



# TRADICIONALNI RIBLJI RECEPTI OPĆINE SVETVINČENAT

TRADITIONAL FISH RECIPES OF THE  
MUNICIPALITY OF SVETVINČENAT



Europska unija



Operativni program  
ZA POMORSTVO  
I RIBARSTVO



OPĆINA  
SVETVINČENAT



Turistička  
zajednica  
Općine  
Svetvinčenat



Društvo  
"BALONČIĆ"



Škola ribarska plovana  
i Škola za ribarstvo  
i turizam Svetvinčenat

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Sea stories in Svetvinčenat – What does the sea know?

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Recepti za izradu ove zajedničke riblje kuharice prikupljeni su putem anketnoga upitnika dijeljenoga putem društvenih mreža i aplikacija za razmjenu poruka te fizički od lokalnog stanovništva. Osim nositelja projekta Općine Svetvinčenat i partnera na projektu Turističke zajednice Općine Svetvinčenat i Dječjeg vrtića Balončić, u prikupljanju recepata posebno su se angažirali Osnovna škola Svetvinčenat i Osnovna škola Juršići. Predstavljeni su radovi morske tematike djece Dječjeg vrtića Balončić.

Prikupljeno je sveukupno šezdeset anketnih upitnika. Ova dvojezična kuharica odličan je primjer očuvanja bogatoga tradicijskog nasljeđa konzumiranja ribe na području Općine Svetvinčenat, ali i promocije tradicijske lokalne kuhinje među mlađim stanovništvom te domaćim i stranim posjetiteljima.

Kuharica je tiskana u petsto komada, na recikliranom papiru, a dostupna je na službenoj stranici Općine Svetvinčenat [www.svetvincenat.hr](http://www.svetvincenat.hr).

Projekt "Morske štiorje u Savičenti - Ča more zna?" odobren je u sklopu FLAG Natječaja za dodjelu potpore projektima u okviru Mjere 1.1.1."Razvoj i unapređenje objekata i drugih javnih prostora te sadržaja povezanih s ribarskom baštinom", FLAG-a "ISTARSKA BATANA".



Recipes for making this common fish cookbook were collected through a survey questionnaire shared through social networks and messaging applications, and physically from the local population. In addition to the project leader of the Municipality of Svetvinčenat and partners in the project of the Tourist Board of the Municipality of Svetvinčenat and the Balončić kindergarten, the Svetvinčenat Primary School and the Juršići Primary School were especially engaged in collecting recipes. Works on the marine theme of the children's kindergarten Balončić were presented.

A total of 60 questionnaires were collected. This bilingual cookbook is another way of preserving the rich traditional heritage of fish consumption in the area of Svetvinčenat Municipality and promoting traditional local cuisine among the younger population, as well as domestic and foreign visitors.

The cookbook is printed in 500 pieces, on recycled paper, and is available on the official website of the Municipality of Svetvinčenat [www.svetvincenat.hr](http://www.svetvincenat.hr).

The project "Sea Stories in Savičenta - Ča more zna (What does the sea know?)" was approved as part of the FLAG Tender for the award of project support under Measure 1.1.1."Development and improvement of facilities and other public spaces and facilities related to fishing heritage", of FLAG "ISTARSKA BATANA".

# SARDELE NA SAVOR

## MARINATED SARDINES

### SASTOJCI:

Sardela, brašno, ulje, luk, češnjak, ocat ili vino, papar, sol, lovor, ružmarin, limun.

### PRIPREMA:

Sardele očistiti te ispeći na roštilju ili uvaljati u brašno i ispržiti na vrućem ulju. Na ostatku ulja popržiti luk, kosani češnjak, papar, sol i lovorov list. Kad se malo poprži, izmiješati i preliti octom i vinom te ostaviti da prokuha.

Sardele slagati u veću posudu, red po red, a između sardela staviti pripremljeni savor. Ako nema dovoljno, doliti još ulja i octa. Količina savora mora biti dovoljna da prekrije sve sardele. Na vrh staviti grančicu ružmarina. Pustiti da odstoji jedan do dva sata te spremiti u hladnjak.

*Ča duže počiva, to su sardele bolje! Dobar tek!*



### INGREDIENTS:

Sardines, flour, oil, onion, garlic, vinegar or wine, pepper, salt, bay leaf, rosemary, lemon.

