

PRIRUČNIK ZA PRIPREMU TRADICIONALNIH JELA NA BAZI LJEKOVITOG BILJA

HANDBOOK FOR THE PREPARATION OF THE TRADITIONAL DISHES WITH MEDICINAL PLANTS



PRIPREMILA PREPARED BY

SUZANA LOVRIĆ

Uvodna riječ

Ova je mala kuharica nastala na ideji da se podcrtaj značaj nekoliko ljekovitih namirnica koje uspijevaju u baštama bosansko-hercegovačkog podneblja. Osim povrća i voća koje zasadi ljudska ruka, čini nam se važnim pomenuti i nekolicinu samoniklih biljaka koje su također ljekovite, a koje su ušle u recepte za pripremu jela još kod naših predaka.

Nadamo se kako će ovo biti samo slovo A u upoznavanju kulinarske vještine i potencijala kojeg ruralna sredina BiH ima za ponuditi u trenutku kada se vraćamo izvornim vrijednostima i zdravom stilu života.

Suzana Lovrić

Autori: Suzana Lovrić, Božana Tuka, Elza Jukić
Prijevod / Translation: Edina Hawton
Dizajn / Design: Boris Trogranić





CONTENTS



SADRŽAJ

Kukuruzna uzljevka sa koprivom	3
Povrtna savijača	5
Hladna juha od krastavaca	7
Pastrmka u zelenom umaku	9
Salata iz Božje bašte	11
Cvekla u jabučnom octu	13
Marmelada od rajčica	17
Liker od kupine	19
Voćni kruh	21
Namaz od jaja i začinskog bilja	23
Krem juha od tikve	25
Proletne kuglice	27
Corba od mahuna	29
Tušija	31
Monikin eliksir zdravlja i sreće	33
Sok od ruže	35
Kruh sa mekinjama	37
Omlet od divljih šparoga	39
Grah sa kelerabom	41
Gulaš od gljiva	43
Salata od srijemoša	45
Marinirani ovčiji sir	47
Med od maslačka	49
Sirup od zove	51



MAGLICE - HOME MADE PASTA FROM MILICA

This "pasta" is made with the same dough that is used to make "pita" or "pie". It is rolled out a bit more thickly for this recipe. Once baked, this "pasta" will keep for weeks, ready to turn into a delicious soup at the drop of a hat...

For the Dough:

- 2 cups (280 g) all-purpose flour
- Pinch salt
- 1 large egg
- 1 cup (250 ml) warm water
- 2 tablespoons sunflower or other mild oil

1. Place the flour and the salt in a bowl. Make a well in the flour and add the egg. Mix in half the water and the oil, then mix in the flour. If necessary, add additional flour to make a soft dough that isn't sticky. Let the dough rest for one hour.
2. Preheat the oven to 350F (180C).
3. Roll out the dough so that it is about 1/8-inch (0.3cm) thickness. Cut the dough in half, then roll each half lightly into a long roll. Cut the rolls into 1-inch (2.5cm) pieces. Place them on a baking sheet or in a baking pan and bake until they are deep golden, 15 to 20 minutes. Remove from the oven and let them cool.





KUKURUZNA UZLJEVKA SA KOPRIVOM

Sastojci:

4 jaja
4 male šalice ulja
½ kg mladog sira
15 velikih žlica kukuruznog brašna
2-3 rukohvata koprive
10 velikih žlica pšeničnog brašna
2,5 dl mineralne vode
1 prašak za pecivo
sol

Priprema: Ulupati jaja, dodati im ulje, sir, kukuruzno i pšenično brašno, prašak za pecivo, mineralnu vodu, koprivu i sol po želji. Možete koristiti mladu koprivu, a možete i sušenu, koju prethodno namočite 3 min. u vreloj vodi, a potom dobro ocijedite. Smjesu izliti u tepsiju i peći u prethodno zagrijanoj rerni na 180° oko 1h.

KOPRIVA ILI ŽARA SE SMATRA KOROVOM IAKO JE JEDAN OD NAJCJENJENIJIH LIJEKOVA ZA ANEMIJU.

Spomenko Ćodo / Gornje Biško, Sarajevo / Tel.: +387 65 565 864





MILICA'S MAGLICE SOUP

I tasted this specialty of Fojnica at the Tuka farm the first night I arrived. Redolent of garlic, it was most unusual, and most delicious!

- 2 cups maglice
- 4 cups yogurt
- ¼ to ½ cup (60-125 ml) water
- 4 cloves garlic, minced
- 2 tablespoons (30 g) unsalted butter, melted

1. Place the maglice in a medium-sized bowl, and cover with boiling, salted water. Let sit for about 5 minutes.
2. While the maglice are sitting, combine the yogurt, ¼ cup (60 ml) water, and the garlic to make a liquid mixture. Add additional water if necessary, as well as salt.
3. When the maglice are softened, pour off the water, and pour the yogurt mixture over them. Drizzle with melted butter and serve.





POVRTNA SAVIJAČA

Sastojci:

40 dg dizanog tijesta
1 crvena paprika
2 žlice maslinovog ulja
4 velike žlice svježeg sira
2 krumpira
1 češanj češnjaka
1 šalica graška
sol
bijeli papar
2 oguljene rajčice
peršin

Priprema: Tijesto možete zakuhati i razvaljati na debljinu za pitu ili za štrudlu, po želji. Dok tijesto kvasa, kuhate povrće, ali kratko. Polusirovo ga propržite na maslinovom ulju, dodajete češnjak, sol, papar, peršin. Kada se ohladi, lagano ga pomiješajte sa sirom. Razvaljano tijesto premažite sitno isjeckanom rajčicom, dodajte nadjev i zarolajte. Na 200° pečete dok tijesto ne porumeni.

NEKADA JE SMATRANO SIROVINJSKIM JELOM, A DANAS JE TO RIZNICA ZDRAVLJA U KOJU MOŽETE UROLATI
SVE ŠTO VOLITE...

Elza Jukić / Fojnica / Tel.: +387 63 480 261





DRAGAN'S UŠTIPCI

Uštipci are to Bosnian cuisine what bread is to everyone else's. Little pillows of fried dough, they are breakfast, lunch, snack or dinner. Every Bosnian cook, it seems, has uštipci dough in their refrigerator or pantry, read at a moments' notice to fry up. These can be served with fresh cream and jam, or kajmak, that lightly soured cream that is ubiquitous in Bosnia, or yogurt. In summer, they will be served with a tomato and cucumber salad; in winter, with a cabbage salad. They are usually served as an appetizer to a hearty meal. Of all the uštipci I tried, Dragan's were my favorite. Light, delicate and perfectly golden, they were made just with baking powder instead of the combination of bakers' yeast and baking powder used by other cooks.

- 2-1/4 cups (310 g) all-purpose flour (type 45)
- 1/2 teaspoon fine sea salt
- 2 teaspoons baking powder
- 2 eggs
- 1/2 cup (125 ml) crème fraîche or sour cream
- 1/4 cup (60 ml) sparkling water
- To fry the uštipci:
- 2-1/2 cups (625 ml) mild oil

1. Sift the flour, salt and the baking powder into a large bowl. Make a well and add the eggs and cream. Mix well, then gradually mix in the dry ingredients. Add enough of the sparkling water to make a soft dough that doesn't stick to your finger when you touch it. Cover the dough and let it sit for an hour.
2. Prepare a cooling rack by covering it with either newspaper or paper towels.
3. Heat the oil in a large skillet with sides that are at least 2-inches (5cm) high over medium heat.
4. Pat out the dough, and cut it into 4 x 2-inch (10 x 5cm) pieces.
5. When the oil is hot but not smoking, place the pieces of dough in it. The oil should bubble up around them. Cook the uštipci, turning them frequently, until they are golden and puffed, about 7-10 minutes. As the uštipci are cooked, transfer them to the prepared cooling rack.
6. Serve the uštipci hot.





