



Istrian recipes

PORTOROŽ  PORTOROSE
PIRAN PIRANO

MUSSELS ALLA BUSARA



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Ingredients

- 1 kg of mussels
- 4 spoons of olive oil
- 3 – 4 spoons of breadcrumbs
- 0,15 l of dry white wine
- Piran salt
- 3 – 5 cloves of garlic
- 1 bunch of parsley

Preparation

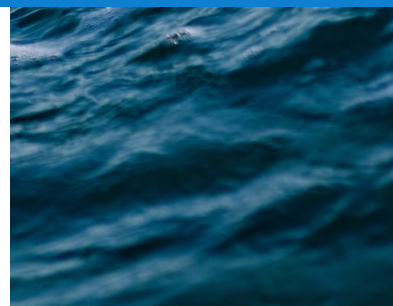
Be very careful with the mussels, only the closed ones are fresh.

Wash the mussels thoroughly. Skin and finely cut the garlic. Strip the parsley from the stems and cut it finely.

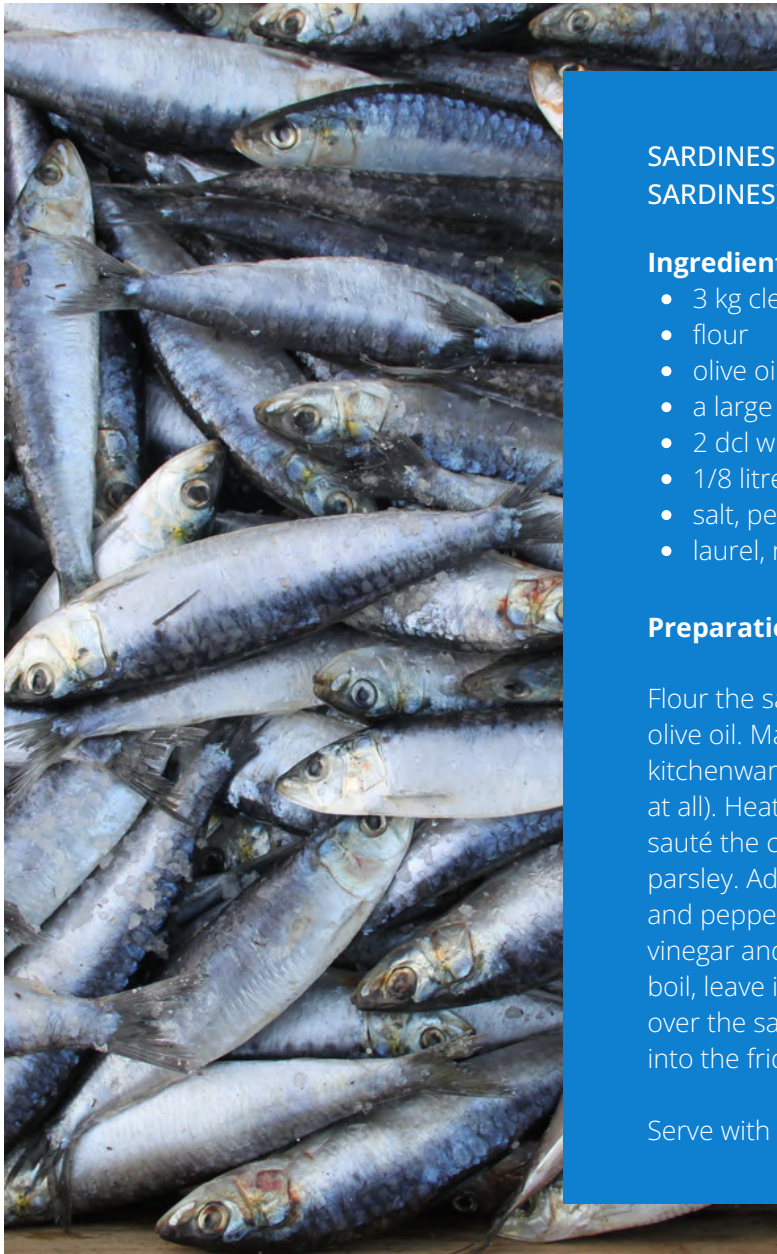
Heat up the olive oil in a wide pot, add the garlic and mix it briefly.

