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Atlas tipične hrane iz Crne Gore
Atlas of typical food from Montenegro



REGIONALNA RAZVOJNA AGENCIJA
Bjelasica, Komovi & Prokletije



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Predgovor

Atlas je sačinjen u okviru FAO-EBRD projekta u Crnoj Gori, tačnije u okviru projekta „Promocija održivih vrednosnih lanaca poljoprivredne hrane kroz veze sa turizmom“, a u saradnji sa Ministarstvom turizma i održivog razvoja i Ministarstvom poljoprivrede i ruralnog razvoja.

Crna Gora je mala zemlja u srcu Mediterana, koja je svoje posjetioce oduvijek iznenađivala ne samo raznovrsnošću čarobne prirode, karakterističnim duhom i tradicijom njenih ljudi koji žive u miru i međusobnom skladu, već i autentičnošću jela koja nudi. Ljudi u ovoj zemlji njeguju tradiciju u pripremi jela koja se razlikuju i prema mirisima: u njima se prepoznaje slatkasti opojni miris Jadranskog mora, svjež i okrepljujući miris visokih planina i uzbudljiv miris Skadarskog jezera. Morska, jezerska i planinska kuhinja međusobno se dodiruju, miješaju i prepliću.

Sela, odvojena od ostatka svijeta dubokim kanjonima ili visokim planinama, razvijaju svoj način pravljenja sira i njeguju “male tajne” mudrih i vrijednih domaćica. Svaka planina odlikuje se posebnom vrstom trava i biodiverziteta uopšte, a njihova kombinacija daje mlijeku i mesu sa tih prostora karakterističan ukus. S proljeća, kada priroda počne da buja, hljeb je u planinskim selima slađi nego bilo gdje drugdje.... i tako od jednog do drugog sela... svako skretanje sa glavnog puta donosi ne samo novo uživanje za oči, već i otkriće novih ukusa, zadovoljstva za nepca.

Vremena su se promijenila, ali crnogorska tradicija u pravljenju jednostavne i zdrave hrane, bazirana na geografskom položaju i istorijskom predanju, ne samo da je opstala, već oživljava u 21. vijeku. Lokalni sastojci, koji uglavnom potiču iz organske proizvodnje, u kombinaciji sa vještinama u pripremi jela koje se prenose s generacije na generaciju, predstavljaju neponovljivo gastronomsko iskustvo ugodno za sva čula. Upravo ovo obilježje Crne Gore u skladu je sa sve većim interesovanjima brojnih turista, koji žele ne samo da vide, već i da osjete i probaju sve što Crnu Goru čini posebnom.

Ministarstvo turizma i održivog razvoja

Foreword

This Atlas has been developed in the frame of the FAO/EBRD Cooperation in Montenegro, more specifically the project on “Promoting sustainable agrifood value chains through linkages with tourism” in collaboration with Ministry of Tourism and Sustainable Development and Ministry of Agriculture and Rural Development.

Montenegro is a small country in the heart of the Mediterranean, and visitors have always been surprised not only by the versatility of the magical nature, the distinctive spirit and tradition of its people who live peacefully and in mutual respect, but also by the authentic offering of its typical cuisine. People of this country have cultivated a tradition of preparing dishes, which can be grouped by the following three scents: a salty but intoxicating scent of the Adriatic Sea, a fresh and bracing scent of high mountains and the exciting, crisp scent of Skadar Lake. The sea, lake and mountain cuisine touch, mix, and interweave mutually.

Villages, separated from the rest of the world by a deep canyon or a high mountain, develop a manner of cheese production and some other “little secrets” of the wise and hardworking mountain women. Every mountain has its own combination of grasses and biodiversity, giving milk and meats a characteristic taste. In the spring, when the nature thrives, a mountain villages’ bread is sweeter than anywhere else. and thus, any turn from the main road would bring new enjoyment for eyes and discovery of new tastes, a new pleasure for the palate.

Times have changed, but Montenegrin tradition in producing simple and healthy food, conditioned by geography and history, not only survives but shines anew in the 21st century. Local ingredients, and most are from organic production, blended with generations of know-how to produce a gastronomic experience for all senses. This matches very well with the interests of many tourists coming to Montenegro, who want to see, feel and taste what makes Montenegro so special.

Ministry of Tourism and Sustainable Development

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Skraćenice

Čl.	Član
BiH	Bosna i Hercegovina
CG	Crna Gora
KoP	Kodeks prakse
EBRR	Evropska banka za rekonstrukciju i razvoj
EUR	Euro
FAO	Organizacija Ujedinjenih nacija za hranu i poljoprivredu
GO	Geografska oznaka
Km	Kilometar
MPRR	Ministarstvo poljoprivrede i ruralnog razvoja
SCG	Sjeverna Crna Gora
ZOP	Zaštićena oznaka porijekla
ZGO	Zaštićena geografska oznaka
QOW	Kvalitet & porijekloweb alatke
REDD	Réseau Echange Développement Durable
GTS	Garantovano tradicionalni specijalitet
USD	Američki dolar

Acronyms

Art.	Article
BiH	Bosnia and Herzegovina
CG	Montenegro
CoP	Code of Practice
EBRD	European Bank for Reconstruction and Development
EUR	Euro
FAO	Food and Agriculture Organization of the United Nations
GI	Geographical Indication
Km	Kilometer
MARD	Ministry of Agriculture and Rural Development
NCG	Northern Montenegro
PDO	Protected Denomination of Origin
PGI	Protected Geographical Indication
QOW	Quality & Origin web tool
REDD	Réseau Echange Développement Durable
TSG	Traditional Specialties Guaranteed
USD	United States Dollar

Priznanja

Ovaj Atlas, objavljen u okviru FAO-EBRD projekta „Crna Gora: Promocija održivih vrijednosnih lanaca poljoprivredne hrane kroz veze sa turizmom“, prikazuje bogatstvo i raznolikost koju crnogorska lokalna gastronomija nudi turistima, kao i njenu ekonomsku važnost. Ministarstvo poljoprivrede i ruralnog razvoja Crne Gore (MPRR) i Ministarstvo turizma i održivog razvoja (MTOR) su sarađivali sa FAO i EBRD na ovom projektu, uz operativnu podršku Regionalne razvojne agencije (RRA) za Bjelasicu, Komove i Prokletije.

Atlas je nastavak tehničkog Inventara tradicionalnih proizvoda iz Crne Gore, sa potencijalom za oznaku geografskog porijekla ili porijekla, razvijenog u okviru FAO/EBRD projekta „Nadogradnja standarda kvaliteta mesa u Crnoj Gori i razmjena iskustava na Zapadnom Balkanu“. Projekat, koji promoviše razvoj održivih vrijednosnih lanaca kroz razvoj geografskih oznaka i oznaka porijekla je sproveden u saradnji sa crnogorskim Ministarstvom poljoprivrede i ruralnog razvoja (MPRR), uz operativnu podršku Univerziteta Donja Gorica (UDG), tačnije njegove predstavnice Aleksandre Martinović, i švajcarske nevladine organizacije „Réseau Echange Développement Durable“ (REDD) i njenog predstavnika Paskala Bernardonija. Liza Palieti i Emili Vandekandelere, predstavnice FAO centra za investicije, omogućile su tehničku superviziju studije.

Unutar FAO/EBRD projekta „Crna Gora: Promocija održivih vrednosnih lanaca poljoprivredne hrane kroz veze sa turizmom“, pod tehničkom supervizijom Emili Vandekandelere i tehničkom podrškom Nine Koats (FAO centar za investicije), eksperti koji su pregledali ovaj inventar uključuju u rad na projektu i Milenu Kotlicu i Merisu Cekić (MPRR), Anku Kujović i Nikolu Ilića (MTOR), Lidiju Rmuš (Privredna komora), Milana Bukaricu i Vuka Mitrovića (Nacionalno udruženje kuvara Crne Gore) i Jelenu Krivčević i Ivana Mališića (RRA).

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The Atlas builds on the technical Inventory of Traditional Products from Montenegro with Geographical Indications or the Potential for Quality Labelling, developed under the FAO/EBRD project “*Upgrade of Meat Quality Standards in Montenegro and Exchange of Lessons Learned in the Western Balkans*”. The project, which promoted sustainable value chains via the development of geographical indications, was carried out in collaboration with the MARD, with operational support from the University of Donja Gorica (UDG), and in particular Aleksandra Martinovic, and the Swiss non-governmental organization Réseau Echange Développement Durable (REDD), in particular Pascal Bernardoni. Lisa Paglietti and Emilie Vandecandelaere, from the FAO Investment Centre, ensured technical supervision of the original study.