HLADNA JUHA OD KRASTAVACA

Sastojci:

2-3 veća krastavca
majčina dušica
1 l kiselog mlijeka
sol

Priprema: Ogulite i isitnite krastavce, $\frac{1}{4}$ ostavite sa strane a preostalo stavite u blender sa oko 0,5 l kiselog mlijeka i par grančica svježje majčine dušice te miksate dok ne dobijete homogenu, gustu masu. Izlijete u veću posudu, dodate preostalo kiselo mlijeko i dio sjeckanih krastavaca, posolite. Kod serviranja ubacite još par listića majčine dušice za dekoraciju. Umjesto nje možete koristiti i bilo koje drugo začinsko bilje koje volite, a sa krastavcima se odlično slažu list komorača, kopra ili peršuna.

KRASTAVAC SE BOGASTVOM MINERALNIH SOLI IZDVAJA MEĐU NAJLJEKOVITIJIJIM POVRĆEM ZA RAD BUBREGA I SRCA. IDEALAN JE I ZA KONTROLU TJELESNE TEŽINE.

Elza Jukić / Fojnica / Tel.: +387 63 480 261





MILICA'S BUCKWHEAT BREAD

Milica Tuka served this buckwheat bread with each meal that I had, and sent me off with a half a loaf in my bag when I bid her goodbye. Of all the breads I tasted in Bosnia, this was the very, very best! Milica makes it with the family's own buckwheat flour. Once, when she ran out, she made white bread and her youngest son said "Mom, what's wrong with the bread? It looks sick."

- 3 cups (750 ml) warm water
- 1 teaspoon yeast
- 5 cups (700 g) all-purpose flour
- 1 cup (150 g) buckwheat flour
- 1 tablespoon sea salt

1. Lightly oil two loaf pans.
2. Place the warm water in a bowl with the yeast and 1 cup white flour, mix, and let sit until the yeast proofs (you will see bubbles on top of the water).
3. Add the salt, mix well, then add all of the buckwheat flour. Continue to add white flour until you have a soft dough.
4. Lightly dust a work surface with flour, and turn out the dough onto the surface. Knead the dough, adding a bit of flour to keep your hands from sticking, until you have a soft dough. Let the dough sit in a warm spot (68-70F; 20-22C) until it has risen double.
5. Shape the dough into two loaves and let sit in a warm spot (68-70F; 20-22C) for 30 minutes.
6. Preheat the oven to 400F (200C).
7. Place the loaves in the oven and bake until they are golden and sound hollow, about 30 minutes. Remove from the oven, and transfer each loaf from the pan to a cooling rack.



PASTRMKA U ZELENUM UMAKU

Sastojci:

4 pastrmke
1 dl bijelog vina
2 stručka srijemoša
1 dl kiselog mlijeka
1 stručak lista peršina
sok polovice limuna
1 stručak vlasca
sol
papar

Priprema: Isfiletirajte pastrmku, posolite i popaprite po želji, prelijte sa par kapi limuna i svaki od fileta umotajte u ravnomjerno raspoređene zelene buketiće od srijemoša, peršina i vlasca. Trećinu ostavite za umak. Zamotuljke poslažite u lim, zalijte vinom i pecite u pećnici na 180° tijekom 10-12 min. U međuvremenu isjeckajte preostali srijemoš, peršin i vlasac, ubacite ih u posudu sa zagrijanim kiselim mlijekom i sačekajte da prokuha. Tim umakom zalijte pečene filete servirane sa kuhanim krumpirom.

BOŠANSKOHERCEGOVAČKE RIJEKE SU BOGATE RIBOM I SPORTSKI RIBOLOV JE JEDAN OD TURISTIČKIH RESURSA U KOJE SE SVE VIŠE ULAŽE. NAJČEŠĆE SE RIBA PRIPREMA NA ROŠTILJU ILI U RIBLJOJ ČORBI. PASTRMKA U KOMBINACIJI SA SAMONIKLIM VLASCEM KOJI RASTE NA VLAŽNIM LIVADAMA I KOJI SE TEK OD NEDAVNO PREPOZNAO KAO KOMPONENTA SVJEŽIH I LAGANIH UMAKA. U JELO SE DODAJE NA SAMOM KRAJU.

Elza Jukić / Fojnica / Tel.: +387 63 480 261





GORDANA'S POTATO SOUP

- 2 pounds (1 kg) starchy potatoes, peeled and diced
- Coarse sea salt
- 2 tablespoons unsalted butter or sunflower oil
- 2 tablespoons all-purpose flour
- 2 to 3 teaspoons paprika
- ¼-½ teaspoon spicy paprika, or to your taste
- Fresh dill - for garnish

1. Place the potatoes in a large saucepan and cover by about 3-inches (7.5cm) with water. Add about 2 teaspoons salt, and bring the water to a boil over medium-high heat. Reduce the heat so the water is boiling gently, partially cover and cook until the potatoes are falling apart, about 1 hour.
2. When the potatoes are nearly cooked, heat the butter in a small saucepan. When the butter is foaming, whisk in the flour and cook until the mixture is golden, at least 2 minutes, whisking all the time. Whisk in the paprika, and then whisk in some of the potato cooking water, to form a liquid paste.
3. Whisk this paste into the potatoes. Stir gently until the soup has thickened. Remove from the heat, and season to taste.
4. Mince the dill, and stir it into the soup right before serving.





SALATA IZ BOŽJE BAŠTE

Sastojci:

mladi listovi maslačka
mladi listovi bokvice (trputac)
listovi zečje trave
izdanci zelene salate, blitve, špinata i cvekle
par cvjetova jagorčevine, ivančice i ljubičice

Priprema: Sve sastojke oprati i preliti sa jabučnim octom ili sa sokom limuna. Ulje i sol dodajemo po želji.

TRPUTAC ILI BOKVICA NAJSTARIJI JE ČISTAČ ORGANIZMA OD OTROVNIH TVARI, ZNJEČENI LISTOVI KORISTE SE ZA PREVIJANJE POVRŠINSKIH RANA NA KOŽI I SLUZNICI...

Elza Jukić / Fojnica / Tel.: +387 63 480 261





KEŠKE

This is a typical Christmas dish in Bosnia Herzegovina. It is the simplest dish to make, and the most satisfying to eat for it tastes of the holidays, of home, of comfort.

- 1 large (3-1/2-5 pounds; 1.75-2.5 kg) stewing chicken
- 2 cups wheat berries

1. Place the chicken in a large, heavy stew pot over medium-high heat and bring to a boil. Reduce the heat so the water is at a lively simmer and cook until the chicken is completely tender, and the meat is falling from the bone, 2 to 2-1/2 hours.
2. While the chicken is cooking, cook the wheat berries. Place them in a large pot and cover with water. Add 1 teaspoon salt, and bring the water to a boil over medium-high heat. Reduce the heat so the water is at a lively simmer and cook, partially covered, until the wheat berries are tender, about 1-1/2 hours.
3. When the chicken is cooked, remove it from the heat and remove it from the cooking water. Reserve the water. Remove all the skin and bones from the chicken, saving the meat. Cut the meat into bite-sized pieces.
4. When the wheat is cooked, remove it from the heat. Drain off any excess water. Add the chicken to the wheat, stir, and add enough of the chicken cooking water to make the mixture liquid, but not watery. Bring the liquid to a boil over medium-high heat, reduce the heat so the liquid is at a lively simmer, and cook until the ingredients are thoroughly combined and tender, about 1 hour. Adjust the seasoning and serve.



