofi' stuffed with ground dried pears. They are also made with other fillings.

MÉŽERLI
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.



CARINTHIAN BREADED HORSERADISH
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.



POVÍTNEK
A roll of stretched dough with cottage cheese, buckwheat, egg, crackling or chive filling. It may be a savoury side dish with meat or a self-standing dessert.



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.



MOHOVT

A kind of cottage 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.

UPPER SAVINJA VALLEY



SOLČAVA COTTAGE CHEESE

This spicy cottage 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 preserves or honey. A creamy soup called 'sirnica' is also made from it.



UBRNJENIK

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.



PÓHLA OR 'FIREPLACE' POGAČA

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



FÍRUŠ

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



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.



AJDNEK

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



UPPER SAVINJA STOMACH

A top-quality and trade-marked cold cut made of high-class pork and bacon.

ZASAVJE



FUNŠTRC OR KNAPOVSKO SONCE

This dish of flour, eggs and milk or simply milk and water was once a characteristic part of the miners' diet.



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.



KRUMPENTOČ

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



TROJANE DOUGHNUTS

The modern Konšek Inn in Trojane is developing its gastronomic offer, among other things, on the basis of the culinary heritage of fried doughnuts, which are a well-established trademark as the 'Trojane doughnuts'.



ZASAVJE LIVER SAUSAGE

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

KOCIVI RATEČE POCKETS
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.



GORENJSKA



TRNIČ CHEESE

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



BOHINJ MÓHANT

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.



MÁSOVNIK OR 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'.



BUCKWHEAT AND CORN '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

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'.



BUCKWHEAT POCKETS

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



ŠPRESOVI RATEČE POCKETS

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



LOŠKA MEDLA OR MIDLA

A thick dressed dish made of millet porridge and buckwheat flour, which can be enjoyed with milk.



BUCKWHEAT PORRIDGE WITH MUSHROOMS

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.



GOVNAČ

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.



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.



DRAŽGOŠE HONEYBREAD

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.



DANKA OR STOMACH WITH PORRIDGE

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.

BUDL OR GORENJSKA PRATA

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

MAVŽLJI OR MAŽELJNI

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 BRŽOLA

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



BOHINJ 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.

BLED CREAM CAKE

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.

TRJÁK OR TERJÁK

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



CARNIOLAN SAUSAGE

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.



IDRIJA ŽLIKROFI RAVIOLI WITH MEAT SAUCE
 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.

ROVTARSKO, IDRIJSKO, CERKLJANSKO



ŠEBRELJE STOMACH
 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.



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



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



LUŠTRKAJCA
 A spring and summer 'potica' with lovage filling.



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



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

SOČA VALLEY



POTATOES WITH COTTAGE CHEESE
 Boiled unpeeled potatoes with cottage 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.



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



BOVEC CHEESE
 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.

TOLMINC CHEESE
 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.





SOČA TROUT IN BUCKWHEAT OR CORNFLOUR

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



BULJA

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.



TRENTA KLOCE OR KRAFNI

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



BOVEC POCKETS

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



KOBARID ŠTRUKLJI

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

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').



GORIŠKA BRDA



KRIŽNIK BREAD

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

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.

FR TALJE OR CVRTNJAKI

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.

BRDA CHERRIES

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.



TOČI

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.

KRODEGINI, ŠANKANELE, MARKANDELE

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

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'.

ŠFOJÁDA

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

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.



HUBÁNCA

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

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.

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).

GORIŠKA



GORIŠKA RADICCHIO

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.



K'P'ROUC

Kale stew, thickened with corn flour and dressed.



BLEKI

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



SOPE

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



GORIŠKA GOULASH WITH POLENTA

A less spicy variant of Hungarian goulash that was one of the most suitable kinds of late morning snack known to man.



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.



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 SAUSAGES IN WINE

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



PINCA

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

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'.



VIPAVA VALLEY



VIPAVA 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.



BEAN MINISTRONE

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.



ŠELÍNKA

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



SKUHA

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



VIPAVA PROSCIUTTO

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'.



NANOS CHEESE

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 ŠTRUKLJI

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



KARST 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.



ŠELÍNKA

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 PROSCIUTTO

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

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 ZAŠINEK

Shoulder of pork is dried to make 'Karst zašinek', which is also a vital element of the cold cuts platter.