The Atlas was produced under the technical supervision of Emilie Vandecandelaere and technical support of Nina Coates, FAO Investment Centre Division, the experts reviewing the technical Inventory included Milena Kotlica and Merisa Cekic from MARD, Anka Kujovic and Nikola Ilic from MTSD, Lidija Rmus from the Chamber of Economy, Milan Bukarica and Vuko Mitrovic from the National Cooks Association of Montenegro and Jelena Krivcevic and Ivan Malisic from the RDA.

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Uvod o porijeklu i kvalitetu

Proizvodi vezani porijeklom reflektuju isprepletenost prirode i kulture – zbir lokalnog znanja i tradicije, koji se prenose sa generacije na generaciju na određenoj geografskoj lokaciji. Usvajanjem šema kvaliteta, kao što su *zaštićena oznaka porijekla (ZOP)* i *zaštićena geografska oznaka (ZGO)*, u skladu sa propisima Evropske unije, proizvođači usmjereni na kvalitet mogu da zaštite svoje proizvode na tržištu, samim tim izdvoje, očuvaju i promovišu svoje jedinstveno nasljeđe u proizvodnji i preradi poljoprivrednih i prehrambenih proizvoda. Slično tome, i *garantovano tradicionalni specijaliteti (GTS)* doprinose promociji tradicionalnih crnogorskih jela.

Ovaj Atlas je nastao od inventara proizvoda vezanih porijeklom i tradicionalnih jela u Crnoj Gori koji se mogu registrovati kao ZOP, ZGO i GTS. Za potrošače, zvanična oznaka predstavlja garanciju kvaliteta i autentičnosti. Vjerujemo da će Atlas pružiti svim zainteresovanim stranama (institucije, potrošači, proizvođači, turisti) širu sliku crnogorskih proizvoda koji se vezuju za određeno mjesto i tradiciju.

Proizvodi povezani porijeklom se odnose i na tri stuba održivosti – ekonomiju, društvo i prirodnu sredinu – koji povezuju ljude, mjesta i proizvode. Ekonomska održivost doprinosi povećanju zarade proizvođača, kvalitetu života, kao i dinamičnijoj ruralnoj ekonomiji. Društveno-kulturna održivost se ogleda u vlasništvu interesnih strana nad procesom, su snazi donošenja odluka od proizvodnje do marketinga proizvoda sa geografskom oznakom i u pravičnijoj raspodjeli dobiti. Životna sredina se podržava očuvanjem i poboljšanjem lokalnih prirodnih resursa, kao što su biodiverzitet, zemljište i voda, za buduće generacije. To je posebno bitno u nerazvijenim, udaljenim i oblastima, gdje veći broj ograničenja i manje konkurentna proizvodnja može dobiti dodatnu vrijednost kroz prepoznavanje na tržištu, obezbjeđivanjem specifičnih kanala prodaje, čime se sprečava nestajanje određenih proizvoda usljed jake konkurencije.

Atlas tipične hrane iz Crne Gore teži da promoviše ne samo visoko kvalitetne tradicionalne proizvode koji su predstavljeni u ovom dokumentu, već i da podigne svijest o važnosti očuvanja i zaštite crnogorskog kulinariskog nasljeđa, lokalne tradicije i ruralne ekonomije. U svijetu, koji se sve brže kreće naprijed, mi vam sa zadovoljstvom nudimo ovaj Atlas, da vam posluži kao vodič na putu povratka ka zadovoljstvima jednostavne, dobre tradicionalne hrane.

Introduction on origin and quality

Origin-linked products reflect the intersection of nature and culture – the accumulation of local know-how and traditions passed down over the years in a specific geographical location. By adopting quality schemes such as *protected denomination of origin (PDO)* and *protected geographical indication (PGI)*, in line with the European Union, quality-oriented producers can differentiate and protect their products on the market, ultimately preserving and promoting their unique food heritage. Similarly, the *traditional speciality guaranteed (TSG)* safeguards and promotes traditional dishes, which are also part of a country's food heritage.

This Atlas builds on the inventory of origin-linked products and traditional dishes in Montenegro that could be registered as PDOs, PGIs and TSGs. For consumers, an official seal is a guarantee of quality, authenticity, tradition and diversity. The seals featured on the next page are of products currently registered (at the time of publishing), but more products will likely be protected in the future. That is why we trust this Atlas to give consumers and stakeholders a broader picture of Montenegrin products that are linked to specific places and traditions.

Origin-linked food products also address the three pillars of sustainability – the economic, the social and the environmental – linking peoples, places and products. Economic sustainability helps improve producers' incomes and quality of life and contributes to a more dynamic rural economy. Sociocultural sustainability is reinforced by local stakeholders' ownership of the process, their decision-making power from production to marketing and a fairer distribution of gains brought about by local knowledge, cultural pride and identity. Environmental sustainability is supported through the protection of local natural resources – the landscape, biodiversity, soil, water – for future generations. This role is especially significant in fragile, remote and less-favoured regions, where more constraints and less competitive production can become assets by adding value through market recognition, providing access to new niche markets for differentiated products or preventing products from disappearing due to competition.

The Atlas of typical foods from Montenegro seeks to promote not only the high quality traditional products presented in this volume, but also to raise awareness of the importance of preserving and protecting Montenegrin culinary heritage, local traditions and the rural economy. With a world that seems to be moving faster by the day, we are pleased to offer this Atlas as your guide to a return to the simple pleasures of timelessly good food and the enjoyment of Montenegrin gastronomy.

Dobrovoljne šeme kvaliteta u Cnoj Gori

ZAŠTIĆENA OZNAKA PORIJEKLA (ZOP)



ZOP identifikuje proizvode koji su proizvedeni, obrađeni i pripremljeni u određenim geografskim oblastima uz upotrebu priznatog znanja lokalnih proizvođača i sirovina iz tih istih oblasti. To su proizvodi čije su karakteristike isključivo povezane sa njihovim geografskim porijeklom.

ZAŠTIĆENA GEOGRAFSKA OZNAKA (ZGO)



ZGO identifikuje proizvode čiji su kvalitet ili reputacija povezani sa mjestom ili regionom gdje su proizvedeni, obrađeni ili pripremljeni, iako upotrijebljene sirovine ne moraju prevashodno da potiču iz te geografske oblasti. Na primjer, proces proizvodnje i zrenja/sazrijevanja su vezani za klimatski jedinstvenu oblast, a proizvod se priprema na osnovu generacijskog iskustva i znanja.

GARANTOVANO TRADICIONALNI SPECIJALITET (GTS)



GTS naglašava tradicionalni karakter, bilo u sastavu, bilo u načinu proizvodnje, bez posebne veze sa određenom geografskom oblašću. Ruralne zajednice iz priobalnih i planinskih oblasti proizvode poljoprivredne i prehrambene proizvode prepoznatljivo jakog karaktera i predstavljaju izuzetno vrijedno naslijeđe.

Voluntary quality schemes in Montenegro

PROTECTED DENOMINATION OF ORIGIN (PDO)



PDO identifies products that are produced, processed and prepared in a specific geographical area, using the recognized know-how of local producers and ingredients from the region concerned. These are products whose characteristics are linked to their geographical origin.

PROTECTED GEOGRAPHICAL INDICATION (PGI)



PGI identifies products whose quality or reputation is linked to the place or region where it is produced, processed or prepared, although the ingredients used do not necessarily need to come from that geographical area. For example, the production and ripening process are in a climatically unique area, and the product is prepared according to generational experience and know how.

TRADITIONAL SPECIALITY GUARANTEED (TSG)



TSG highlights traditional character, either in the composition or in means of production, without a specific link to a particular geographical area. Montenegro has a rich food heritage, characterized by a great diversity due to pristine environment and cultural influences over centuries. Rural communities from coastal and mountain regions create agriculture and food products with strong character that all together represent a highly valuable food heritage. Traditional products have specific characteristics because of the local natural conditions or the producers' know-how inherited through several generations.

Mesni proizvodi

Meat products





Crnogorska goveda pršuta ZEP
Montenegrin beef prosciutto PDO



Crnogorska goveđa pršuta ZOP

U doba kada je konj bio glavno prevozno sredstvo i kada se putovalo danima do odredišta, komad hljeba, glavica luka i parče suve govedine bili su glavna hrana na putu. Putnik nije time samo "zavaravao glad". Uz izvorsku vodu, od parčeta mesa dobijao bi dovoljno energije za dugo putovanje. Danas, taj blago slan i mrvu kisjelkast, bez imalo gorčine, goveđi pršut, najviše se koristi kao hladno predjelo, sastavni dio „meze“ (tradicionalno predjelo ili zakuska uz piće), ali i kao dio glavnog jela.