Add a spoon of breadcrumbs, half of the parsley and white wine, and boil. Add the mussels, and sprinkle them with the remaining parsley. Cover the pot and cook the mussels at a high temperature for 10 minutes. Stir the pot several times while the mussels are cooking.

When cooked, pour the mussels in a warmed up bowl. Add the remaining breadcrumbs and a bit of salt to the remaining sauce in the pot, and then cook for a couple of minutes on a low fire. When done, pour the remaining sauce over the mussels.



SARDINES IN "ŠAVOR" (MARINATED SARDINES)



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Ingredients

- 3 kg cleaned sardines
- flour
- olive oil
- a large onion, garlic
- 2 dcl wine vinegar
- 1/8 litre of white wine (Malvazija)
- salt, pepper
- laurel, rosemary

Preparation

Flour the sardines and fry in heated olive oil. Make layers in a deep plate or kitchenware (earthenware, not metal at all). Heat the rest of the olive oil and sauté the chopped onion, garlic and parsley. Add the laurel, rosemary, salt and pepper. Stir well and add the wine vinegar and wine. When it comes to a boil, leave it to cook for a while. Pour over the sardines till covered. Place into the fridge for a few days.

Serve with bread or polenta.



ISTRIAN GARLIC SOUP



ISTRIAN GARLIC SOUP

Ingredients

- 20 cloves of garlic
- 4 teaspoons cornmeal
- piece of pancetta
- 1 egg
- mature cheese
- 1 tablespoon butter
- 1 tbsp olive oil
- 2 l of water
- salt

Preparation

Wash the sliced garlic in warm water then drain, and fry with the pancetta in the lukewarm fat. When it starts to smell good, add the sifted corn meal, fry a little more, cover with hot water and cook for half an hour. Finally, add the beaten egg, a pinch of salt, freshly grated cheese and a few drops of olive oil. Garnish with fried garlic and pancetta.



HROŠTULE AND REFOSCO PANCAKES



HROŠTULE AND REFOSCO PANCAKES

Ingredients

- 500g white flour
- 100g sugar
- 0,5 dcl olive oil
- a small glass of marc brandy (grappa)
- pinch of salt, castor sugar
- frying oil
- eggs
- flour
- a pinch of salt
- a few spoonfuls of milk
- Refosco
- apples
- sugar, vanilla sugar (optional)
- cinnamon
- olive oil, butter
- breadcrumbs

Preparation Hroštule

Sift the flour on the table. Make a well in the center of the flour and add sugar, olive oil, marc brandy and pinch of salt. Knead into firm dough and divide into parts. Roll out and cut these into strips. Fold them as desired. Deep fry in hot oil until a light golden colour. Sprinkle the fried fritters with castor sugar.