### PREPARATION:

Clean the sardines, and grill or roll in flour and then fry in hot oil. Fry onion, chopped garlic, pepper, salt and bay leaf on the rest of the oil. When it is a little fried, mix and pour vinegar and wine, and let it boil.

Place the sardines in a larger bowl, row by row, and place the prepared marinade between the sardines. If there is not enough, add more oil and vinegar. There must be enough marinade to cover all the sardines. Put a sprig of rosemary on top. Allow to rest for 1-2 hours, and store in the refrigerator.

*The longer the dish rests, the better the sardines! Bon appétit!*



# POHANE SARDELE

## BREADED SARDINES

### SASTOJCI:

Sardele, jaja, brašno, krušne mrvice, sol, ulje, limun.

### PRIPREMA:

Sardele očistiti; maknuti glavu, izvaditi središnju kost, a na leđnome dijelu riba mora ostati spojena. Filete uvaljati u brašno, a zatim u razmućena i posoljena jaja te na kraju u krušne mrvice. Na srednje jakoj vatri pržiti ih u vrućem ulju; na oba kraja po 2 minute. Posoliti po želji i poslužiti s kriškom limuna.

*Sardela je ispržena kada dobije lipi zlatno žuti kolor!*



### INGREDIENTS:

Sardines, eggs, flour, breadcrumbs, salt, oil, lemon.

### PREPARATION:

Clean the sardines; remove the head, remove the central bone, and keep the fish together on the back. Roll the fillets into flour, then into beaten and salted eggs, then into breadcrumbs. Fry them in hot oil over medium-high heat, at both ends for 2 minutes. Salt to taste and serve with a slice of lemon.

*The sardine is fried when it turns a nice golden yellow colour!*



# RIBA NA GRADELE

## GRILLED FISH

### SASTOJCI:

Riba (npr. orada, brancin, skuša, lokarda), maslinovo ulje, sol, papar, peršin, češnjak, ružmarin.

### PRIPREMA:

Ribu očistiti od ljuški, iznutrica i škrga. Dobro je osušiti da se prilikom pečenja ne bi lijepila za gradele. Posoliti i popapriti izvana i iznutra, staviti joj grančicu ružmarina te nauljiti. Ribu posložiti na dobro zagrijane gradele i peći najprije jednu stranu, a zatim okrenuti na drugu stranu. Vatra ne smije biti prejaka. Tijekom pečenja riba se premazuje uljem pomoću grančice ružmarina. Pečenu ribu poslužiti s umakom od nasjeckanog persina, češnjaka i maslinovog ulja.

*Riba je pronta kada oči i meso pobile te se meso ledne peraje počne odvajati!*



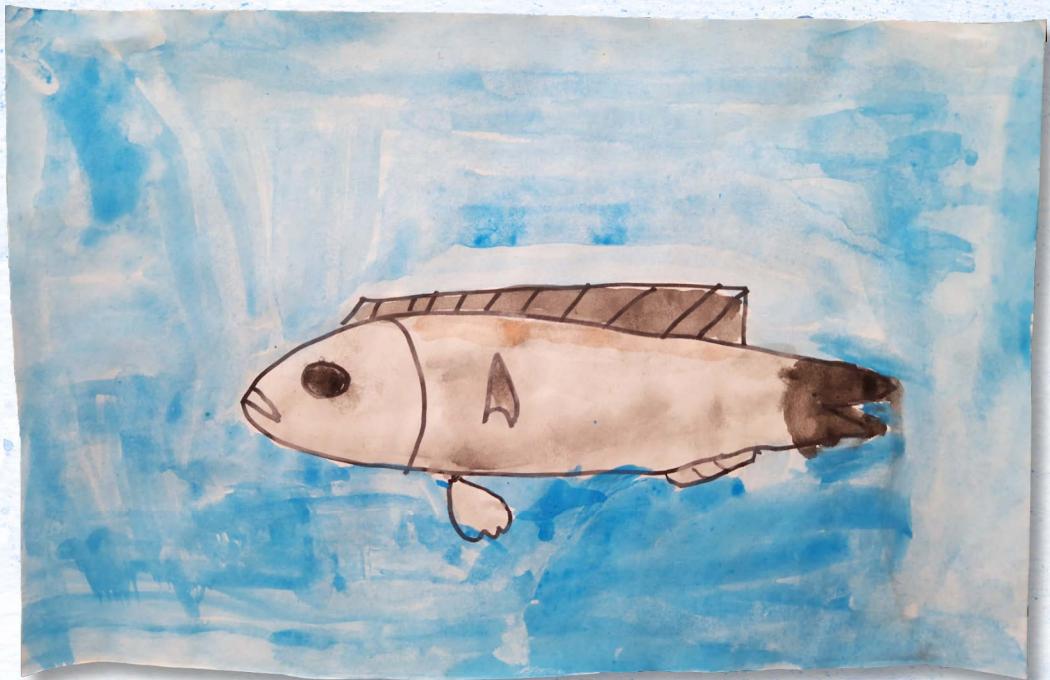
### INGREDIENTS:

Fish (e.g. gilt-head bream, sea bass, atlantic mackerel, chub mackerel), olive oil, salt, pepper, parsley, garlic, rosemary.

### PREPARIATION:

Clean the fish from fish scales, entrails and gills. It is good to dry it so that it does not stick to the grill when baking. Salt and pepper on the outside and inside, put a sprig of rosemary on it, and oil. Arrange the fish on a well heated grill and bake first on one side, then turn to the other side. The fire must not be too strong. During grilling, the fish is coated with oil using a sprig of rosemary. Serve the baked fish with the sauce of chopped parsley, garlic and olive oil.

*The fish is ready when its eyes and flesh turn white, and flesh begins to separate from the bone around its dorsal fin!*



## BAKALAJ NA BIJELO S PASUTICAMA

### COD FISH WHITE PATE WITH PASUTICE (PASTA)

#### SASTOJCI:

Bakalaj – suhi bakalar, krumpir, češnjak, maslinovo ulje, sol, papar.  
Pasutice - brašno, jaja, voda, ulje.

#### PRIPREMA:

Sušeni bakalar potrebno je dan prije dobro istući i namočiti ga u hladnoj vodi. Tijekom dana vodu promjeniti dva do tri puta. Drugi dan namočeni bakalar staviti kuhati nekoliko sati, ovisno o veličini, a kada je kuhan potrebo ga je ocijediti i očistiti od kosti. Nakon toga, bakalar je potrebno istući drvenim batom uz neprestano dodavanje maslinovog ulja i lagano poprženog češnjaka. Pred kraj dodati soli, papra te jedan ili dva skuhana krumpira.

Pasutice umijesiti od brašna, jaja, ulja i vode. Razvaljati tijesto i izrezati na kvadratiće, a zatim ih staviti kuhati u kipuću vodu nekoliko minuta. Kada su kuhanе, ocijediti ih i preliti maslinovim uljem.

*Po našoj istrijanskoj, krstijanskoj navadbi, bakalaj se ide za Vazan i Viliju Božju!*

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#### INGREDIENTS:

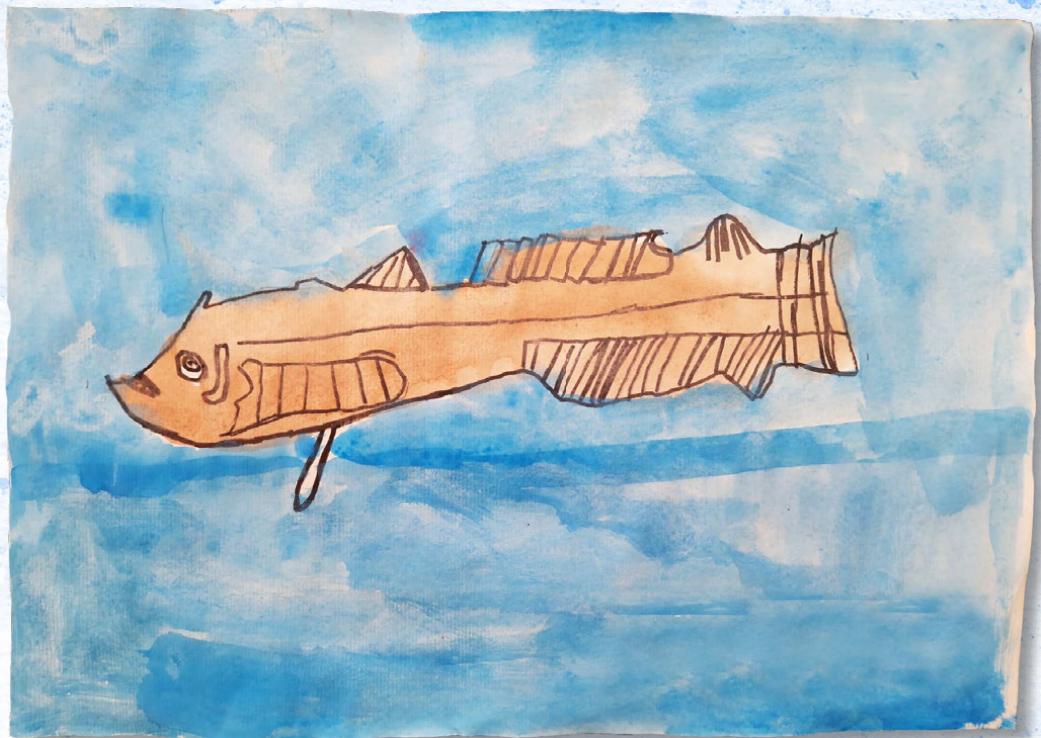
Cod fish white pate - dried cod, potatoes, garlic, olive oil, salt, pepper  
Pasutice (pasta) - flour, eggs, water, oil.