**BRKINI,
KARST FRINGES**



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. Brkini is also home to the outstanding Brkini brandy, a strongly alcoholic brandy made of plums that are abundant in this region.

SLOVENIAN ISTRIA



PASTA
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.



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



FRTAJE OR FRTLJE
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.



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



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



WHITE AND RED COD
'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.



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



CALAMARI
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
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.



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



FIG LOAF
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.



Taste protected special agricultural products and foodstuffs



Slovenia has a number of special agricultural products or foodstuffs which enjoy protected geographic origin, geographic indication, traditional reputation and higher quality. The foodstuffs that have indications of geographic origin include Nanos cheese, Tolminc cheese, Bovec cheese, a speciality among the cheeses and spicy Bohinj mohant. This protected group also includes the extra virgin olive oil from Slovenian Istria, Prekmurje ham, Kočevje and Karst honey and Piran salt from Sečovlje salt pans, where they also gather the extremely high-quality salt flower. Products with protected geographic indication include Štajerska Prekmurje pumpkin oil, Šebrelje and Upper Savinja stomach, Karst prosciutto and Prlekija tünka. Protected traditional reputation or guaranteed traditional quality foodstuffs include the most characteristic Slovenian dessert, Prekmurje gibanica, dough pockets known as Idrija žlikrofi and as many as three festive breads from Bela krajina, 'Bela krajina pogača', 'Bela krajina povitica' and 'prosta povitica'. The following enjoy recognised higher quality labelling: 'Zlato zrno' veal, honey with a maximum of 18% moisture and 15 mg/kg HMF (Epsom salt), pig husbandry for the 'Pigi' meat trademark, free range chicken husbandry, chicken keeping for the 'Domači gorički piščanec' meat trademark and 'Izida' spelt. All these products help to make an important contribution to the Slovenian gastro-

nomie offer. Naturally, this group of excellence also includes Slovenian natural mineral waters such as Juliana, Edina, Kostela, Tiha, Dana, Kaplja, Primaqua, Donat Mg, Tempel, Radenska Classic, Radenska - Petanjski vrelc, Radenska Light and Radenska Radin, as well as brandies. The quality of the latter is ensured by Dolenjska fruit brandy, Gorenjska perry, Brkini plum brandy, Karst juniper berry brandy and Kostelje rakia. We should also spotlight certain typical indigenous wines such as Dolenjska cviček, metliška črnina, šipon, ranina, zelen, pinela, rebula, kraški teran, klarnica, vitovska grganja, refošk and malvazija. Other specialities and unique products that help to shape the gastronomic wealth of Slovenia are in the process of being protected. These include Carniolan sausage, Savinja ajdnek and Zasavje liver sausage among others.





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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

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 saltpans, where one of the gastronomically most interesting foodstuffs, salt flower, 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



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

this time of year and enrich our gastronomic offer 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
June	Ljubljana	Wine Ljubljana	Ljubljana fairgrounds, d.o.o., +386 1 300 26 00
	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 Lúkari Dornava, +386 51 399 850
	Piran	Salt makers' festival	Avditorij Portorož, +386 51 399 850
	Sora pri Medvodah	Best Carniolan sausage competition	Hiša Jezeršek, Sora pri Medvodah, +386 1 361 94 11
	September	Hrovača	Bean day
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
October	Puonci	'Zlata kijanca' with dödöli festival	KTD Pucomci, +386 2 545 14 79
	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
December	Prevalje	Must party	Meža valley fruitgrowers' association, +386 41 620 631
	All larger towns	Christmas - New Year's fairs with culinary offer	Tourist Information Centres, Tourism Associations and others

Taste the delicacies in inns, restaurants and on tourist farms



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 gastronomic offer 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.