Za proizvodnju pršute koriste se najkvalitetniji djelovi goveda starih između tri i sedam godina - biftek, but, slabina, leđa i plečka. Tradicionalno, proizvodnja se odvija zimi, od novembra do februara (u poluindustrijskim uslovima i duže - komore za hlađenje omogućavaju da proces proizvodnje traje tokom cijele godine). Oblikovani komadi se sole ručno, utrljavanjem (oko 4-6 odsto soli u odnosu na masu komada) u toku pet do deset dana, sa povremenim okretanjem. Za dimljenje se koristi bukovo i grabovo drvo i pomenuta faza traje tri do četiri sedmice. Goveđa pršuta „sazrijeva“ oko dva mjeseca. Finalni proizvod ima umjerenu ili čvrstu konzistenciju, naglašenu mekoću i pogodan je za žvakanje.

Goveđa pršuta se proizvodi u onim djelovima gdje je klima kontinentalna, a ponegdje i planinska. Zime su oštre i hladne, ljeta topla i blaga. Pašnjaci su uglavnom obrasli travom dobrog nutritivnog sastava (različite vrste djeteline), ljekovitim i aromatičnim biljkama, što doprinosi kvalitetu mesa. Duga tradicija proizvodnje suve govedine rezultat je prenosa znanja i vještina kroz generacije. To je rezultiralo stvaranjem uravnoteženog ukusa, posebno kada je riječ o procesu dimljenja, sušenja i zrenja.



Montenegrin beef prosciutto PDO

In the age when a horse was the main transport means and when people travelled for days to reach their destination, a piece of bread, an onion and prociutto were the main road companions. Together with a sip of cold, mountain water, Montenegrin beef prosciutto would provide enough energy for the long journey.

Montenegrin beef prosciutto is made of the most quality parts of the cattle aged between three and seven years – tenderloin, round, sirloin, short loin and brisket. Traditionally, production takes place during winter, from November to February (the production lasts even longer in semi-industrial conditions – cooling chambers enable the year around period of production). The meat cuts are salted through manual rubbing with sea salt (4-6 percent of salt depending on the piece mass) for 5-10 days with occasional turning. The meat is smoked with beech and hornbeam wood for three to four weeks. The period of ripening lasts approximately two months. The final product has got a moderate to firm consistency, with recognizable softness, suitable for chewing.

The production area in northern Montenegro is characterized by a continental climate, and in some areas a mountain climate. The winters are harsh and snowy, while the summers are warm and mild. The pastures where the cattle graze are composed primarily of nutritious grass (harrier, ryegrass and clover) and some medicinal and aromatic plants, which enhance the quality of the meat. The long tradition of Montenegrin beef prosciutto production is the result of the knowledge and skills transferred throughout generations. This has resulted in the creation of a certain balanced taste, especially when it comes to the process of smoking and drying/ripening.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
SjeVerna Crna Gora

PRODUCTION AREA:
Northern Montenegro



Crnogorski pršut ZGO
Montenegrin prosciutto PGI



Crnogorski pršut ZGO

Najbolji, "kraljevski" sendvič je sendvič sa crnogorskim pršutom. U Crnoj Gori vam se danas može desiti da ako zatražite "sendvič za ponijeti" na planinarenje, dobijete pola vekne hljeba zarezane s jedne strane i u tom džepu veliko parče domaćeg bijelog mekog sira i pršute - za troje. Nakon toga slijedi još jedno iznenađenje: ipak ćete pojesti i posljednju mrvu te džinovske užine. Planina traži jake ljude. Kada žele da naglase da je neko baš snažan i zdrav, u Crnoj Gori će reći „kao da pršutu jede svaki dan“. Crnogorski pršut je danas najznačajnije predjelo i u domovima i u restoranima. Njegov specifičan miris, tekstura i bogat ukus koji se ne zaboravlja, rezultat su specifičnog načina proizvodnje.

Crnogorski pršut proizvodi se u centralnom dijelu Crne Gore, u nekoliko opština. Oblast proizvodnje je definisana granicama stare Crne Gore, tj. teritorija nekadašnja četiri okruga, koji danas administrativno uključuju djelove sljedećih opština: Cetinja (osim Njeguša), Nikšića, Danilovgrada, Podgorice i Bara. Cetinje je nekada bilo slabo naseljeno selo koje su povremeno posjećivali polunomadski stočari. U drugoj polovini 14. vijeka, turska invazija omogućila je konačno naseljavanje stočara, a proizvodnja stoke postala je glavna industrija. Cetinje je bilo geografski centar tadašnje Crne Gore i u blizini luka, pa se trgovalo sa Venecijom, a proizvodi su izvoženi tokom 19. i 20. vijeka. Uzgoj životinja u obližnjim katunima, tradicionalnim ljetnjim naseobinama, cvjetao je u prvoj polovini 20. vijeka, a proizvodnja i obrada svinjetine porasla je, a ipak ostala povezana sa tradicijom.

Prirodna životna sredina i klima regiona, u kombinaciji sa znanjem i vještinama stanovnika, doprinose autentičnosti finalnog proizvoda. Nadmorska visina u ovom dijelu varira između 500 i 1500 metara. Zbog blizine mora i Skadarskog jezera, oblast proizvodnje karakterišu umjerena kontinentalna klima. Ljeta su suva i topla (20° C), a zime umjereno hladne (2° C).



MEAT

Montenegrin prosciutto PGI

The best sandwich ever, one made for kings, is a sandwich made with ham Pršut. A thing that is common in Montenegro today is, you ask for a sandwich to take for your hike and you get a half loaf of bread, cut from one side and stuffed with a piece of homemade, soft, white cheese and enough Pršut for three people. The first wonder is seeing the size of the sandwich, the second wonder is that you will finish this giant snack to the last crumb. It is said that the mountain seeks strong people. When Montenegrins want to emphasize that someone is really strong and healthy, they say “as if he eats Pršut every day”. Montenegrin dry-cured ham is the most important appetizer in homes and restaurants, as well. Its characteristic scent, texture and unforgettable flavor result from a specific production manner.

Production of Montenegrin prosciutto takes place in the central part of Montenegro, in the territory of several municipalities. The area of production is defined by the limits of the Old Montenegro, i.e., the territory of the former four districts, which now administratively include parts of the municipalities of Cetinje (Njegusi excluded), Niksic, Danilovgrad, Podgorica and Bar.

Cetinje was a sparsely populated village with only occasional visits by semi-nomadic herders. In the second half of the 14th century, Turkish invasions gave way to the eventual settlement of herders in Cetinje and livestock production became a major industry. Being the geographic center of then Montenegro and close to ports, a favorable trading relationship began with the Venetian market and products were exported throughout the 19th and 20th centuries. Animal husbandry in nearby mountain katuns, traditional pastoralist summer settlements, thrived in the first part of the 20th century and pork production and processing has grown, yet remain strongly linked to tradition.

The natural environment and the climate in the region combined with the knowledge and skills passed down through the generations, contribute to the authenticity and specificity of the final product. The elevation in the area varies between 500 and 1,500 meters. Because of the proximity to the sea and Skadar Lake, the production area is characterized by temperate continental climate with dry and warm summers (20° C) and moderately cold winters (2° C).

Crna Gora / Montenegro



OBLAST PROIZVODNJE:

Dio opština Cetinje, Nikšić, Danilovgrad, Podgorica i Bar

PRODUCTION AREA:

Parts of the municipalities of Cetinje, Nikšić, Danilovgrad, Podgorica and Bar



Crnogorska stela ZOP
Montenegrin dried and smoked
sheep meat PDE



Crnogorska stelja ZOP

Duga tradicija proizvodnje stelje – sušene ovčetine, rezultat je vještina, znanja i iskustva koje se kod ljudi sa ovih prostora prenosilo kroz generacije. Ukus sušenog ovčjeg mesa i ovčjeg loja, koje se uglavnom jelo u zimskom periodu, veoma je specifičan. Zajedno sa steljom najčešće je u domaćinstvima kivan raštan ili kisjeli kupus.

Osim vremenom provjerene tehnologije i umijeća domaćina-stočara, za kvalitet i ukus sušene ovčetine bitni su i prirodni i klimatski uslovi u oblasti proizvodnje. Pašnjaci se u Crnoj Gori nalaze na visini od 1.000 do 1.200 metara. Livade su dobrog nutritivnog sastava (različite vrste djeteline), obrasle ljekovitim i aromatičnim biljem.

Stelja se pravi od ovčijeg mesa tovljenih muških kastrata i neplodnih ovaca, soljenog i dimljenog na bukovom ili grabovom drvetu. Suši se na svježem planinskom vazduhu. Upotrebljava se cjelokupni ovčiji trup (osim unutrašnjeg dijela nogu) bez glave. Soljenje se vrši utrljavaljem, traje od 10 dana, ne prelazeći 4% sadržaja soli u finalnom proizvodu. Proces sušenja i dimljenja traje između 14 i 21 dan, uz premještanje štapova sa proizvodima. Period dozrijevanja traje od 15 dana do dva mjeseca

Prvi zapisi o uzgoju ovaca u Crnoj Gori datiraju iz 1435. godine, riječ je o napomeni da skoro sva domaćinstva uzgajaju stoku tokom ljetnjih meseci 1. Pavle Rovinski u svojim spisima detaljno navodi da je 1880. godine u Crnoj Gori bilo oko 530. 000 grla ovaca i koza, od kojih je najveći broj bio na sjeveru Crne Gore.

