

Long for Its Dishes Ljubljana's Been Known

Sitting at the Everyday and Festive Table with People in Ljubljana







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Contents

Tasting your way through Ljubljana Ljubljana lunch Boiled beef tongue	2 4 4
Beef soup with noodles	5
Noodles or 'bleki' Sauces to go with boiled oxtail or beef	6
Vodnik's lamb's lettuce salad	6 7
Pražen krompir: Sautéed potatoes	8
Ljubljana cottage cheese pancakes	9
with tarragon Ljubljana dishes and recipes	10
Janška vezivka: Janče festive sweetbread	10
Všenat zele: Sauerkraut with millet groats	11
Šmarnogorski ričet: Šmarna gora barley stew	12 13
Ljubljana goulash Malo mešano: Goulash and tripe stew combo	14
Mušelni: Fake scallops au gratin	15
Kranjska sausage	16
Fried veal sweetbread with green peas	17 18
(Union) Hopel popel Ljubljana egg dish	19
Štokfiš or štokviš: Cod layered with potatoes	20
Frog legs	21
Flying žganci: Fried chicken drumsticks and wings	22
Roasted capon	23
Chicken with crayfish stuffing	24
Veal ragout in a flaky pastry bowl	25
Bacon-spiked beef tenderloin with sauce and bread dumplings	26
Bread dumplings	27
Loin of venison	28
Ljubljana burek	29
Struklji Tarragon štruklji	30 31
Cottage cheese štruklji	32
Boiled apple štruklji	33
Baked apple štruklji	34 35
Buckwheat štruklji with walnut filling Slovenian potica	36
Slovenian tarragon potica	37
Slovenian walnut potica	38
Slovenian honey potica	39 40
Ljubljana beauty Ljubljana štrukelj	40
Apple strudel	43
Tivoli, Bellevue or Maxi slice	44
Dragon potica Ljubljana cake	44 45
Tower cake	45
Fige Prešernove: Prešeren fig pralines	46
Strawberries and bilberries from Janče	46
Natural apple juice from Janče Šmarna gora tea	46 47
Union beer	47
Kratochwill beer	47
List of places offering local food and drinks	48



Tasting your way through Ljubljana



Guests in front of the restaurant Pri zlati ribi in the Ribji trg square before the First World War.



A print depicting vibrant activity at a fair held in front of the Ljubljana Town Hall in 1891.

Just like many other cities in the world, Ljubljana boasts a number of special dishes typical of different periods in its history. Today, these dishes are the point of departure for the so called 'Dishes of Liubliana Special Selection', which are, of course, adequately adapted to suit contemporary eating habits. The first ever list was compiled in 2006 as part of the development of the Gastronomic Strategy of Slovenia. It was extended in 2012, when the study on the Gastronomic Strategy of Central Slovenia was conducted, which further supplemented the list of traditional dishes and food products that evolved in Ljubljana. In 2013, Ljubljana Tourism published a promotional publication entitled 'In the Middle of the Table - Flavours of Central Slovenia' where the 'Dishes of Liubliana Special Selection' were presented to the public for the first time.

This brochure, a catalogue about the Flavours of Ljubljana, is a short version of the book published in 2014 with the same title. It seeks to draw your attention to the special and distinctive flavours of Liubliana as reflected in the selection of dishes typical of the city. Some of them are rooted far back in history, others are the result of culinary creativity and the mixing of different cultural influences of a recent date, but all of them are part of Ljubljana's vibrant culinary life. They are included in local people's everyday and festive diet and help shape the city's rich culinary scene. It is a blessing that at the beginning of the 21st century, we can still talk about a variety of authentic flavours of Ljubljana as part of a healthy diet that nourishes body and soul. The flavours tell stories about the centuries of the city's history as well as those about present-day culinary efforts and innovation. The typical Liubliana dishes can be seen as manuscripts speaking of the culinary identity of the Slovenian capital. So when you visit Ljubljana, make sure to taste some of the local delights. When you browse through restaurant menus, look for the pages marked with the 'Taste Liubliana' logo. In certain restaurants, you will find only one such dish or typical drink, while in others the list will be more



extensive. Both in the city centre and in its outskirts, numerous gostilnas and restaurants will warmly welcome you, and there is also a good choice of street food, the highlight of which is the 'Open kitchen', which takes place every Friday from April until October in the Pogačarjev trg square. People in Ljubljana still drink very good water straight from the tap. Despite this, make sure to also check out the fine choice of excellent wines and other drinks. Ljubljana also has two exquisite breweries: Union, founded in 1864, and Kratochwill, which carries on the tradition of Bohemian brewers. To get a fully rounded picture of the city's food culture and gastronomy, visit the Ljubljana Central Market, a work by the famous Slovenian architect Jože Plečnik, which has traditionally been a place where people go to meet friends and acquaintances and have a chat, rather than just buy food ... Get to know and experience Ljubljana through a variety of different tastes. And one more thing: Ljubljana also has its typical luncheon consisting of boiled smoked beef tongue, beef soup with noodles or 'bleki' (noodle dough squares), boiled oxtail or another cut of beef with sautéed potatoes, served with egg sauce with chives and horseradish with cream or apples, and a salad named after Valentin Vodnik, the author of the first cookbook ever written in the Slovenian language (1799). For dessert, vou can choose between cottage cheese pancakes with tarragon and apple strudel or 'štrudelj'. After that, all you need is a nice glass of wine, a clink, and a 'Cheers'!



Banquet menu offered by the Hotel Union after the First World War

Ljubljana lunch

A typical Ljubljana lunch was introduced in the 19th century when townspeople started going to gostilnas in the outskirts of the city on Saturdays and Sundays for lunch or prepared it at home. The composition of the luncheon has remained the same to the present day and is still connected with the custom that families get together at weekends

Serving four to six people.

Boiled beef tongue

Fresh or smoked beef tongue, boiled and served with various side dishes or sauces. In the past, beef tongue was a much sought after meat delicacy in Ljubljana.

- 1. Cut the celeriac in pieces and place in a pot together with the beef tongue. Cover with water, season with salt and pepper, add a teaspoon of sugar, and boil.
- 2. While the beef tongue is boiling, check for tenderness several times. When tender, remove from the pot and peel while still hot.

3. Slice the peeled beef tongue at an angle and serve immediately or let cool and slice thinly before serving.

> In some parts of Slovenia, beef tongue and smoked beef tongue in particular is boiled in salted water with a teaspoon of sugar, but without the vegetables.

Ingredients

1 smoked or fresh beef tonque

1/2 celeriac

2 parsley roots

2 sprigs of parsley

4 carrots

1 small onion

2 cloves of garlic

8 juniper berries

2 sage leaves

salt

pepper

1 teaspoon sugar

Restavracija Strelec







Beef soup with noodles

A type of clear beef soup commonly prepared in Ljubljana since the 19th century, when it became a staple on the Sunday lunch menu. Its origins date back to meat and vegetable one-pot stews of a much earlier date

- 1. Put the meat and bones in a cooking pot, add the cold water, and season with salt. Bring to the boil.
- 2. Brown the half of the onion in a pan or on a burner plate. Add the onion and all the vegetables to the boiling water. Let simmer for two to three hours, depending on the age of the animal. Soup made with meat from an older animal will be tastier. While the soup is simmering, scum will form on the surface. Do not skim it as it adds to the flavour.
- 3. About 15 minutes before the soup is cooked, add the peppercorns and the bay laurel leaf.
- 4. When the soup is cooked, let it settle for a few minutes before straining. Serve either clear soup or add a garnish such as noodles or 'bleki' (noodle dough squares).
- 5. Before serving, sprinkle with chopped fresh chives when in season.



Ingredients

Ingredients for the soup

1kg beef (preferably chopped oxtail, which makes the soup particularly tasty, or a chunk of chuck, brisket or rump) one or more beef bones (spongy bone, marrow bone, rib) 2.5l cold water salt 1 red carrot 1 yellow carrot a chunk of celeriac or a stick of celery 1 parsley root with areens a chunk of rutabaga 1/2 onion 1 clove garlic 1 tomato 8 peppercorns or less 1 bay laurel leaf







Noodles or 'bleki'

- Prepare noodle dough using the above ingredients. Knead well to make a smooth dough easy to roll out. Let rest for at least 15 minutes.
- Roll out the dough, preferably without dusting with flour as the noodles will be nicer that way.
- Let the rolled out dough dry a little bit, then cut into small sheets, roll up the sheets into a scroll, and slice finely using a sharp knife.

For 'bleki', cut the rolled out dough into about 1 x 1cm squares.

Add the noodles or 'bleki' to boiling soup and boil for about two minutes.

Ingredients

Ingredients for noodles or 'bleki' 120-150g white flour 1 egg a few drops of oil

Sauces to go with boiled oxtail or beef

Horseradish with apples

Mix together finely shredded apples and horseradish, apple vinegar, and a few drops of olive oil and season with salt and sugar to taste. For more flavour, add some white wine and orange juice.

Horseradish with sour cream

Mix together sour cream and finely shredded horseradish and season with salt. Add vinegar and sugar to taste.

Egg sauce with chives

Hard-boil some eggs. Push the egg yolks through a sieve and mix with oil. Add finely chopped chives and finely chopped egg whites. Season with salt and add some vinegar. Some sugar and finely shredded horseradish may also be added. The sauce, traditionally referred to as 'šnitlihov zos' (chives sauce), should be runny and a bit sour.