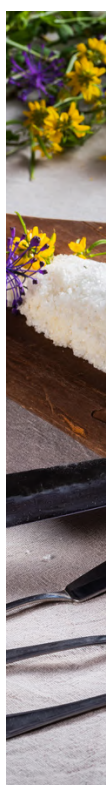
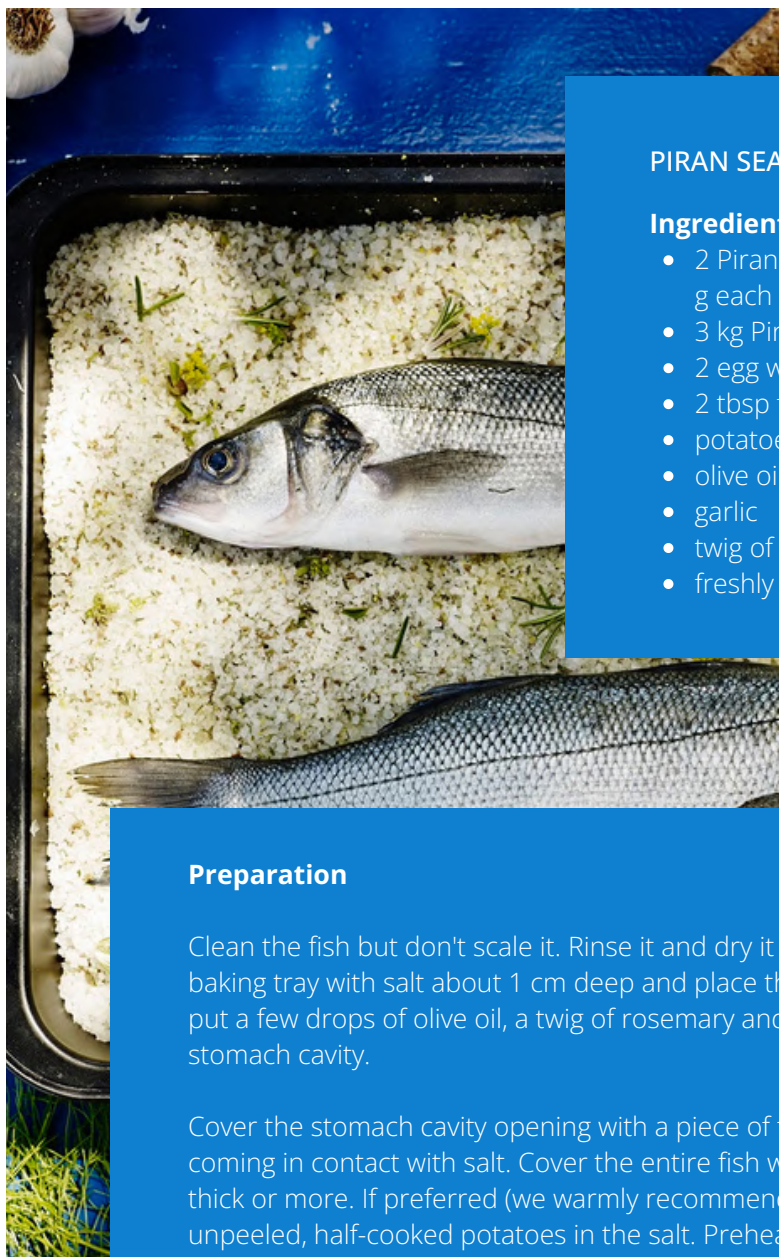
Preparation Refosco pancakes

Beat the eggs adding the salt and the milk. Then alternate adding flour and Refosco until the batter is of appropriate density.

For the filling, rend the apples and fry them with sugar and cinnamon (apple crumble). Alternatively marmalade (e.g. plum) can be used.

Fry the pancakes on a drop of olive oil, apply the filling and roll them up. For the dressing, fry the breadcrumbs on butter, add vanilla sugar, douse with Refosco, mix and cook a little on slow fire.

PIRAN SEA BASS IN SALT



PIRAN SEA BASS IN SALT

Ingredients

- 2 Piran sea bass – about 600-800 g each
- 3 kg Piran salt (for baking)
- 2 egg whites
- 2 tbsp flour
- potatoes
- olive oil
- garlic
- twig of rosemary, preferably fresh
- freshly ground pepper

Preparation

Clean the fish but don't scale it. Rinse it and dry it with a paper towel. Cover a baking tray with salt about 1 cm deep and place the fish on top. If preferred, put a few drops of olive oil, a twig of rosemary and/or some garlic into the stomach cavity.

Cover the stomach cavity opening with a piece of tin foil to avoid the meat coming in contact with salt. Cover the entire fish with the remaining salt 1 cm thick or more. If preferred (we warmly recommend it), bury a few washed but unpeeled, half-cooked potatoes in the salt. Preheat the oven to 200-220 °C and bake for 30 to 60 minutes, depending on the size of the fish. While baking, the salt will harden and turn slightly brown. When the fish is done, crack the salt crust with a knife or kitchen mallet and remove all of the salt from the top half of the fish.