Rožaje, Plav i Gusinje su poznati po brojnim stadima ovaca i stoke.



MEAT

Montenegrin dried and smoked sheep meat PDO

A long tradition of Stelja – dried and smoked sheep meat, is a result of skills, knowledge and experience transferred through generations of the people from the region. The taste of dried sheep meat and fat, eaten mostly in the winter period, is very specific. It is typically cooked with pickled cabbage or Raštan.

Besides the traditional knowledge and skills of the shepherds, the quality and taste of dried sheep meat depends on the natural and climate conditions in the region of production. The pastures of Montenegro are located at the altitude of 1,000 to 1,200 meters. The pastures where the cattle graze are composed primarily of nutritious grass (harrier, ryegrass and clover) and some medicinal and aromatic plants, which enhance the quality of the meat.

Stelja is made from the meat of fattened and castrated male sheep and cull ewes. It is salted and smoked on beech or hornbeam wood, and dried with fresh mountain air. Most of the sheep carcass is used and then salting with sea salt for 10 days, without exceeding 4% of salt content in the final product. The process of drying and smoking takes between 14 to 21 days, with constant transfer of sticks lined with the product. The maturation period lasts for about two months.

The first written records of sheep breeding in this area date back to 1435 and describe the pastoralist tradition of households and raising livestock in the mountains during the summer months. Pavle Rovinski mentions in details in his papers that there were around 530,000 sheep and goats in Montenegro, the largest number situated in the north of the country.

Rožaje, Plav and Gusinje were particularly known for numerous herds of sheep and cattle.

Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora

PRODUCTION AREA:
Northern Montenegro



Njeguški pršut ZGO
Njeguški prosciutto PGI



Njeguški pršut ZGO

Njeguški pršut je gastronomski specijalitet, jedan od crnogorskih proizvoda bez kojih se ne može zamisliti nijedno okupljanje ili slavlje.

Crnogorci ga vole kao i bilo koju poslasticu, a turisti uvijek traže još. Popularnost ovog nacionalnog proizvoda tokom posljednjih godina tolika je da se u njegovu čast organizuje festival „Njeguška trpeza“. Tokom turističke sezone, hiljade turista, posjećuju nacionalne restorane na Njegušima gdje mogu i da probaju i da kupe njeguški pršut. Na raznim sajmovima hrane u Podgorici, Budvi, Novom Sadu, Sarajevu, Atini, Moskvi, Frankfurtu... „odlikovan“ je brojnim nagradama i medaljama. Proces proizvodnje je tradicionalan. Pršut se pravi od svinjskog buta i obrađuje se na poseban način. But svinja je mase oko 12 kilograma soli se sa 4 do 8 odsto na količinu mesa, usoljen stoji 12 do 20 dana, dimi od 35 do 56 dana, a zatim zri 8 do 10 mjeseci. Soljenjem morskom solju, dimljenjem i sušenjem pomoću bukovog drveta i zrenjem, proizvod dobija jedinstvene osobine.

Ipak, za njegova specifična obilježja ključna je kombinacija mediteranske i kontinentalne klime tokom procesa sušenja. Prikladnost nadmorske visine od 800 do 1200 metara, lokacija objekata koji proizvode njeguški pršut, sa prirodnim strujanjem vazduha, bukovo drvo koje se koristi za dimljenje i temperatura vazduha značajno utiču na njegov jedinstveni kvalitet.

Prema lokalnim zapisima, proizvodnja njeguškog pršuta datira iz 15. vijeka. Međutim, pouzdani podaci - brojna arhivska dokumenta, naučni zapisi i posjetioци koji su prolazili kroz Crnu Goru, ukazuju na 19. vijek. Jedan od najstarijih zapisa datira iz 1838. godine kada je na Cetinju boravio saksonski kralj Fridrih Avgust II, a novinar opisuje lokalno tržište i njeguški pršut. U brojnim dokumentima o Crnoj Gori navod i se i da su stanovnici Njeguša trgovali sa Kotorom, Dubrovnikom, Venecijom, Maltom i Bordoom u 19. i 20. vijeku. Lokalni proizvođači obrađuju i suše pršut koristeći iste tehnike vjekovima. U toku posljednjih pet decenija, broj proizvođača njeguškog pršuta i nivo proizvodnje je znatno povećan, ispunivši potrebe tržišta, a zadržavši tradicionalne metode proizvodnje.



MEAT

Njeguški prosciutto PGI

A gastronomic specialty, one of the most original Montenegrin products that no gathering or celebration can be organized without.

Montenegrins love it and tourists ask for more of it. This national product even has an event, the "Njeguski Table" organized in its honor. During the tourist season, thousands visit national restaurants in Njeguši to eat and buy the award-winning meat, and it has been showcased and awarded at different food fairs in Podgorica, Budva, Novi Sad, Sarajevo, Athens, Moscow and Frankfurt.

Njeguski prosciutto is made of pork legs and is processed in a special manner. The pork leg weighs 12 kg approximately, it is salted with 4-8 percent depending on the meat quantity, it stays like that between 12 and 20 days, it is smoked for 35 – 56 days, and then matured for 8 – 10 months. The products gets unique characteristics due to the sea salt used in the process of salting, and due to the smoking and drying process with beech wood, and finally, due to the maturing process. However, the combination of Mediterranean and continental climate during the drying process is the key factor for its unique features. The altitude that ranges from 800m to 1200m, the location of the facilities producing Njeguški ham (where airflow is intense), the beech wood used for smoking, and air temperature ranging from -10° to 20°C significantly influence its distinctive quality.

According to local lore, the production of Njeguški ham dates back to the 15th century. However, numerous archive documents, scientific papers and visitors travelling through Montenegro, trace it back to the 19th century. One of the oldest records dates back to 1838, when the Saxon King Friedrich August II was in Cetinje and a local market and Njeguški ham are described by a journalist. Numerous documents describing Montenegro also mention the trading of Njeguški ham in the markets of Kotor, Dubrovnik, Venice, Malta and Bordeaux in 19th and 20th centuries. Local producers have been processing and drying the ham using the same techniques for centuries. Over the last five decades, the number of producers and production levels have increased significantly, fulfilling market needs while retaining traditional production methods.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Njeguši

PRODUCTION AREA:
Njeguši



Kastradina
Dried goat and sheep meat



Kastradina

Kastradina je sušeno, dimljeno meso kastriranog ovna ili jarca. Naziv kastradina potiče od latinske riječi „castrare” što znači kastrirati. Prepoznamo je po jakom, specifičnom mirisu i ukusu, koji je ipak blaži od mesa neuškopljenih životinja. Kastradina je proizvod dobijen od domaćih rasa ovaca i koza, uzgojenih na prirodnim pašnjacima i livadama, a koriste se samo ovčiji i koziji butevi.

Rase ovaca koje su se koristile za proizvodnju kastradine autohtone su za područje proizvodnje (npr. ljaba, pramenka, žuja, bardoka). To područje odlikuje klimatska raznolikost pod uticajem kontinentalne, u nekim područjima planinske klime sa mediteranskim obilježjima.

Butevi se sole morskom solju prije dimljenja na bukovom drvetu i suše se na planinskom vazduhu. Soljenje traje sedam, presovanje tri do četiri dana. Slijedi ispiranje i sušenje butova na vazduhu tokom 48 sati, a potom dimljenje koje traje 10 dana. Proces sazrijevanja traje do dva mjeseca. Komadi su teški od četiri do šest kilograma, a moraju biti svijetlo smeđe boje. Unutrašnji dio kastradine uglavnom je smeđe boje sa crnim tonovima.

Tradicionalno se proizvodi u središnjem i priobalnom dijelu Crne Gore, kao i u južnoj Dalmaciji još od 15. vijeka, kada je lokalno stanovništvo koristilo stoku i suvo meso u trgovini s Venecijom i ostalim trgovačkim središtima toga doba kao što je Dubrovnik.

Ljudi iz ovog područja usavršili su vještine, naročito proces dimljenja, sušenja i zrenja, stvarajući proizvod uravnoteženog ukusa.



MEAT

Dried goat and sheep meat

Kastradina is dried, smoked meat of castrated ram or goat. The name comes from the Latin word *castrare* meaning castration. It is recognizable by the strong, specific smell and taste which is still milder than the one of intact males. Kastradina is a product made of indigenous breeds of sheep and goats, bred on natural pastures and meadows and only sheep and goat legs are used in the production.

