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Zadar



ZADAR REGION

Zadar on the Palate, Zadar in the Heart

Zadar's gastronomic offer will delight anyone with its diversity, richness and harmony. This city is the centre of the county, which is both green and blue. In the hinterland, there is a rich and fertile plain full of vegetables, orchards, vineyards and olive groves. In front, there is a large maritime zone adorned with a necklace of islands and islets, part of the Adriatic rich in fish and other seafood. That is why many flavours and aromas come to Zadar from all sides of its region. Our cuisine through its food, dishes and eating customs is first and foremost the Mediterranean diet, but sometimes it has continental characteristics.

For this reason, it offers an abundance of choice. Our plates quickly adapt to the seasons; we love meat and fish, vegetables, fruit and desserts, and our meals are always rounded off with top-quality olive oil and wines from this region. No matter what part of the year you arrive in Zadar, the richness of Mediterranean and Dalmatian cuisine and gastronomy will be revealed to you equally passionately and richly.

Take a trip through the tastes and smells of Zadar and its region, explore, watch, ask, smell, taste, bite and enjoy. Keep Zadar in your heart and on your palate.

Let's take a walk through the smells and tastes of Zadar's food and drinks, foods, dishes and the ways of preparing food that you can enjoy in Zadar.







Seafood of the Adriatic Sea

The Adriatic Sea abounds in a significant number of various kinds of fish, almost all of them are edible and delicious, which is why fish flesh prepared in many different ways is deeply rooted in the gastronomic tradition of Zadar. We know that Zadar is the centre of the most renowned fishing county in Croatia, with the largest number of fisherman and fishing boats. It also has many fish- farms with top-quality white fish, as well as tuna, which is known for its highest quality not only in Japan but also in many other world markets. If we add mussels, a fish dish in Zadar is simply the first thing you need to try; it is a "must taste and must eat." And regardless of whether it is the best white fish such as John dory, grouper or gilthead bream, or oily fish like sardines, mackerel and tuna, everyone's favourite molluscs - squid or octopus or the most famous and most common shrimp in the Adriatic - scampi, fish, in Zadar, is usually prepared in a very simple way, cooked or grilled, because the taste of Adriatic fish does not require unnecessary cooking interventions.



Dishes Under the Baking Lid

Peka (the baking lid) is an old cooking appliance, a large clay or metal dome-shaped lid under which is a shallow bowl containing food, meat or molluscs, and even cod, with potatoes or vegetables. The baking top is covered with warm ashes and live coals and in this way the dish is baked. *Peka* is, therefore, a more specific way of preparing food, not food itself.







Lamb

The meat of young Dalmatian sheep *Pramenka* grazing on the pastures of the Zadar region, rich in various types of aromatic Mediterranean plants, has a cult status in the Dalmatian and Zadar diet. The preparation is simple. It is salted and then roasted on a spit on an open fire or boiled.



Pag Cheese

Sheep cheese from the island of Pag, made from sheep's milk from that rocky island in the old, traditional way, is known all over the world. It may be served as a starter (with prosciutto) of a rich Zadar feast. It could be a snack in between the meals or just as a layer of a delicious sandwich.



Spoon Dishes

It is a common name for a wide range of dishes such as "*maneštrun*" (minestrone) containing different kinds of vegetables without or in combination with meat, pasta, rice, etc., but also meat stews, the most popular of which is lamb and tripe stew. These dishes are trendy and common in Zadar, and their variety is limited only by the culinary imagination.



Novigrad Mussels

It has been scientifically proven that the meat of mussels grown in the Novigrad Sea near Zadar is the tastiest and richest in beneficial nutritional properties in the world. This shell is part of the offer of many Zadar restaurants and taverns, and it is prepared simply, in the way we call "buzara" (stewed savoury mussels), but also in risottos and pasta dishes.



Olive Oil

Along with fish and wine, olive oil is part of the holy trinity of the Mediterranean diet. Olives and smaller and larger olive groves are part of the natural surroundings of the city but also the whole Zadar County, and top-quality extra virgin olive oil is an indispensable part of every table and every meal in Zadar, primarily as an adequate seasoning. The awards that the olive oils of this region have been collecting for years at prestigious world festivals speak best about their top quality





Wines of the Zadar Region

Many vineyards in the Zadar hinterland supply restaurants with excellent wines, red, white, and sweet. They are all produced from indigenous Dalmatian grape varieties. However, some types are also imported from other European wine regions, mostly French, which thrive exceptionally well in this area and give top-quality wine. Several lovely and superbly equipped sommelier shops have been opened in Zadar, look for them, and always ask your hosts in the restaurant to offer you wines from the Zadar region.



Seasonal Dishes and Wild Edible Herbs, Mushrooms

Zadar's gastronomy is adapted to the seasons and many sorts of vegetables that local in the local gardens, of which we single out the *artichoke*. So if you arrive in Zadar in the spring, ask for vegetable dishes. Dishes made with different kinds of aromatic and delicious wild herbs, such as asparagus, jaundice (bitter cabbage) and wild fennel, are an important part of Zadar's menu. In the oak forests of the Zadar hinterland, a dozen species of edible and tasty mushrooms grow in the autumn, including the rare truffle from the Zadar hinterland.





Maraschino Cherry and Maraschino Liquer

The most popular fruit in our orchards is the world-famous maraschino cherry. Fragrant juices and liqueurs are produced in Zadar from this small cherry, the most famous of which is *Maraschino*, the "king of liqueurs" with a secret recipe and centuries-old history behind it. It is known literally all over the world, and you enjoy it right in the city of its origin.





World Famous

MARASKA

Fine Dining Restaurants

In Zadar, you will find several superb restaurants, holders of Michelin recommendations in which creative chefs and their teams follow the world trends of inventive cuisine. In doing so, they rely on the gastronomic tradition of Zadar and its region and use ingredients from local producers, thus creating great meal courses.



Pizza, Spaghetti, Fast Food Restaurants

In Zadar, you will find great spaghetti and pizza parlours in many parts of the city. This is not unusual - the cuisine of neighbouring Italy and the Mediterranean eating habits of the population, but also the world popularity of pizza and pasta, which we call pastasciuta, have inevitably influenced the gastronomic offer of our city. World fast food trends have impacted the opening of several excellent fast-food restaurants and bistros, so do not be surprised if you find a superb richly prepared burger spiced with local vegetable toppings in Zadar.



City Market

Start and end each of your gastronomic explorations of Zadar at the most popular Zadar market – locally called Pijaca in the centre of Zadar, on the peninsula. It is our metaphorical “belly of the city”, a mirror of our gastronomic habits, a living exhibition of everything we grow and eat here, from fruit, vegetables, fish, meat, cheeses, etc.





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