



CROATIA  
Full of life



KARLOVAČKA ŽUPANIJA  
KARLOVAC COUNTY  
*In medias res*

HR  
EN

# Gastro pustolovina

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Gastro adventure

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KARLOVAČKA ŽUPANIJA  
KARLOVAC REGION

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Glad je najbolji  
kuhar.

Hunger is the  
best cook.

Ksenofont

# Gastronomija

## Karlovačke županije

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Podneblje i kultura u kojoj je čovjek rastao određuju ga u gotovo svim razdobljima života. Svatko od nas zauvijek u sebi nosi slike polja, gospodarstava, mlinica i oranica. Miris i okus hrane i pića na kojima smo crpili snagu za rast, nezaboravno je iskustvo i neizbrisivo od najmlađih dana do duboke starosti. U rukama držite bogatstvo prikupljeno raznim osjetilima, sabrano u sliku i riječ, a zapravo vodič prema izvoru iz kojeg dopiru arome razbuđujući svaki osjet. Upoznajte nas kroz hranu. Hrana nas često podsjeća na ljude, događaje i mjesta. Ona nas zbližava, priziva sjećanje na prošle događaje te daje običajima smisao. Ta suptilna poveznica sa svijetom svakodnevno nas zaokuplja, a povremeni eksperimenti u vlastitoj kuhinji pokreću


najbolje u nama. Prenesite okuse i mirise karlovačkog kraja u vlastiti dom. Dozvolite si da uživajte kao ovdašnji ljudi. Važno križište puteva, plemićko sjedište i inspiracija brojnim znamenitim ljudima novijega doba oduvijek je vješto spajalo gospodarsku i društvenu kreativnost s intelektualnom iskrom. Način života ovoga kraja na najbolji način povezuje hrvatski kontinent, njegove rijeke i planine, s obalom Jadrana. Uronite i vi u svijet okusa i mirisa koji potiču kreativnost u svim područjima života, a ponajviše u kulinarsstvu.

## Gastronomy of the Karlovac region

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The climate and culture in which we grew up can shape us in almost all periods of our lives. Each of us is forever carrying within us images of fields, farms, mills, and arable land. The aromas and flavours of the foods and beverages on which we have gained the strength to grow is an unforgettable experience and indelible from our youngest days to old age. In your hands, you hold the richness gathered by the various senses, gathered into pictures and words, and a guide to the source from which scents flow, awakening each sense. Get to know us through food. Food often reminds us of people, events, and places. It unites us, evokes memories of past events, and gives meaning to our customs. This subtle connection to the world captures our thoughts every day, and occasional experiments in our own kitchens evoke the best in us. Bring the flavours and scents of the Karlovac region

to your own home. Let yourself enjoy like the locals. An important intersection of roads, a headquarters of nobility, and the inspiration for numerous famous people of the new era have always skilfully combined economic and social creativity with an intellectual spark. The lifestyle of this region best connects the Croatian continent, its rivers and mountains, with the coast of the Adriatic. Immerse yourself in the world of flavours and scents that promote creativity in all areas of life and, above all, in cooking.



# Probaj, kupi, kuhaj

Taste, buy, cook

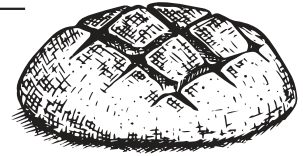
Iz Karlovačke županije kući ćete se vratiti oživljenih čula, rascvjetanih okusnih pupoljaka, izoštrjenog mirisa. Pripremite za sebe i svoje drage ponešto od podneblja u koje je uvijek dragocjeno vratiti se. Na stranicama što slijede, pronaći ćete recepture za jela od tijesta, pripremu slatkovodne ribe, štrudla, mesnih jela...

From the Karlovac region, you will return home with revived senses, your taste buds in full bloom, your sense of smell sharpened. For yourself and your loved ones, prepare something from the climate to which it is never a bad idea to return. On the following pages, you will find recipes for dough-based dishes, freshwater fish, strudel, and meat dishes...



## Jela od tijesta

Pastry food



## Voće i povrće

Fruits and vegetables



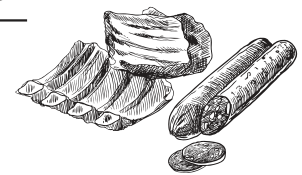
## Riba

Fish



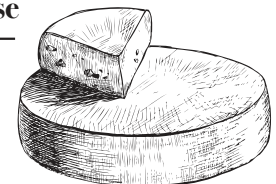
## Meso

Meat



## Sir

Cheese



# Brašno iz naših mlinica

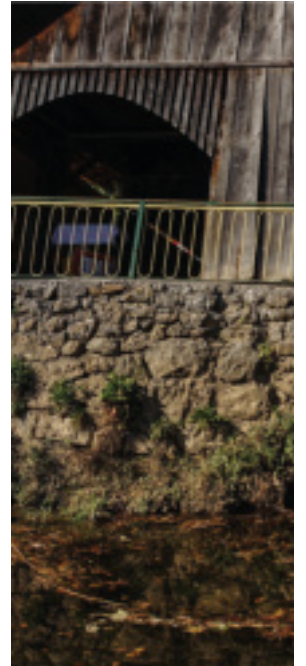
## Flour from our watermills

Tko od nas nije u djetinjstvu zamijesio tijesto? Malo vode, malo brašna, malo soli i, s dodatcima ili bez njih, uz par čvrstih pokreta, tijesto je spremno. Iako djeluje jednostavno, osebnost hrani Karlovačke županije daju upravo jela na bazi tijesta. Ako znamo da su naše mlinice jedne od najstarijih u Hrvatskoj, onda to i nije tako neobično. Namirnice i priprema domaćeg kruha, tijesta i tjestenine svoje polazište imaju u mlinarenju koje ima povijesno značenje za ovaj kraj i njegove ljude. Nekada se jeo misni kruh koji se mijesio od samoga prosa, prosenica. U današnja vremena radije se priprema domaća tjestenina slatkih i slanih okusa. Popularnost jela od tijesta te oblik nadmetanja „tko će bolje, tko će drugačije“ vidi se i u nazivima: krpice, žganci, štrukli, štrudli, kuglof, bazlamače, cicvare, buhtle, knedle sa šljivama, krafne... Jela od tijesta nas nadahnjuju, povezuju, potiču da budemo bolji prema susjedima i posjetiteljima. Ma što je bolje od hrskave korice štrudla sa slasnim nadjevom od jabuka, grožđa, sira... Motaju se na metre, na desetke metara, na kilometar i pol! I to svake godine u rujnu! Štrudlafest u Jaškovu kraj Ozlja manifestacija je izrasla iz događaja „Iz Jaškova za svijet... štrudla za Guinnessa“ 2015. godine kada je nastala najveća štrudla na svijetu koja se, nadjevena jabukama i grožđem, sa svojih 1479,38 metara upisala u Guinnessovu knjigu rekorda.





Who among us has never kneaded dough as a child? A little water, a little flour, a little salt, and, with or without additives, with a couple of firm movements, the dough is ready. Although it appears simple, the distinctive feature of the Karlovac County food is precisely in its dough-based dishes. Given that our watermills are among the oldest in Croatia, this is not too unusual. The ingredients and the preparation of home-made bread, dough, and pasta all have their starting point in milling, which is of historical significance to this region and its people. A long time ago, people would eat so-called Mass-bread, mixed with millet grains. Nowadays, they prefer to prepare home-made pasta with both sweet and salty flavours. The popularity of dough dishes and the form of competing in “who can do it better, or more different” can also be seen in the names of these foods: krpice (shreds), žganci (grits), štrukli, strudels, kuglof (Bundt cake), bazlamača (cornmeal cake), cicvara (gruel), buhtle (raisin buns), dumplings with plums, doughnuts... Dough-based dishes inspire us, connect us, and encourage us to be better towards our neighbours and visitors. What could be better than the crispy crust of a strudel, filled with a delicious filling of apples, grapes, or cheese... They are rolled in metres, tens of metres, even a kilometre and a half! And this is every year in September! The Strudelfest in Jaškovo near Ozalj is a celebration which grew out from the 2015 “From Jaškovo to the World...a Strudel for Guinness” event, when the largest strudel in the world was made, and with its 1479.38 metres in length, and filled with apples and grapes, was entered in the Guinness Book of Records.