LJUBLJANA AND SURROUNDINGS	Address	Postal code and location	Telephone	Website
Slo. Cultural Workers' Club restaurant (PEN)	Tomšičeva ulica 12	1000 Ljubljana	+386 1 251 41 60	
Manna culinary house	Eipprova 1a	1000 Ljubljana	+386 1 283 52 94	www.kulinarika-manna.com
Grm restaurant	Jamova 23 a	1000 Ljubljana	+386 1 832 30 80	www.grm.si
JB restaurant	Miklošičeva 17-19	1000 Ljubljana	+386 1 433 13 58	
Gostilna Pr Žlaht	Cesta Andreja Bitenca 70	1210 Šentvid	+386 1 510 63 80	
Gostilna Ledinek	Šmarna gora 4	1211 Lj.-Šmartno	+386 1 511 65 55	www.smarnagora.com
Gostilna Mihovec	Zgornje Pirniče 54	1215 Medvode	+386 1 362 30 66	
Slavkov dom at Golem Brdu	Golo Brdo 8	1215 Medvode	+386 1 361 12 42	
Gostilna Dobnikar	Topol 1	1215 Medvode	+386 1 361 29 10	
Gostilna Skaručna	Skaručna 20	1217 Vodice	+386 1 832 30 80	
Gostilna Janežič with accommodation	Pšata 25	1262 Dol pri Ljubljani	+386 1 562 70 20	www.gostilna-janezic.si
Gostilna Čot	Pijava Gorica 2	1291 Škofljica	+386 1 366 12 02	
Gostilna pri Kuklju	Trubarjeva cesta 31	1315 Velike Lašče	+386 1 788 90 98	
Gostilna Kirn	Jezero 19	1352 Preserje	+386 1 363 10 34	
Gostilna Bistra	Bistra 2	1353 Borovnica	+386 1 750 57 42	www.gostilna-bistra.com
Gostilna Boter	Tržaška cesta 6	1360 Vrhnika	+386 1 750 41 00	
Grofija tourist farm	Vir pri Stični 30	1295 Ivančna Gorica	+386 1 787 81 41	www.slovenia.info/grofija

NOTRANJSKA

Logar tourist farm	Žerovnica 16	1384 Grahovo	+386 1 709 20 71	www.slovenia.info/logar
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DOLENJSKO, KOČEVSKO

Gostilna Kos	Šmarješka cesta 26	8000 Novo Mesto	+386 7 332 57 71	
Gostilna Rakar	Gornje Ponikve 8	8210 Trebnje	+386 7 346 61 90	www.rakar.si
Gostilna Deu	Stari trg 3	8230 Mokronog	+386 7 349 96 40	
Gostilna Javornik	Rakovnik 6	8232 Šentrupert	+386 7 343 45 34	www.javornik.com
Gostišče Dolinšek	Vrh pri Boštanju	8294 Boštanj	+386 7 814 15 95	www.gostisce-dolinsek.si
Gostilna Repovž	Šentjanež 14	8297 Šentjanež	+386 7 818 56 61	www.gostilna-repovz.si
Gostilna Vovko	Ratež 48	8321 Brusnice	+386 7 308 56 03	
Šeruga tourist farm	Sela pri Ratežu 15	8222 Otočec	+386 7 334 69 00	www.slovenia.info/seruga

BELA KRAJINA

Gostišče Veselič	Podzemelj 17	8332 Gradac	+386 7 306 91 56	
Gostišče Kapušin	Krasinec 55	8332 Gradac	+386 7 369 91 50	
Gostilna Müller	Ločka cesta 6	8340 Črnomelj	+386 7 356 72 00	
Ob Izviru Krupe tourist farm	Krupa 9	8333 Semič	+386 7 306 80 12	www.slovenia.info/cerjanec

POSAVJE, BIZELJSKO

Štefanič restaurant	Bizeljska cesta 37	8250 Brežice	+386 7 499 39 30	
Gostilna Racman	Brezina 19 b	8250 Brežice	+386 7 499 33 00	
Stara gostilna Krulc	Mostec 47	8257 Dobova	+386 7 49 67 933	
Gostilna Šekoranja	Bizeljska cesta 72	8259 Bizeljsko	+386 7 495 13 10	
Pri Martinovih tourist farm	Globočice 8	8262 Krška vas	+386 7 496 10 57	www.martinovi.com

KOZJANSKO

Gostišče Montparis	Planina pri Sevnici 44	3225 Planina pri Sevnici	+386 3 748 10 10	www.montparis.com
Gostišče Amon	Olimje 24	3254 Podčetrtek	+386 3 818 24 80	www.amon.si
Gostišče Ciril - YH Podčetrtek	Zdraviliška 10	3254 Podčetrtek	+386 3 582 91 09	www.ciril-youthhostel-bc.si
Pivnica Haler	Olimje 6	3254 Podčetrtek	+386 3 812 12 00	
Bizjak tourist farm	Orehovec 3	3252 Pristava	+386 3 810 30 50	www.turisticna-bizjak.com