Vodnik's lamb's lettuce salad

A salad whose recipe is from the first cookbook ever written in Slovenian, Valentin Vodnik's 'Kuharske bukve' (The Cookbook), published in Ljubljana in 1799.

- 1. Wash the lamb's lettuce, put in a bowl, season with salt, and dress with oil and vinegar.
- 2. Peel the hard-boiled eggs, separate the egg yolks from the whites, and chop both finely.
- 3. Boil the beet, let cool, and chop finely.
- 4. Boil the cauliflower, let cool, and place in the middle of the bowl, on the bed of lamb's lettuce.
- 5. Place small heaps the chopped egg whites, egg volks, and beet around the cauliflower to create a symmetrical pattern.

Ingredients

lamb's lettuce hard-boiled eggs salt oil apple vinegar beet cauliflower



Pražen krompir: Sautéed potatoes

The most popular Slovenian potato dish, commonly part of family meals served on Sundays and festive occasions and a staple on restaurant menus. The Society for the Recognition of Sautéed potatoes as a Stand-Alone Dish was founded in Ljubljana in 2002.

Ingredients

1kg potatoes salt 60g lard 4 tablespoons onion, sliced 1 ladle of beef soup (optional)

- 1. Boil the unpeeled potatoes in salted water for 30 minutes. Drain, peel while still hot, and slice thinly.
- 2. Fry the onion in lard until golden-brown. Add the potato slices and sauté on both sides.
- 3. Optionally, you can add a ladle of good beef soup and stir well again.

Pražen krompir tastes best if sautéed in such a way that the potato slices have a golden-brown crust.











Ljubljana cottage cheese pancakes with tarragon

Gratinated pancakes whose special flavour is due to the cheese filling being made with tarragon. In Slovenia, unlike in other parts of the world, tarragon is typically used in sweet, rather than savoury dishes.

- 1. Whisk the ingredients for the pancake batter until smooth. Let rest for 30 minutes.
- Heat up a heavy-based frying pan, add a few drops of oil or a bit of butter, pour in a ladle of pancake batter, and tilt the pan to coat the base evenly. Cook until the pancake comes away from the pan, then flip over and cook on the other side.
- When the pancakes are ready, mix together the ingredients for the filling and spread over the pancakes.
- 4. Roll the pancakes and arrange side by side in a greased ovenproof dish. If you use an oblong dish, cut each pancake in two at an angle. Arrange the pancakes in two or more layers if necessary.
- 5. Pour the egg sauce over the pancakes and grill in the oven for 30 minutes at 200 °C.

Optionally, dust with icing sugar before serving.

Ingredients

Pancake batter

1/21 milk 2-3 eggs 1 tablespoon sugar 250g plain white flour salt oil or butter for frying

Cottage cheese filling with tarragon

250g cottage cheese
1-2 eggs
200ml cream
1 bunch of tarragon,
leaves removed and
chopped
2 tablespoons sugar
1 tablespoon
breadcrumbs
a pinch of salt









Ljubljana dishes and recipes

Serving four to six people.

Ingredients

1kg white wheat flour 250ml milk a pinch of salt 6 eggs 120g butter a few drops of dark rum 1 sachet of vanilla sugar 50g yeast sugar to taste

Janška vezivka: Janče festive sweetbread

Beautifully decorated festive sweetbread from the village of Janče on the Eastern edge of Ljubljana.

- Prepare sweet milk dough using the above ingredients and put some of it aside. Place the dough into a greased baking dish and let rise.
- 2. Using the dough that has been put aside, make various dough ornaments (decorative strips, braids, birds, flowers, bows, etc.).
- 3. Brush the dough while still rising in the baking dish with beaten egg, decorate with dough ornaments and then repeat the brushing.
- 4. Bake for one hour at 200 °C.
- 5. When baked, brush with melted butter to make the crust even more appealing.



Všenat zele: Sauerkraut with millet groats

Sauerkraut with millet groats is delicious either as a stand-alone dish or a side dish served with various meat dishes, especially roast knuckle of pork or veal.

- 1. Rinse the sauerkraut in cold water, allow to drain, and place into a cooking pot.
- 2. Rinse the millet groats in cold water, add to the sauerkraut, and cover with water.
- 3. While cooking, add water if needed.
- 4. Once done, reduce to a thick consistency and sprinkle with melted fat and cracklings.

Smoked meat cut into small pieces may also be added to the dish. By replacing sauerkraut with sour turnip, the above method can also be used to prepare 'všenat repa' (sour turnip with millet groats). When preparing larger amounts of všenat zele (or všenat repa), the ratio of millet groats to sauerkraut (sour turnip) should stand at 1:2.

Ingredients

500g millet groats 1kg sauerkraut salt water cracklings lard



Šmarnogorski ričet: Šmarna gora barley stew

A famous pearl barley stew with vegetables and meat served by the traditional gostilna at the top of the Šmarna gora hill (669m), a popular hiking destination on the outskirts of Ljubljana.

Ingredients

1 tablespoon lard 1 tablespoon chopped onions 250ml husked barley (pearl barley), washed in hot water 500ml warm water 11 beef stock 250ml navy or roman beans 300g smoked pork, sausage meat or meaty bacon, cut in small pieces 1 tablespoon finely chopped parsley 1 clove garlic, crushed 1 carrot, cut into slices 3 cabbage leaves. shredded salt

a pinch of pepper

- Boil the pre-soaked beans in the beef stock. Drain well when cooked, reserving the cooking liquid.
- 2. In a saucepan, sauté the onion in lard and add the pearl barley. Sauté for a while, stirring all the time.
- 3. Add the warm water. When the water has reduced, add the reserved cooking liquid. Boil the pearl barley for about one hour, then add the cured meat, parsley, garlic, carrot, cabbage, and salt. Cover the pan and simmer for another hour.
- 4. When the barley is cooked, stir in the boiled beans, sprinkle with pepper, and serve.





Ljubljana goulash

In the 1930s, several Ljubljana goulash recipes were published in the United States, in the Zarja -The Dawn magazine, which continues to be the official publication of the Slovenian Women's Union of America today. The recipes, written by different contributors to the magazine, testify to the fact that Slovenian emigrants did not lose connection with the culinary habits of their native environments after immigrating to the United States.

- 1 Cut the beef into chunks
- 2. Finely chop the onions. Fry the streaky bacon in the lard, add the onions, and cook until golden. Season with sweet and hot red pepper powder and add some water to prevent the onions from burning. Add the beef and season with salt, caraway seeds, and thyme. Cover with a lid and braise.
- 2. When the liquid has evaporated, add some more water and braise for another good hour.
- 3. Let the water evaporate, then sprinkle with a tablespoon of flour and stir for as long as the flour has become golden. Again, add some water, just enough to get the right consistency.
- 4. Peel the potatoes and cut into chunks. Add to goulash and boil until tender.
- 5. When the potatoes are tender, the goulash is ready to be served.

Notes

- The total cooking time for Ljubljana goulash is about two hours.
- Instead of water, beef stock can be added to the dish during the cooking process.
- Caraway seeds can be replaced by summer savorv.

Ingredients

500-550g beef (leg or forerib) 3 large onions 1 tablespoon lard 30-40g streaky bacon sweet and hot red pepper powder water salt caraway seeds thvme 1 tablespoon flour 3 potatoes







»Malo mešano«: Goulash and tripe stew combo

Gostilna Šestica (colloquially 'Pri zeksarju') opposite the Nebotičnik Skyscraper is one of the oldest gostilnas in Ljubljana. Its culinary beginnings go back to the year 1776. It made its name with two popular dishes, goulash and tripe. Since many guests used to order half a portion of goulash and half a portion of tripe on the same plate, the dish started to be called 'Malo mešano' (a bit of everything) and is still one of the specialities amongst the culinary offerings of this gostilna today.

1kg tripe 60g oil

Ingredients

120g bacon sliced into cubes

- 1 big chopped onion 4 tablespoons of breadcrumbs
- 3 cloves of chopped garlic
- 1 tablespoon of tomato puree or 2 crushed fresh
- tomatoes
- salt, bay laurel leaf, marjoram, pepper wine (or vinegar) grated Parmesan cheese
- 1. Rinse tripe well and cook until it is tender and soft. Then cool it in cold water and cut it into thin strips.
- 2. Fry bacon, add onion and sauté until translucent.
- 3. Add breadcrumbs, garlic and then tripe, tomatoes, salt, herbs and wine or vinegar. Add some more soup and reduce the tripe to a thick consistency. Put the tripe on a plate and sprinkle with grated Parmesan cheese. If goulash is added, the Parmesan cheese may be omitted.



Mušelni: Fake scallops au gratin

A delicious gratinated meat dish served in scallop shells to imitate scallops au gratin. An example of imitation dishes traditionally eaten by families in Ljubljana in the past.

- Soak the bread in milk for a few hours, squeeze well between the palms of both hands, and place in a dish.
- Roast the veal in the oven. When done, chop finely and add to the bread.
- 3. Chop the onion finely, gently fry in butter until golden brown, and add to the bread and veal.
- Add two tablespoons of sour cream and the egg yolk, season with salt, and mix well. Carefully add the stock, making sure that the mixture is not too runny.
- 5. Spoon the mixture into buttered scallop shells.
- 6. Brush each spoonful of the mixture with a thin layer of sour cream and sprinkle with Parmesan cheese.
- Bake in the oven for 25 to 30 minutes at 200 °C so that a thin crust forms on top and turns golden-brown.
- 8. Serve hot in scallop shells.