#### PREPARATION:

Dried cod should be well beaten and soaked in cold water the day before. Change the water two to three times during the day. On the second day, put the soaked cod to cook for several hours, depending on the size. When it is cooked, drain it and clean it from the bone. Then the cod should be beaten with a wooden mallet with the constant addition of olive oil, and lightly fried garlic. Towards the end add salt, pepper and one to two cooked potatoes.

Knead the pasutice from flour, eggs, oil and water. Roll out the dough and cut into squares. Boil for a few minutes in boiling water. When they are cooked, drain and pour olive oil.

*According to our Istrian, Christian tradition, the cod is eaten at Easter and on Christmas Eve!*





## HOBOTNICA POD ČRIPNJU OCTOPUS IN BAKING LID (PEKA)

### SASTOJCI:

Hobotnica, krumpir, mrkva, luk, češnjak, ružmarin, lovor, crno vino.

### PRIPREMA:

Najprije je potrebno očistiti hobotnicu. Nadalje, staviti dvije litre crnoga vina u lonac te prethodno očišćenu hobotnicu staviti u vino. Sve skupa kuhati četrdeset i pet minuta. Očistiti krumpir i ostaviti ga u vodi. Naložiti vatu i pripremiti puno žara. Čripnju dobro namazati s mašću, posoliti krumpir, a zatim ga staviti u čripnju. Dodati bijeli i crveni luk, grančicu ružmarina, list lovora pa poklopiti čripnju deset minuta s pripremljenim žarom. Nakon deset minuta potrebno ju je otvoriti te skuhani hobotnicu u crnom vinu staviti unutra, a zatim zatvoriti opet u žar. Priprema traje tri sata, a potrebno je svakih četrdeset i pet minuta otvoriti i odlići vodu koju pusti krumpir i hobotnica te promiješati. Postupak kuhanja i pečenja valja tempirati prema kilaži hobotnice.

(Umjesto u crnom vinu, hobotnicu se može prokuhati i samo u vodi, a kasnije, uz ostale sastojke, zaliti s bijelim vinom kad se stavi u čripnju.)

*Reču da je hobotnicu, prije nego se prontiva, najbolje frišku prvo smrznuti!*

---

### INGREDIENTS:

Octopus, potatoes, carrots, onions, garlic, rosemary, bay leaves, red wine.

### PREPARIATION:

Clean the octopus, put 2 litres of red wine in the pot and put the cleaned octopus in the wine. Cook all together for 45 minutes. Clean the potatoes and leave them in the water. Make a fire and prepare a lot of burned coal. Spread the baking lid (peka) well with lard, salt the potatoes, put it in a lid. Add garlic and red onions, a sprig of rosemary, a bay leaf, and then cover the lid for 10 minutes with burned coal. Then open it and put the cooked octopus in the red wine inside, close it again in the burned coal. Preparation takes 3 hours, and every 45 minutes open and drain the water released by potatoes and octopus, and stir. Adjust the cooking and baking time according to the weight of the octopus.

(Instead of red wine, the octopus can be boiled only in water, and later, along with other ingredients, poured with white wine when it is placed in the baking lid.)