HALOZE, THE AREA BELOW DONAČKA GORA AND BOČ, PTUJSKO POLJE (PTUJ PLAIN)

Pri kapeli tourist farm	Drbetinci 26	2255 Vitomarci	+386 2 757 54 11	www.prikapeli.si
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PRLEKIJA

Gostilna Tramšek	Žerovinci 25B	2259 Ivanjkovci	+386 2 719 40 97	
Hlebec tourist farm	Kog 108	2276 Kog	+386 2 713 70 60	www.slovenia.info/hlebec

PREKMURJE

Gostilna Rajh	Soboška ulica 32, Bakovci	9000 Murska Sobota	+386 2 543 90 98	www.rajh.net
Gostilna Lovenjak	Polana 40	9201 Puconci	+386 2 525 21 58	www.gostilna-lovenjak.com
Gostilna k Rotundi	Selo 30 A	9207 Prosenjakovci	+386 2 544 10 35	
Gostilna Lovski dom	Lendavske gorice 238/A	9220 Lendava	+386 2 575 14 50	
Gostišče Prekmurska Iža	Ižakovci 151 a	9231 Beltinci	+386 2 542 28 20	www.prekmurska-iza.com
Gostilna Kurbos	Niršinci pri Ljutomeru 7	9240 Ljutomer	+386 2 581 13 05	
Gostilna Šadl	Križevci pri Ljutomeru 10	9242 Križevci pri Ljutomeru	+386 2 587 14 39	www.picerija.net
Gostilna Franc Zorko	Boreci 5 h	9242 Križevci pri Ljutomeru	+386 2 588 82 27	
Tremel tourist farm	Bokrači 28	9201 Puconci	+386 2 545 10 17	www.kmetija-tremel.si
Ferencovi tourist farm	Krašči 23	9261 Cankova	+386 2 540 11 17	www.ferencovi.si

SLOVENSKE GORICE

Gostilna Šiker	Močna 7	2231 Pernica	+386 2 720 69 21	www.gostilnasiker-sp.si/
Firbas tourist farm	Cogetinci 60	2236 Cerkvenjak	+386 2 703 50 90	www.firbas.com

MARIBOR, POHORJE, DRAVA VALLEY AND KOZJAK

Gostilna Anderlič	Za Kalvarijo 10	2000 Maribor	+386 2 234 36 50	
Gostilna pri Treh ribnikih	Ribniška ulica 9	2000 Maribor	+386 2 234 41 70	
Gostilna and motel pri Lešniku	Dupleška c. 49	2000 Maribor	+386 2 471 23 22	
Gostišče Denk	Zgornja Kungota 11 a	2201 Zgornja Kungota	+386 2 656 35 51	
Gostišče Veronika	Slivniško Pohorje 3	2208 Pohorje	+386 2 603 50 60	
Gostišče Vinski hram - Brenholc	Jeruzalem 18	2259 Jeruzalem	+386 2 719 45 04	www.jeruzalem-brenholc.si/
Gostilna pri Martinu	Kolodvorska ulica 25	2310 Slovenska Bistrica	+386 2 818 20 18	www.gostilnaprimartinu.si/
Gostišče Golob	Bukovec 1	2314 Zgornja Polskava	+386 2 845 22 45	
Vnukec restaurant	Ob Blažovnici 86	2341 Limbuš	+386 2 614 22 00	www.vnukec.com/
Gostilna Pec	Spodnja Selnica 1	2352 Selnica ob Dravi	+386 2 674 03 56	www.gostilnapec.si
Gostilna pri lipi	Mariborska cesta 12	2366 Muta	+386 2 876 60 90	
Gostišče Smogavc	Gorenje pri Zrečah 27	3214 Zreče	+386 3 757 35 50	
Arbajter - Kotnik tourist farm	Skomarje 46	3214 Zreče	+386 3 576 23 90	www.arbajter.com
Urška tourist farm	Križevac 11 a	3206 Stranice	+386 3 576 21 80	www.kmetija-urska.com
Štern-Pri Kovačniku tourist farm	Planica 9	2313 Fram	+386 2 601 54 00	www.kovacnik.com

CELJE, ŠALEŠKA VALLEY, LAŠKO

Zdolšek tourist farm	Okrog 16	3232 Ponikva	+386 3 748 22 50	www.zdolsek.si
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KOROŠKA