Ingredients (to fill six large scallop shells)

100g veal for roasting
1 onion
1 knob of butter
1 bread roll or a slice of white bread
250ml milk
100ml stock
180g sour cream
1 egg yolk
salt
a small chunk of
Parmesan cheese,
grated



Kraniska sausage

A delicious sausage made to a recipe recorded in 1896. The sausage originates from Slovenia and has been sold under the name 'kraniska klobasa' (Kraniska sausage) since at least the end of the 18th century.

Ingredients (according to the oldest known recipe, dating from 1896)

6kg pork (leg or flank) firm fresh bacon 180g salt 5-10g saltpetre 5-10g crushed pepper 250ml water 1 bulb garlic pig's small intestine

- 1. Remove all the fat and tendons from the pork.
- 2. Dice or chop the pork finely.
- 3. Replace the removed fat and tendons with an equal amount of finely diced fresh bacon.
- 4. Sprinkle with salt, saltpetre, and pepper. Add crushed garlic to water and pour the garlic water over the pork and bacon mixture.
- 5. Using your hands, mix all the ingredients together. Stuff the pig's small intestine with the mixture, form sausages, and skewer the ends.
- 6. Smoke the sausages gently for one to three days, then hang in a cool and well-ventilated place.
- 7. Boil the sausages for at least 15 minutes. Serve immediately with mustard, grated horseradish, and a bread roll or, alternatively, with sauerkraut or sour turnip. Pražen krompir (sautéed potatoes) works well as a side dish too.



- 2 Gostilna Na gradu
- 16 Restavracija Druga violina
- Gostilna Pri Kovaču
- - 20 Gostilna Liublianski dvor 46 Pivnica Pivovarne Union
- 5 Restavracija Mediterraneo
- 31 Gostilna Šestica
- 6 Klobasarna 39 Gostilna Ledinek
- 11 Kodila Gourmet
- 40 Paviljon Pivnica s konceptom

Fried veal sweetbread with green peas

In the former Ljubljana restaurant Fiala, a festive supper was prepared on 30 November 1912 following a theatre performance (souper). On the menu were Ostendaise oysters, soup in cups, seabass with Tartar sauce and fried veal sweetbread with green peas. Of all those dishes, fried veal sweetbread, i.e. the thymus gland of a calf, which belongs to the so called white offal, was a real treat

- 1. Put the sweetbread in water for about 1 hour to cleanse the blood.
- Then cook it in stock or salted water and let it cool off.
- Cut the sweetbread half finger thin, season with salt and pepper, then roll in flour, dip in beaten egg and coat with breadcrumbs. Fry until golden brown.
- 4. Cook peas in salted water and allow them to drain
- 5. Heat a tablespoon of butter and add finely chopped parsley, then add another tablespoon of butter, two tablespoons of flour and a tablespoon of sugar. Fry everything for a while, then add peas and cook for a while more until the peas taste salty, sweetish and just right. Serve on the plate with fried slices of sweetbread.

Ingredients

2 veal sweetbreads stock (or salty water) flour egg breadcrumbs frying oil 1.5I shelled peas 2 tablespoons of butter 1 bunch of fresh parsley 2 tablespoons of flour 1 tablespoon of sugar



(Union) Hopel popel

A variety of a Berlin one-pot dish prepared by Ljubljana's Hotel Union from 1920 using potatoes, eggs, pork (or veal or young beef) and ham or kranjska sausage.

Ingredients

100g dry-cured bacon (or oil or butter) 1 onion, chopped 1kg potatoes 200g pork tenderloin (or young beef or kranjska sausage) 100g ham (or dry-cured collar bacon) 4-5 eggs 4 tablespoons milk salt, pepper 1. Boil the potatoes and slice thinly.

- Dice the meat and ham and sauté with bacon (or in butter or oil). Add the potatoes and sauté for a while more.
- 3. Add the other ingredients to taste, season with salt and pepper, and add the eggs, beaten with milk. Cook until the eggs have set.
- 4. Serve with any kind of salad.



Ljubljana egg dish

A delicious baked egg dish with morels and mixed herbs served as a starter or main dish. Ljubljana as the place of its origin is first mentioned in its name in 1868, in the Slovenian cookbook 'Slovenska kuharica' by Magdalena Knafelj-Pleiweis.

- Clean, blanch, and drain the morels. Sauté in butter together with parsley. (If other mushrooms than morels are used, blanching is not necessary.)
- 2. Separate the yolks of the hard-boiled eggs from the whites.
- 3. Mash the egg yolks using a fork.
- 4. Rinse the egg whites and cut into strips.
- In a bowl, mix together the three raw and mashed egg yolks, well-squeezed half of the bread roll, salt, mixed herbs, lemon peel, and sour cream. Whip egg whites until they form stiff peaks and fold into the mixture.
- 6. Grease an ovenproof dish or a tall baking tin with butter. Cover the bottom of the dish with a layer of the egg mixture, add a layer of sautéed mushrooms and a layer of egg-white strips, and finish off with a layer of the egg mixture.
- 7. Bake in the oven and serve either as a hot starter or a main dish with a vegetable side dish and sauce of your choice.

Ingredients

5 hard-boiled eggs 3 egg volks 3 egg whites, whipped 1/2 bread roll, ground and soaked in milk 30g butter 1/2 teaspoon mixed herbs a pinch of salt a pinch of grated lemon peel 2 tablespoons sour cream 2 tablespoons breadcrumbs 1 cup dried morels or other mushrooms 1 tablespoon finely chopped parsley leaves 1 tablespoon white flour extra butter, for greasing the baking tin

Štokfiš or štokviš: Cod layered with potatoes

A popular dish of cod layered with potatoes commonly prepared for Lent and in winter and traditionally served with sautéed or braised sauerkraut.

- Soak the cod for a day or two to soften. Change the soaking water in the morning and in the evening.
- 2. Boil the cod for 30 minutes, then separate the tender white flesh from the bones.
- 3. Peal the potatoes and cut into two- to three-centimetre slices.
- 4. Finely chop the parsley and garlic.
- 5. Cover the bottom of a glass or ceramic baking dish with a layer of potatoes, sprinkle with parsley and garlic, and add a layer of fish. Keep layering until you have at least four layers of each.
- 6. Pour the olive oil diluted with an equal amount of water over the top layer, brush with the sour cream, sprinkle with Parmesan cheese, and cover.
- 7. Bake for about one and a half hours at 180 °C.
- 8. Serve in the baking dish while still hot with braised or sautéed sauerkraut as a side dish.

Ingredients

1 large or 2 small cod (1kg boiled white fish flesh) 800g potatoes 2 bunches parsley 4-6 cloves garlic 100ml olive oil, plus extra for greasing the baking dish 200ml sour cream grated Parmesan cheese 1kg sauerkraut, sautéed or braised

Some of Ljubljana's shops now sell vacuum-packed cod. If the cod you use is not salted, add some salt.



Frog legs

A traditionally famous local speciality. Frog legs are commonly breaded and deep-fried or roasted. A perfect place to taste them is the traditional gostilna Pri Žabarju in Ljubljana.

- Wash the frog legs and season with salt.
 Intertwine each pair of legs so that they stick together.
- 2. Roll the frog legs in flour, dip into the beaten eggs, and roll in breadcrumbs.
- 3. Deep-fry in oil.

Frog legs were originally deep-fried in lard or linseed oil.

Ingredients

frog legs (the hind legs of frogs) flour eggs, beaten breadcrumbs salt oil for frying







Flying žganci: Fried chicken drumsticks and wings

Fried chicken drumsticks and wings, once very popular with the dockers working at the city's port, who, humorously if not ironically, referred to the dish as 'flying žganci', the real 'žganci' being an everyday dish of boiled flour commonly associated with poverty and struggle for survival.

Ingredients

oil for frying

chicken drumsticks and wings flour eggs breadcrumbs salt

- Wash the drumsticks and wings and season with salt.
- 2. Roll the drumsticks and wings in flour, dip into beaten eggs, and roll in breadcrumbs.
- 3. Fry the breaded drumsticks and wings in oil.

Originally, chicken drumsticks and wings were fried in lard or linseed oil.









Roasted capon

Capons, or castrated roosters, were originally served only in castles. Gradually, they started to be consumed in cities, as well, where they were considered one of the finest poultry delicacies. This was also true of Ljubljana, especially on festive occasions in wealthier families and as a dish included in the festive menus of numerous restaurants. After World War II, the breeding of capons declined and they were not used for preparing dishes. In recent years, the breeding of capons has been revived and capon meat is again found in culinary offerings and on the festive menus of families.

- Rub the cleaned capon well with salt. Put it in a large roasting pan or cooking pot, pour some tablespoons of water, cover and slowly stew until it becomes completely soft. However, make sure that the meat remains white.
- 2. Cut up the capon and put it in a warm place.
- 3. Put 7-8 cooked and hot peeled potatoes through a sieve or potato press, add 4 whole eggs, butter, sour cream and salt.
- Grease a plate or a low oblong baking tin well with butter and place capon pieces on it so that it looks as if it were whole.
- 5. Cover the capon completely with potato puree and slowly bake in the oven so that the potato puree becomes golden brown.
- 6. Serve the baked capon alone or with a salad.