# Mlinarenje

## Milling

Nekoć davno, kukuruz, pšenica i raž u brašno su se pretvarali na žrvnjevima u kućama ili na drvenim riječnim mlinovima kakvi su danas atrakcija Rastoka i privatnih gospodarstava poput onog obitelji Grdunac na rijeci Dobri. Vodenice su u 18. stoljeću predstavljale ekonomsku djelatnost od koje je živio jedan ili više suvlasnika mlina. Mještanima obližnjih

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Once upon a time, corn, wheat, and rye would be milled into flour using millstones in houses, or wooden watermills on rivers, which today are tourist landmarks in Rastoke and private farms, such as the Grdunac family farm on the Dobra River. In the 18th century, watermills were a business activity that supported one or more co-owners of the mill. In warmer days, watermills provided their services to the

sela uslugu su pružali u toplim danima, dok su zimi mlinice demontirali i deponirali na suho. Kad bi se proces mljevenja pokrenuo, radilo se danju i noću bez zaustavljanja. Jedina stanka bila bi ona za majstora koji je površinu mlinskoga kamena ponovno činio hrapavom – da se žito i kukuruz kvalitetnije samelju... i jednoga dana postanu kruh.

residents of nearby villages, while in winter, the mills were dismantled and stored in dry spaces. Once the milling process was started, it would continue throughout day and night, without stopping. The only break would be for the master, who would from time to time make the surface of the millstone rougher – so that the grain and corn would be ground more finely – and one day turn into bread.





# Štrudl

## Strudel

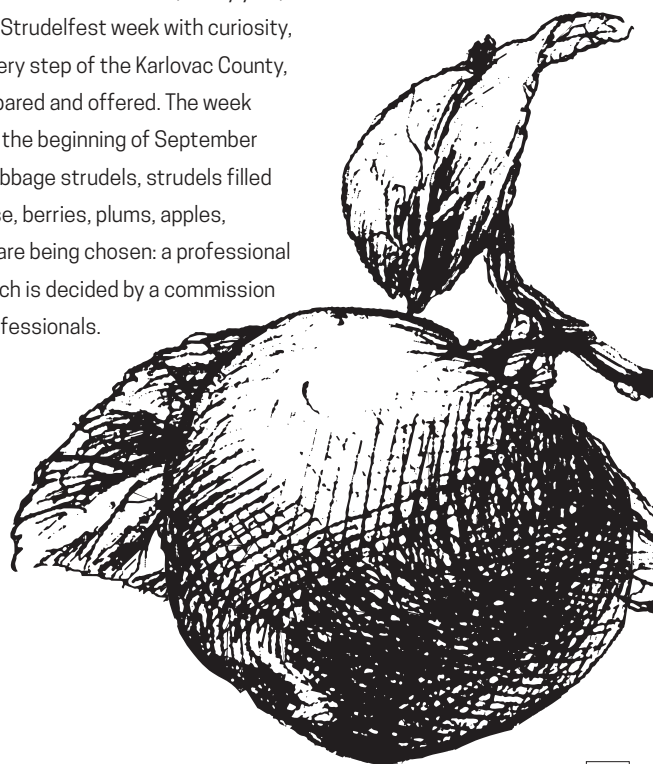
Nema štrudla do onog iz Karlovačke županije. Bilo da ga pravi profesionalac ili amater, prsti se poližu zbog svakog sastojka. Slastica kojoj se ne može odolijeti ušla je u anale svjetskih rekorda 2015. godine, kada je u Jaškovu kraj Ozlja odgovoreno izazovu pripreme najduljeg štrudla na svijetu. Mjesto u Guinnessovoj knjizi rekorda nije izostalo. Pedeset kuhara pripremilo je 1479,30 metara slastice u kojoj se našlo 653 kg jabuka i 260 kg grožđa. Za omotač od tankog tijesta utrošeno je 825 kg brašna, 55 l ulja, 10 kg soli, 480 l vode, a u nadjevu se našlo 10 kg šećera u prahu, 5 kg krušnih mrvica, 10 kg vanilin šećera i 10 kg cimeta. Nad štrudlu se

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There is no strudel like the strudel from the Karlovac Region. Whether made by a true professional or an amateur, each ingredient makes it delicious. The irresistible dessert entered the World Records in 2015. when the village of Jaškovo near Ozalj answered the challenge of preparing the world's longest strudel. This secured their spot in The Guinness Book of World Records. Fifty chefs prepared the 1,479.30-meter-long dessert, in which 653 kg of apples and 260 kg of grapes were used. The thin dough wrapping required 825 kg of flour, 55 litres of oil, 10 kg of salt, 480 litres of water, and for the filling, it took 10 kg of powdered sugar, 5 kg of bread crumbs, 10 kg of vanilla sugar, and 10

nadvilo više od tri tisuće sladokusaca koji svake godine dođu na Štrudlafest da se druže uz vrsnu domaću slasticu. I zato, sladokusci svake godine radoznalo iščekuju Tjedan štrudle – Štrudlafest jer se tada, gotovo na svakom pedlju Karlovačke županije, pripremaju i nude štrudli svih vrsta. Tjedan s konca kolovoza i početka rujna na tanjure za desert stavlja lovačke štrudle, one sa zeljem, mrkvom, kravljim sirom, bobičastim voćem, šljivama, jabukama, grožđem... Biraju se tada i dvije najbolje: profesionalni i amaterski štrudl, o čemu odlučuje povjerenstvo sastavljeno od vrsnih profesionalaca.

kg of cinnamon. Over three thousand food lovers loomed over the strudel. They attend the Strudelfest every year, to experience this delightful local dessert. And so, every year, foodies look forward to the Strudelfest week with curiosity, because then, almost at every step of the Karlovac County, strudels of all kinds are prepared and offered. The week from the end of August and the beginning of September offers Hunter's strudels, cabbage strudels, strudels filled with carrots, cottage cheese, berries, plums, apples, grapes... Two best strudels are being chosen: a professional and an amateur strudel, which is decided by a commission consisting of high-class professionals.





# Knedli sa šljivama

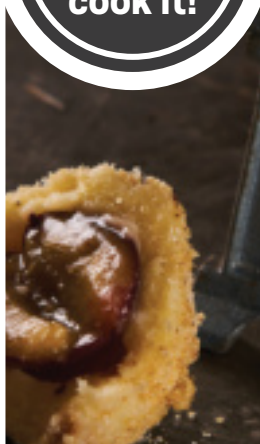
## Plum dumplings

Kulinarski klasik bez kojeg ne možemo zamisliti sezonu u kojoj sazrijeva plavoljubičasti plod šljive, upravo su knedli u koje se ovo sočno, mesnato voće stavlja. Slastica je to naših prabaka i pradjedova podjednako voljena u današnjem vremenu. Kuharski znalci uvijek su spremni za eksperimentiranje s knedlima i drugim voćem, no šljiva je nesumnjiva prvakinja njihovog izbora.