Gostilna Bučinek	Vodriž 6	2381 Podgorje pri Slo. Gradcu	+386 2 885 82 22	
Gostilna Rogina	Podgorje 40	2381 Podgorje pri Slo. Gradcu	+386 2 885 82 04	www.rr-vel.si/it/rogina/
Gostilna pri Škrubiju	Podpeca 56	2393 Črna na Koroškem	+386 2 823 82 26	
Gostišče Delalut	Dobja vas 119	2390 Ravne na Koroškem	+386 2 821 82 40	www.gostisce-delalut.com/
Gostilna Brančurnik	Pri Brančurniku 1	2391 Prevalje	+386 2 823 10 00	www.brancurnik.si/
Ploder tourist farm	Šentanel 3	2391 Prevalje	+386 2 823 11 04	www.slovenia.info/ploder
Miklavc tourist farm	Zgornja Orlica 28	2364 Ribnica na Pohorju	+386 2 876 80 79	www.slovenia.info/miklavc
Rotovnik - Plesnik tourist farm	Legen 134	2380 Šmar. pri Slo. Gradcu	+386 2 885 36 66	www.rotovnik-plesnik.si

SAVINJA VALLEY

Gostilna Jenezov hram	Kidričeva 44	3250 Rogaška	+386 3 581 39 57	
Gostilna Šempeter	Bistrica ob Sotli 76	3256 Bistrica ob Sotli	+386 3 580 42 22	
Stoglej tourist farm	Podveža 3	3334 Luče	+386 3 838 40 30	www.slovenia.info/stoglej
Visočnik tourist farm	Ter 54	3333 Ljubno ob Savinji	+386 3 584 17 05	www.kmetija-visocnik.com
Govc-Vršnik tourist farm	Robanov Kot 34	3335 Solčava	+386 3 839 50 16	www.govc-vrsnik.com
Bukovje tourist farm	Primož pri Ljubnem 79	3333 Ljubno ob Savinji	+386 3 838 14 16	www.slovenia.info/bukovje
Metul tourist farm	Krnica 34	3334 Luče	+386 3 584 40 89	www.slovenia.info/metul

ZASAVJE

Konšek, Trojane	Trojane 11	1222 Trojane	+386 1 723 36 00	www.gp-trojane.si
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GORENJSKA

Jezeršek House of Cuisine and Hospitality	Sora 1A	1215 Medvode	+386 1 361 94 11	www.jezersek.com/
Gostilna Čubr	Križ 53	1218 Komenda	+386 1 834 11 15	www.gostilna-cubr.com
Gostilna Krištof	Predoslje 22	4000 Kranj	+386 4 234 10 30	www.gostilnakristof-sp.si/
Gostilna Pr' Matičku	Jezerska cesta 41	4000 Kranj	+386 4 234 33 60	www.prmaticku.si/
Gostilna Arvaj	Kajuhova ulica 2	4000 Kranj	+386 4 280 21 00	www.arvaj.si/
Gostilna pri Bizjāk	Zgornja Bela 20	4205 Preddvor	+386 4 255 56 00	www.gostilnabizjak-sp.si/
Dvor Jezeršek	Zgornji Brnik 63	4207 Cerklje na Gorenjskem	+386 4 252 94 10	www.dvor-jezersek.si/
Gostilna Ančka	Delavska cesta 18	4208 Šenčur	+386 4 251 52 00	
Gostilna Pri Danilu	Reteče 48	4220 Škofja Loka	+386 4 515 34 44	www.pridanilu.com/
Gostilna Lectar	Linhartov trg 2	4240 Radovljica	+386 4 537 48 00	www.lectar.com/
Gostišče Mayer	Želeška cesta 7	4260 Bled	+386 4 576 57 40	www.mayer-sp.si/
Topolino restaurant	Ljubljanska cesta 26	4260 Bled	+386 4 574 17 81	www.topolino-slo.com/
Kotnik restaurant	Borovška 75	4280 Kranjska Gora	+386 4 588 15 64	
Gostilna pri Žerjavu	Rateče 39	4283 Rateče - Planica	+386 4 587 60 26	www.dolhar.net
Povšin tourist farm	Selo 22	4260 Bled	+386 4 576 76 30	www.slovenia.info/povsin
Ljubica tourist farm	Vinharje 10	4223 Poljane	+386 4 510 73 50	www.slovenia.info/ljubica
Žgajnar tourist farm	Zapreval 3	4223 Poljane	+386 4 518 80 32	www.slovenia.info/zgajnar
Ancelj tourist farm	Zgornje Jezersko 151	4206 Zgornje Jezersko	+386 4 254 11 46	www.muri-ancelj.si