*They say it's best to freeze the octopus fresh before the preparations!*

# RIBLJA JUHA

## FISH SOUP

### SASTOJCI:

Kombinacija ribe po želji npr. pauk, kokot, glava i rep od ugora, mrkva, češnjak, luk, celer, peršin, riža, sol, papar.

### PRIPREMA:

Ribu očistiti i staviti kuhati zajedno s povrćem u lonac, posoliti i popaprati po želji. Povrće nasjeckati na manje ili veće komade, prema veličini ribe, te pustiti da se kuha otprilike isto vrijeme. Kada se juha skuha, nakon otprilike četrdeset minuta, obavezno ju procijediti kao ne bi ostala koja kost od ribe. U procijeđenoj juhi skuhati rižu.

*Kapnite malo maslinovog ulja u pijat za bolji gušt!*



### INGREDIENTS:

Combination of fish as desired e.g. weever fish, piper gurnard, head and tail of European conger, carrots, garlic, onions, celery, parsley, rice, salt, pepper.

### PREPARATION:

Clean the fish and put it to cook with vegetables in a saucepan, salt and pepper as desired. Chop the vegetables into smaller or larger pieces, according to the size of the fish, to cook for about the same time. When the soup is cooked, after about 40 minutes, it is mandatory to strain it so that there are no fish bones left. Cook the rice in the strained broth.

*Drop some olive oil into the plate for better taste!*



# BRODET BRUDET

## SASTOJCI:

Kombinacija ribe po želji npr. ugor, škarpina, grdobina, grancipori, škampi, brašno, maslinovo ulje, luk, češnjak, peršin, pelati, vino i začini.

## PRIPREMA:

Ribu za brodet uvaljati u brašno i kratko popržiti na maslinovom ulju. Na istom ulju popržiti luk i češnjak, pa dodati plete, 2 dcl vina i malo vode. Zatim dodati ribu i malo kasnije grancipore i škampe po želji. Posoliti, popaprati i dodati peršin. Lagano neka se krčka 30 minuta. Može se servirati uz kuhanu palentu.

*Kad prontivate brodet, nemojte mišati, nego samo tresite lonac!*



## INGREDIENTS:

Combination of fish as desired, e.g. European conger, scorpionfish, anglerfish, crabs, scampi, flour, olive oil, onion, garlic, parsley, plum tomatoes, wine and spices.

## PREPARATION:

Roll the fish in flour and fry briefly in olive oil. Fry onions and garlic in the same oil, then add peeled plum tomatoes, 2 dcl wine and some water. Then add the fish and a little later add crabs and scampi as desired. Salt, pepper and add parsley. Simmer gently for 30 minutes. It can be served with boiled polenta.

*While preparing the brudet, do not mix it, just shake the pot!*



# PEDOĆI NA BUZARU

## MUSSELS ALLA BUZARA

### SASTOJCI:

Pedoći, maslinovo ulje, vino, češnjak, peršin, krušne mrvice.

### PRIPREMA:

Očistiti pedoće te ih oribati u hladnoj vodi. Češnjak i peršin sitno nasjeckati. U lonac staviti malo maslinovog ulja da prekrije dno, ugrijati ga i na ulje dodati češnjak. Lagano prepržiti i dodati peršin. Staviti pedoće u lonac i sve dobro izmiješati, poklopiti i povremeno ih miješati. Kad otpuste prvu vodu, tu je vodu potrebno izliti. Kad se pedoći počnu otvarati, zaliti ih vinom i promiješati. Nakon toga dodati krušne mrvice i promiješati. Kuhati još nekoliko minuta dok se svi pedoći ne otvore. Možete ih poslužiti uz špagete, palentu, rižu ili neku drugu namirnicu vlastitoj želji!

Uz pedoće lipo kumpare prava kumpanija i istrijanska malvazija!



### INGREDIENTS:

Mussels, olive oil, wine, garlic, parsley, breadcrumbs.

### PREPARATION:

Clean the mussels and scrub in cold water. Chop the garlic and parsley finely. Put a little olive oil in the pot to cover the bottom, heat it and add garlic to it. Gently fry and add the parsley. Put the mussels in the pot and mix everything well, cover, stir occasionally. When they release the first water, pour this water out. When the mussels start to open, pour wine and stir. Then add the breadcrumbs and stir. Cook for a few more minutes until all the mussels are open. Serve with spaghetti, polenta, rice or as desired!