The sheep breeds used to produce Kastradina are indigenous to the area (Ljaba, Pramenka, Zuja, and Bardoka). The area is characterized by climate diversity influenced by a continental climate, and in some areas by a mountain climate, with a Mediterranean influence.

The legs are salted with sea salt before their smoking with beech wood, and drying in the mountain air. The salting process lasts for 7 days, and they are pressed for three to four days. Then they are washed and air-dried for forty-eight hours, followed by smoking for 10 days. The maturing process lasts up to two months. The pieces weigh between four and six kg and are light brown, while the inner part of Kastradina is brown with black notes.

Traditionally, Kastradina is produced in central and coastal Montenegro, as well as in south Dalmatia. Its production dates back to the 15th century when locals would trade livestock and dried meats with markets including Venice and other trade centers such as Dubrovnik.

The people from this region have mastered the skills, especially the process of smoking, drying and maturing creating a balanced product.



OBLAST PROIZVODNJE:
Centralna Crna Gora i crnogorsko primorje

PRODUCTION AREA:
Central and coastal Montenegro



Mušnice Sausage



Mušnice

Poznatije su kao “brašnjene kobasice”, što je sasvim prikladno jer i jesu od brašna. Pripadaju grupi svinjskih kobasica, a jednu se uglavnom kuvane, ponekad i pečene na žaru. Kao prilog uz mušnice najčešće se služi kuvani krompir. On malo primiri intenzivan ukus kukuruznog brašna pomiješanog sa masnim tkivom.

Za kobasice se prvo pripreme svinjska debela crijeva. Pune se slanim kukuruznim, pšeničnim brašnom i masnim tkivom. Kuvaju se u ključaloj vodi i suše do 15 dana.

Kada dođe vrijeme suvih kobasica, a to su već zimski dani, na scenu stupa raštan¹. Kobasice (ne bune se ako im društvo prave i slanina ili koljenice) prvo se obare u vreloj vodi. Pošto je i raštan prošao istu temeljnu pripremu, spoje se i zajedno kuvaju. Kad su meso i raštan napola kuvani, dodaje se krompir.

Zanimljivo je da su Paštrovići a i drugi u primorskom području posebno cijenili mušnice - iako djeluju pomalo „sirotinjski“, služene su na svečanostima, pa i svadbama.

Mušnice obično prave proizvođači pršuta. Tako je njihova proizvodnja vezana za one oblasti gdje se tradicionalno proizvode svinjski pršut i svinjska kobasica i gdje se uglavnom uzgaja kukuruz. Ljudi su obično za svoje potrebe uzgajali jednu do dvije svinje, a nakon klanja debelo crijevo životinja koristili su za proizvodnju ove kobasice. Svinje su često bile slobodne, hranile se prirodnim, organskim biljem. Kukuruz se uzgaja bez hemikalija, uglavnom na malim parcelama.



MEAT

Sausage

Mušnice are better known as flour sausages, which is completely appropriate since they are made with flour. They belong to the group of pork sausages, and, they are consumed mostly cooked, sometimes grilled. They are served with cooked potato as a side dish. The potato soothes the intensive taste of the corn flour and fat.

Pork colons are prepared first for the production of the sausages. Pork colon is stuffed with salted corn and wheat flour as well as with fat tissue. It is cooked in boiling water and then dried for up to fifteen days.

When the winter days arrive and bring the season of sausage drying, it's also time for raštan. The sausages, they definitely will not complain if bacon and ham hock keep them company in the dish, are first cooked in boiling water. Since Raštan has also gone through the similar procedure, they are mixed and cooked together. When they are half cooked, potato is added.

It is interesting to know that people from Paštovići, and others in the coastal area, appreciated the sausage. Even though it was regarded as "peasant" food, they were served at celebrations, even at weddings.

Ham producers typically made this as a by-product. Its production area is related to areas in which pork ham and pork sausage are traditionally produced and where corn is grown. People tended to raise one or two pigs and would use pig colon to produce this type of sausage. Pigs often wandered freely, ate natural, organic plants. The corn is grown without chemicals, generally on small areas



OBLAST PROIZVODNJE:

Centralna Crna Gora i crnogorsko primorje

PRODUCTION AREA:

Central and coastal Montenegro



Njeguška kobasica
Njeguška sausage



Njeguška kobasica

Još jedan gastronomski specijalitet, „sestra“ njeguškog pršuta i jedno od omiljenih predjela i „začina“ Crnogoraca, njeguška kobasica je nezaobilazni tradicionalni proizvod. No, sasvim će dobro doći i kao doručak, uvertira za, recimo, uspješan skijaški dan. Njeguška kobasica se priprema od dijelova svinjskog mesa koji se ne mogu očuvati sušenjem ili dimljenjem.

Svinjsko meso i masno tkivo se miješaju u odnosu 2:1, dodaje se 2% soli, crni biber, bijeli luk, paprika. Meso i masno tkivo narezuju se na male - komade 1x1 cm i začinjavaju. Time se onda pune svinjska crijeva. Sljedeća faza je veoma važna: dimljenje na bukovom drvetu traje dva-tri sata. Kobasica zatim na hladnom i tamnom mjestu sazrijeva 25 dana.

Nadmorska visina (od 800 do 1200 m), lokacija objekata u kojima se proizvodi njeguška kobasica sa prirodnim strujanjem vazduha, bukovo drvo koje se koristi za dimljenje proizvoda i temperature vazduha od - 10o do 20oC, značajno utiču na jedinstveni kvalitet njeguške kobasice i njen specifičan miris dima i začina. Stanovnici Njeguša zadržali su način prerade i sušenja kroz vjekove. Tokom posljednjih pedeset godina broj proizvođača i nivo proizvodnje značajno su povećani, prema potrebama tržišta, ali zadržavajući tradicionalni način pripreme.

Proizvodnja njeguške kobasice je iste starosti kao i proizvodnja njeguškog pršuta i nezvanično datira iz 15, mada pouzdaniji podaci potiču iz 19. vijeka. Kada bi se u dokumentima opisivao njeguški pršut, obavezno bi bila pomenuta i njegova „mlađa sestra“ njeguška kobasica.



MEAT

Njeguška sausage

Yet another gastronomic specialty, a “sister” of the Njeguški Prsut and one of the favorite appetizers of Montenegrins, Njeguška sausage is essential in every household. It makes a good breakfast and a great start to a successful skiing day.

Pork meat and fat are mixed (2:1 ratio), then salted with 2 % of salt, and a spice mix of black pepper, garlic and red pepper is added. The meat and fat are cut into 1x1 cm pieces and ground. Pork intestines are filled with the mixture. The next phase is very important: smoking over beech wood which lasts for two to three hours. The product is then matured in a cool, dark place for twenty-five days.

Factors influencing and contributing to the unique quality of the sausage and its specific flavor of smoke and spices include the altitude (ranging from 800m to 1200m), the location of the Njeguška sausage production facilities (where air flow is most intense), the beech wood used in the smoking process, and the air temperature ranging from -10° to 20°C. The locals from Njeguši village have retained the traditional method of processing and drying the sausage for centuries. Over the last five decades, the number of producers has increased significantly, fulfilling market demand while retaining traditional methods of production.

Production of the Njeguška sausage is as old as the production of the Njeguški prosciutto and unofficially dates back to the 15th century, with more reliable records traced back to the 19th century. In many records where Njeguški prosciutto is described, Njeguška sausage, its “baby sister” is also mentioned.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Njeguši

PRODUCTION AREA:
Njeguši



Sudžuk
Beef sausage



Sudžuk

Lako ga je razlikovati od ostalih kobasica – tradicionalno ima onaj oblik koji nas asocira na sreću, oblik potkovice.

Sudžuk je suva, začinjena kobasica koja se priprema na Balkanu, Bliskom istoku i Srednjoj Aziji. To je područje nekadašnjeg Osmanskog carstva. Ovo upućuje na to da su Osmanlije proširile taj naziv na kobasice koje imaju sličan sastav i začine (piskavica, kumin, bijeli luk, so i crveni biber), ali ipak mogu postojati razlike u obliku i mesa i sastavu. U stvari, sudžuk se obično proizvodi od goveđeg mesa, ali može se napraviti i od ovčjeg, svinjskog ili konjskog mesa, kakav je slučaj sa centralnom Azijom. Ovo je dobro poznat proizvod, čak i van granica Crne Gore. Na Balkanu, sudžuk se uglavnom proizvodi među muslimanskim stanovništvom. Konzumira se u sirovom stanju, često kao dio meze ili kao užina. Danas je često i u obliku štapa, ne samo potkovice.