The culinary classic without which we cannot imagine the season in which the bluish plums ripen is precisely the dumplings filled with this juicy, fleshy fruit. It is the dessert of our great-grandmothers and great-grandfathers, equally beloved in our time. Culinary connoisseurs are always ready to experiment with dumplings and other fruits, but the plum is undoubtedly the champion of their choice.



skuhaj  
sam!  
.....  
cook it!



### Sastojci / Ingredients:

400 g oštrog brašna  
400 g krumpira  
1 jaje  
50 g maslaca  
100 g šećera  
50 g oraha  
100 g krušnih mrvica  
broj šljiva prema željenome broju knedli

400 g hard flour  
400 g potatoes  
1 egg  
50 g butter  
100 g sugar  
50 g walnuts  
100 g bread crumbs  
one plum per the desired  
number of dumplings

Kuhani krumpir protisnite, dodajte mu brašno, izmiješajte, dodajte jaje i maslac te zamijesite kompaktno tijesto. Šljivama izvadite koštice, svaku umotajte u tijesto, pa oblikujte kuglicu sa šljivom u sredini. Takve kuglice kuhajte u puno kipuće, blago posoljene vode dok ne isplivaju na površinu. Ocijedite, pa ih uvaljajte u mješavinu šećera, oraha i krušnih mrvica koje ste prethodno upržili na laganoj vatri. Uz tople knedle poslužite umak od vanilije i preljev ili pire od šumskog voća. Umjesto šljiva možete koristiti i marelice.

Mash the cooked potatoes, add the flour, stir, add the egg and the butter and make a firm dough. Pit the plums, put each in the middle of a piece of dough and form a ball. Cook the dumplings in boiling, lightly salted water until they rise to the surface. Drain and coat them in a mixture of sugar, walnuts and bread crumbs that have previously been fried on a low heat. Serve the warm dumplings with vanilla sauce or some pureed berries. You can also use apricots instead of plums.

# Iz vrta i voćnjaka

Out of garden







Primamljiv tanjur mora biti šaren. Bogatstvo boja, dopunjuju mirisi koji se iz njega šire. Teksture su nova dimenzija koja nas privlači i priprema na eksploziju okusa. Bezbrojne kombinacije u sokovima, varivima, salatama, delicijama upakiranim u tijesto, kuhanima, pečenima ili sirovima, uvijek su izvor vitalnosti i preporuka narodne medicine. Kad je o hrani riječ, kod nas nema zabranjenog voća niti povrća. Iako će vam se činiti da je to obična, svakodnevna hrana, kod nas zelje, grah, kisela i slatka repa, mahune i grašak, hren, koraba, mrkva, luk, češnjak i cikla postaju kraljevska jela s rodoslovnim stablom. Šljive i kruške, trešnje, jabuke, grožđe, dud i orasi glavni su sastojci u pripremi domaćih kolača, pekmeza i rakija. Lokalna gastronomija stvara se i proizvodi na brojnim obiteljskim poljoprivrednim gospodarstvima – ujedno i čuvarima tradicije.

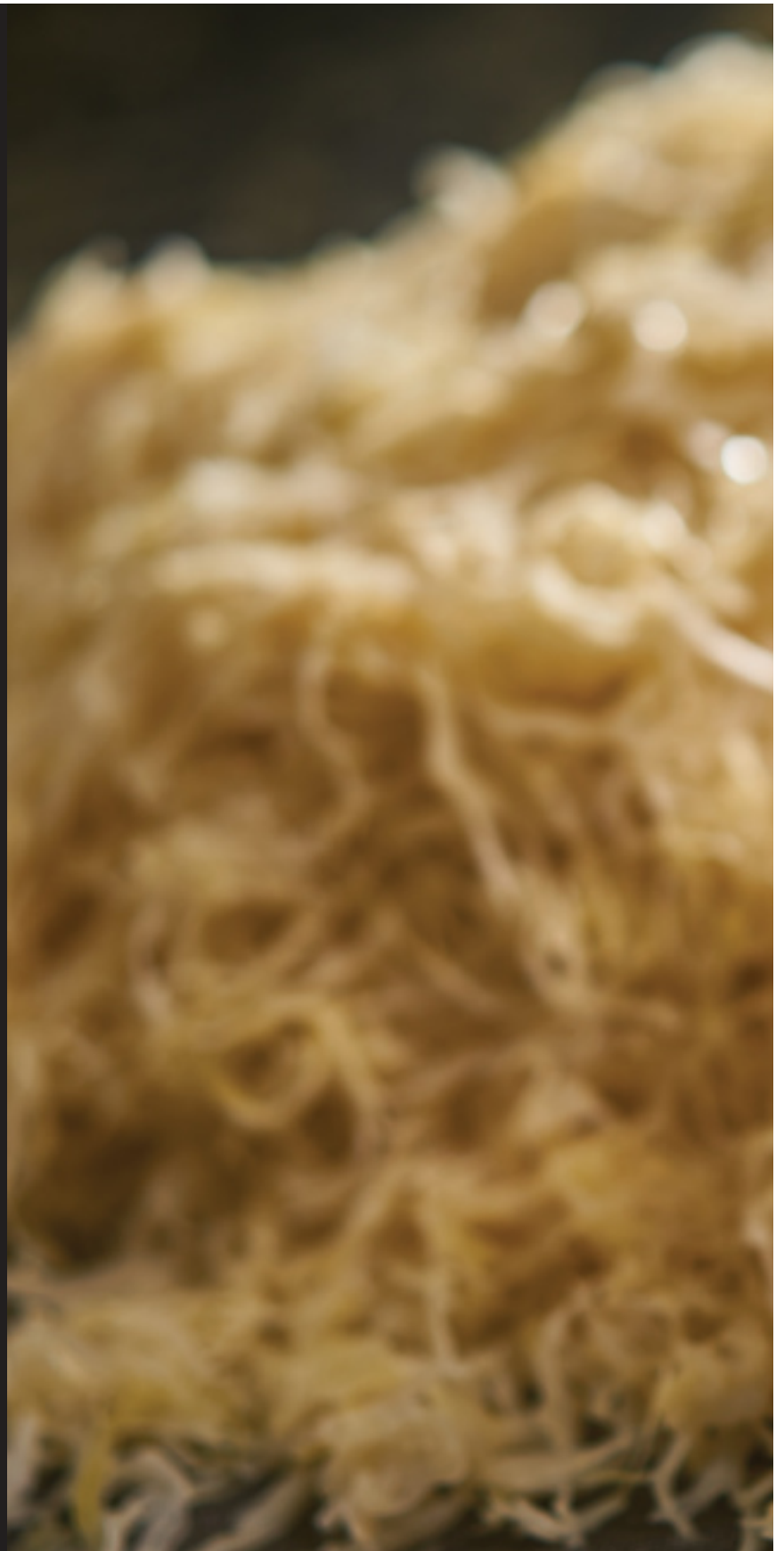
A tempting plate should be colourful. The richness of the colours is complemented by the aromas that spread from it. Textures are a new dimension that attracts us and prepares us for an explosion of taste. Countless combinations in juices, stews, salads, delicacies wrapped in dough, cooked, baked or raw, are always a source of vitality and recommendations of traditional medicine. When it comes to food, we don't have any forbidden fruits or vegetables. Although you might think that this is ordinary, everyday food, our cabbages, beans, sour and sweet beets, pods and peas, horseradish, kohlrabi, carrots, onions, garlic, and beetroot become royal dishes with a pedigree. Plums and pears, cherries, apples, grapes, mulberries, and walnuts are the main ingredients in the preparation of home-made cakes, jams, and brandy. The local gastronomy is created and produced on numerous family farms – who are, at the same time, the keepers of traditions.