CVEKLA U JABUČNOM OCTU

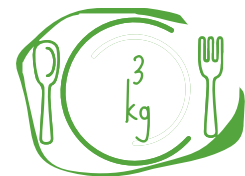
Sastojci:

2,5 kg cvekle
0,5 l jabučnog octa
prstohvat sjemenki kima
3 žličice soli

Priprema: Cveklu kuhajte u kori i u što manje vode kako biste sačuvali njene hranjive sastojke. Nakon što se skuha i ohladi narežite je na kriške. Staklenku od 3 l zagrijte u pećnici, posložite u nju kriške cvekle koje ćete povremeno 'posoliti' kimom, i prelijte s prethodno prokuhanom vodom u koju ste dodali sol i ocat. Staklenku dobro zatvoriti i ostaviti na hladno i mračno mjesto.

PRADOMOVINA CVEKLE JE OBALA SREDOZEMNOG MORA. DANAS JE U VRTOVIMA I NA STOLOVIMA ŠIROM EVROPE NE SAMO KAO HRANA VEĆ I KAO LIJEK: PROTIV ANEMIJE, U SUZBIJANJU TUMORA, KOD LIJEČENJA LEUKEMIJE...

Spomenko Ćodo / Gornje Bioso, Sarajevo / Tel.: +387 65 565 864





KLJUKUŠA - FLAT POTATO CAKE

This recipe is from Sadžida Fatić, who makes it often for guests who find their way to her mountain aerie. A former economist who worked in Sarajevo, she followed her husband... when he decided to quit his job as a waiter in the city, and establish a restaurant on his family's land in the hills. He buys all the ingredients that Sadžida uses in her cooking from local growers and this, he claims, aside from the fact that he loves the mountain and the life he leads there, is what makes the work worthwhile. This is a very traditional Bosnian recipe, served year-round. Each recipe for this is different, and what makes Sadžida's special is the garlic she strews atop the potatoes right before the dish is cooked. Like all traditional Bosnian cooks, Sadžida bakes in a wood-fired oven, placed right outside her kitchen door.

- 2 pounds (1 kg) starchy potatoes, peeled and grated on the large holes of a grater
 - 1 head garlic, peeled and grated
 - 1 large egg
 - 2/3 cup (150 ml) full fat yogurt
 - Freshly grated black pepper
 - Fine sea salt
 - 1 cup (about 150 g) all-purpose flour
 - 1 tablespoon sunflower oil
- To finish the Kljukuša:
- 2 cloves garlic, peeled and green germ removed
 - 1/4 to 1/2 cup (60-125 ml) heavy cream or full-fat yogurt

1. Preheat the oven to 480F (250C). Oil a large baking pan or dish (dimensions tk).
2. Mix all the ingredients together in a large bowl, then press the mixture into the baking dish, so that it is about 1 cm thick. Drizzle it with the oil, and bake in the center of the oven until the bottom of the cake is golden and crisp, about 25 minutes.
3. While the potato cake is baking, boil 1 cup water with 2 tablespoons butter.
4. When the cake is golden, remove it from the oven and pour the water and butter mixture over it, then return it to the oven for about 5 minutes.
5. While the cake finishes baking, mince 2 cloves garlic.
6. Remove the cake from the oven and strew it with the garlic, then drizzle it with the cream or yogurt and serve immediately.



MARMELADA OD RAJČICA

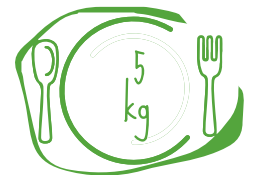
Sastojci:

4 kg rajčice
3 kg šećera
4 vrećice šećera vanilije
3 limuna

Priprema: Rajčice potopiti u vruću vodu 15-20 sek. te ih oguliti. Propasirati ih, dodati im šećer i limun izrezan na tanke kriške. Sve kuhati na umjerenj vatri uz stalno miješanje sve dok ne dobije ujednačenu gušću masu. Pred kraj kuhanja dodajete vanilijin šećer. Vruću marmeladu sipate u prethodno zagrijane tegle.

RAJČICA IMA ČETIRI 'KOMORE' I CRVENA JE, BAŠ KAO I SRCE! OVAJ SAM RECEPT DOBILA OD JELE BABIĆ U ČIJOJ BAŠTI SVAKE GODINE PRISPIJE ORGANSKI UZGOJENA RAJČICA U OGORMNIM KOLIČINAMA. I SVE SE POJEDE- ŠTO U SLANOM, ŠTO U SLATKOM!

Jela Babić / Fojnica





NOVKA'S BAKED POTATOES

Novka, a cheerful woman with a small restaurant in the hills outside Sarajevo, always has a potato dish or two on her menu, no matter the season. This is a favorite with her, and her guests. Simple to make, flavorful to eat, it can be served alongside stew, fish, roast meat, or as a main dish with a cabbage salad.

- 1 pound (500 g) starchy potatoes, peeled and cut in half lengthwise
- 2 tablespoons all purpose flour (type 45)
- 2 tablespoons buckwheat flour
- ½ teaspoon fine sea salt
- ½ teaspoon, or to taste, spicy paprika
- 2 tablespoons extra-virgin olive oil

1. Preheat the oven to 475F (250C).
2. Put the potatoes in a bowl and cover with water.
3. Sift the two flours, the salt and the paprika onto a piece of parchment paper.
4. Oil a large baking dish.
5. Remove a half potato from the water, shake off excess water and dip the potato in the flour mixture so it is covered on all sides. Set the potato half in the oiled pan, flat side down, and repeat with all of the potatoes. Sprinkle the potatoes generously with salt.
6. Bake in the center of the oven until the potatoes are completely tender and golden, about 30 minutes. Remove from the oven and let cool for 5 minutes before serving





LIKER OD KUPINE

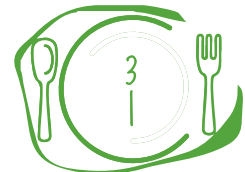
Sastojci:

500 gr kupina
1 vrećica cimeta
200 gr šećera
1 l rakije šljivovice

Priprema: Kupine operemo i dobro ocjedimo te stavimo u teglu od 3 kg. Pospemo ih šećerom i cimetom pa sve zalijemo sa rakijom (šljivovica, jabukovača, lozovača...) Dobro zatvorenu teglu ostavimo na svijetlom mjestu 30-40 dana s tim da se povremeno treba promućkati. Nakon mjesec i pol smjesu procijedimo i ostavimo da odstoji još 15-20 dana, iako se može koristiti i odmah.

VISOK UDIO ŽELJEZA I BAKRA OD KUPINA PRAVE NAJBOLJEG SAVEZNIKA ŽENAMA KOJE ŽELE SVILENKAST
TEN. OSIM TOGA SU I DOBAR DIURETIK. NA TRPEZI SE SJAJNO SLAŽU SA SIROM, PILETINOM I JANJETINOM...

Elza Jukić / Fojnica / Tel.: +387 63 480 261



PITA WITH POTATOES AND ONIONS

I tasted this Pita, or "pie" at the home of Subhija and Salem Softić. For five months each year, they have a restaurant near the shores of the high-mountain lake of Prokoško, where Subhija and her daughter Emira cook for guests as they wander in from a hike around the lake.

I tried many a "pie" while I was in Bosnia, for it is one of the most traditional dishes, eaten at just about any time of day. This was, hands-down, my favorite. Part of it was the skill of the cook - Subhija made and rolled out the dough and fashioned the pie - her light hand resulted in a light and flaky pie. Her sense of flavoring, too, was obvious. She added a great deal of pepper to the filling and it heightened the pie's flavor.