Na Balkanu se proizvodi isključivo od starijih goveda čije meso ima visok sadržaj suve materije i blago tamnu boju. Meso sa masnim tkivom se usitnjava na komadiće, dodaje se bijeli luk i so, pa se smjesom pune crijeva. Kobasice se dime na bukovom drvetu i suše tokom 10 dana. Proizvod ima laganu notu dima. Miris bijelog luka pojačava njegov specifičan ukus. Tekstura je mekana i boja je crvena do tamnocrvena. Sudžuk ima visok sadržaj masti i soli i malo je kisjelkast.



MEAT

Beef sausage

Sudžuk can be easily distinguished from other sausages – it traditionally has the shape that is associated with luck, the horseshoe shape.

Sudžuk is a dry, spicy sausage consumed from the Balkans to the Middle East and Central Asia. The area of production was formerly a part of the Ottoman Empire. This shows that the Ottomans used the name sudžuk to describe sausages of the same ingredients and spices (with fenugreek, cumin, sumac, garlic, salt, and red pepper) but there are still differences in the shape of the meat and in the ingredients. Sudžuk is usually produced with beef meat, but it can also be made of sheep, pork and horsemeat as it is in Central Asia. This is a well-known product, even beyond Montenegro. In the Balkans, sudžuk is mostly produced among Muslim population. It is consumed raw, often as a part of starter, or as a snack. Today, it can be found in the shape of a stick, not only horseshoe.

In the Balkans, Sudžuk is made exclusively from aged cows whose meat has a high content of dry matter and a slightly dark color. The meat is cut into small pieces, mixed with fat, garlic and salt, and stuffed in intestine skins. The sausages are smoked on beech wood and dried for ten days. The product has a light flavor of smoke. The garlic note enhances its distinctive taste. The texture is soft and the color varies from red to dark red. Sudžuk has a high content of fat and salt and it is slightly sour.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora

PRODUCTION AREA:
Northern Montenegro



Siježe jagnjeće i ovčije meso
Fresh sheep and lamb meat



SVježe jagnjeće i ovčije meso

To meko meso koje se malo lijepi za nepce, ukusa između slanog i slatkastog, poslastica je za gurmane, u svim varijantama i kombinacijama. Čorba od jagnjetine, kuvana na pari ili u mlijeku, dinstana, ovčetina sa svježim kupusom, meso pečeno s krompirom ili na kajmaku ispod sača...

Životinje se hrane na ispaši, i na čistom vazduhu, uz brigu i pažnju čobana koji svaku ovcu u stadu raspoznaje i naziva posebnim imenom. Zimi one grickaju sijeno sa niskih i srednjih planinskih pašnjaka i livada.

Ovca je, kažu crnogorski stočari, blagoslovena životinja. Donosi im više koristi nego goveda, iako se prilagođava klimi i kreće iz nižih u više krajeve, lakše nalazi hranu i u vrletnijim područjima. Zahvalni za sve što im je pružala, mlijeko, meso, vunu, kožu, oni su gajili svoja stada s velikom ljubavlju, osjetljivi na sve što na njih može da utiče. Od sredine marta do sredine aprila ovce se jagnje, i tada je stado, s novom meketavom generacijom na tankim nožicama, najljepše.

Prvi pisani zapisi o uzgoju ovaca datiraju iz 1435. godine, navodeći da gotovo sva domaćinstva izdižu stoku tokom ljetnih mjeseci na katune 1. Navodi se da je 1880. godine u Crnoj Gori bilo oko 530.000 ovaca i koza, od kojih je najveći broj na sjeveru Crne Gore.² Od prvih dana turske vladavine Pljevlja, Budimlje, Bihor i Bijelo Polje bili su trgovačka naselja u sjevernoj Crnoj Gori, a Dubrovnik je bio jedan od glavnih centara za izvoz stoke, sušene govedine i ovčjeg mesa.³ U tom se periodu sušeno meso koristilo da se nahrane domaćinstva kao i za kupovinu nove stoke⁴ a prerada svježeg ovčjeg mesa u kastradinu je bila veoma uobičajena. Niski i srednji planinski pašnjaci i livade s visokom biološkom raznolikošću flore daju specifičan ukus. Gajenje rase kakva je sjenička pramenka još je jedan faktor koji utiče na specifičan kvalitet mesa.



MEAT

Fresh sheep and lamb meat

It is a tender meat that melts in the mouth, a flavor somewhere between salty and sweet. It is a treat for gourmands, in all its varieties and combinations. Lamb broth, lamb cooked on steam or in milk, stewed, mutton with fresh cabbage, meat baked with potato or with kajmak under the bell....

The animals are fed with grass, they move slowly, under the sun and on clean air, looked after by shepherds who know each and every animal by name. In winter, they are fed with hay from low and mid-range mountain pastures and meadows.

As Montenegrin shepherds say, the sheep is a blessed animal. It is more useful than cattle, it adjusts easily to the climate and moves from lower to higher ground, and it finds the food more easily in crags. Thankful for everything it gave them, the milk, meat, wool, skin, they raised their herds with a lot of affection, sensitive to everything that can influence them. From mid-March to mid-April, sheep are lambing and the herd is then, with its new bleating generation, the most beautiful.

The first written records regarding sheep breeding in this area date back to 1435 and describe that almost all households raised cattle during the summer months in the katuns, traditional mountain pastoralist settlements. It was recorded in 1880 that some 530,000 heads of sheep and goats were in the area, of which most were northern Montenegro. Since the early days of Ottoman rule, Pljevlja, Budimlje, Bihor and Bijelo Polje were trading settlements in northern Montenegro, and Dubrovnik was one of the main exporting centers for livestock, dried beef and sheep meat. In this period, dried meat was used to feed households and to purchase new cattle, and that processing the fresh sheep meat into Kastradina was very common. The low and mid-range mountain pastures and meadows with high levels of biodiversity influence the meat of animals reared in this environment. The use of the Sjenička Pramenka breed is another factor that influences the characteristics of the meat.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora, Opština Tuzi

PRODUCTION AREA:
Northern Montenegro, Tuzi municipality



Zatop
Processed offal



Zatop

Sjever Crne Gore karakteriše različita klima - kontinentalna, ali i planinska. Zime su oštre i sniježne, ljeta topla i blaga.

U vremenima prije struje, da bi se duže sačuvalo, u sjevernom, planinskom dijelu zemlje meso je uglavnom sušeno. Kada, u kasnu jesen ili početkom zime domaćini okače pršute, pečenice, rebra i kobasice da mraz i dim dovrše proizvodnju, domaćice su, pored ostalog, pravile zatop.

Stanovnici ovog područja su usavršili praktična znanja i vještine u sušenju mesa. Korišćenje prirodnih pašnjaka uveliko utiče na kvalitet sastojaka i ukus svih proizvoda, pa i zatopa.

Ovaj tradicionalni crnogorski proizvod pravi se od pažljivo biranih iznutrica goveda. Smjesa se kuva, fino usitni, pomiješa sa lojem uz dodatak soli i začina. Umješnost domaćice je upravo u tome koje i koliko začina koristi. Nakon kuvanja smjesa se izlije u kalupe dok ne očvrstne i dimi se oko 20 dana. Zatop ima intenzivan, uravnotežen ukus, aromu dima i može se jesti u malim količinama rashlađen ili zagrijan.



MEAT

Processed offal

Northern Montenegro is characterized by climate diversity and is influenced by either a continental or a mountain climate. Winters can be snowy and harsh while summers are mild and warm.

In the late autumn and early winter, usually the men of the house would hang Prsut, Pecenica, ribs and sausages to let the cold mountain air and hornbeam smoke finish the preservation, while women would make Zatop.

The locals have mastered the practical knowledge and skills in drying meat. The use of natural pastures, greatly impacts the quality and taste of all the products, including Zatop.

The typical Montenegrin Zatop is made of cow organs, such as liver and intestines. The mixture is cooked, finely shred, dipped in fat and mixed with salt and spices. The skill of the housewife is seen in choosing the spices and its quantity. After cooking, the mixture is poured into molds, solidified and smoked for about twenty days. The product has an intense flavor and a smoky aroma and can be consumed in small quantities cold or heated.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora

PRODUCTION AREA:
Northern Montenegro

A woman with dark hair, wearing a bright blue raincoat over a striped shirt and dark pants, stands in a lush green field filled with yellow wildflowers. She holds a long wooden stick vertically in front of her. To her right, a brown cow is partially visible, and another cow is grazing in the background. A wooden fence and a building with a red-tiled roof are also visible. The sky is overcast with grey clouds.