# Ogulinsko zelje

## Ogulin cabbage

Ogulinsko zelje – tradicijska je i autohtona sorta povrća ogulinskoga kraja prepoznatljiva po svom okusu i kvaliteti, a posebna je po tome što je zaštićena EU oznakom izvornosti.

The Ogulin cabbage is a traditional and indigenous variety of vegetable from the Ogulin region, recognisable by its taste and quality, and protected by the EU designation of origin.





Znamo da se ribu svrstava u najzdravije namirnice na planetu i rado pomičemo granice u pripremi slatkovodne ribe kojom je naše područje bogato. Prije toga ribičima prepuštamo najprivlačnija odredišta ribolovnog turizma u našoj domovini, osobito na području Duge Rese u kojoj je Mrežnica bogata šaranom, somom, pastrvom i štukom. Ako su ribičke priče isto što i lovačke priče, tada biramo vjerovati u ono najvažnije: u okus i miris ribljih jela kao izvora zdravlja i dugovječnosti.

# Riba

## Fish





We know that fish is among the healthiest foods on the planet, and we are happy to move the boundaries when cooking freshwater fish, which is abundant in our area. But before this, we leave the most attractive places for fishing tourism in our homeland to the fishermen, especially in the Duga Resa area, where the Mrežnica River is rich in carp, catfish, trout, and pike.

If fisherman tales are the same as hunting tales (which is our term for “tall tales”), then we choose to believe in what matters most: the taste and smell of fish dishes as a source of health and longevity.



# Život uz rijeke

## Life along the rivers

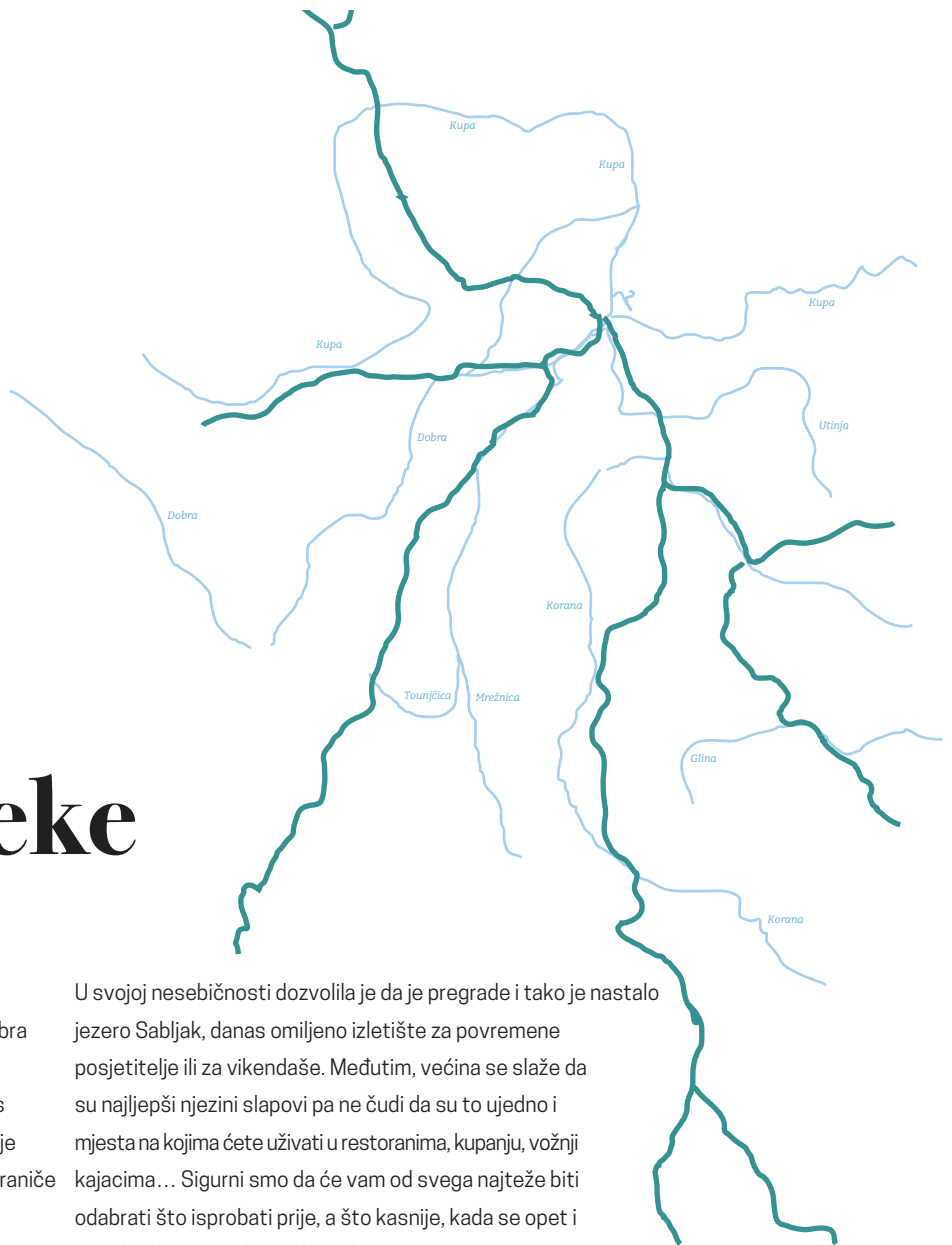
Obilaskom Karlovačke županije svjedočit ćete velikom bogatstvu voda. Četiri najveće rijeke – Korana, Kupa, Dobra i Mrežnica najbližije su povezane s Karlovcem, Ozljem, Dugom Resom, Slunjem i Ogulinom. Ako si priuštite sići s glavne ceste, vidjet ćete da su tu i one manje pritoke koje ih pune svojim tokovima. Neke su sasvim kratke, neke graniče s potocima. Mrežnica je graciozna – ona u svom toku od 60-ak kilometara, mijenja imena, ponire, pojavljuje se, ali uvijek dosljedno ostaje prekrasna i bogata florom i faunom.

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Life in Karlovac is blessed with the enjoyment of numerous walks, parks, and riverbanks... The Korana river, passing through the city, attracts swimmers from different parts of the world in the summer, and Foginovo, the first Croatian river beach, is ideal for all age groups. Across the beach is Aquatika, the only freshwater fish aquarium in Croatia. Although the Dobra River and the Mrežnica River are not in the city itself, they are local favourites, because of the

U svojoj nesebičnosti dozvolila je da je pregrade i tako je nastalo jezero Sabljak, danas omiljeno izletišta za povremene posjetitelje ili za vikendaše. Međutim, većina se slaže da su najljepši njezini slapovi pa ne čudi da su to ujedno i mjesta na kojima ćete uživati u restoranima, kupanju, vožnji kajacima... Sigurni smo da će vam od svega najteže biti odabrati što isprobati prije, a što kasnije, kada se opet i opet budete vraćali u Karlovačku županiju.

purity of the water and the wonderful environment, but also because of the travertine cascades often tamed by canoeists. Adventurism is also associated with the Kupa River, ideal for multi-day descents and night hikes. A special river experience is offered by Žitna Lađa, one of the favourite tourist attractions. The rivers here are part of everyday life, so it is not unusual that a River Cinema festival is also held on their banks every summer.