For the dough: 3 cups (420 g) all purpose flour; ½ to 1 cup water; Oil for oiling the dough. For the filling: 2 pounds (about 8; 1 kg) starchy potatoes, peeled and grated; 1 large onion, peeled and grated; Fine sea salt; Freshly ground black pepper; 2 tablespoons sunflower or extra-virgin olive oil. To finish the "pie": ¼ cup (60 ml) sunflower oil; 1 cup (250 ml) water; 1 teaspoon salt.

1. Let the dough sit for at least 1 hour, and up to 2.
2. While the dough is resting, mix together the filling ingredients in a large bowl, using a generous amount of pepper and a light amount of salt.
3. Generously oil a round baking pan that is about 18-inches (45 cm) in diameter.
4. Preheat the oven to 575F (246C).
5. Roll out the dough on a floured cotton cloth to a very large circle (about 3 feet; 1 meter). The dough will be transparent and very thin.
6. Drizzle the dough with oil. Taking about 1 cup of filling, make a line down the length of the dough. Using the cloth, roll the dough over the filling two times, so that the filling is completely enclosed in the dough, using your fingers as you roll so the roll is fairly tight. Cut the dough with a sharp knife, and tightly coil the filled roll. Place it in the center of the prepared pan. Repeat the process with the dough and the filling, making another roll and coiling it around the first roll. Repeat until the baking pan is full. You may have extra filling and dough, so that you can either make a smaller "pie".
7. Drizzle the pie with the oil, then place it in the oven to bake until it is golden on top and the pastry is baked through, 20 to 30 minutes.
8. While the pie is baking, boil 1 cup water with 1 teaspoon salt.
9. When the pie emerges from the oven, pour the salted water over it, and return it to the oven just long enough to evaporate the water, 7 to 8 minutes.
10. Remove the pie from the oven and serve.



VOĆNI KRUH

Sastojci:

400 gr raževog brašna
100 gr suhog grožđa
100 gr pšeničnog brašna
100 gr suhих šljiv
15 gr kvasa u prahu
50 gr suhих jabuka
1 žlica soli

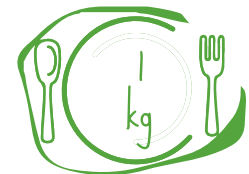
1 žlica naribane korice limuna

2 žlice smeđeg šećera
100 gr sjeckanih oraha
2 žlice maslinovog ulja
100 gr sjeckanog lješnjaka
2 žlice jabučnog octa
prstohvat sjemenki lana
5 žlica lovorovog sirupa
prstohvat čurakota

Priprema: Dobro izmiješamo brašno, suhi kvasac, sol i šećer, potom dodajemo tečne sastojke i 370 ml mlake vode. Tijesto oblikujemo u kuglu i ostavimo pokriveno na toplom mjestu da se diže 2h. Nadjev od sušenog voća prelijemo vrućom vodom, orahe i lješnjake lagano popržimo, nasjeckamo i dodamo voćnoj smjesi, posipajući sve sa malo brašna. Nadjev dobro umjesimo u tijesto, stavimo u kalup i ostavimo da se diže još 40 min. pečemo oko 70 min. na 180°. Nakon pečenja kruh poprskamo sa zaslađenom vodom, prekrijemo pamučnom krpom i ostavimo da se ohladi.

SLIČAN SE KRUH NEKADA PRAVIO NA PROSTORU BIH, ALI SE ZVAO 'KOLAČ' I NIJE SE MJESIO SA SMJEDIM ŠEĆEROM, LOVOROVIM SIRUPOM, LIMUNOM, LANOM I ČURAKOTOM. TAKODER SE UMJESTO MASLINOVOG ULJA KORISTILA BILJNA ILI MLIJEČNA MAST.

Suzana Lovrić / Fojnica / Tel.: +387 63 816 886



ZIJADA'S SPINACH AND CHEESE PIE

Zijada, who is Nedžad Elezović's sister, cooks at their guest house high on Bjelašnica mountain. She makes the traditional dishes the way her mother used to make. This pie, which is a signature dish of Bosnia, can also be filled with cooked potatoes, onions, and bell peppers.

The dough resembles strudel dough, and Zijada makes it herself. If you don't want to make the dough, you can substitute filo dough. Zijada, a beautiful woman with the haunting green/blue eyes, sometimes makes eighty of these pies in a day, seemingly with the flick of her wrist.

For the dough: 2 pounds (1 kg) all-purpose flour; 1-1/2 cups (375 ml) water; Oil, for oiling the dough (sunflower recommended). For the filling: 1 cup (250 g) fresh cheese (can use ricotta or cottage cheese); 1/4 cup (60 ml) heavy cream or crème fraîche or sour cream; Fine sea salt; 1 large egg; 8 ounces (250 g) fresh spinach, rinsed, stems removed, coarsely chopped.

1. Twenty four hours before you plan to make the pie, make the dough. Place the flour in a large bowl. Make a well in the center and slowly add the water, mixing in the flour as you do, until you have a soft dough. Turn out the dough onto a floured work surface and knead until it is smooth and doesn't stick to your fingers. Place the dough in a small bowl, rub it with oil, cover with parchment paper and refrigerate for 24 hours.
2. The day you plan to make the pie, preheat the oven to 450F (225C). Oil a 16-inch (about 40 cm) pan.
3. Remove the dough from the refrigerator.
4. Place 1 cup (250 g) cheese in a large bowl. Add the cream and the egg and mix well, using a whisk or a wooden spoon. Add salt to taste (about 3/4 teaspoon, then stir in the spinach.
5. To roll out the dough, lightly flour a work surface, and roll it out until it is almost transparent, into a circle that measures approximately 24 inches (about 60 cm).
6. Cut the dough into three equal-sized strips. Place the filling in a thin line down the length of each strip. Working quickly, roll the filling into the dough to make a long, sausage-shaped pastry. Tightly coil one of the sausages, and place this in the center of the oiled pan. Surround it with the other "sausages, so the pan is filled with a snail-shell of filled pastry.
7. Place the pan in the oven to bake until it is deep golden on top, from 12 to 15 minutes. While the pie is baking, boil 1 cup water with 1 tablespoon butter and a sprinkling of salt.
8. Remove the pie from the oven, pour the water and butter over it, and return it to the pan to bake until all of the liquid has evaporated, an additional 5 minutes.
Remove the pie from the oven and serve immediately.





NAMAZ OD JAJA I ZAČINSKOG BILJA

Sastojci:

4 tvrdo kuhana jaja
1 žlica svježeg limunovog soka
5 žlica kiselog vrhnja
sitno isjeckan peršun, vlasac i divlja metvica
15 dg maslaca
sol i papar po želji

Priprema: Žumanjke ispasirajte, a bjelanjke sitno isjeckajte, potom im dodajte kiselo vrhnje i prethodno pjenasto izrađen maslac. Kada ovu smjesu homogenizirate, dodajte sol, papar i sitno sjeckano začinsko bilje.

OVAJ JE NAMAZ NAROČITO ČESTO PRIPRAVLJAN U VRIJEME USKRŠNJIH BLAGDANA KADA SE NA STOLU NADE DOSTA KUHANIH, ŠARENIH JAJA. ZAČINSKO BILJE DODAJETE PO ŽELJI, OVISNO O TOMJE ŠTO STE U LJETO I JESEN OSUŠILI ILI ZALEDILI...