Ingredients

1 capon
7-8 potatoes
4 eggs
100g raw butter
Raw butter for greasing the
plate
1/4I sour cream
salt

Chicken with crayfish stuffing

There is a monument dedicated to Valentin Vodnik (1758–1819), poet, translator, journalist, grammarian and writer of school books, at the Ljubljana Central Market. In 1799, he published Kuharske bukve (The Cookbook), which is the first cookbook ever written in the Slovenian language. The third chapter, in which he published recipes for "cooked, steamed, chopped meat and poultry dishes", also includes a recipe, numbered 22 and called "chicken with crabs soaked in juniper berry sauce". Based on the original Vodnik recipe, chef Luka Jezeršek and Ana Šušteršič from Dvor Jezeršek restaurant have adapted the old recipe for preparing chicken filled with crayfish.

Ingredients

1 deboned chicken with skin (1.5kg before deboning), rubbed with salt and pepper

Stuffing 300g one-day old bread rolls or white bread 50a butter 20g finely chopped shallot 50g leek sliced into cubes 50g finely grated carrots 150g cooked crayfish tails chopped parsley thyme 1.5 - 2cl sweet cream 2 eggs 40g coarse-grained wheat flour or semolina (if the stuffing is too wet) salt pepper nutmea

- 1. For the filling, slice cooked crayfish tails into smaller or larger pieces. If you wish, you can also chop them finely.
- Slice bread rolls into cubes and roll them briefly in flour.
- 3. Fry shallot, leek and carrots in oil and add everything to the sliced bread rolls.
- 4. Beat the eggs, sweet cream, salt and pepper with a hand-held blender or a whisk and pour the mixture over the bread rolls. Wait for a while for the bread to get well soaked.



Chicken with crayfish stuffing (author: chef Luka Jezeršek)

Veal ragout in a flaky pastry bowl

Especially on festive occasions, more complex dishes were prepared in bourgeois families and made even more solemn by serving them in a special way. Delicious veal ragout could be served in two ways: in porcelain bowls or in bread bowls made from baked butter dough. To make the latter look as 'real' as possible, lids were also baked for the bowls. Today, we prefer to use porcelain or any other type of bowls to serve this delicious dish.

- If so desired, first bake the bread bowls and lids from butter dough. Put baking paper on the template bowls and plates, turn upside down and cover with butter dough, which is rolled flat until it is the thickness of a knife's edge. The size of the plates must be such that they cover the bowls completely. Bake the bowls and lids in a very hot oven until golden brown. Once baked, remove the baking paper and cool them off.
- 2. Fry veal in raw butter for half an hour.
- 3. In addition, fry sweetbread, but make sure that it remains white.
- 4. Sprinkle calf liver with pepper and quickly fry it in butter and golden brown onions. Do this for a very short time, so that the liver does not harden.
- 5. Fry peas and chopped parsley in butter.
- 6. Fry a handful of finely chopped mushrooms, a handful of chopped onion and some chopped parsley in 2 tablespoons butter. Sprinkle with one tablespoon flour and add pour some tablespoons of quality stock.
- 7. Cut the veal, sweetbread and liver to tiny pieces by adding the tongue sliced into cubes, and mix all together with peas and mushrooms.
- 8. Add some marjoram and other herbs of your choice and Madeira wine. Boil briefly, fill up the flaky pastry or porcelain bowls and serve right away.

Ingredients

200g veal 1 veal sweetbread 150g calf's liver pepper 1 chopped onion 1/4I green peas 2 bunches of parsley 1 handful of finely chopped mushrooms 1 handful of chopped onion 2 tablespoons of raw butter 1 tablespoon of flour some tablespoons of stock 300g cooked smoked tongue marjoram and other herbs 1/8I Madeira wine



Bacon-spiked beef tenderloin with sauce and bread dumplings

Tenderloin or 'mulprata' was a classic dish included in the festive menu of the townspeople of Ljubljana, but was confined to more privileged social groups. Most frequently, it was prepared with the so-called 'hunter-style' sauce, to be served with bread dumplings and pickled cranberries. This dish was also included in the festive lunch on the occasion of the 10th jubilee international trade fair in Ljubljana. On 29 May 1930, lunch was prepared by the renowned restaurant Zvezda in Kongresni trg square under the management of Fran Krapež.

Ingredients

1 piece of tenderloin 1 small onion or 2 shallots 2-3 roots of parsley 2-3 roots of celery 3 roots of carrots grains of pepper 1 sour cream stock juice of 1 lemon Madeira wine salt

butter, oil or lard

- Remove all tendons and fat from the tenderloin piece and sprinkle it with salt. Grease the whole piece well with slices of fleshy bacon. Then roll it in hot oil to coagulate.
- 2. Put the meat in a larger frying pan or baking tin and add some slices of onion or shallot, 2-3 roots of parsley and celery, 3 roots of carrots, some grains of whole pepper and some tablespoons of stock. Slowly bake in the oven.
- 3. Once the meat is ready, remove it from the frying pan. Remove any fat left over in the frying pan, add some more stock and some sour cream and boil again. Then add the juice of one lemon and some Madeira wine and press everything left in the frying pan through a sieve to get a nice thick sauce.
- Cut the tenderloin into slices and pour sauce over it. If so desired, you can add some more sour cream.

Bread dumplings

- 1. Cut bread or bread rolls into small cubes and lard them with chopped onion and parsley, fried in butter. Mix and pour milk over it.
- 2. Add eggs, some salt and sprinkle with flour, mix slightly and form dumplings.
- 3. Put dumplings into boiling salted water or soup and let them boil for a while. Then take them out, cut them each in half and lard with breadcrumbs. which were previously fried in butter until golden brown.

Ingredients

500g of white bread or bread rolls sliced into cubes 60g butter (or other fat) 1 chopped onion 1 bunch of parsley 375ml milk 2 eggs salt 120g flour butter, breadcrumbs



Loin of venison

The forests and pastures on the outskirts of Ljubljana have always been populated with plentiful game, therefore it is no surprise that venison meat became very popular with the townspeople. In particular, pheasants, partridges, woodcocks, wild ducks, and of course wild rabbits, deer and roebucks were often on the city menus. The meat of a young deer was highly appreciated and was often prepared in different varieties for festive entertainments and on other special occasions. For these dishes, the Ljubljana cuisine was strongly influenced by the Viennese or Danubian cuisine.

Well-ripened loin of venison salt bacon

Ingredients

bacon
lard
several slices of onion
several slices of carrots
several springs of thyme
red wine or vinegar
lemon peel
herbs
stock
butter

- Loin of venison may be soaked in pickle or put in a refrigerator for several days to make it softer and more tasty.
- 2. Remove all tendons from the loin, rub the meat with salt, put in slices of bacon and place on a baking tin.
- 3. Pour hot lard over the loin, then add several pieces of onion, carrots, thyme, some tablespoons of wine or vinegar, lemon peel and some herbs, and bake at medium temperature for approx. 2 to 2.5 hours. Midway through baking, pour over the juice gathered in the baking tin.
- 4. Once the roast is ready, first pour off the juice, remove all fat from it and add several tablespoons of wine and soup to get a sauce.

5. Pour melted butter over the roast, cut it into slices and pour sauce over it. The roast is served with spoon dumplings, bread dumplings, cottage cheese štruklji or fried potatoes and salad.



Ljubljana burek

Life in the former Socialist Federal Republic of Yugoslavia, in response to post-Second World War migrations of people from the nearby Balkans to Slovenia, led to the introduction of burek as a popular dish in the 80s and 90s of the previous century. This is actually a pie made from filo pastry with cottage cheese, meat or vegetable filling. The makers of burek in Ljubljana (according to undocumented sources) are also known as inventors of a new dish, which is a synthesis of two typical street dishes. In the 90s, they started making pizza burek, a pie from filo pastry with a typical pizza filling. In 2015, the famous Ljubljana chef Janez Bratovž from the JB restaurant prepared an innovation of burek and added the designation 'Ljubljana' to it.

- 1. Mix cottage cheese and kaymak together with the egg yolk. Spread the mixture in thin layers over filo pastry and roll them into a roulade. Cut the roulade into 6 cm long burek pieces, put them in a silicone mould and bake in the oven for 16 minutes at 175°C.
- 2. Cut the onion and cucumber into tiny cubes, add yoghurt, salt and pepper and stir.
- 3. Rinse the lettuce and cut it into thin slices, salt and dress with oil and vinegar.
- 4. Serve the dish by first placing the yoghurt dressing on the plate, then the burek on top of it and over it a thin slice of Ljubljana salami; finally, place Ljubljana lettuce over the salami.

Ingredients

4 leaves of filo pastry 100g kaymak 100g cottage cheese 1 egg yolk 2dl yoghurt 1 small onion 1 fresh cucumber salt, pepper 100g tiny sliced Ljubljana salami 1 head of Ljubljana lettuce salt, sunflower oil, apple vinegar

Ljubljana burek (author: chef Janez Bratovž)



Štruklji

Boiled or baked rolls of filo pastry with filling, commonly prepared in Ljubljana since the 17th century. Over 80 different štruklji varieties, both sweet and savoury, are prepared in Slovenia and often served as a symbol of hospitality.

Ingredients

500ml white flour 250ml warm water 1 egg salt a slice of butter lemon juice or vinegar oil

Filo pastry for štruklji

- Using the above ingredients, prepare a medium soft dough. Knead well.
- 2. Roll the dough into a ball, brush with oil, and let rest for about 30 minutes.
- 3. Roll the dough out on a tablecloth dusted with flour, brush with oil, and stretch until very thin.
- Trim the thick edges so that the pastry is a neat rectangle ready for a filling of choice to be spread over it.