# Meso

## Meat

U kraju koji je brežuljkast i ravan, bogat šumom i livadama nije neobično da je ponuda mesa vrlo raznovrsna. Gotovo da nema domaće životinje ili divljači koja se neće naći na jelovniku. Govedina, svinjetina, ovčetina, kokoš, guska, pura i patka uvelike su zastupljene u svakodnevnoj prehrani pa tako i na javnoj gastronomskoj sceni. Janjetina se smatra jednim od prehrambenih zaštitnih znakova ovoga područja, osobito kada je riječ o svježe pečenom mesu s ražnja. I dok se meso danas jede svakodnevno, nekada je ono bilo rezervirano za blagdanski stol, posebne prilike ili obrok za hranitelje obitelji nakon napornog težačkog rada. Dimljeno meso uvijek je privlačno, možda upravo zato što je to jedan od najstarijih načina pripreme i čuvanja mesa. Sa slaninom i šunkom „s dima“ nećete pogriješiti, što vrijedi i za divljač poput zečeva, srna i divljih svinja koja je jednako popularna sušena i svježe pripremljena. Vrijedno je znati da se uz blagdan sv. Josipa, 19. ožujka, u Cetingradu održava stočni sajam s tradicijom duljom od 200 godina. Najpoznatiji je po nesvakidašnjoj bogatoj ponudi konja i povorci zaprega i jahača, a iz godine u godinu okuplja mnoštvo posjetitelja iz cijele Hrvatske, susjedne Slovenije i BiH, zainteresiranih za tradicijske alate, šljivovicu, toplu janjetinu, pivo i dobro vino.





In this region that is both hilly and flat, and rich in both forests and meadows, it does not surprise that the meat supply is very diverse. You can find almost every farm animal and wild animal on the local menus. Beef, pork, mutton, chicken, goose, turkey, and duck are widely represented in the daily diet of the locals, as well as in the public gastronomic scene. Lamb is considered one of the food trademarks of this area, especially when it comes to freshly spit-roasted meat. And while meat is eaten daily today, it was once reserved for the holiday table, special occasions, or a meal for the family's breadwinners after a day of hard work. Smoked meat is always attractive, perhaps precisely because it is one of the oldest ways of cooking and storing meat. You can't go wrong with bacon and ham "from the smokehouse", neither can you with game such as rabbits, venison, and wild boar, which are just as popular when cured – or freshly roasted, grilled, baked, or cooked. It is worth knowing that during the holiday of St. Joseph, 19 March, Cetingrad hosts a cattle fair with a 200-year-old tradition. It is known for having an unusually large number of horses and the parade of carts and riders, and year after year it attracts many visitors from all over Croatia, neighbouring Slovenia and Bosnia and Herzegovina, who are all interested in traditional instruments, plum brandy, hot lamb, cold beer, and good wine.



# Mesne poslastice

Prokušanim mesnim poslasticama ovdašnjeg podneblja teško je odoljeti. Ne može se pogriješiti s mesnim kobasicama koje danas dolaze u brojnim varijantama, od provjerene sirovine. Vrijedi to i za hladetinu i krvavice, koje su se nekada dimile s

posebnom namjenom. Različite recepture pripreme mesnih prerađevina ovise o dijelu županije u kojemu se spravlja, no svima im je zajedničko da imaju veliki udio svinjskog i goveđeg mesa, češnjaka i ponekad ljute paprike.



kobasice  
sausages

krvavice  
blood sausages

suhe kobasice  
dry sausages

**Koji je tvoj odabir?**  
**What's your choice?**

## Homemade meat delights

Delicious meat treats are hard to resist in this climate. You can not go wrong with meat sausages, which today are offered in many options. This also applies to head cheese or aspic, and blood sausages, that were once smoked for a special purpose. Different recipes for meat products

depend on the part of the county in which they are prepared, but what they all have in common is a large proportion of pork and beef, garlic, and, occasionally, hot peppers.

# Vino i pivo

## Wine and beer

Gotovo svi u Hrvatskoj znaju da Karlovačka županija leži na četiri rijeke, no samo pravi znalci znaju da su dvije dodatne opojne rijeke vino i pivo. Bogata tradicija proizvodnje piva u Karlovcu seže u 1854. godinu, a domaća receptura već godinama slovi kao jedna od najboljih u regiji. Uz Karlovačku pivovaru u novije vijeme pojavile su se i mnoge manje pivovare poznatije kao craft pivovare. Njihove lagere, aleove, pa čak i kuhano pivo možete kušati u lokalnim restoranima, bistroima i pivnicama. Ponekad je najveći izazov što najprije probati.

Priča kaže da su graditelji Karlovca oskudijevali u pitkoj vodi pa su morali piti vino. Danas pitke vode ima dovoljno, ali je vino i dalje vjeran pratitelj čovjeka u svim životnim prilikama i prigodama. Južne padine Žumberačkog gorja dom su Ozaljsko vivodinskoj vinskoj cesti koja se proteže 30 kilometara u dužinu. Obronci Vivodine, Lovića i Vrhovca idealni su za uzgoj vinove loze koja se ovdje uzgaja još od prije 1550. godine. Bogatstvo vodenog svijeta pruža sjajne mogućnosti za proizvodnju kvalitetnih vina koja uz ozaljsko vinogorje također možemo naći na slunjskom i dugoreškom području, uz prekrasne rijeke Koranu i Mrežnicu.

Almost everyone in Croatia knows that there are four rivers in Karlovac County. But only true connoisseurs know that there are two additional intoxicating rivers here – wine and beer. The rich tradition of brewing in Karlovac dates back to 1854. A year later, the home-made recipe has been recognised as one of the best in the region for many years. Besides Karlovacko brewery there are many craft ones that produce beer with a local touch. Their portfolio includes lager, pale ale, and boiled beer as well but sometimes it is hard to decide which will be your first choice.

Legend tells us that the builders of Karlovac were lacking in drinking water, so they had to drink wine. Today, there is plenty of drinking water, but wine is still a faithful companion in all occasions of life. The southern side of the Žumberak Mountains along the Kupa river valley is home to the 30 km long Ozalj-Vivodina, Lović and Vrhovac hills are ideal for vine growing, which has been grown here since the 1550's. The richness of the aquatic world provides great opportunities for the production of quality wines that, along with the Ozalj vineyards, can be found close to the beautiful rivers Korana and Mrežnica as well.



# Gljive

## Mushrooms

Šetati šumom u bilo koje doba od proljeća do jeseni donosi više raznolikih dobrobiti. Šetnja smanjuje stres, opušta napetost, čini nas zdravijima zbog kretanja, puni pluća čistim zrakom i kisikom. Sve to dodatno se pojačava ako znate prepoznati i pokupiti plodove koje šuma nudi. Gljive su jedan od specijaliteta čijem se pronalasku ljubitelji posebno vesele. Svake godine, u mjesecu listopada, gljivari s područja Karlovca organiziraju Gljivarski tjedan, čiji je središnji događaj Gljivarijada na rijeci Muljavi, na Petrovoj gori. U sklopu ove važne jesenske manifestacije organizira se izložba jestivih i nejestivih gljiva, razmjenjuju se iskustva te stvaraju prijateljstva. Osim Gljivarijade, u Karlovcu se organiziraju i gljivarske večeri, a mnogobrojni recepti obavezno uključuju gljive, jedinstveni plod koji donosi mnoštvo ugodnih okusa.


Walking through the woods at any time from spring to autumn has many diverse benefits. Walking reduces stress, relaxes tension, makes us healthier because of movement, and fills our lungs with clean air and oxygen. All this is further enhanced if you know how to recognise and gather the fruits that the forest offers. Mushrooms are one of the delicacies that especially delight fans who seek them. Every year, in the month of October, mushrooms from the Karlovac region organise the Mushroom Week, the central event of which is the Mushroom Festival on the Muljava River, on Petrova Gora. As part of this important autumn event, an exhibition of edible and inedible mushrooms is organised, experiences are exchanged, and friendships are created. In addition to the Mushroom Festival, Karlovac also organises Mushroom Nights, where many recipes include mushrooms, the unique fruits that bring many pleasant flavours.