Suzana Lovrić / Fojnica / Tel.: +387 63 816 886



GORDANA'S STUFFED BELL PEPPERS

- 1 tablespoon sunflower or extra-virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, diced
- 1 pound (500 g) ground beef, or half beef and pork
- $\frac{3}{4}$ cup (150 g) white rice
- 1 pound 10 ounces (800 g) small yellow or red bell peppers
- medium (4 ounce; 120 g) tomato, cored and sliced
- Fine sea salt, freshly ground black pepper
- Sweet and hot paprika

For the sauce:

- 3 tablespoons sunflower or extra-virgin olive oil
- 2 tablespoons all-purpose flour (type 45)
- 1 teaspoon ground paprika
- 1 teaspoon salt
- 1 large (7 ounce; 210 g) tomato, cored and diced
- 4 cups (1 l) water

1. Heat the oil in a large skillet over medium heat. When the oil is hot, reduce the heat to medium and add the onions. Cook just until they are tender at the edges, about 8 minutes. Stir in the garlic and continue cooking until the onions are transparent, an additional 4 to 5 minutes. Remove the pan from the heat.
2. Place the ground meat in a large bowl. Add the onions and garlic, salt and pepper to taste, and sweet and hot paprika to taste. Mix well, using your hands. If you want to check for seasoning, cook a bit of the mixture and taste.
3. Add the rice to the meat mixture, and mix thoroughly using your hands.
4. Slice the top from each pepper, and hollow out the pepper, removing all the seeds and the pith. Stuff each pepper with the meat mixture, to the rim of the pepper.
5. To seal the meat mixture in each pepper, carefully stuff a tomato slice into the pepper, "tucking" it down around the stuffing so it acts as a sort of cork.
6. To make the sauce, heat the 3 tablespoons oil in a large, heavy saucepan over medium-high heat. When the oil is hot, brown the peppers lightly on all sides, then remove them from the pan and reduce the heat to medium. Whisk the flour into the oil and cook for 2 minutes, then whisk in the paprika, and the water.
7. Return the peppers to the pan, standing them upright. Place the top of each pepper atop the tomato slice that holds the meat in the pepper.
8. Add the tomatoes to the pan, around the peppers, and bring the water to a boil. Reduce the heat so the water is simmering, cover, and cook until the peppers are tender, the meat is cooked through, and the sauce has thickened, about 1 hour.
9. Remove the peppers from the heat and serve immediately, with the sauce.



KREM JUHA OD TIKVE

Sastojci:

1 kg tikve očišćene od kore i koštica
 500 g vrhnja za kuhanje
 ½ l pilećeg temeljca
 3 češanj češnjaka
 1 komadić svježeg đumbira
 sol, papar
 3 žlice maslaca
 kopar

Priprema: Tikvu narežite na kocke, đumbir naribajte, te ih pirjajte na maslacu povremeno zalijevajući pilećim temeljcem. Nakon 20-ak min. smjesu izmiksajte te dodajte vrhnje, sitno sjeckani češnjak, sol, papar i kopar. Uklonite sa vatre i ostavite da miruje 5 min.

TIKVA JE SAVRŠENA NAMIRNICA ZA ONE S OSJETLJIVIM PROBAVNIM SUSTAVOM, IZVRSTAN JE DIURETIK, A ZBOG JEDNOSTAVNOG SKLADIŠTENJA NJOME SE MOŽETE SLADITI TIJEKOM CIJELE ZIME. U BIH SKORO DA NEMA BAŠTE BEZ 2-3 VRSTE TIKVE.

Suzana Lovrić / Fojnica / Tel.: +387 63 816 886



COCONUT AND CHOCOLATE CAKE

This cake, a lovely confection prepared by Nihada Orman, who lives with her husband's family just outside Livno, was served for breakfast, along with a tomato and cucumber salad, slices of the family's Livanjski cheese, and rounds of beef sausage. It was simply delicious!

For the cake:

- 1-1/2 cups (210 g) all-purpose flour
- 1 teaspoon baking powder
- 3 tablespoons cocoa powder
- Pinch fine sea salt
- 7 tablespoons (105 g) unsalted butter, at room temperature
- 3/4 cup (150 g) sugar
- 4 large eggs
- 6 tablespoons (90 ml) whole milk

For the Cream:

- 2 cups (500 ml) whole milk
- 5 tablespoons all-purpose flour
- 1/2 cup (100 g) vanilla sugar
- Generous 1/2 cup (75 g) cocoa powder

For the Icing:

- 3 ounces (100 g) semi-sweet chocolate
- 2 tablespoons water
- 1/3 cup dried coconut

1. Preheat the oven to 350F (180C). Oil a 9 x 13-inch (23x33 cm) baking pan.
2. To make the cake, sift the flour, baking powder, cocoa powder and the salt onto a piece of parchment paper.
3. Place the butter and the sugar in a large bowl or the bowl of an electric mixer and mix until light and fluffy. Add the eggs, one at a time, and mix well, then add the dry ingredients alternately with the milk, beginning and ending with the dry ingredients.
4. Pour half the batter into the prepared baking pan. Place in the center of the oven and bake just until the cake is almost, but not quite, baked through. Remove it from the oven.
5. While the cake is baking, make the cream: place the milk into a medium saucepan and bring it almost to a boil over medium heat. Whisk in the flour, the sugar, and the cocoa and continue whisking until the mixture is thick. Remove from the heat.
6. Spread the hot cream over the hot cake so it is in an even layer. Top with the remaining cake batter and return to the oven to bake until the top layer of the cake is completely baked, 10 to 15 minutes. Remove from the oven and let cool on a wire rack.
7. When the cake is cool, place the chocolate and the water in a small, heavy saucepan over medium heat and melt the chocolate into the water, whisking as the chocolate melts. Remove from the heat, and pour the mixture over the cake. Sprinkle with a thick layer of coconut.



PROLJETNE KUGLICE

Sastojci:

3-4 mlade mrkve
3 jaja
4 struka mladog luka
6 žlica brašna
10 dg mlade koprive
2 žlice palente

½ crvene paprike
2 žlice maslinovog ulja
1 svežanj luka srijemoša
1 dl kiselog mlijeka
par listića metvice
sol

Priprema: Oprano i očišćeno povrće narezati po želji na kockice ili kraće rezance, mrkvu naribati. Odvojeno umješati kiselo mlijeko, brašno, palentu, jaja i ulje, posoliti te dodati povrću i miješati dok se ne prožmu. Smjesu ostaviti 20-ak min. da odstoji. Oblikujte kuglice u željenoj veličini i pržite u dubokoj masnoći. Nakon što ih ocijedite od ulja na papirnatom ubrus posipate ih sitno sjeckanom metvicom.

I OVAJ JE RECEPT DOŽIVIO NIZ PROMJENA OD NAŠIH STARIH DO DANAS. SKORO SVAKO SEZONSKO POVRĆE SJECKALO SE ILI RIBALO U SMJESU NALIK ONOJ ZA PALAČINKE KAKO BI SE ŠTO VIŠE USTA MOGLO NAHRANITI. ČESTO SU PAR STRUČAKA NEKOG POVRĆA UZ BRAŠNO I SOL BILE JEDINE NAMIRNICE U BOSANSKOHERCEGOVAČKIM DOMAĆINSTVIMA.

Suzana Lovrić / Fojnica / Tel.: +387 63 816 886



HURMAŠICA SMALL CAKE SOAKED IN SIMPLE SYRUP

This gorgeous little cake must be mixed up by hand, for the dough to turn out perfectly. Zijada, Sadžida's neighbor who is also a specialist with this cake, adds walnuts to hers.