ROVTARSKO, IDRIJSKO, CERKLJANSKO

Gostilna Kos	Tomšičeva 4	5280 Idrija	+386 5 372 20 30	www.idrijski-zlikrofi.si/
Hotel Kendov dvorec	Na Griču 2	5281 Spodnja Idrija	+386 5 372 51 00	http://www.kendov-dvorec.com
Gostilna pri Bricu	Miren 120	5291 Miren	+386 5 395 44 20	
Pri Flandru tourist farm	Zakojca 1	5282 Cerklje	+386 5 377 98 00	www.kmetija-flander.si

SOČA VALLEY

Gostilna Breza	Mučeniška ulica 17	5222 Kobarid	+386 5 389 00 41	
Hiša Franko	Staro selo 1	5222 Kobarid	+386 5 389 41 20	www.hisafranko.com/
Kotlar restaurant	Trg svobode 11	5222 Kobarid	+386 5 389 11 10	kotlar-sp.si
Topli val restaurant	Trg svobode 1	5222 Kobarid	+386 5 389 93 00	www.hotel-hvala.si/
Pri Plajerju tourist farm	Trenta 16 a	5232 Soča	+386 5 388 92 09	www.eko-plajer.com

GORIŠKA BRDA

Gostilna Kekec	Kekčeva pot 4	5000 Nova Gorica	+386 5 300 56 75	
Pikol fish restaurant	Vipavska 94	5000 Nova Gorica	+386 5 302 25 62	www.pikol-gasparin.si
Belica restaurant	Medana 32	5212 Dobrovo	+386 5 304 21 04	www.belica.net
Breg tourist farm	Breg pri Golem Brdu 3	5212 Dobrovo	+386 5 304 25 55	www.turizembreg.com
Štekar tourist farm	Snežatno 26 a	5211 Kojško	+386 5 304 65 40	www.stekar.si

VIPAVA VALLEY

Gostilna pri Lojzetu, Zemono pri Vipavi	Zemono	5271 Vipava	+386 5 366 54 40	www.pri lojzetu.com
Abram tourist farm	Nanos 6	5271 Vipava	+386 5 166 20 02	www.abram-si.com

KARST

Gostilna Grgič	Orleška cesta 8	6210 Sežana	+386 5 730 16 50	
Gostilna Špacapan	Komen 85	6223 Komen	+386 5 766 04 01	www.spacapan.dobrote.com
Pri Mlinu	Dolenja vas 5	6224 Senožeče	+386 5 765 61 20	
Gostilna Škorpion	Rečica 1 a	6250 Ilirska Bistrica	+386 5 7141 332	
Gostilna Potok with accommodation	Dolenje pri Jelšanah 64	6254 Dolenje pri Jelšanah	+386 5 714 26 48	
Škerlj tourist farm	Tomaj 53 a	6221 Dutovlje	+386 5 764 06 73	www.slovenia.info/skerlj

BRKINI AND THE KARST FRINGES

Gostilna pod Slavnikom	Podgorje 1	6216 Podgorje	+386 5 687 01 70	
Gostilna Mahorčič	Rodik 51	6240 Kozina	+386 5 680 04 00	
Gostilna Trost	Rodik 97	6240 Kozina	+386 5 680 12 00	
Pri Filetu tourist farm	Slope 20 a	6240 Kozina	+386 5 680 20 16	www.slovenia.info/prifiletu

SLOVENIAN ISTRIA

Gostilna za gradom Rodica	Kraljeva 10	6000 Koper	+386 5 628 55 04	
Skipper restaurant	Kopališko nabrežje 3	6000 Koper	+386 5 626 18 10	
Gostilna Sočerga	Sočerga 1	6272 Gračišče	+386 5 657 11 55	
Gostilna Mohoreč	Kubed 66 a	6272 Gračišče	+386 5 653 21 14	
Pomjan Istrian cellar	Pomjan 17	6274 Šmarje	+386 5 656 95 20	www.istrska-klet.com
Tomj restaurant	Letoviška pot 1	6320 Portorož	+386 5 674 67 50	www.hotel-tomi.eu
Staro Sidro restaurant	Obala 55	6320 Portorož	+386 5 674 50 74	
Edvina restaurant with accommodation	Seča 80	6320 Portorož	+386 5 677 22 70	www.restaurant-edvina.com



Oil & chocolate



The Kocbek oil mill, a family oil mill since as early as 1929. Experience and tradition are the basis for us offering today the cleanest, healthiest and most natural oil from selected seeds. In addition to home-made pumpkin and sunflower seed oil, gourmets may also purchase the unique cold-pressed pumpkin seed oil. Delicacies are also available in gift packages.