Tarragon štruklji

- 1. Mix together the sour cream, egg yolks, fried breadcrumbs, and tarragon.
- 2. Whip the egg whites until they form stiff peaks and add to the mixture.
- 3. Spread the mixture over the filo pastry and roll
- 4. Wrap the roll in a wet but not dripping linen tea towel or kitchen foil and tie the wrapping with string. Boil in a large saucepan filled with salted water for 25 minutes.
- 5. Unwrap the cooked štruklii, cut into slices, and sprinkle with a tablespoon of breadcrumbs fried in butter until golden-brown.

Tarragon štruklji can be served either as a savoury or a sweet dish. Cottage cheese is sometimes added to the filling.

Ingredients

filo pastry (see recipe on page 30) 300ml thick sour cream 2 eggs, separated 3 tablespoons breadcrumbs, fried in butter









Cottage cheese štruklji

- 1. Mix together the sour cream and semolina. Let rest until the semolina has expanded a little bit.
- 2. Add the cottage cheese, egg yolks, salt, and whipped egg whites.
- 3. Roll out the dough, brush with oil, and stretch out. Spread the cottage cheese mixture over the stretched dough, sprinkle with breadcrumbs, and roll up. Wrap the roll in a wet but not dripping linen tea towel or kitchen foil and tie the wrapping with string. Boil in a large saucepan filled with salted water for 30 minutes.
- 4. Unwrap the cooked štruklji, cut into slices, and sprinkle with a tablespoon of breadcrumbs fried in butter until golden-brown.

Ingredients

filo pastry (see recipe on page 30) 250ml sour cream 125ml semolina 200g cottage cheese 2 egg volks a few grains of salt 2 egg whites, whipped 1 tablespoon oil 1 handful of white breadcrumbs











Boiled apple štruklji

- 1. Prepare the dough and let rest.
- 2. In a bowl, mix together the sour cream (or lard) and eggs. Roll out and stretch the dough. Spread the cream and egg mixture over the dough, sprinkle with the breadcrumbs, semolina, apples, sugar, raisins and cinnamon, and roll up.
- 3. Wrap in a wet but not dripping linen tea towel and tie the wrapping with a string. Boil in a large saucepan filled with salted water for 30 minutes.
- 4. Unwrap the cooked štruklji, cut into about twocentimetre slices, and sprinkle with breadcrumbs fried in butter until golden-brown. Optionally, serve with a sprinkle of sugar or a drizzle of honey.

Ingredients

filo pastry (see recipe on page 30) 4 tablespoons sour cream (or 2 tablespoons lard) 1 egg 1 handful of white breadcrumbs 1 handful of semolina 5 apples, peeled and thinly sliced 1 handful of sugar 1 handful of raisins, washed a sprinkle of cinnamon 1 tablespoon

breadcrumbs

Baked apple štruklji

- 1. Roll out and stretch the dough.
- 2. Fry the breadcrumbs in butter until goldenbrown. Sprinkle over a half of the dough.
- 3. Sprinkle the same half of the dough with the sliced apples, cinnamon, lemon peel, and sugar.
- 4. Spread the sour cream over the other half of the dough.
- 5. Begin rolling up the dough from the end sprinkled with apples.
- 6. Place the roll on a baking tin, brush the top with sour cream, and bake in a moderate oven for about 45 minutes. When baked, cut into slices and dust with icing sugar.

Ingredients

filo pastry (see recipe on page 30) 3 handfuls of white breadcrumbs 2 tablespoons butter 200ml sour cream, plus extra for brushing a soup plate of apples, sliced three handfuls of sugar a sprinkle of cinnamon lemon peel, grated icing sugar, for dusting



Buckwheat štruklji with walnut filling

- 1. Put the buckwheat flour in a bowl, pour over the boiling salted water, and mix to form a dough. Let cool slightly, then transfer to a surface dusted with the white wheat flour. Knead the dough briefly and roll out to about half the thickness of vour little finger.
- 2. In a bowl, mix together the sour cream, egg, cinnamon, and ground walnuts. Spread the mixture over the rolled out dough and sprinkle with one to two handfuls of breadcrumbs.
- 3. Roll up the dough, wrap the roll in a wet but not dripping tea towel, tie the wrapping with a string, and boil in salted water for 30 minutes.
- 4. Unwrap the cooked štruklji, cut into slices, and sprinkle with a tablespoon of breadcrumbs fried in butter until golden-brown. Serve as a savoury dish with a salad or as a side dish with meat and sauce. Alternatively, sprinkle with sugar and serve as a sweet dish.

Ingredients

500ml buckwheat flour 500ml boiling salted water 1 tablespoon white wheat flour 2 tablespoons sour

cream

1 egg a pinch of cinnamon 1-2 handfuls of ground walnuts



Slovenian potica

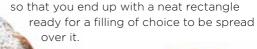
Slovenia's most distinctive dessert, first mentioned in 1575 by the Protestant writer Primož Trubar. Potica is made with countless different fillings, including savoury ones, and baked in a special baking dish called 'potičnik'. The most distinctively Slovenian variety is made with tarragon, and the most popular one with walnuts.

Ingredients

3 tablespoons
lukewarm milk
1 teaspoon sugar
20g yeast
500ml warm milk
100g butter
2-3 tablespoons sugar
1 teaspoon salt
dark rum
lemon peel, grated
vanilla sugar
750g plain white flour
2 egg yolks

Slovenian potica dough

- In a small pot, mix together three tablespoons of lukewarm milk, one teaspoon of sugar, and the yeast. Let stand in a warm place until foamy.
- 2. Put the warm milk, the butter, two to three tablespoons of sugar, the vanilla sugar, dark rum, salt, and flour in a large bowl and mix well. Add the foamy yeast mixture and the egg yolks. Beat the dough with a wooden spoon for 20 to 30 minutes.
- 3. Dust the dough with flour, cover the bowl, and leave in a warm place to rise.
- 4. When the dough has risen, dust the work surface with flour, roll out the dough to about the thickness of your little finger, and trim the edges





Slovenian tarragon potica

Tarragon filling

- 1. Beat the butter until soft and fluffy. Add the sugar, egg yolks, and stiffly whipped egg whites and mix together well.
- 2. Stir in the tarragon.

Preparation of Slovenian tarragon potica

- 1. Spread the filling evenly over the dough.
- 2. Roll the dough with filling into a tight roll and put the roll in a round-shaped potica baking dish greased with butter. Make sure that the ends of the roll are pinched together well. If the roll is too long, cut off the excess, seal well at the ends. and bake separately in a small rectangular baking dish.
- 3. Cover the baking dish with a tea towel and leave in a warm place to rise.
- 4. Before baking, brush with beaten egg. Bake for about 45 minutes at 180 °C, then lower the temperature to 150 °C and bake for another 25 minutes
- 5. Turn out from the baking dish and let cool. Dust with icing sugar and cut into wedge-shaped slices before serving.

Ingredients

Slovenian potica dough (see recipe on page 36)

Tarragon filling

250g butter 2 tablespoons sugar 3 eggs 3 bunches of tarragon. leaves removed and chopped



Slovenian walnut potica

- Grind the walnuts finely and set aside two to three handfuls for sprinkling. Pour the hot milk over the ground walnuts and let cool.
- 2. Stir in the lemon peel, sugar, vanilla sugar, sour cream, butter, egg yolks, and dark rum. In the end, fold in stiffly whipped egg whites.
- 3. Spread the filling over the dough and sprinkle with two to three handfuls of ground walnuts.
- 4. Roll the dough tightly and proceed as instructed in the recipe for tarragon potica (see page 28).

Ingredients

Slovenian potica dough (see recipe on page 36)

Walnut filling

1kg walnut kernels 250ml hot milk 150g butter grated lemon peel 250g sour cream 2 sachets of vanilla sugar 2 tablespoons suga

2 tablespoons sugar 2 egg yolks

2 egg whites, whipped

to stiff peaks 50ml dark rum





Slovenian honey potica

- Put the honey in a saucepan and boil for seven minutes.
- 2. Remove from heat and stir in the butter, dark rum, lemon peel, cinnamon, cloves, and 300ml ground walnuts. Let the filling cool.
- 3. Spread the filling over the rolled out dough and sprinkle with two to three handfuls of finely ground walnuts.
- 4. Roll the dough tightly and proceed as instructed in the recipe for tarragon potica (see page 28).

Ingredients

Slovenian potica dough (see recipe on page 36)

Honey filling 600g honey

2 tablespoons butter 50ml dark rum 1 teaspoon lemon peel, finely grated a pinch of crushed cloves a pinch of cinnamon 300ml finely ground walnut kernels 2-3 handfuls of finely ground walnut kernels



Ljubljana beauty

Since 2015, the fine restaurant Strelec at the Ljubljana Castle has served a dessert invented by the chef Igor Jagodic. Its basic ingredients include buckwheat, milk and plums. The taste is rounded out by two ice creams, called "Milk breeze" and "Buckwheat crumble". The name of the dessert is reminiscent of the first strophe of the poem about the Ljubljana beauty Urška and the Water Man, written by the greatest Slovenian poet France Prešeren and inspired by Slavic myth and folklore. For the complete success of the sweet, its ingredients are particularly significant in that they not only bring about the delight of taste, but also help create this dessert's beautiful form.

Boil milk in a saucepan, add sugar and a grated Tonka nut. Let it simmer slowly for at least 15 minutes or slightly more. Pour this over well fried buckwheat groats and let it rest for about 15 minutes. Then put through a sieve and let it cool off.