- 1 pound (500 g) unsalted butter, at room temperature
- 1 large egg
- 1 large egg yolk
- c. ½ cup (100 g) sugar
- 1 package baking powder (about 1 T)
- ½ cup (125 ml) sunflower oil
- ½ cup finely chopped walnuts, optional

For the syrup:

- 2 pounds (1 kg) vanilla sugar
- 1 quart (1 liter) water
- The freshly squeezed juice from 1 lemon

1. Preheat the oven to 300F (150C). Line 2 baking sheets with parchment paper.
2. Place the softened butter, the egg, the yolk, and the sugar in a large bowl and mix it together by hand. Slowly incorporate the flour, to make a soft dough. Add as much oil as necessary to make the dough soft and pliable.
3. Make balls that measure about 2-inches (5 cm) across, then flatten and shape them into mounded ovals. If adding walnuts, place the walnuts on a work surface, and press the ovals into the walnuts so that some stick to the bottom of the cake. Place the cakes as you make them on the prepared baking sheets, leaving 1-inch (2.5cm) between them.
4. When all the cakes are shaped, take a standing cheese grater and, using the side that has holes that are round (being punched out from the inside of the grater), press the grater on the cakes to make a design in the top. Alternatively, as you shape each cake, press it onto the side of the grater, then place it in the baking pan.
5. Bake the cakes in the center of the oven until they are firm and puffed, about 1 hour.
6. While the cakes are baking, make the syrup. Boil together the water and the sugar just until the sugar is dissolved. Keep the syrup hot.
7. When the cakes are baked, remove them from the oven. Stir the lemon juice into the hot syrup.
8. Place the cakes in a baking pan or dish, and pour the hot syrup over them. They will keep for up to one week.



ČORBA OD MAHUNA

Sastojci:

350 gr mahuna
3 česna češnjaka
100 gr teletine
stručak lista peršuna
1-2 krumpira
sol, papar u zrnu

Priprema: Ispirajte teletinu u vlastitom soku, a onda još podlijte u 2-3 navrata s vodom, na laganoj vatri 15- ak min. Dodajte krumpir isjeckan na kockice, papar u zrnu i stabljike peršuna usitnjene na veličinu po želji, posolite. Nakon što se skuha krumpir, posudu sklonite sa izvora topline i dodajte sitno rezan češnjak i list peršuna te pustite da poklopljeno odstoji par minuta.

MAHUNE SU JEDAN OD NAJBOLJIH PRIJETELJA VISOKOTLAKAŠIMA. U KOMBINACIJI SA PERŠUNOM I BIJELIM LUKOM REGULIRATI ĆE VAŠ TLAK U ROKU OD ODMAH!

Spomenko Bučevac / Mokro, Sarajevo / Tel: +387 65 193 294



DANIJELA'S WALNUT COOKIES

These are Bosnian Christmas cookies, and I learned to make them from Danijela Bošnjak, my guide to the farmers and other producers in the mountains around Sarajevo. She makes these every year for her friends and family, often using lard instead of butter, which she gets from the pig her brother raises for the family each year. She substitutes butter if she doesn't have lard. Like all the Bosnian cooks I met, she doesn't use a recipe, but makes these from memory, and experience. They turn out perfectly each time! These cookies will keep up to one month, in an air-tight container.

- 3-1/4 to 3-3/4 cups (440-505 g) all-purpose flour
- 2 teaspoons (1 package) baking powder
- 11 ounces (320 g) unsalted butter
- 1-1/3 cup (260 g) sugar
- 2 large eggs
- The zest from 1 lemon
- 2 tablespoons freshly squeezed lemon juice
- 2-2/3 cups (260 g) walnuts, finelyground

For dusting the cookies:
- 1 cup (200 g) sugar

1. Preheat the oven to 375F (190C). Butter and flour 4 dozen small cake molds or madeleine tins.
2. Sift together the flour and the baking powder onto a piece of waxed paper.
3. Place the butter and the sugar in a large bowl or the bowl of an electric mixer. Mix together until pale yellow. Add the eggs, one at a time, beating well after each addition. Slowly add the flour until the dough is fairly stiff. Then add the lemon zest, the lemon juice, and the walnuts and mix just until combined. The dough should not be sticky to the touch.
4. Put the dough in the molds, not quite up to the edge of the rim of each mold, so the cookie will be easy to tap out. Place in the center of the oven and bake until the cookies are golden, about 20 minutes.
5. While the cookies are baking, place 1 cup sugar in a shallow bowl.
6. When the cookies are baked, remove them from the molds one by one, and transfer them directly to the bowl of sugar. Either sprinkle them or pat the sugar onto them, then transfer them to a cooling rack. Once the cookies are cool, store them in an air-tight container.



TURŠIJA

Sastojci:

glavica kupusa
mrkva
krastavci
zelena rajčica
crveni luk
karfiol
paprika
ocet, sol, šećer

Priprema: Svo povrće oprati i okapati, zelenu rajčicu nabosti čačkalicom na 2-3 mjesta, karfiol prerezati na manje dijelove. Ukoliko želite kiseliti u tegli od 3 l potrebno vam je 2,5 kg povrća po želji. Za veće količine trebate zbraviti drvenu kačicu u koju se povrće slaže naizmjenično i u redovima kako bi uvijek bilo dostupno sve što se kiselu. Povrće se ne smije pretjerano nabijati da ne bi došlo do oštećenja, ali ne smije biti niti previše prostora između u kojima bi ostajao zrak. Svaki se sloj izdašno posoli i lagano pošećeri, po želji se dodaju papar u zrnu i grančice kopra. Na kraju se sve zalije sa hladnom vodom u kojoj je razmućen ocat. Omjer vode i octa je 1:1. Posuda se dobro zatvori kako bi se onemogućio dotok zraka i ostavi 40 dana na hladnom i mračnom mjestu.

OSIM ŠTO U TURŠIJI DOBIVAMO ZALIHE LOKALNOG, SEZONSKOG POVRĆA KOJE NAM ZIMI NIJE DOSTUPNO, PRIPREMANJE ZIMNICE DIO JE NJEŽNOG OBITELJSKOG RITUALA KOJI NAS VRAĆA U NAJSRETNIJE DJETINSTVO.

Dragan Đerić / Nahorevo. Sarajevo / Tel.: +387 61 828 076



CAKE WITH APPLES

Milica Tuka served this cake the first night I stayed on her farm. It is simple, and delicious, not too sweet and the apple layer shines through. She makes this only during apple season, which, where she lives in Bosnia, begins in August. Milica uses oil in the cake; if you only have oil, use mild oil such as canola. Otherwise, melted butter makes a delicious cake.

For the apples:

- 2 pounds (1 kg), about 4 large apples, peeled, cored and finely chopped
- 2 tablespoons (25 g) sugar
- ½ teaspoon ground cinnamon

For the cake:

- 3-3/4 cups (465 g) all-purpose flour (type 45)
- 1 teaspoon baking powder
- ½ teaspoon fine sea salt
- 1-1/4 cup; 310 ml sunflower oil or melted, unsalted butter
- 2-1/4 cups (425 g) sugar
- 5 large eggs
- 1-1/4 cups (310 ml) whole milk

1. Place the apples in a heavy pan over medium with the sugar and the cinnamon and cook, stirring occasionally, until the apples are completely cooked down and soft, about 15 minutes.
2. Preheat the oven to 350°F (180°C). Lightly oil and flour a 9 x 13 (23 x 33cm) baking pan.
3. Sift the flour, the salt and the baking powder onto a piece of parchment paper.
4. In a large bowl, mix together the oil or butter and the sugar until it is thoroughly combined. Mix in the eggs, one at a time, until thoroughly blended. Slowly add the dry ingredients with the milk, beginning and ending with the dry ingredients.
5. Pour half the batter into the pan, and bake in the center of the oven just until it is nearly baked, about 15 minutes.
6. Remove it from the pan and spread the apple mixture over it. Top with the remaining cake batter and return to the oven to bake until the cake is puffed and golden, about minutes. Remove from the oven and let cool. Dust the cake with powdered sugar, then cut into small pieces.