**Sir**  
**Cheese**








Teško je povjerovati da je jedna od omiljenih delicija – sir, zapravo usireno mlijeko. Nešto što je počelo kao slučajnost, kod nas se razvilo u umjetnost dozrijevanja pomno spravljenih domaćih sireva u malim obiteljskim siranama poljoprivrednih gospodarstava, od kojih mnoge imaju kušaonice u kojima će vas rado ugostiti na degustaciji. Prema specifičnostima izvornosti i recepturama koje se prenose s koljena na koljeno, brojne vrste sireva proizvode se od kravljeg, ovčjeg i kozjeg mlijeka. Svježi sir i vrhnje upotpunjuju brojna tradicionalna jela jednako kao što su često birana baza slatkim i slanim jelima modernog kulinarstva. Specifičan sir je škripavac koji, kako mu ime kaže, kada se jede, škripi pod zubima, a ljubitelji dobrog sira rado biraju i dimljene sireve, pikantne te one s dodatkom začinskog i samoniklog bilja poput ljekovitog medvjedeg luka.

It's hard to believe that one of the favourite delicacies – cheese, is in fact, renneted milk. Something that started as a coincidence has evolved into the art of maturing carefully prepared home-made cheeses in small cheese-dairies on family-owned farms, many of which have tasting rooms where they will be happy to host you for a tasting.

According to the specifics of originality and recipes passed down from generation to generation, many types of cheeses are made from cow's, sheep's and goat's milk.

Cottage cheese and cream complement several traditional dishes, as well as often being the basis for sweet and savoury dishes of modern cuisine. Škripavac is a specific cheese that, as the name suggests, when eaten, creaks under the teeth, and lovers of good cheese are also happy to select smoked cheeses, spicy cheeses, and cheeses with the addition of spices and wild herbs, such as ramsons.



Tko želi upoznati neki kraj sigurno će zaviriti u lonce i tave dok se u njima krčka neko staro, tradicionalno jelo ili će pretražiti police smočnice i tavana udišući mirise začina i pohranjenih „boljih komada“ za svečane prilike. Hrana tako, i za karlovačko područje, čini važan dio kulturne baštine koji puno govori o načinu života i rada u prošlosti te o njihovom odrazu u današnjici – u običajima vezanima za važne događaje, blagdane i praznike. Najveće promjene, podložne pomodarstvu, događaju se u jelima povezanim s važnim obiteljskim događajima: rođenjem, vjenčanjem i smrću. Međutim, tipična jela nekoga kraja ne mijenjaju se velikim koracima pa su, stoga, među najvjernijim predstavnicima domicilne kulture.

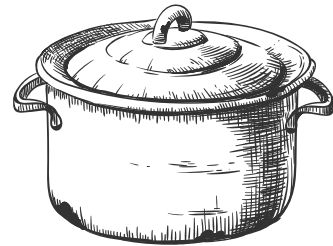
# Iz povijesti

## From the past

Those who want to experience an area will be sure to look into the pots and pans where an old traditional dish is simmering, or search the pantry shelves, inhaling the scents of spices and the “best bits” stored for festive occasions. Thus, food, for the Karlovac region as well, is an important part of cultural heritage, which says a lot about the way of life and work in the past, as well as about their reflection today – in the customs associated with important events, festivals, and holidays. The biggest changes, subject to trends, occur in dishes associated with important family events: births, weddings, and deaths. However, the typical dishes of an area do not tend to change in large amounts, so they are among the most faithful representatives of home culture.

## Običaji

Tradition



## Svelikaških tanjura

From the history of the region



Neka vaša hrana bude  
lijek, a vaš lijek vaša  
hrana.

Let food be thy  
medicine and  
medicine be thy food.

Hipokrat









# Životni događaji

## Life events

U svakoj se kulturi život slavi, a smrt obilježava na svojstven način. Na prostoru Karlovačke županije roditeljama se u prošlosti pripremala juha od cvijeta kamilice, jaja i maslaca, a svakoga jutro čekao ih je zašećerani griz na mlijeku te pohani kruh za snagu. Na babinje se nosila kokošja juha s rezancima, kruh, kuglof, orahnjača ili makovnjača i vino. Na svadbenim slavljinama obavezna je bila goveđa juha s rezancima, govedina s hrenom, suho meso i zelje, meso s raznim salatama, štrudle i kuglofi. Goveđa juha s rezancima bila je neizostavna

In every culture, life is celebrated, and death is marked in a special way. In Karlovac County, in the past, they prepared soup from chamomile flowers, eggs, and butter for women in labour, and every morning the expecting women would eat semolina with sugar and milk and French toast for strength. At postpartum celebrations, people would eat chicken noodle soup, bread, Bundt cake, walnut cake, poppy seed cake, and wine. At wedding celebrations, there was always beef soup with noodles, beef with horseradish, cured meat and cabbage, meat with various salads, strudels, and

i na karminama, nakon povratka sa sprovoda, a pripremalo se i kuhano meso, hren te restani krumpir, slaninska pečenka, svinjsko, kokošje ili pureće pečeno meso. Iako je bilo vrijeme žalovanja, štrudl je bio obavezna slastica za kraj. Mnogi od ovih običaja zadržali su se i do danas pa nije neobično da se uspjeh svadbenoga slavlja mjeri prema ukusnosti goveđe juhe ili pečenja, a osim o vjenčanici priča se i o rezancima (jesu li bili domaći ili kupovni).

Bundt cakes. The beef noodle soup was also indispensable at wakes, after returning from a funeral, as well as cooked meat, horseradish and stewed potatoes, bacon roasts, and roasted pork, chicken, or turkey. Although it was a time of mourning, the strudel was a must-have dessert for the end. Many of these customs have survived to this day, so often the success of a wedding celebration is measured according to the taste of the beef soup or the roast, and the guests do not only discuss the wedding dress, but also the noodles (i.e., if they were home-made or store-bought).



Dođite brzo,  
kušam zvijezde!

Come quickly, I am  
tasting the stars!

Dom Pérignon



# Blagdani

## Holidays


Badnjak počinje za sve ukućane s uzbuđenjem. Djeca se raduju ukrašavanju kuće i kićenju drvca, a odrasli blagdanskim poslasticama. Upravo zato jutrom se pije rakija ili čaj, jedu se mlinci, kuhana jaja, salata od graha i krumpira. Priprema za dolazak najvažnijeg dana u kršćanskoj godini potkrijepljen je hranom koja ga prati. Jede se repa i grah s uljem, povitice, bakalar i posni kruh te suhe šljive za večeru. Božićno jutro opet počinje čašicom rakije, a za doručak je na stolu juha od purećeg sitniša, kuhana rebra i božićni kruh – božićnik. Ručak je obilat, kako to i treba biti kada se slavi. Čini ga pečena pura ili pečeno prase s mlincima i cikla. Uobičajeno je da žene danima spremaju sitne kolače i orahnjaču. U novu godinu ulazi se s pečenim piletom

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Christmas Eve begins with excitement for the whole family. The children are looking forward to decorating the house and the Christmas tree, and adults eagerly await the festive treats. That is why in the morning they drink brandy or tea, eat mlinci (thin baked dough), boiled eggs, and a salad of beans and potatoes. The preparation for the arrival of the most important day in the Christian year is supported by the food that accompanies it. Beets and beans are eaten with oil, swirl bread, cod and lean bread, as well as prunes for dinner. Christmas morning begins again with a glass of brandy, and for breakfast, there is turkey soup, boiled ribs and Christmas bread – Božićnik (Stollen). Lunch is plentiful, as it should be during celebrations. Christmas lunch consists of roast turkey or roast pig with mlinci and beetroot. For women, it is customary to prepare small cakes and walnut swirl bread for several days. The

ili odojkom, a na blagdan Sveta tri kralja jedu se mesne kobasice ili suha kračica sa zeljem. Za Pepelnicu se strogo posti uz grah, krumpir, jaja ili ribu. Slično je na Veliki petak kada se priprema salata od graha ili krumpira, pogača bez kvasa, slatkovodna riba ili bakalar, a u novije vrijeme i oslić. Tradicionalni stol na Uskrs nudi hranu koja se u prošlosti jela te je do danas praktično nepromijenjena. Pred obitelj se stavlja jelo doneseno s blagoslova: šunka, kobasice, hren, obojana jaja, mladi luk, pogača i kolači. Upravo se oko kolača osobito rado okupljaju obitelj i prijatelji. U blagdansko vrijeme, miris medenjaka miris je doma i ugode, a u karlovačkom kraju to nesebično nudimo i svakom našem gostu.