- Boil 2/3 milk and tapioca and simmer slowly for about 20 minutes. At the end, add almost all of the remaining milk and let it cool off. Put aside a small amount of milk to mix in at the end after the tapioca has cooled completely. Once the milk with tapioca has cooled off completely, stir it.
- 3. Dry fry buckwheat groats and be careful not to burn them. Warm milk, sugar, butter and glucose. Pour over the egg yolk and beat until 82°C. Pour the mixture over the fried buckwheat groats and slowly beat for a while more over heat. Let it rest for a while, then put it through a sieve. Then add the cooked and ground (in a blender) buckwheat groats and pour into an ice cream maker.
- 4. To make popcorn, fry buckwheat groats in very hot oil.

Ingredients

Milk with buckwheat

11 milk
200g well fried
buckwheat groats
75g sugar
1 Tonka nut (we can
leave that out or replace
it with vanilla husk)

Tapioca with buckwheat

Il milk with buckwheat 60-100g tapioca (depending what thickness you want to achieve)

Ice cream

100g buckwheat groats 500ml milk 40g glucose 50g sugar 30g butter 40g egg yolk

Popcorn

Buckwheat groats

Plums

200g plums without kernels 500ml red wine 250g sugar cinnamon crust, star anise

- 5. Remove the kernels from the plum. Then add sugar to the wine, let it boil and simmer with spices for a while.
 - Let the syrup cool off. The syrup and plums are vacuumed and cooked for 1 hour at 82°C. It is also possible to cook plums only in the syrup.
- To make ice cream from sour cream, stir all ingredients smoothly and pour into an ice cream maker.
- 7. For "Milk breeze", first beat all ingredients slowly for 2 minutes, and then another 6 minutes at the highest speed. Eject the mixture onto the baking paper and let it dry.
- 8. To make "Buckwheat crumble", let the butter soften at room temperature. Dry fry buckwheat flour in a pan until it gets some colour and a nice smell. Knead a dough from all ingredients, cover it and put it in the refrigerator for about an hour to rest. Then roll it out and bake it in the oven, preheated to 180°C, until golden brown. Let it cool and then make crumbles.
- 9. Put all ingredients of the sweet on a plate by adding the plum jam and fresh peppermint leaves.



Ingredients

Ice cream from sour cream

300g sour cream 100g milk 100g sugar 40g glucose 40g orange juice

Milk breeze

20g milk 50g fresh egg whites 3g powdered egg whites 20g sugar

Buckwheat crumble

10g egg yolk 34g brown sugar 50g salted butter 40g flour 16g fried buckwheat flour 2g baking powder

Plum jam

Fresh peppermint

Ljubljana beauty (author: chef Igor Jagodic)

Ljubljana štrukelj

The recipe for this dessert was first published in 1868.

Preparation of yeast-leavened flaky pastry

- 1. Prepare a yeast mixture using the yeast, lukewarm milk, and half a tablespoon of sugar.
- 2. Heat up the cream, whisk in the egg yolks, butter, sugar, rum, salt, and the yeast mixture. Add the flour, knead well, and put in a warm place to raise.
- 3. In a cool room, roll out the dough into a rectangle the thickness of a kitchen knife's blade and wrap around the butter, making sure that the butter is entirely covered up and there are no air pockets.
- 4. On a surface dusted with flour, beat the dough carefully with the rolling pin to make it stick together with the butter. Roll out slowly and stretch into a 15-20cm wide and slightly longer sheet.
- 5. Fold in the dough in thirds first lengthways and then widthways to get a thick rectangle. Cover with a tea towel and let rest for 15 minutes.
- 6. Beat, roll out, and fold the dough again as before. Repeat the process three more times, letting the dough rest for 15 minutes in between. Before spreading the filling, let rest for 30 minutes.

It is essential that the flour should be dry and the room, the work surface, and all the ingredients cool. When rolling out the dough, be careful not to tear it. All the butter should be kept within.

Ingredients

Yeast-leavened flaky pastry

20g yeast 4 tablespoons lukewarm milk 1/2 tablespoon sugar 20g butter, melted 5 tablespoons cream 2 egg volks 1 tablespoon sugar 1/2 teaspoon salt 1 tablespoon dark rum 280g white flour 180g butter

Filling

apricot marmalade 1/2 cup candied orange peel beaten egg almond flakes



- Roll out the dough (not too thinly), spread the apricot marmalade (generously) over it, sprinkle with candied orange peel, and roll loosely.
- 2. Place the roll in a greased baking tin and put in a warm place to rise.
- 3. Brush with beaten egg, sprinkle with almond flakes and bake in a moderate oven



Apple strudel

A Ljubljana variety of the popular Viennese and Austro-Hungarian dessert, which Ljubljana families of the past typically enjoyed as part of Sunday and festive meals.

- 1. Wash, peel, core, and grind the apples.
- 2. Add the raisins, lemon peel, cinnamon, dark rum, and sugar to the apples and mix well.
- 3. Fry the breadcrumbs in butter and spread over the stretched out dough, then immediately spread the apple filling, leaving a stripe the width of a span in the middle of the dough uncovered. Sprinkle the central section of the dough with melted butter.
- 4. Using the tablecloth, lift one side of the dough and roll all the way to the central section. Repeat on the other side to get two parallel rolls. Place the rolls in a baking tin greased with butter.
- 5. Bake for 60 minutes at 180 °C. To enhance the flavour, brush with sour cream midway through baking.

Ingredients

Filo pastry

400g flour a teaspoon of salt, an egg white or a tablespoon of oil

Filling

1.5kg apples 120g raisins, washed lemon peel, finely chopped cinnamon 1 tablespoon dark rum 100g sugar 70g breadcrumbs 120g butter 200ml sour cream

a tablecloth, lightly dusted with flour











Tivoli, Bellevue or Maxi slice

This excellent cake has a rich history going back to the period after the First World War. It has been prepared by the cake shop of the Maximarket department store since 1971. The recipe was provided by its chef Avgust Plestenjak, who supposedly prepared that same cake at Balmoral Castle in Scotland to spoil the members of the British royal family. The cake is extremely moist, made from vanilla cream, with pieces of hazel nuts and walnuts, and coated with chocolate.



24 Slaščičarna – Kavarna Maxi

Dragon potica

This unusual potica variety is only available in a tiny gift shop; Zvonček, next to Ljubljana's Triple Bridge. The story behind the Dragon potica is about a Ljubljana wine merchant spoilt by his housekeeper with this delicious dessert.



Ljubljana cake

A typical Ljubljana cake related to a story about a cook who delighted the daughter of the lord of the Ljubljana Castle with an exceptional cake and was rewarded with her hand in marriage. At the wedding feast, they only ate this cake, which is still a special feature in the Ljubljana selection of desserts. The recipe for the Ljubljana Cake has always been a closely guarded secret, and therefore this delicacy is only offered in selected catering establishments. It consists of ingredients typical of the Slovene Alpine, Mediterranean and Pannonian area, i.e. buckwheat flour, chestnut, pumpkin kernels, figs, honey, almonds and

10 Torta Ljubljana

chocolate.

Tower cake

In memory of the year 1905, when the City of Ljubljana regained the Ljubljana Castle from the then Austro-Hungarian empire, the confectioners from the catering chain Kaval prepared an extraordinary Tower cake in 2015, named after the Castle tower, which is one of the most popular tourist destinations in Slovenia. It is made from biscuit dough and cinnamon cream, by adding the Lower Carniola fruit wine of

14 Slaščičarna Lolita 40 Paviljon – Pivnica s konceptom

protected designation of origin, and seasonal apples from Liubliana orchards.

Fige Prešernove: Prešeren fig pralines

This exquisite chocolate-fig confectionery product is connected with the story of the greatest Slovenian poet France Prešeren (1800-1849), after whom children would run calling out: "Doctor, give us a fig!" Prešeren Figs are one of the most frequent protocol and business gifts sold and are only available in better grocery stores.

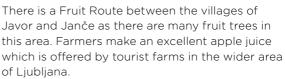
23 Čokoladni atelie Dobnik Kavarna Liubliana Maxi

Strawberries and bilberries from Janče

The rural outskirts of Ljubljana offer numerous natural, healthy and, most importantly, seasonal foods, including delicious strawberries and bilberries from the village of Janče and its surroundings.

Strawberries and bilberries from Janče: available from the beginning of June to the end of July; for information about the farms selling them, please visit the website at www.sadnacesta.si.





Natural apple juice from Janče: available also from other farms; for more information, please visit the website at www. sadnacesta.si.



Šmarna gora tea

A special tea blend made with a large number of different herbs is served at the top of Šmarna gora hill (669 m) near Ljubljana.



39 Gostilna Ledinek

Union beer

The Union brewery in Ljubljana was established in 1864. Today, it produces several kinds of beer and non-alcoholic drinks. Beer lovers can visit the fine pub located in the brewery, where you will be served excellent beer and dishes that go with it.

46 Pivnica Pivovarne Union



Kratochwill beer

The Kratochwill brewery is a family-run business established in 1992. It produces lager beer, and started brewing Champagne-style beer in 2012. They have won a number of international awards. The beer and selected dishes to go with it are offered in pubs in the BTC City, the shopping centre Leclerc and opposite the railway station in Ljubljana.





List of places offering local food and drinks

Gostilnas and restaurants

The "Taste Ljubljana" dishes are prepared by many catering establishments in Ljubljana. Some include them in their daily selections, while others serve them only occasionally. They are offered to guests in their original form or as innovative interpretations of the Ljubljana culinary heritage.

