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## Taste Ljubljana

**Since the summer 2014, a selection of typical Ljubljana dishes marketed under the brand name Taste Ljubljana is on offer in more than 60 of the city's restaurants.**

Visitors to Ljubljana have always been expressing a growing interest in typical local food, also by enquiring where they could get a taste of it. Since, until recently, **traditional Ljubljana dishes** were not a regular feature on the menus of the local restaurants and some of them were completely unknown, **Ljubljana Tourism** set on creating the **Taste Ljubljana brand** in collaboration with renowned Slovenian ethnologist **Prof. Dr. Janez Bogataj**.

The mission of the Taste Ljubljana project is to ensure that a larger share of traditional Ljubljana dishes should be included in the culinary offerings of the Slovenian capital. The dishes which you can try in numerous restaurants across the city are prepared according to old recipes, but using modern cooking methods.

**The typical Ljubljana dishes** have evolved under the culinary influences from the Mediterranean, the Alpine region, and the Pannonian Plain, while the more recent influences include those from the Balkans and several international cuisines. They are mostly cooked from locally sourced ingredients and don't contain any artificial additives.

The dishes, available for tasting as a part of Taste Ljubljana project include frog legs, flying 'žganci (fried chicken drumsticks and wings)', various stews, savoury and sweet 'štruklji' rolls, 'potica' with honey filling (a traditional cake), Ljubljana cottage cheese pancakes with tarragon, beef soup with noodles, boiled beef tongue, the famous pražen krompir (Slovenian-style sautéed potatoes), and Vodnik's lamb's lettuce salad, to name just a few.

The first step in promotion of Ljubljana dishes was publication of the book **Taste Ljubljana: Long for Its Dishes Ljubljana's Been Known – Sitting at the Everyday and Festive Table with People in Ljubljana** written by Prof. Dr. Janez Bogataj. The book provides a historical overview of the city's culinary offerings complemented by recipes, stories related to individual dishes, and a list of restaurants offering Taste Ljubljana-branded dishes as a part of their regular menus.

Alongside the book, Ljubljana Tourism had also published a free **Taste Ljubljana guide** available in Slovenian and English from the city's Tourist Information Centres and the website [www.visitljubljana.com](http://www.visitljubljana.com).

You can also join the **Taste Ljubljana guided city tour** which includes tasting sessions of traditional Ljubljana dishes. Today, traditional Ljubljana food and drinks are coming alive in widely differing ways, for which reason the tour will take you to a street food outlet, a traditional 'gostilna' restaurant with a historical concept, a modern restaurant, another modern restaurant, this one following the model of socially responsible entrepreneurship, a catering outlet located at a popular lookout point, and a spirits tasting offering traditional Slovenian schnapps. To learn about Ljubljana dishes' locally sourced

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ingredients, the tour also includes visits of Ljubljana Central Market and the vegetable gardens located in the Krakovo area of Ljubljana.

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