*Mussels go well with good company and Istrian Malvasia!*



# RIBLJI RECEPTI PO GUŠTU

## YOUR FAVORITE FISH RECIPES

### Pljukanci sa rakovicama

Najprije zamijesiti pljukance (brašno, sol, voda). Rakovice skuhati te ih očistiti. Meso rakovice popržiti na maslinovom ulju, češnjaku i peršinu. Dodati malo bijelog vina i ribljeg temeljca, pustiti da malo prokuha i ispari. U umak dodati kuhane pljukance.

### Pljukanci (pasta) with crabs

Knead the pljukanci (flour, salt, water). Cook the crabs, then clean it. Fry the crab meat in olive oil, garlic, parsley. Add some white wine and fish stock, bring to a boil and let it evaporate. Add the cooked pljukanci to the sauce.

Ivićevi, Režanci

### Fileti brancina na mlinarski

Brancina filetirati sa obje strane. Filete pržiti na maslacu, dodati kapare i podliti sa bijelim vinom. Kad se sos zgasne, servirati ili s rižotom ili s blitvom i krumpirom.

„Više od 36 lit san dela na Brijoni. Od šefa kuhinje pa sve do direktora hotela. Osobno sam dela i za Josipa Broza Tita. Po zvanju sam ing. gastronomije.“

### Miller style sea bass fillets

Fillet the sea bass on both sides. Fry the fillets in butter, add capers

and pour white wine. When the sauce thickens, serve either with risotto or with chard and potatoes.

“I have worked at Brijuni for more than 36 years. From chef to hotel manager. I also worked for Joseph Broz Tito. I am an engineer of gastronomy.”

Ivan Bijažić, Bijažići

### Brancin u soli

Iz ribe izvaditi utrobu, ali ne čistiti ljske. Pećnicu ugrijati na 180°C. U pleh za pečenje staviti soli, toliko da pokrije dno pleha, te položiti ribu na sol. Istući dva bjelanjka te ih pomiješati sa solju kako bi napravili pastu. S dobivenom pastom prekriti kompletну ribu. Valja biti na oprezu sa solju; soli mora biti onoliko koliko je teška riba! Staviti u pećnicu, a zatim prvu kilu peći sat vremena. Sve ostale kile po petnaest minuta; npr. ribu od tri kilograma pečemo jedan sat i trideset minuta te za nju koristimo tri kilograma soli. Kad je gotovo treba izvaditi iz pećnice. S čekićem razbiti oklop soli, ali prilikom vađenja ribe iz oklopa valja biti oprezan. Ljske moraju ostati na soli, a izvaditi se mora samo čisto meso. Dodati maslinovoga ulja po mesu!

### Sea bass in salt

Remove the intestines from the fish, do not clean the shells. Preheat the oven to 180 degrees. Place the salt in the baking tray to cover the bottom of the pan and lay the fish on the salt. Beat two egg whites and mix with salt to make a paste, thereby covering the whole fish. Be cautious about salt - there should be salt as heavy as the fish! Put in the oven, bake 1 h the first kilo, all other kilos for 15 min. For example, bake a 3 kg fish for 1,30 h, and use 3 kg of salt for it. When it's done, take it out. Use a hammer to break the salt crust and be careful when removing the fish from the crust. The scales must remain on the salt, and remove just the meat. Add olive oil to the meat.

Antonia Doblanović, Bibiči

### Srdoni

Oko suhe smokve zamotati prvo srdon (slani, filetirani), a zatim fetu špalete (polusuha). Sve spojiti čačkalicom. Nadalje, u tavu staviti malo maslinovog ulja i okrenuti na laganoj vatri tri minute. Najbolje ide uz čašu dobrog terana. Dobar tek!

### EUROPEAN ANCHOVY

Wrap around the dried figs first European anchovy (salted, filleted), and then slice of pig shoulder (semi-dry). Put it all

together with a toothpick. Then put a little olive oil in the pan and turn over low heat for 3 minutes. It goes best with a glass of good teran wine. Bon appétit!