This brochure will make it easier for you to convey your wishes to the catering staff, which will enable you to experience something that is typical of Ljubljana. Get to know and experience Ljubljana through its flavours!

1 RESTAVRACIJA STRELEC

Grajska planota 1, SI-1000 Ljubljana

T: +386 (0)31 687 648 E: strelec@kaval-group.si

www.kaval-group.si/strelec.asp

Boiled beef tongue, frog legs, boiled oxtail, Ljubljana beauty

2 GOSTILNA NA GRADU

Grajska planota 1, SI-1000 Ljubljana T: +386 (0)31 301 777

E: tanja@nagradu.si www.nagradu.si

Boiled beef tongue, sautéed potatoes, flying žganci, kranjska sausage, štruklji, Slovenian tarragon potica, apple strudel

3 HIŠA POD GRADOM

Streliška 10, SI-1000 Ljubljana T: +386 (0)40 164 005 E: info@hisapodgradom.si www.hisapodgradom.si

4 RESTAVRACIJA VODNIKOV HRAM

www.vodnikov-hram.si

Vodnikov trg 2, SI-1000 Ljubljana T: +386 (0)1 234 52 60 E: pisarna2013@gmail.com

Boiled beef tongue, beef soup with noodles, sautéed potatoes, kranjska susage, frog legs, štruklji, apple strudel

5 RESTAVRACIJA MEDITERRANEO

Ciril Metodov trg 16, SI-1000 Ljubljana

T: +386 (0)64 226 777

E: mediterraneo@t-2.si

www.mediterraneo.si

Boiled beef with horseradish, beef soup with noodles, sautéed potatoes, kranjska sausage, frog legs, Vodnik's lamb's lettuce salad, Ljubljana goulash, flying žganci, štruklji, apple strudel, Ljubljana cottage cheese pancakes with tarragon

6 KLOBASARNA

Ciril-Metodov trg 15, SI-1000 Ljubljana

T: +386 (0)51 605 017

E: logar.stanc@gmail.com

www.klobasarna.si

Kranjska sausage, tarragon štruklji, cottage cheese štruklji, buckweat štruklji with walnut filing, Šmarna gora barley stew

7 GOSTILNA SOKOL

Ciril-Metodov trg 18, SI-1000 Ljubljana T: +386 (0)1 439 68 55

E: gostilnasokol@siol.net www.gostilna-sokol.com

8 OKREPČEVALNICA RIBCA

Adamič-Lundrovo nabrežje 1, SI-1000 Ljubljana

T: +386 (0)1 425 15 44,

(0)1 430 52 94, (0)31 835 768

E: info@ribca.si

www.ribca.si

Frog legs, štokfiš, apple strudel

9 ZMAJČEK FLO

Adamič Lundrovo nabrežje 1 T: +386 (0)51 392 592

E: zmajcekflo@gmail.com

Kranjska sausage, apple strudel, štruklji

10 TORTA LJUBLJANA

Plečnikove arkade na Ljubljanski tržnici Adamič-Lundrovo nabrežje 1,

SI-1000 Ljubljana

T: +386 (0)30 300 618

E: info@tortaljubljana.si

www.facebook.com/TortaLjubljana

Ljubljana cake

11 KODILA GOURMET

Adamič-Lundrovo nabrežje 5, SI-1000 Ljubljana

T: +386 (0)40 600 333

E: kodila@siol.net

Kranjska sausage

12 UČILNA OKUSOV

Adamič-Lundrovo nabrežje 1 - 7, SI-1000 Ljubljana T: +386 (O)1 292 77 85 E: ucilna.okusov@bic-lj.si www.ucilnaokusov.si

ŠPAGETARIJA IN PIZZERIJA AROMA

Ribji trg 2, SI-1000 Ljubljana T:+386 (0) 31 307 030 E: aroma.ljubljana@gmail.com www.aroma-ljubljana.si

Boiled beef tongue, sautéed potatoes, kranjska sausage

14 SLAŠČIČARNA LOLITA

Cankarjevo nabrežje 1. SI -1000 Ljubljana T: +386 (0)590 162 99 (0)41 344 189 E: lolita@kaval-group.si

www.slascicrna-lolita.si

Tower cake

15 LE POTICA

Mestni trg 13, SI -1000 Ljubljana T: +386 (0)41 492 694 E: info@le-potica.si www.le-potica.si

Slovenian potica

16 RESTAVRACIJA DRUGA VIOLINA

Stari trg 21, SI-1000 Ljubljana T: +386 (0)8 205 25 06 E: druga.violina@center-db.si www.drugaviolina.si

Beef soup with noodles, sautéed potatoes, kranjska sausage, veal ragout in a flaky pastry bowl, baconspiked beef tenderloin with sauce and bread dumplings, štruklji, apple strudel, Ljubljana štrukelj

17 GOSTILNICA 5-6 KG

Gornji trg 33 , SI-1000 Ljubljana T: +386 (0)1 320 08 04, (0)40 501 372

E: barbara.repe@trapez.si

Beef soup with noodles, boiled beef tongue, kranjska sausage, tarragon štruklji

18 RESTAVRACIJA PANINOTEKA

Jurčičev trg 3, SI-1000 Ljubljana T: +386 (0)40 349 329 E: paninoteka@t-2.net www.paninoteka.si

Beef soup with noodles, kranjska sausage, cottage cheese, štruklji, Ljubljana goulash

19 BISTRO MONSTERA

Gosposka ulica 9 SI - 1000 Ljubljana T: +386 (0)40 431 123 E: info@monsterabistro.si

www.monsterabistro.si

20 GOSTILNA LJUBLJANSKI DVOR Dvorni trg 1, SI-1000 Ljubljana T: +386 (0)1 251 65 55 E: ljubljanskidvor@gmail.com

Beef soup with noodles, kranjska sausage, sauerkraut with millet groats, sautéed potatoes, flying žganci, štruklji, apple strudel

21 HOTEL CUBO RESTAURANT

Slovenska cesta 15, SI-1000 Ljubljana T: + 386 (0)1 425 60 30, (0)1 425 60 00

E: fnb@hotelcubo.com www.hotelcubo.com

22 RESTAVRACIJA ROMANSA

Trg republike 1, SI-1000 Ljubljana T: +386 (0)51 285 339 E: romansa.maxi@mercator.si www.maxi.com

ČOKOLADNI ATELJE DOBNIK KAVARNA LJUBLJANA MAXI

Trg republike 1, SI-1000 Ljubljana T: +386 (0)1 425 31 41 E: info@cokoladniatelje.si www.cokoladniatelje.si

Fige Prešernove

24 SLAŠČIČARNA - KAVARNA MAXI

Trg republike 1, SI-1000 Ljubljana T: +386 (0)51 285 342 E: slascicarna.maxi@mercator.si www.maxi.com

Tivoli or Maxi slice, Slovenian potica

25 RESTAVRACIJA 1552 SLON

Nazorjeva 5, SI-1000 Ljubljana T: + 386 (0)1 470 11 81 E: sales@hotelslon.com www.hotelslon.com

Slovenian potica

26 KAVARNA CACAO

Petkovškovo nabrežje 3, SI-1000 Ljubljana T: +386 (0)41 838 281 E: qda@siol.net

www.cacao.si

Apple strudel

27 RESTAVRACIJA MOST

Petkovškovo nabrežje 21, SI-1000 Ljubljana T: +386 (0) 1 232 81 83

E: most@t-2.net

www.restavracija-most.si

Beef soup with noodles, boiled beef tongue, štruklji

28 GRAND HOTEL UNION

Miklošičeva 1, SI-1000 Ljubljana T: +386 (0)1 308 12 70 E: grand@union-hotels.eu www.union-hotels.eu

29 KAVARNA UNION

Miklošičeva 1, SI-1000 Ljubljana T: +386 (0)1 308 19 72

F: info@kavarnaunion.si www.kavarnaunion.si

Apple strudel, Slovenian potica, Liubliana goulash

30 KAVARNA NEBOTIČNIK

Štefanova ulica 1, SI-1000 Ljubljana

T: +386 (0)40 601 787 E: info@neboticnik.si www.neboticnik.si

Ljubljana cake, Slovenian potica, apple strudel

31 GOSTILNA ŠESTICA

Slovenska cesta 40, SI-1000 Ljubljana

T: +386 (0)1 242 08 55, (0)1 242 08 56

E: info@sestica.si www.sestica.si

Beef soup with noodles, frog legs, kranjska sausage, goulash and tripe stew combo, sautéed potatoes, cotage chees štruklji, apple strudel, boiled apple štruklji, Slovenian potica

32 RESTAVRACIJA PRI LEVU

Vošnjakova ulica 1, SI-1000 Ljubljana

T: +386 (0)1 308 76 00 E: info@prilevu.si, lev@union-hotels.si www.prilevu.si

Beef soup with noodles, Union hopel popel, flying žganci, apple strudel

33 CITY HOTEL LJUBLJANA

Dalmatinova 12, SI-1000 Ljubljana T: +386 (0)1 239 01 39

E: info@cityhotel.si www.cityhotel.si

34 RESTAVRACIJA JB

Miklošičeva cesta 17, SI-1000 Ljubljana

T: +386 (0)1 430 70 70

E: restavracija.jb@siol.net

www.jb-slo.com

Ljubljana egg dish, Ljubljana cottage cheese pancakes, Ljubljana burek

35 KAVARNA SEM

Metelkova ulica 2, SI-1000 Ljubljana

T: +386 (0)41 729 619

E: kavarna.sem@gmail.com

www.etno-muzej.si/sl/muzejska-kavarna

Kraniska sausage, Ljubljana cake

36 RESTAVRACIJA HOTEL PARK

Tabor 9, SI-1000 Liubliana

T: +386 (0)1 300 25 00, (0)41 344 004

E: igor.debevec@hotelpark.si www.hotelpark.si

Beef soup with noodles, boiled beef tongue, sautéed potatoes, cheese cottage štruklji, Ljubljana cottage cheese pancakes with tarragon

37 ČAJNICA PRIMULA

Botanični vrt. Ižanska cesta 15.