MONIKIN ELIKSIR ZDRAVLJA I SREĆE

Sastojci:

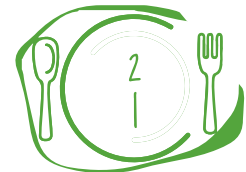
bilo koji svježi čaj koji nam je na raspolaganju; metvica, kopriva, ružmarin, pazikuća...

Priprema:

Sve trave nježno oprati i iseckati ili usitniti u blenderu. Na 2 l vode potrebno je 5-6 velikih žlica ovako pripremljene smjese koja će odstojati 1-2h. Nakon što sok procjedimo, dodajemo med i limun po želji.

OVO JE NAPITAK KOJI ME NEKOLIKO PUTA VRATIO U BALANS, A PRVI PUT SAM GA KUŠALA U STAROJ ILIČKOJ ULICI U MOSTARU, U OBITELJI MONIKE I DARKA MIHIĆA. TIH DVOJE SJAJNIH UMJETNIKA ŽIVOTA KOJI IZRAĐUJU UNIKATNI NAMJEŠTAJ OD PLEMITOG DRVETA, OSIM RAZGALJUJUĆEG PIĆA UVIJEK SU SPREMNI PONUDITI I SJAJ SVOJIH ZVIJEZDA, SUPTILNOST SVOJIH DUŠA, JEDNOSTAVNO, - POPUT NJIHOVOG ELIKSIRA SREĆE...

Monika Mihić / Mostar / +387 36 330 083



NOVKA'S PLUM JAM

This gorgeous jam is rich, thick, and filled with flavor. It is slightly fermented from the long, slow cooking at the back of Novka's woodstove, which gives it a special allure.

- 1 kg (2 pounds) purple plums, pitted
- 1 kg (2 pounds) sugar

1. Place a layer of plums in the bottom of a heavy Dutch oven or kettle. Top with one fourth of the sugar. Repeat until you've used all the plums and the sugar.
2. Set this over very low heat and cook until the plums have softened. Stir, and continue to cook until the mixture is the consistency of jam, which can take many hours - up to eight, depending on the heat. You can also set the pan at the back of the woodstove.
3. When the jam is done to your liking, remove it from the heat and put it in jars, then sterilize the jars.



SOK OD RUŽE

Sastojci:

- 2 pregršta ružinih latica
- 2 limuntosa
- 3 kg šećera

Priprema: Oprane i ocijedene latice ruže kiselimo 40 dana u 3 l prokuhane i ohlađene vode kojoj smo dodali 2 vrećice limuntosa. Tegla treba stajati na osunčanom mjestu uz povremeno miješanje. Nakon 40 dana smjesu cijedimo i soku dodajemo 3 kg šećera te miješamo sve dok se šećer u potpunosti ne otopi.

OVAJ SAM RECEPT DOBILA OD ERVINE BULJINA KOJA SOK OD RUŽA PRAVI PO RECEPTU SVOJE SVEKRVE SELVETE BULJINA IZ PAVLOVCA U FOJNICI.

Ervina Buljina / Fojnica



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



KRUH SA MEKINJAMA

Sastojci:

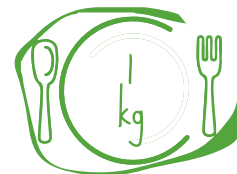
16 žlica zobenih mekinja
 16 žlica obranog mlijeka u prahu
 1,5 žlica soli
 2 žlice jogurta bez masnoće
 3 jaja
 10-12 žlica tople vode

8 žlica pšenice mekinja
 2 žličice praška za pecivo
 4 žličice suhog kvasca
 7 žlica kremastog sira
 2 bjelanjka

Priprema: Koristite 2 zdjele. U jednu zdjelu pomiješajte kvasac, krem sir i toplu vodu. Prethodno ostavite krem sir da odstoji izvan hladnjaka oko 30 minuta, da ne bude hladan kada miješate sa kvascem i toplom vodom. Dobro izmiješati da dobijete finu glatku gustu smjesu. U drugoj posudi umiješajte jaja, jogurt, mlijeko u prahu, mekinje i sol. Spojite obje smjese i izlijte u kalup u kojem se može peći bez masnoće. Zagrijte pećnicu na 200° C. Peći 15 minuta na 200° C, zatim smanjiti na 170° C i peći još 25 minuta. Na kraju probosti sa čačalicom da provjerite i ako se na čačalicu ništa ne zalijepi- kruh je pečen. U protivnom, produžite vrijeme pečenja za 5 ili 10 min.

NEKADA SU SE MEKINJE ODVAJALE KAO STOČNA HRANA A ČOVJEK JE SEBI UZIMAO ZAPRAVO MANJE HRANJIV DIO IZ ŽITARICE. NOVA SU SAZNANJA PROMIJENILA I PREHRAMBENE NAVIKE TAKO DA JE KRUH S MEKINJAMA NA CIJENI KAO IZVOR VITAMINA I MINERALA KOJI LJUDSKI ORGANIZAM ODRŽAVA U SAVRŠENOM PSIHO- FIZIČKOM BALANSU.

Božana Tuka / Fojnica / Tel.: +387 63 473 491



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quarts water. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



OMLET OD DIVLJIH ŠPAROGA

Sastojci:

1kg šparoga
4 jaja
4 žlice maslinovog ulja
sol, papar

Priprema: Šparoge oprati i izrezati do njezina tvrdog dijela. U tavu ulijemo maslinovo ulje, zagrijemo i ubacimo šparoge. Povremeno ih promiješamo i pokrijemo poklopcem na 3-5 min. Za to vrijeme umutimo jaja, posolimo, popaprimo i dodamo u šparoge. Malo promiješamo sve skupa i seviramo.

ŠPAROGE ILI ASPARAGUS BOGATE SU ASPARAGINSKOM KISELINOM I KALIJUMOM KOJI PODSTIČU RAD BUBREGA I OSLOBAĐAJU NAS VIŠKA TEKUĆINE IZ ORGANIZMA. U BIH SE MOGU NAĆI TIJEKOM SVIBNJA I LIPNJA.

Božana Tuka / Fojnica / Tel.: +387 63 473 491



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



GRAH SA KELERABOM

Sastojci:

0,5 kg graha

250 gr sušenih rebaraca

1 veća glavica crvenog luka

1-2 rajčice ili sos od rajčice

papar u zrnu

sol

jedna keleraba srednje veličine

2-3 mrkve

3 česna češnjaka

lovorov list

ljuta papričica

peršun ili celer

Priprema: Grah se prethodnog dana potopi u vodi da omekša. Ukoliko ga spravljate sa suhim rebrima dobro bi bilo i njih potopiti u vodu u zasebnoj posudi da im se oduzme sol. Kelerabu skuhanje, ogulite i izrežite na kockice. U loncu u kojem ćete dodati sve sastojke pirjajte crveni luk dok ne dobije zlatnu boju, dodajte mu mrkvu koja će se s njim dinstati na laganoj vatri par minuta a onda podlijte sa 0,5 l vode i nakon što prokuha dodajte rebarca, grah, kockice kelerabe, papar u zrnu i lovorov list. Nakon 2h kuhanja na laganoj vatri dodaju se sitno sjeckane ljute papričice, korijen celera ili peršuna i rajčica. Nakon još 30-tak min. kuhanja dodajemo list peršuna ili celera i prepolovljene česne bijelog luka te sklanjamo s vatre i čekamo 15-ak min. da se varivo 'odmori'.