New Year is entered with roast chicken or pig, and on the feast of the Epiphany, people eat meat sausages or cured pork knuckle with sauerkraut. On Ash Wednesday, there is a strict fast, with beans, potatoes, eggs, or fish. This is similar to Good Friday when people prepare a salad of beans or potatoes, unleavened pogača bread (similar to the Italian focaccia), freshwater fish or cod, and more recently, hake. The traditional Easter table offers dishes that were eaten in the past and have not changed to this day. The family table is full of food blessed by the local priest: ham, sausage, horseradish, Easter eggs, green onions, pogača, and various cakes. It is around the cakes that family and friends especially like to gather. During the holidays, the smell of gingerbread is the smell of home and comfort, and in the Karlovac region, we offer this selflessly to each of our guests.



S ponosom ističemo da su dvije najpoznatije hrvatske plemićke obitelji Zrinski i Frankopani živjeli na svojim brojnim posjedima diljem današnje Karlovačke županije. Očito su znali dobro odabrati jer i danas imamo priliku isprobati što se u srednjemu vijeku nalazilo na njihovim bogato ukrašenim tanjurima. Ugostitelji Karlovačke županije odgovaraju na izazov poput kakvih istraživača te vam nude okuse prošlosti. Goveđa juha i pečena patka gotovo su simbol toga vremena, ali i činjenica da se hrana pripremala na masti. Slastice su bile posebno raskošne, osobito torta Katarine Zrinske u dvanaest slojeva, spravljena od trideset pomno biranih sastojaka. I danas je kod nas možete kušati jednako kao i valjuške s dvora Zrinskih, spremljene u umaku od svetičke pavlinovice, gorko-slatkog likera, s đumbirom i brusnicama. Objе delicije pripremaju se prema recepturi iz 16. stoljeća te donose okuse i mirise toga vremena na vaše nepce.

We are proud to note that two of the most famous Croatian noble families, the Zrinskis and the Frankopans, lived on their numerous estates throughout today's Karlovac County. Obviously, they knew how to choose well, because today we have the opportunity to taste what was on their ornate plates in the Middle Ages. The restaurateurs of Karlovac County answer the challenge like any explorer and offer you the flavours of the past. Beef soup and roast duck were almost a symbol of that time, but also the fact that the food was prepared using lard. The desserts were particularly glamorous, especially the Katarina Zrinska twelve-layer cake, made with thirty carefully selected ingredients. And today you can try it here, as well as the dumplings from the Zrinski Castle, prepared in a sauce made of Svetička Pavlinovica, a bitter-sweet liqueur, with ginger and cranberries. Both delicacies are prepared according to the 16th-century recipe, bringing you the flavours and scents of that time to your palate.





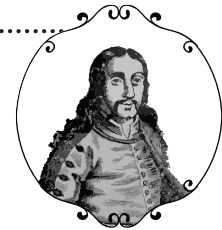
# Frankopani

## Family Frankopan

Plemićku obitelj Frankopan smatra se preporoditeljima ozaljskoga kraja u kojemu su se nastanili koncem 14. stoljeća. Na stijeni povrh rijeke Kupe smješten je Stari grad Ozalj u kojemu su Frankopani stolovali da bi ga sredinom 16. stoljeća darovnim ugovorom prenijeli na plemiće Zrinski. U dvorištu je grb s dva lava koji lome kruh – obiteljski grb svih

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Members of the aristocratic family of Frankopan are considered the reformers of the Ozalj region in which they settled at the end of the 14th century. Perched on a cliff above the Kupa River is the Ozalj Castle, where the Frankopans resided and gifted it in the mid-16th century to the Zrinski family. In the courtyard there is a coat of arms with two lions breaking bread – the family coat of arms of



Frankopana koji se kroz povijest spominju u tri potpuno odvojene loze izvan krvnoga srodstva, a nalazile su se u Rimu, na otoku Krku i u Furlaniji.

all the Frankopans mentioned throughout history in three completely separate genealogies outside of blood kinship. These were located in Rome, the island of Krk, and Friuli.

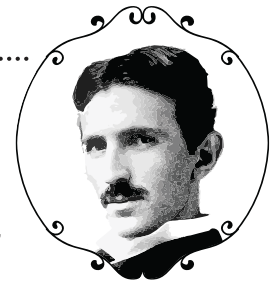
# Nikola Tesla

Puno se toga zna o znanstveniku i izumitelju Nikoli Tesli, no mnogi detalji njegova života i rada još uvijek su manje poznati. Nekoliko godina živio je i školovao se u Karlovcu, poznavao je jogu, dosegao je visoke razine svijesti te imao napredna razmišljanja o hrani. Nije pušio niti je pio kavu, a rijetko si je dozvolio da popije čašu vina. Po Tesli, duša i tijelo su jedno pa taj jedinstveni spoj vrijedi njegovati, ponajviše

Much is known about the scientist and inventor Nikola Tesla, but many details of his life and work are still a bit of a mystery. For several years he lived and studied in Karlovac, was familiar with yoga, reached higher levels of consciousness, and had advanced thoughts about food. He didn't smoke or drink coffee, and would very rarely have a glass of wine. According to Tesla, the soul and the body are one, so this unique combination is worth cultivating,

tjelovježbom i pomnim odabirom hrane. Volio je janjetinu, pileća i pačja prsa, celer, rižu i voće. Pravio je vlastiti sok, po njemu eliksir života, od zelene salate, cvjetače i bijele repe. S vremenom se odrekao hrane životinjskoga porijekla, zagovarajući umjerenost u svemu kao i nadzor svih ljudskih čula.

primarily through exercise and careful food selection. He loved lamb, chicken and duck breast, celery, rice, and fruit. He made his own juice, which he called the elixir of life, from lettuce, cauliflower, and white beets. Over time, he refused to eat animal food, advocating moderation in everything, as well as control over all the senses.



Karlovac je u 18. i 19. stoljeću bio trgovačko središte opisano pojmom „žitni put“. Rijekama Savom pa Kupom drvenim se lađama prevozilo ljude i robu, a lađarski ceh bio je jedan od najbogatijih. Na pristaništima uz Kupu bilo je mnoštvo lađa, a skladišta su bila puna žita i ostalih dobara. Pojedini su bogati Karlovčani, po bilježenju povjesničara, „desetačama lule palili“, a novac koji bi pri kartanju pao na pod, nisu podizali. Oživotvorenje povijesti danas se ogleda u Zori, autentičnoj replici žitne lađe u mjestu Brođani, koja pruža turistima i posjetiteljima užitak vožnje Kupom. Dugačka 25 metara, upravljana modernom tehnikom, žitna je lađa jedinstvena atrakcija karlovačkog kraja.