Mliječni proizvodi

Dairy products





Phevaljski sir ZOP
Phevalja cheese PDO



Pljevaljski sir ZOP

Slava pljevaljskog sira nije od juče. I sasvim je zaslužena. Osim što ima specifičan ukus, pljevaljski sir je takvog kvaliteta da sa parčetom hljeba može da bude kompletan ručak. Ponos Pljevljaka, ovaj punomasni sir sadrži više od 45 odsto masti u suvoj materiji. Prosječni sadržaj vode ukazuje na to da se radi o siru iz grupe mekih salamurnih

Ovo planinsko područje bogato je prirodnim pašnjacima pogodnim za stočarstvo. Sezona ispaše može trajati i do osam mjeseci. Poljoprivrednici uglavnom koriste sijeno za ishranu životinja tokom zimskih mjeseci. Specifičan floristički sastav pašnjaka značajno utiče na kvalitet mlijeka koje se koristi za proizvodnju sira, a konstantna temperatura u Pljevljima produžava mu rok trajanja.

Nakon presovanja, na temperaturi od 15-25 °C, sir se reže na kriške, koje se sole i slažu u kace ili kantice. Proces rezanja vrlo je važan, jer je poželjno da kriške imaju oblik koji će najbolje odgovarati obliku kace ili kantice. Sir dvije do četiri sedmice zrijeva u slanoj ili vodi pripremljenoj od surutke. Kad se posuda napuni, sir se prekriva drvenim krugom tako da je ukupna količina sira ispod površine slane vode. Povremeno se površina slanog rastvora očisti.



CHEESE

Pljevlja Cheese PDO

The fame of Pljevlja cheese has a long past and it is well deserved. Besides its specific and characteristic flavor, it is rich enough to serve as a meal with a piece of bread. The pride of people from Pljevlja, this full-fat cheese contains more than 45 % of fat in the dry mass. The average water content shows that this cheese belongs to the group of soft, brine cheeses.

This mountainous area is rich in natural pastures suitable for raising cattle. The pasture season can last up to eight months. During the winter months animals tend to be fed hay by the farmers. The specific floristic composition of the pastures highly influences the milk used in the production of the cheese, and the constant temperature in Pljevlja extends the shelf life of the cheese.

Upon pressing in a temperature of 15-25 ° C, the cheese is cut into slices that are stacked in ripening tubs and salted. The cutting process is very important, since it is preferred for the slices to have the shape appropriate for the tubs. Ripening takes place in brine or water prepared from whey and takes two to four weeks. When the vat is filled, the cheese is pressed so that all the cheese is submerged in brine. Occasionally the surface of the brine is cleaned.



OBLAST PROIZVODNJE:
Pljevlja

PRODUCTION AREA:
Pljevlja



Kolašinski lisnati sir ZOP
Kolašin layered cheese PDO



Kolašinski lisnati sir ZOP

Nomadski pastiri, uglavnom Vlasi, donijeli su tehnologiju pravljenja bijelog sira u sjeverne regije Crne Gore, kao i u nizinske krajeve gdje su uzgajali stoku tokom zime. Kolašin je grad u planinskoj oblasti sa velikim brojem pašnjaka pogodnih za uzgoj stoke. Tradicionalni planinski katuni Bjelasice i Sinjajevine gdje se stoka ljeti vodi na ispašu, utiču na specifičnost kravljeg mlijeka od kojeg se pravi lisnati sir. Ipak, za slavu lisnatog sira presudan je specifičan proces proizvodnje i umijeće lokalnih proizvođača.

Lisnati sir (nazivaju ga i listać) je kolašinski brend, najčešća vrsta domaćeg sira u toj opštini. Tekstura i ukus su slični mocareli, blago je posoljen i kisjelkast. Koristi se za pripremu nacionalnih jela poput kačamaka, popare, cicvare. Dobijanje tankih listića postiže se čestim presavijanjem. „Za razliku od punomasnih sireva, koji se ostavljaju u posudi, surutka se izdvaja iz lisnatog sira koji se ne umotava u platno (ćedilo).

Mlijeko od večernje muže se zagrijava do temperature od 45C, pa se razliva u odgovarajuće široke emajlirane ili drvene posude i ostavi se do narednog jutra bez hlađenja. Prije početka proizvodnje, narednog jutra sa mlijeka večernje muže se skida kajmak. Nakon toga, spaja se punomasno mlijeko od jutarnje muže (do 60%) i obrano mlijeko od večernje muže (oko 40%). Mlijeku se dodaje i do 5% vode u odnosu na ukupnu količinu mlijeka. Upravo ovo miješanje večernje i jutarnje muže je vrlo specifično. Nakon toga mlijeko se zagrijava, dodaje sirilo, poslije otprilike pola sata formira se gruša. Gruša se presuje pa presavija na svakih 15 minuta, otprilike 20 do 30 puta, kako bi se omogućilo odvajanje surutke. Nakon stvaranja gruša, sir se „ostavi“ dva do tri sata.

Sir se prodaje u rolnama a jede se u većim komadima koji imaju po nekoliko slojeva, mada se danas u restoranima koristi sofisticiranije posluž enje ovog sira.



CHEESE

Kolašin layered cheese PDO

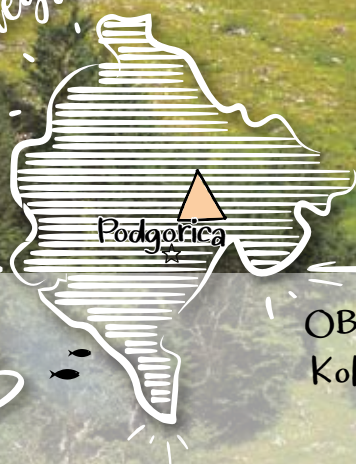
Nomadic herders, mostly Vlachs, brought white cheese to the northern regions of Montenegro as well as to the lowland regions, where their dairy cattle would spend the winter. Kolašin is a mountainous area with many pastures suitable for cattle breeding. The traditional mountain “katun”, pastoralist summer settlements of Bjelasica and Sinjajevina, where cattle are brought for grazing also lend a certain specificity to the cow’s milk processed into the layered cheese. However, the fame of this leafy cheese is due to the specific production process and local producers’ skills.

Layered cheese is Kolasin’s brand, the most common type of homemade cheese in this municipality. The texture and flavor are similar to mozzarella, it is slightly salted and sour. It is used for the production of national dishes such as Kacamak, Popara and Cicvara. Scrolling is accomplished by repeatedly “overlapping” the cheese so that thin sheets are created. Unlike fatty cheese, which is left in a vat, the whey is drained from layered cheese and is not wrapped in muslin or cheesecloth.

The milk obtained from the evening milking is heated to 45 °C and poured into appropriate, wide enameled or wooden dishes, then it is left to cool till the next morning. Before the production starts, the cream is taken from the top of the milk. After that, full fat milk obtained from the morning milking (up to 60 %) is mixed with the skimmed milk from the previous evening (up to 40 %). Also, 5 % of water, depending of the quantity of milk, is added. And, this mix of the milk from the evening and morning milking is what makes this cheese special. After that, the milk is heated, rennet is added and then, after some half an hour, curds form. Afterwards, the curd is pressed and folded every fifteen minutes, roughly twenty to thirty times, to allow for the separation of the whey. When curds form, the cheese is left to stand for two to three hours.

The cheese is sold in thick rolls and the cheese is eaten in big pieces containing several layers, although a more sophisticated presentation can be found in restaurants nowadays.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Kolašin

PRODUCTION AREA:
Kolašin



Njeguški sir
Njeguški cheese



Njeguški sir

Njeguški sir je crnogorski dukat, najbolji prijatelj crvenog vina, pršuta i maslina. Polutvrd i rupičast, s tankom i glatkom koricom zlatnožute boje, ugodnog je mirisa, malo mlječno kiseo i umjereno slan. Njeguški je jedan od onih sireva čija se tradicionalna tehnologija proizvodnje održala i do danas: soli se morskom solju, može se čuvati i u maslinovom ulju.

Proizvodi se od ovčijeg mlijeka. Mlijeko se nakon ručne muže filtrira kroz ćedilo, (tkaninu za proizvodnju sira) i zagrijava na temperaturi od 32 ° do 35 °C. Nakon postizanja optimalne temperature, dodaje se domaće sirilo, napravljeno od dijelova jagnječeg želuca. Količina mreke treba da bude dovoljna da se formira čvrsta krasta za 30 do 60 minuta. Nakon što dođe do stvaranja gruša, gruše se reže na komade veličine oraha i nakon pet minuta slijedi dodatno usitnjavanje gruša do veličine zrna kukuruza. Sirna gruša se formira u surutki koja se postepeno zagrijava do temperature „sve dok je ruka ne podnosi“ (40-45 °C), a pri tome se sve vrijeme oblikuje rukama dok ne dobije ovalni oblik. Ovaj proces traje 15-20 minuta, a cilj je da se postigne optimalno izdvajanje surutke i da se dobije željena tekstura gruša.