Strast (Passion) is a novelty in our offer and is a dark chocolate with pumpkin seeds and pumpkin seed oil that is also available in wooden gift boxes. It is intended for the delight of gourmets. You have to try it.

OLJARNA KOCBEK • Gorazd Kocbek s.p. • Stara gora 1 • SI - 9244 Sv. Jurij ob Ščavnici
Phone: +386 2 568 90 26 • Fax: +386 2 568 90 27 • GSM: +386 41 695 483
E-mail: info@kocbek1929.com • www.kocbek1929.com





Salt is the sea that could not return to the sky

In the Sečovlje Salina Nature Park, sea salt is produced by hand – using only the tools and methods based on the tradition of our oldest known ancestors. Co-operation between the generosity of nature and diligence of the saltpan workers results in a top-quality product of remarkable taste and original crystalline form.

SALT FLOWER

The tiny pyramidal crystals in colours ranging from white to pink are our most precious product. They bloom on the surface of brine only when there is no wind at all since otherwise they can be disrupted even by the smallest wave. At harvest time, the thin layer appearing on the surface of the salt fields is gently gathered by means of a special net-framed spatula.

PIRAN SALT WITH DESIGNATION OF ORIGIN

Piran salt with designation of origin is light, non-refined and rich in sea minerals. Its remarkable flavour is even enhanced by the mother water captured in the crystals. Modern cuisine is becoming increasingly fond of the original form of salt – crystal, which is as old as salt-making itself. It is precisely due to its crystalline form that the Piran salt with designation of origin has a specific flavour – not explicitly salty, as with other kinds, but remarkably rich and distinct.

DARK CHOCOLATE WITH SALT FLOWER

A perfect balance of bitter and sweet, with just a slight hint of traditionally harvested virgin salt. A true delicacy for connoisseurs of all types. The noble flavour of bitter cocoa and salt flower, which is a relatively new combination in the Slovenian market, has already been highly appreciated elsewhere in the world.

Our shops:

LJUBLJANA Piranske soline, Mestni trg 19
PIRAN Benečanka, Tartinijev trg,
Ulica IX korpusa 2
KRAJINSKI PARK SEČOVELJSKE SOLINE
LERA, Seča 115

www.soline.si • www.kpss.si





KARST PROSCIUTTO

KARST PROSCIUTTO is *prosciutto* with **RECOGNISED GEOGRAPHIC INDICATION**, which means that its production technology in Slovenia is protected. It is dried and matured on the Karst plateau in MIP's Kingdom of prosciutto at the Kobjeglava prosciutto facility. It is only salted with sea salt, matured for more than 12 months, without additional preservatives or additives. The preciousness of its flavour and aroma is enhanced by the environment in which it is dried and matured.

MIP d.d.

Panovška cesta 1
5000 Nova Gorica
Slovenia

www.mip.si

It takes at least a year for you to be able to taste the juicy, ruby red, alluringly delicious slices of any MIP prosciutto, while larger prosciuttos require sixteen months and more. The maturation and drying procedure itself that goes on with the help of the characteristic bora wind is under the constant careful control of the prosciutto masters.

MIP's prosciuttos contain small amounts of salt and fat and have high organic value (favourable amino acid content). They are an important source of iron, zinc and vitamin B complex, especially B1, of which the body can make good use. MIP's prosciutto can be an important component of dietary and healthy food. As MIP's prosciuttos are matured 100% naturally and are not heat treated, their contents are preserved in such a way that the body can make use of them. As proteins are broken down, they are also easily digestible.

MIP's Karst prosciutto is practical for quickly-made snacks, as a starter that acts as a quick appetizer due to its typical aroma that develops during the long maturation process, as well as for the preparation of thousands of dishes, to which it adds its charm and supplements their taste.