In the 18th and 19th centuries, Karlovac was a trading centre, described as the “grain route”. On the rivers of Sava and Kupa, wooden boats transported people and goods, and the boating guild was one of the most prosperous trade guilds of the area. Many boats rested on the docks near the Kupa, and the warehouses were full of grain and other goods. Historians write that some rich Karlovac residents would “light their pipes with banknotes”, and would never pick up any money that would fall to the floor while they were playing cards. The resurgence of history today is reflected in the Zora, an authentic replica of the grain boat at Brođani, which provides tourists and visitors with the pleasure of

## Središte prometa i trgovine žitom

### Grain Transport and Trade Center

a boat ride along the Kupa River. 25 meters in length, controlled by modern technology, this grain boat is a unique attraction of the Karlovac region.

# In medias res turistička kartica

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In medias res turistička kartica omogućuje Vam da prilikom konzumacije turističkih usluga u županiji ostvarite značajnije uštede na smještaj, izletničke programe turističkih agencija, restorane, ulaznice za muzeje i atrakcije, događanja i manifestacije kao i popuste na autohtone suvenire i proizvode lokalnih OPG-ova, odnosno neke pogodnosti u naravi koje odrede sami partneri projekta.

Sustav pogodnosti za Vas je potpuno besplatan i koncipiran na način da što ga više koristite ostvarujete više ušteda kod brojnih partnera koji sudjeluju u Programu.

Otkrijte tajni svijet prirodnih fenomena, aktivnosti na vodi, netaknutog krajolika, eno-gastronomije i skrivene turističke ponude u Karlovačkoj županiji.

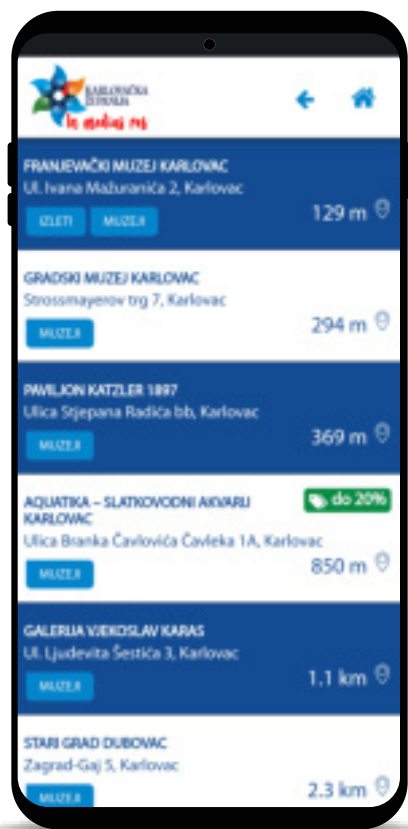
## In medias res Tourist Card

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In medias res tourist card allows you to achieve significant savings on accommodation, excursion programs of travel agencies, restaurants, tickets for museums and attractions, as well as discounts on original souvenirs and products of local family farms, or some other benefits that determined by the project partners themselves.

The benefits system is completely free for you and is designed in such a way that the more you use it, the more savings you get from the many partners participating in the Program.

Discover the secret world of natural phenomena, untouched landscape, eno-gastronomy and hidden tourist offer in Karlovac County.



*In medias res*



## Knedli sa šljivama / Plum dumplings

### Sastojci / Ingredients:

400 g oštrog brašna  
400 g krumpira  
1 jaje  
50 g maslaca  
100 g šećera  
50 g oraha  
100 g krušnih mrvica  
broj šljiva prema željenome broju knedli

.....  
400 g hard flour  
400 g potatoes  
1 egg  
50 g butter  
100 g sugar  
50 g walnuts  
100 g bread crumbs  
one plum per the desired number of dumplings

Protisnite kuhani krumpir, dodajte brašno, izmiješajte, dodajte jaje i maslac te zamijesite kompaktno tijesto. Šljivama izvadite koštice, svaku umotajte u tijesto pa oblikujte kuglicu sa šljivom u sredini. Takve okruglice kuhajte u puno kipuće, blago posoljene vode dok ne isplivaju na površinu. Ocijedite te ih uvaljajte u mješavinu šećera, oraha i krušnih mrvica koje ste prethodno upržili na laganoj vatri. Uz tople knedle poslužite umak od vanilije i preljev ili pire od šumskoga voća. Umjesto šljiva možete koristiti i marelice.

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Crush the boiled potatoes, add the flour, mix, add the egg and butter, and knead a compact dough. Remove the pits from the plums, wrap each plum in the dough, then form a ball with the plum in the middle. Cook these dumplings in a large amount of boiling, slightly salted water, until they float to the surface. Drain them and toss them into the mixture of sugar, walnuts, and bread crumbs that you have previously toasted over low heat. With warm dumplings, serve vanilla sauce and a filling or puree of wild berries. Instead of plums, you can also use apricots.





## Juha od bundeva /

Pumpkin soup

### Sastojci / Ingredients:

600 g bundeve

1 krumpir

1 glavica luka

češnjak

2 žlice ulja od buće

700 ml temeljca

400 ml vrhnja za kuhanje

sol, papar

600 g of pumpkin

1 potato

1 onion

garlic

2 tablespoons of pumpkin oil

700 ml stock

400 ml cooking cream

salt and black pepper

Bundevu i krumpir očistite i narežite na kockice. Luk i češnjak sitno nasjeckajte, stavite na vruće ulje i kratko popecite. Dodajte kockice bundeve i krumpira, pa pirjajte 3 do 4 minute. Zalijte temeljcem. Kuhajte na laganoj vatri dvadesetak minuta. Izmiješajte štapnim mikserom te propasirajte. Dodajte vrhnje za kuhanje, posolite i popaprite po želji te još jednom kratko prokuhajte. Ukrasite bućinim sjemenkama.

Peel the pumpkin and potatoes and cut them into cubes. Finely chop the onion and the garlic, put both in hot oil and sauté them for a short time. Add the pumpkin and potato cubes, then simmer for 3-4 minutes. Pour soup stock over it. Cook on low heat for about twenty minutes. Mix with a hand blender and puree the mixture. Add cooking cream, add salt and pepper as desired, and boil again for a short time. Garnish with pumpkin seeds.

skuhaj  
sam!  
.....  
cook it!



## Janjetina ispod peke / Roast lamb

### Sastojci / Ingredients:

3 kg janjetine (plećka, rebra, but)  
200 g svinjske masti  
2 glavice luka  
1 crvena paprika  
2 veće mrkve  
4 rajčice  
sol  
.....  
3 kg lamb (shoulder, ribs, ham)  
200 g lard  
2 onions  
1 red pepper  
2 large carrots  
4 tomatoes  
salt

Meso natrljajte solju, premažite svinjskom mašću i stavite u lim za pečenje. Luk, mrkvu, papriku i rajčicu narežite na veće komade, posolite, popaprite i promiješajte. Pripremljeno povrće poslažite oko mesa, prelijte s otprilike 500 ml vruće vode, stavite u peku i pecite oko jedan sat. Nakon toga peku otvorite, sastojke po potrebi okrenite i nastavite peći još oko pola sata, dok povrće ne dobije lijepu boju, a meso ne postane mekano i sočno.

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Rub the meat with salt, brush it with pork lard and place in a roasting tray. Cut the onions, carrots, peppers and tomatoes into chunks and toss them with some salt and pepper. Put the prepared vegetables around the meat, cover with about 500 ml of hot water, place under a cover (bell) and bake for about an hour. After one hour, lift the lid, if necessary turn over all the ingredients and continue baking for another half an hour until the vegetable is nice and golden and the meat tender and juicy.

skuhaj  
sam!  
.....  
cook it!







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