To remove the skin (which can't be eaten because it hasn't been scaled), take a knife or fork and cut along the back from head to tail. Remove the foil from the stomach and make another cut past the pelvic fins to the tail. The skin is easily removed – lift it or roll it on a fork while taking care not to drop too much salt on the fish.

Once the top half of the fish has been cleaned, it is ready to be served. Then remove the bones and head and clean the other half. If the fish is baked just right, the meat will not stick to the bones.

If you want to make the salt crust around the fish even harder and browner, place it in a bowl before baking, add two egg whites and form a rough dough. You can also add two tablespoons of flour. The fish will bake equally well in both cases, the only difference is in the effort you'll have to make to break and remove the salt before serving.

When the meat is ready to be served, you can add some mild olive oil to bring out the delicious and mild taste of sea bass baked in salt.

FUŽI (PASTA FUSI) WITH TRUFFLES



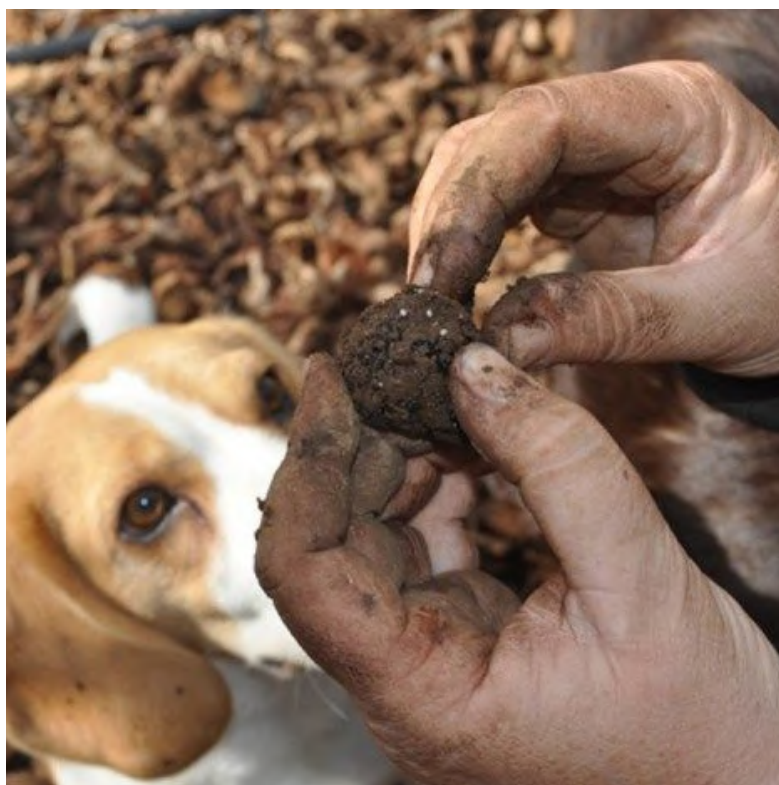
FUŽI (PASTA FUSI) WITH TRUFFLES

Ingredients

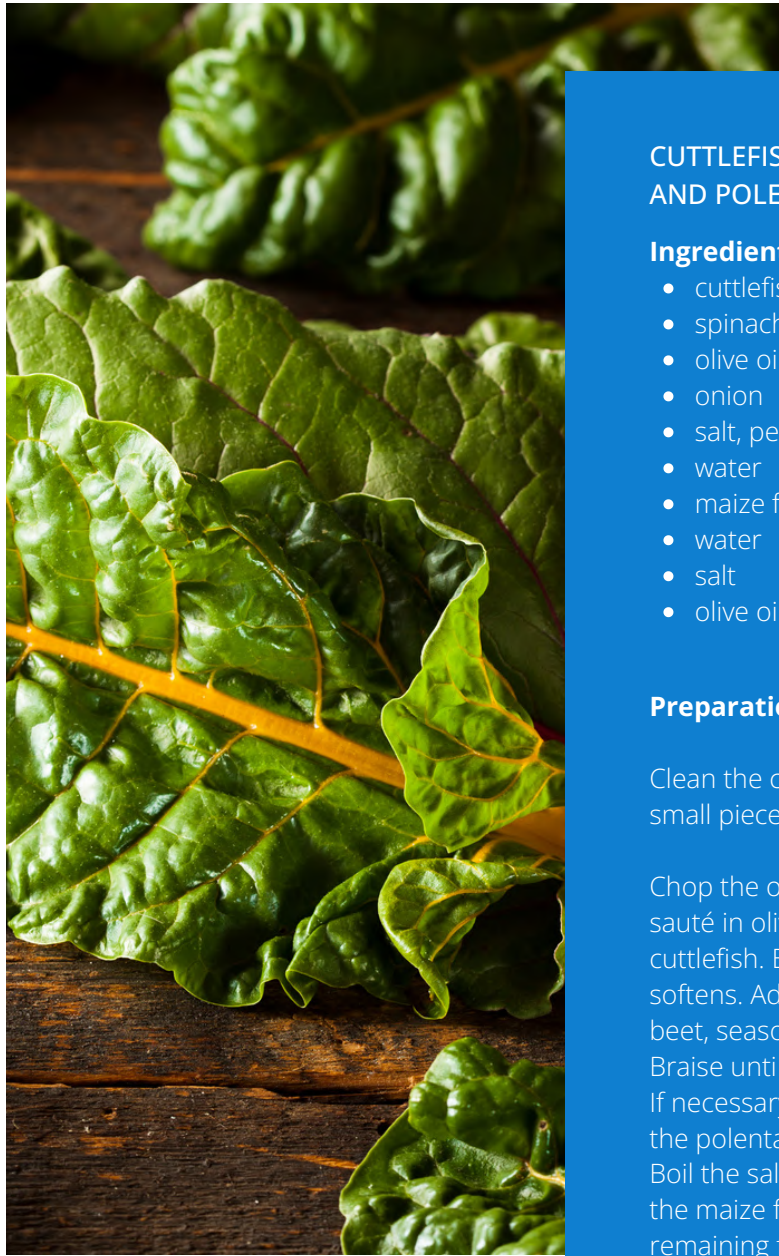
- 500 g of fusi (pasta)
- pepper
- Piran salt
- parmigiano cheese
- olive oil
- yolk
- cream
- 25 g of butter
- 80 g of truffles

Preparation

Boil the water for the fusi and add a bit of olive oil, then proceed to cook them. Rinse the cooked fusi with warm water and add a spoon of olive oil and a little of the water from the cooking. Rend the truffles and fry them for a few minutes on butter, then add cream. When the cream becomes dense (add wine if it's too dense), add the salt and pepper, yolk and give it a good mix. Pour the dressing over the pasta and sprinkle with grated parmigiano.