Aleksandra Pekica, Pekici

### BUZARA OD ŠKAMPI

Popržiti luk na maslinovom ulju, staviti na to prethodno isjeckani češnjak, rajčicu (koncentrat), mrvice, peršin, sol i papar. Kasnije staviti vino i kuhati na laganoj vatri. Kad je gotovo, posipati s peršinom.

### SCAMPI BUZARA

Fry onions in olive oil, put on it chopped garlic, tomatoes (concentrate), breadcrumbs, parsley and salt, pepper. Later put the wine and cook over low heat. When it's done, sprinkle with parsley.

Leon



## MORSKE ŠTORIJE SEAFOOD STORIES

„Na obiteljskom okupljanju jeli smo škampe. Nitko mi nije pokazao kako se škampi jedu, pa sam ja, tada kao desetogodišnjakinja, krenula jesti glavu kao Mr. Bean. Izvadila sam glavu iz usta tek kad sam shvatila da ne ide. Srećom, nitko me nije video. Roditelji napomena: „Naučite djecu jesti škampe!“

“At the family reunion, we ate scampi. No one showed me how to eat scampi, so when I was ten years old I started eating the head just like Mr. Bean. I only took the scampi head out of my mouth when I realized it wasn't working. Luckily, no one saw me. A note to parents: Teach children to eat scampi!”

Antonia Ferlin

„Kao dijete išla sam sa školom na odmor u Marinu, kod Trogira. Na obali smo, s kamenja, ja i ostala djeca brali puže i priljepke, a s kamenom smo razbijali kućice te očistili puževe. Priljepak smo naboli na štap i pekli na vatri. Bili su mi jako ukusni. Poslije mnogo godina ubrala sam puže i ispekla priljepke; sjećanja i doživljaj iz djetinjstva nije se ponovio!“

“As a child, I went to Marina, near Trogir, for a school vacation. On the shore, me and the other children picked snails and limpets from the

rocks, and with the stone we broke the shell and cleaned the snail. We just stuck the limpet on the stick and roasted it on the fire. They were very tasty to me. After many years I picked up the snails and baked the limpets, memories and childhood experience did not repeat itself!”

Anonymously

„Moj pranono bio je ribar na Hvaru i čula sam zanimljive priče o ribarskom životu od njegovoga sina - mog nonića. Nono me je cijelo djetinjstvo vodio na more, svaki dan, osim kad je kišilo - kupanje ili samo šetnja – ništa bez mora!“

“My great grandfather was a fisherman on Hvar and I heard interesting stories about fishing life from his son - my grandfather. Grandfather took me to the sea all my childhood, every day, except when it rained - swimming or just walking, without the sea nothing!”

Stella

„Kada smo preko ljeta u Premanturi, unuk Alek s tatom Danijelom i noničem Vladom, u njihovoj barci, idu pecati ribu ili na vrše. Jako je uzbudljivo isčekivanje s kakvim će se ulovom vratiti, odnosno što će za ručak

završiti na gradelama. Naravno, uz pečeno povrće i ljetnu salatu!“

“When we are in Premantura during summer, grandson Alek with his dad Daniel and grandfather Vlado on their boat go fishing or to collect fishing traps. I am very pleased with the anticipation of what they will return with, that is, what they will end up on the grill for lunch with roasted vegetables and summer salad!“

Slavica Stanić, Bankovići

„S kćerkom sam došla u goste kod prijateljice. Ona nam je napravila pedoće na buzaru. Kada sam sjela za stol i počela jesti nisam mogla prestati. Jelo je imalo fantastičan okus. Za par dana saznala sam da sam u drugom stanju.“

“I came to a friend's house with my daughter. A friend of mine made mussels buzara. When I sat down at the table, I couldn't stop eating. The food tasted fantastic. Within a few days, I found out I was pregnant.”

Anonymous

„Ja i nona smo iz plićaka vadile priljepke i morske pužiće, skuhale ih u vodi, očistile i napravile od njih brudet s lazanjama.“

“Me and grandmother took limpets and sea snails out of the shallows, boiled them in water, cleaned them and made them into a lasagna brodet.“

Matea Puh, Pusti



„Najbolji recept za ribu: „Kad moji ulove ribu, očistimo je odmah u moru, donesemo doma i stavimo na gradele. Nema bolje ribe od friške ribe!“

“The best recipe for fish - When my parents catch fish, we clean it immediately in the sea, bring it home and put it on the grill. There is no better fish than fresh fish!”

*Anonymous*

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