OVO JE MODIFIKACIJA JOŠ JEDNOG SIROTINJSKOG JELA KOJE SE NEKADA SPRAVLJALO S BIJELOM ILI SA ŽUTOM REPOM. IAKO NIJE BILLO OMILJENO MEĐU DJECOM, GENERACIJE KOJE SU OTHRANJENE NA NJEMU ŽIVE U ZDRAVLJU JOŠ I DANAS...

Spomenko Bučevac / Mokro, Sarajevo / Tel.: +387 65 193 294



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



GULAŠ OD GLJIVA

Sastojci:

2 glavice crvenog luka

1/2 kg svježih gljiva

2-3 paradajza

1 kavena šoljica paradajz pirea

jedna žlica brašna

1 žlica crvene paprike, sol, papar

Priprema: Na malo ulja izdinstati 2 glavice crvenog luka, dodati krupno isjeckane gljive, posoliti, popapriti i zaliti sa malo vode te dinstati na tihoj vatri oko 10 minuta. Pred kraj dodati isjeckani paradajz i šolju paradajz pirea (može i zamrznuti ili paradajz iz konzerve). U šoljicu razmutiti veliku žlicu brašna sa malo crvene paprike i vode dodati u gulaš i dinstati dok se ne zgusne.

ŠUME BIH SU BOGATE RAZNIM JESTIVIM GLJIVAMA OD KOJIH SU VARGAN, LISIČARKA I BUKOVAČA SIGURNO PONAJVIŠE NA CIJENI. I DAN DANAS SE NA LIVADAMA U BLIZINI NASELJA MOGU PRONAĆI TZV. JESENKE, GLJIVE KOJE ZAISTA LUDO RASTU POSLIJE PAR KIŠNIH DANA.

Dragan Đerić / Nahorevo, Sarajevo / Tel.: +387 61 828 076



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



SALATA OD SRIJEMOŠA

Sastojci:

luk srijemoš
ocat ili limun, ulje
vrhnje, mladi sir
sol

Priprema: U ovoj posudi izmješajte vrhnje, mladi sir, ocat i ulje, smjesu posolite i dodajte joj prethodno opran i narezan srijemoš.

MEDVJEDI LUK PRIPADA FAMILIJI LJILJAN, IMA JAKO ANTIBAKTERIJSKO DJELOVANJE, REGULIRA KOLESTEROL I SNIŽAVA VISOK KRVNI TLAK.

Dragan Đerić / Nahorevo, Sarajevo / Tel.: +387 61 828 076



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



MARINIRANI OVČJI SIR

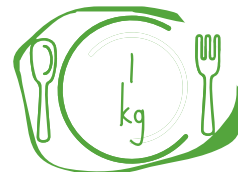
Sastojci:

- 1 kg ovčjeg sira
- 5 češnja češnjaka
- 3 žlice crnog papra
- 2 žlice začinske mješavine
- 1,5 l maslinovog ulja

Priprema: U staklenu teglu od 3 l narežite ovčji sir na kockice i svaki red sira pospite sa ploškicama bijelog luka, paprom i začinima koje najviše volite. Ja koristim najčešće mješavinu kopra, peršuna i celera. Ovako pripremljen sir se jako dobro slaže sa crvenim mesom. Ponekad ga mariniram sa divljom metvicom, kaduljom ili ruzmarinom i tada ga poslužujem sa ribom ili sa povrćem. Nakon što ste posložili sir prelijete sa maslinovim uljem koje mora biti bar 1 cm iznad sira. Staklenku dobro zatvorite i ostavite na hladno mjesto, može i u frižider, na 7- 10 dana.

FOJNIČKI KRAJ NIJE TOLIKO ČUVEN PO OVČJEM SIRU, ŠTO JE NA NEKI NAČIN I NEPRAVDA JER SU OBRONCI VRANICE MEĐU NAJLJEPŠIM I NAJRAZNOLIKIJIM PAŠNJACIMA U BIH. FLORA KOJOM SU BOGATE PADINE OKO PROKOŠKOG JEZERA TEMA JE DOKTORSKIH DISERTACIJA I ZAŠTIĆENA JE KAO PARK PRIRODE.

Božana Tuka / Fojnica / Tel.: +387 63 473 491



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quarts water. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



MED OD MASLAČKA

Sastojci:

370 cvjetova maslačka

4 kg šećera

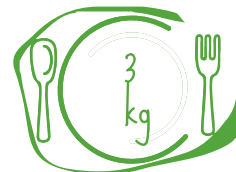
½ kg limuna

2 l vode

Priprema: Cvjetove maslačka i limun izrezan na četvrtine stavite kuhati u 2 l vode. Neka kuha pola sata. Potom procijedite i u dobiveni sirup sipajte šećer. Ostavljate da vrije na laganoj vatri još pola sata. Zitku smjesu sipajte u vruće tegle.

NIJE IZMIŠLJEN JUČER KAKO BI SE KUPAC PRAVOG DOMAĆEG MEDA PREVARILO, NAMAGARČIO. MED OD MASLAČKA STAR JE KOLIKO I PAMĆENJE NA PROSTORIMA SREDNJE BOSNE, PROČIŠĆAVA I JAČA KRV, POTPOMAŽE PROBAVU, KORISTI SE KOD KAŠLJA.

Božana Tuka / Fojnica / Tel.: +387 63 473 491



PINE CORDIAL

From Stana Ćodo, who makes cordials for her family and to sell from the family camp. She gave the recipe for a forty liter barrel; it's been cut here for a 5 liter jar. It is best to use a glass container for this preparation.

- (1 kg) pine needles
- Water to cover
- 1 kg of sugar

1. Place the pine needles in a large (5-6 liters, quarts) glass jar or container with cover. Cover the needles with 4 liters, quartswater. Leave for forty days, then strain. Add the sugar to the liquid and stir. Continue stirring from time to time until the sugar has dissolved, which will take at least one day. When the sugar has dissolved, bottle the cordial.



SIRUP OD ZOVE

Sastojci:

- 40 cvjetova zove
- 1 limun
- 3 kg šećera
- 2 vrećice limuntosa
- 2 vrećice šećera vanilije

Priprema: Prokuhati i ohladiti 3 l vode, u vodu dodati 40 cvjetova zove i limun rasječen na četvrtine. Sve ostaviti da odstoji 24 h. Vodu procijedimo od zovinih cvjetova, dodajemo limuntos, vanilijin šećer i 3 kg šećera i ponovno ostavljamo da odstoji 24 h uz povremeno miješanje, dok se šećer ne istopi. Postoji i brza varijanta kada sve skupa zagrijavamo uz često miješanje tako da sirup prokuha.

PREKRASNIH BIJELIH CVJETIĆA SVRSTANIH U ZVJEZDASTU FORMACIJU ZOVA ILI BAZGA MAMI UZDAHE
MNOGIH MLADENKI KOJE IH ZAMIŠLJAJU KAO NAKIT U SVOJIM SVATOVIMA. ČISTI ORGANIZAM,
PODIŽE IMUNITETI JOŠ TOLIKO TOGA...

Spomenko Čado / Gornje Biosko, Sarajevo / Tel.: +387 65 565 864





NOTES:
BILJESKE:

A series of horizontal dashed lines for writing notes.



Udruženje za razvoj ruralnog turizma

Alterural

Čekaluša 1

71000 Sarajevo

Tel/fax +387 33 210 883

www.alterural.ba

info@alterural.ba

facebook.com/udruzenje.alterural

twitter.com/alterural