CUTTLEFISH WITH SPINACH BEET AND POLENTA



CUTTLEFISH WITH SPINACH BEET AND POLENTA

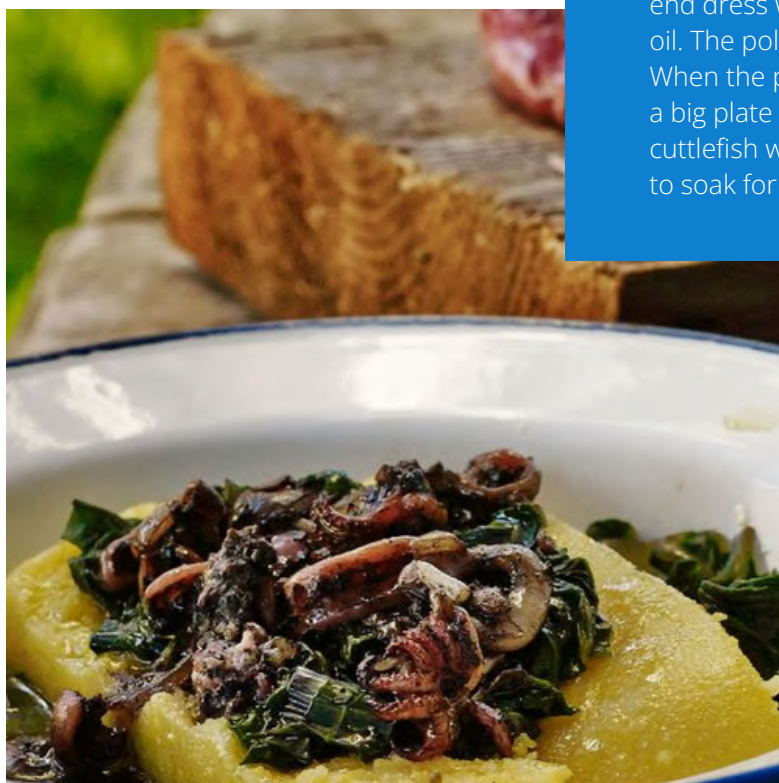
Ingredients

- cuttlefish
- spinach beet
- olive oil
- onion
- salt, pepper
- water
- maize flour
- water
- salt
- olive oil or grease