SI-1000 Ljubljana

T: +386 (0)41 300 230

E: bic@bic-lj.si

www.botanicni-vrt.si

Ljubljana cottage cheese pancakes with tarragon

38 GOSTILNA PRI ŽABARJU

Viška cesta 50, SI-1000 Ljubljana

T: +386 (0)1 423 24 62

E: info@prizabarju.si

www.prizabarju.si

Boiled beef tongue, beef soup with noodles, frog legs, sautéed potatoes. Vodnik's lamb's lettuce salad. Ljubljana goulash, malo mešano, cottage cheese štruklji, bread dumplings, loin of venison

39 GOSTILNA LEDINEK

Smarna Gora 4, SI-1211 Ljubljana Šmartno

T: +386 (0)1 511 65 55

E: gostilna-ledinek@smarnagora.com

www.smarnagora.si

Šmarna gora barley stew, kranjska sausage, cottage cheese štruklji, tarragon štruklji, Šmarna gora tea

40 PAVILJON - PIVNICA S KONCEPTOM

Dunajska cesta 18, SI-1000 Ljubljana

T: +386 (0)1 300 27 00

E: paviljon@kaval-group.si

www.kaval-group.si

Beef soup with noodles, Vodnik's lamb's lettuce salad, kranjska sausage, bread dumplings, štruklji, Tower cake

41 RESTAVRACIJA IN BAR MAJMUN

Kranjčeva 26, Ljubljana T: +386 (0)59 044 960 E:info@majmun.bar www.majmun.bar

42 VIVO D125

Dunajska cesta 125, SI-1000 Ljubljana T: +386 (O)1 546 16 57 E: catering@vivo.si www.ivo.si

43 PIVNICA KRATOCHWILL BTC

www.kratochwill.si

Šmartinska 152, SI-1000 Ljubljana T: +386 (0)1 585 27 56 E: btckratochwill@gmail.com

Ljubljana lunch, Vodnik's lamb's lettuce salad, sautéed potatoes, Ljubljana goulash, malo mešano, flying žganci, cottage cheese štruklji, Ljubljana štrukelj, Kratochwill beer

44 RADISSON BLU PLAZA HOTEL LJUBLJANA

Bratislavska cesta 8, SI-1000 Ljubljana T: +386 (0)1 234 00 00 E: info.ljubljana@radissonblu.com www.radissonblu.com

45 GOSTILNA PRI KOVAČU

Cesta II. grupe odredov 82, SI-1000 Ljubljana T: +386 (0)1 542 95 77 E: anton.svetek@gmail.com

Beef soup with noodles, kranjska sausage, sautéed potatoes, štruklji

46 PIVNICA PIVOVARNE UNION

Celovška cesta 22, SI-1000 Ljubljana T: +386 (0)1 471 73 35 E: info@pivnica-union.si www.pivnica-union.si

Štruklji, boiled beef tongue, flying žganci, kranjska sausage, Union beer

47 KULT316

Prušnikova 74, SI-1000 Ljubljana T: +386 (0)1 235 52 60 E: kult316@bic-lj.si www.kult316.si

Other outlets

1 PAVILJON ZVONČEK

Adamič-Lundrovo nabrežje 1, SI-1000 Ljubljana T: +386 (0)41 843 533 E: bzmaj@yahoo.com

Dragon potica

2 PEKARNA PEČJAK

E: info@pekarna-pecjak.si www.pekarna-pecjak.si

Ljubljana burek and pizza burek, tarragon štruklji, cottage cheese štruklji, buckwheat štruklji with walnut filling, Slovenian tarragon potica, Slovenian walnut potica, apple strudel

COOK EAT SLOVENIA

Culinary workshops by appointment. Poljanska 7, SI-1000 Ljubljana T: +386 (0)40 503 504 E: info@culinaryslovenia.com www.culinaryslovenia.com

Tarragon štruklji, cottage cheese štruklji, boiled apple štruklji, apple strudel, Fige Prešernove, Šmarna gora tea

4 POSESTVO TRNULJA (tourist farm)

Črna vas 265, SI-1000 Ljubljana T: +386 (0)41 610 522 E: info@trnulja.com www.trnulja.com

Ljubljana cottage cheese pancakes with tarragon, tarragon štruklji, cottage cheese štruklji, buckwheat štruklji with walnut filling, Slovenian tarragon potica, Slovenian walnut potica, apple strudel

5 IZLETNIŠKA KMETIJA TRAVNAR (tourist farm)

Slavko in Tatjana Bučar, Volavlje 10, SI-1129 Ljubljana - Zalog T: +386 (0)1 366 90 85, (0)41 717 385 E: s.bucar@gmail.com www.sadnacesta.si

Natural apple juice from Janče

TURISTIČNA KMETIJA PRI LAZARJU (tourist farm)

Milan Bizjan, Podgrajska c. 9c, SI-1129 Ljubljana - Zalog T: +386 (0)1 528 18 62, (0)41 807 146 E: milan.bizjan@volja.net

www.pri-lazariu.si, www.sadnacesta.si

Natural apple juice from Janče



Culinary tour

Wednesdays and Saturdays at 12:00.

More than ten people by prior request

Adults 38.00 EUR Children (2-12) 28.00 EUR

The price includes tour guidance, the tasting of five traditional dishes included in the Taste Ljubljana selection, the tasting of five different drinks, and a digestif.

Each participant receives a brochure containing recipes for typical Ljubljana dishes and a small gift.





Take a trip to the countryside outside Ljubljana and visit a good gostilna!

1 GOSTILNA PRI KUKLJU

Trubarjeva cesta 31, SI-1315 Velike Lašče T: +386 (0)1 788 90 98 E: gostilna.kukelj@siol.net www.prikuklju.si

2 GOSTILNA ČUBR

Križ 53, SI-1218 Komenda T: +386 (0)1 834 11 15 E: info@gostilna-cubr.com www.gostilna-cubr.com

3 GOSTILNA MIHOVEC

Zgornje Pirniče 54, SI-1215 Medvode T: +386 (0)1 362 30 60 E: gostilna.mihovec@siol.net www.mihovec.com

4 GOSTILNA BELŠAK - SLAVKOV DOM

Golo Brdo 8, SI-1215 Medvode T: +386 (0)1 361 12 42 E: info@gostilnabelsak-slavkovdom.si www.gostilnabelsak-slavkovdom.si

5 GOSTIŠČE GRIČ

Šentjošt nad Horjulom 24d, SI-1354 Horjul T: +386 (0)1 754 01 28 E: info@gric.si www.gric.si

6 GOSTILNA PR KOPAČ

Tržaška cesta 418, SI-1351 Brezovica T: +386 (0)1 365 30 66 E: info@pr-kopac.com www.pr-kopac.com

BAR PR'MRTINET

Luče 45, SI-1290 Grosuplje T: +386 (0)1 780 89 24 E: tatjana@prmrtinet.si www.prmrtinet.si

8 GOSTILNA IN PENZION REPNIK

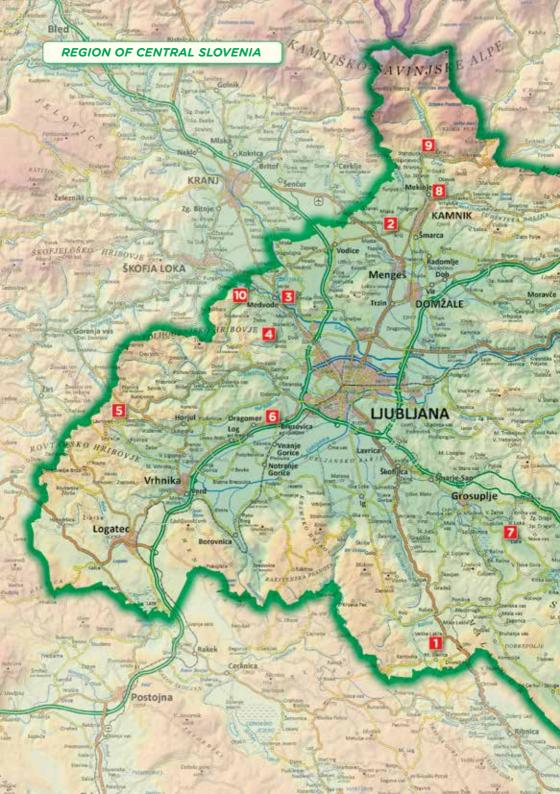
Vrhpolje 186, SI-1241 Kamnik T: +386 (0)1 839 12 93 E: info@gostilna-repnik.si www.gostilna-repnik.si

GOSTILNA PRI PLANINSKEM ORLU

Stahovica 20, SI-1242 Kamnik T: +386 (0)1 832 45 10 E: info@priorlu.si www.priorlu.si

10 JEZERŠEK GOSTINSTVO D.O.O

Sora 1a, SI-1215 Medvode T: +386 (0)1 361 94 21 E: gostinstvo@jezersek.si www.jezersek.si











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