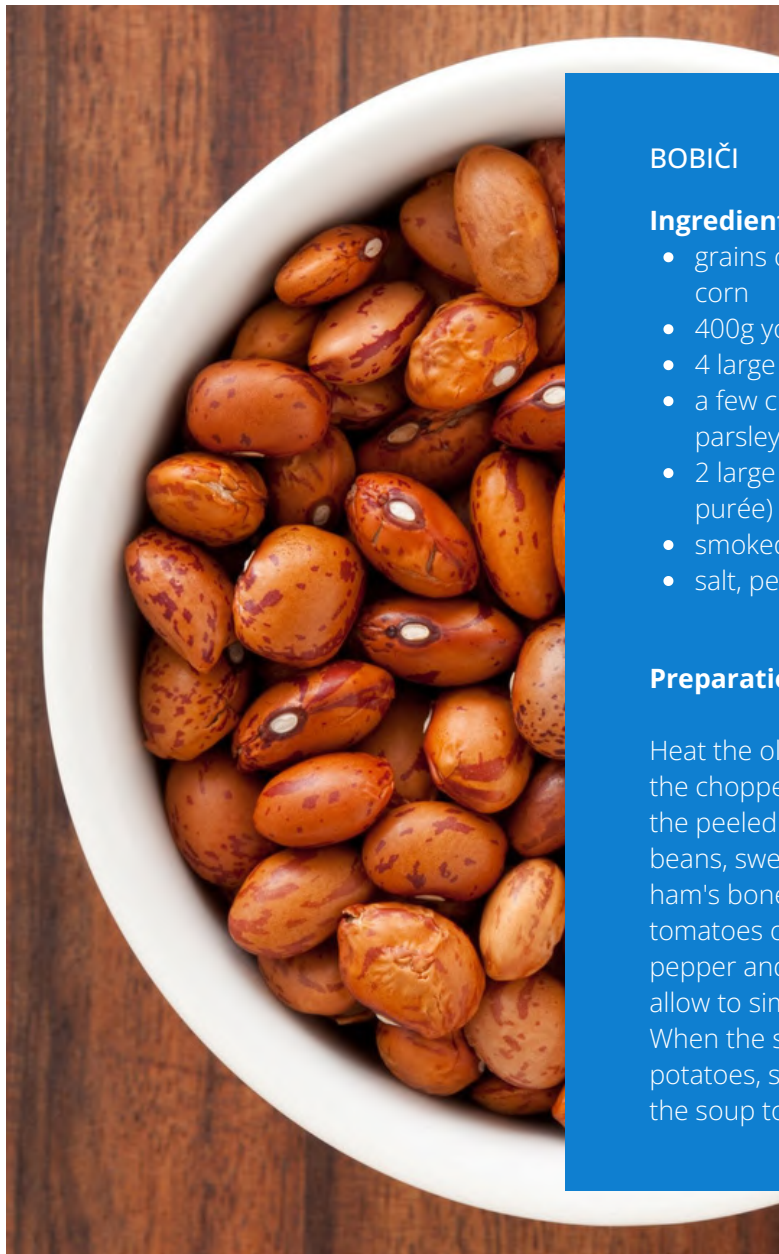
Preparation

Clean the cuttlefish, then cut into small pieces.

Chop the onion, garlic and parsley, sauté in olive oil and add the cuttlefish. Braise until the cuttlefish softens. Add water, chopped spinach beet, season with salt and pepper. Braise until the spinach beet softens. If necessary, add some water. Cook the polenta for at least half an hour. Boil the salted water and add some of the maize flour, stir and add the remaining flour, let it cook and at the end dress with 1 tablespoon of olive oil. The polenta should not be too stiff. When the polenta is cooked, put it on a big plate and pour over the cuttlefish with spinach beet. Leave it to soak for a while and then serve.



BOBIČI



BOBIČI

Ingredients

- grains of five cobs of young sweet corn
- 400g young brown beans
- 4 large potatoes
- a few cloves of garlic, a bunch of parsley
- 2 large ripe tomatoes (or tomato purée)
- smoked pork or ham's bone
- salt, pepper, olive oil

Preparation

Heat the olive oil in a pan and sauté the chopped garlic and parsley. Add the peeled and diced potatoes, young beans, sweet corn, smoked pork or ham's bone, peeled and chopped tomatoes or tomato purée, salt, pepper and water. Reduce heat and allow to simmer for 2 to 3 hours. When the soup is done, remove the potatoes, smash them and add in to the soup to thicken it.



SHRIMPS IN TOMATO SAUCE (BUZARA)



SHRIMPS IN TOMATO SAUCE (BUZARA)

Ingredients

- 1 kg of shrimps
- 300 g of tomato sauce
- 3-4 tea spoons of garlic, parsley and olive oil sauce
- 1,5 dcl of white wine
- spicy pepper
- juice of 1 lemon
- 1 tea spoon of soup base mix
- 0,5 dcl of extra virgin olive oil

Preparation

First, clean the shrimps thoroughly under running cold water. Using a sharp knife, cut the shrimp along the back or front, so that it will be easier to open them when they are cooked. Pour olive oil into a wide bowl and add the garlic and pasley sauce. Heat and add shrimps, wine and lemon juice. Add a teaspoon of soup base mix and simmer everything together until the wine evaporates. Then add tomato sauce and paprika, cover and cook on moderate heat for another 10 to 15 minutes. Serve with pasta or rice.



RIŽI-BIŽI (RICE AND PEAS)



RIŽI-BIŽI (RICE AND PEAS)

Ingredients

- approx. 150 – 200 g of pancetta bacon
- ½ kg of fresh skinned peas
- salt
- pepper
- soup or water
- and a pinch of rice per person

Preparation

Cut the pancetta and garlic into bits and fry them lightly in a pan. Add a little water and cook for 15 minutes before adding the skinned peas, salt, pepper, and soup or water. Continue to cook further, until it softens. A little before it's done, add the rice. When the rice is cooked, the meal is ready. Serve with grated parmigiano cheese.



ARTICHOKES



ARTICHOKES

Ingredients

- artichokes
- olive oil
- chopped parsley and garlic
- breadcrumbs
- salt, pepper

Preparation

Clean the artichokes and cut off the tops. Stuff the mixture of breadcrumbs, chopped parsley and garlic, salt and pepper into the artichokes. Put the artichokes into a pan with olive oil, add water and cook them gently at moderate heat, covered with a lid, until they soften.

Serve with polenta.