Formirani gruše se stavlja u ćedilo, a ručno pritiskanje dovodi do dodatnog izdvajanja surutke. Gruše se potom stavlja u tvorilo, drveni ili metalni kalup i pritisne. Gruše se presuje prvo drvenom okruglom daskom, a zatim i kamenom. Nakon 12 sati presovanja, gruše se stavlja u novo, suvo ćedilo, okreće na drugu stranu i ponovo pritiska tokom sljedećih 12 sati. Nakon 24 sata presovanja, sir se ukloni iz kalupa i soli suvom solju. Posoljeni sir se stavlja u kašun, drvenu zaštitu. Tokom prva dva dana, sir se okreće dva-tri puta dnevno i dodatno soli na suvoj strani. Kašun osigurava stabilnu temperaturu koja je neophodna za ravnomjerno soljenje. Nakon soljenja sir sazrijeva.

Najkvalitetniji sir dobija se ukoliko se zrenje odvija pod volat (soba s kamenim svodom u podrumu). Prosječna temperatura tokom zrenja je 16,1 °C i uz 87,6% vlažnosti vazduha. Duže zrenje daje mu pikantniji ukus, a zreo sir može biti izložen dimu nekoliko dana, umočen u maslinovo ulje ili se od 90 do 150 dana stavlja u pšenična zrna.



CHEESE

Njeguški cheese

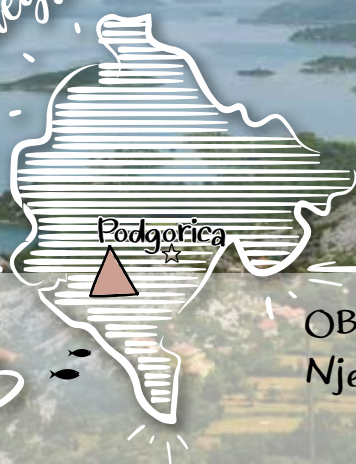
Njeguški cheese is the best friend of red wine, Pršut and olives. It is semi-hard, has a few holes and with a thin, smooth, golden crust, it has a pleasant odor, and slightly milky-sour and moderately salty taste. Njeguški cheese is one of those cheeses whose traditional production technology remained the same up to now: it is salted with sea salt and it can also be preserved in the olive oil.

Njeguški cheese is produced from sheep's milk. Milking is done manually, filtered through a "cjedilo" – a cheesecloth – and heated to 32°-35°C. Upon obtaining the optimal temperature, lamb's rennet is then added and curds form in 30-60 minutes. Upon curd formation, the curd is then cut up into walnut-sized pieces, and after five minutes of resting, they are cut to the size of corn grains. Cheese curd is formed in the whey and gradually heated to the temperature "until the hand can withstand" (40-45°C), as the curd is rolled into balls manually. This phase lasts 15-20 minutes, and the goal is to achieve optimal separation of whey and form a favorable curd structure.

The formed curd is placed in "cjedilo" and squeezed by hand to separate an additional amount of whey. After that, the curd is placed in a "tvorilo" – a wooden or metal cheese mould – and pressed. The curd is pressed, first, with wooden circular plank and then with stone added on a plank. After twelve hours of pressing, the curd flipped over and placed in a new, dry cloth and again pressed for next twelve hours. After total twenty-four hours of pressing, the cheese is removed from the mould and salted with a dry salt. The salted cheese is placed in "kašun", a wooden chest to protect the cheese. The first two days, the cheese is rotated and salted two to three times per day, on the dry side. A "kašun" provides a stable temperature, which is essential for even salting. After salting, the cheese is ripened.

The best quality cheese is obtained by maturing on dry wooden shelves in a "volat" – a stone cellar. The average temperature during ripening is 16, 1°C with 87.6% humidity. A longer ripening period gives a more piquant taste and ripened cheese may be exposed to smoke for a few days, or kept in olive oil or wheat for between 90 to 150 days.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Njeguši, Cetinje

PRODUCTION AREA:
Njeguši, Cetinje



Prilo sir
Prilo cheese



Prljo sir

Piva kao planinsko područje bogato pašnjacima pogodno je za uzgoj stoke. Ovi pašnjaci, međutim, prekriveni su snijegom od sredine oktobra ili početka novembra, ponekad i do juna. Poljoprivrednici provode ljeto sakupljajući sijeno za dugu i sniježnu zimu. Kosidba započinje početkom juna i završava u septembru, ali ovo razdoblje varira zavisno od nadmorske visine.

Ovaj „crnogorski“ ili “pivski parmezan” pripada grupi posnih sireva, tvrde je strukture i rastresit, specifičnog ukusa i mirisa. Uglavnom se proizvodi i koristi u domaćinstvu, a djelimično se prodaje na tržištu.

Sir prljo se proizvodi od kravljeg i ovčjeg mlijeka, kao i od mješavine ove dvije vrste. Ručna muža krava vrši se dva puta dnevno, dok se muža ovaca vrši samo ujutro. Nakon muže, mlijeko se procijedi. Zatim se mlijeko kuva i ostavi dva do tri dana na policama. Za to vrijeme izdvoji se kajmak na površini mlijeka. Kada se kajmak ukloni, mlijeku se dodaje domaće sirilo dobijeno iz želuca jagnjadi ili teladi. Kada počne taloženje gruša, potrebno je često miješanje kako bi se izbjeglo zagorijevanje. Sir se zatim presuje 24 sata i stavlja se u jagnječju kožu. Sir sazrijeva unutar kože godinu, kako bi dobio karakterističan ukus i aromu.

U Crnoj Gori i drugim planinskim područjima proizvedeni su mnogi tipovi tvrdih ili kuvanih sireva kao što je prljo (uključujući torotan, mrvljeni, čukan). Nazivi ovih vrsta ne uklapaju se u konvencionalne kategorije sireva. U sirarskoj proizvodnji, sirevi od obranog mlijeka dobro su poznati; oni se dobijaju nakon uklanjanja masnoće za proizvodnju maslaca, pavlake ili kajmaka. Nakon uklanjanja kajmaka, ostatak kuvanog mlijeka se koristi za proizvodnju ovog sira. Prema načinu prerade i zrenja postoje dvije podvrste: sir iz kace i sir iz mješine. Zrenje se u oba slučaja odvija u anaerobnim uslovima.



CHEESE

Prljo cheese

Piva is a mountainous area full of large pastures suitable for raising cattle. These pastures, however, are covered with snow from as early as mid-October until as late as June. Farmers spend the summer collecting hay for a long and snowy winter. Hay cutting begins in early June and ends in September, but this period varies depending on the altitude.

Prljo cheese, also lovingly referred to as "Piva's parmesan" belongs to the group of lean cheeses with hard crumbly structure and specific taste and aroma. The cheese is mostly produced and consumed in households and partially sold on the market.

Prljo cheese is produced from cow and sheep's milk, as well as a mixture of the two. The manual milking of cows is done twice daily while sheep are milked only in the morning. After milking, the milk is filtered then cooked and left to stand for two to three days on shelves. During this time, the cream and milk separate. When the cream is removed, milk is added to homemade rennet obtained from the stomach of either a lamb or a calf. When the curd begins to sediment, frequent mixing is necessary while over the heat source, in order not to get burned. The cheese is then pressed for twenty-four hours and compressed in the lamb or sheep skin. Cheese matures inside the skin for one year in order to obtain its characteristic taste and aroma.

In Montenegro and other mountainous regions, many types of low-fat "hard" or cooked cheeses like Prljo are produced (including Torotan, Crushed and Čukan cheese). The names of these cheeses do not fit into cheese categories. In cheese production, cheeses made from skimmed milk are well known and are a by-product of removing the fat content in the production of butter or cream. After removing the cream, boiled, skimmed milk remains, from which the appropriate processing of cheese products begins. According to the method of processing and ripening, there are two sub-types: cheese in the wooden pot and cheese in a sack. The ripening in both cases is done in anaerobic conditions.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Piva i Durmitor

PRODUCTION AREA:
Piva and Durmitor



Durmitorski skorup ZOP
Durmitor skorup/ salted milk cream
or "old kajmak" PDO



Durmitorski Skorup ZOP

Po mišljenju poznavalaca, durmitorski skorup koji se skuplja i čuva u mješini je najautentičniji crnogorski mlječni proizvod.

Skorup potiče još iz nomadskog perioda. Budući da je to proizvod koji se može duže čuvati, nomadi su ga nosili sa sobom dok su se kretali sa stadima u potrazi za pašnjacima.

Skorup se pravi od mlijeka koje se zagrijava do temperature ključanja. Sipa se u posude i postepeno se hladi. Skorup se tokom dana formira, onda skida, posoli i potom zri. Skorup se stavlja u drvene kace koje imaju otvor na dnu ili u mješinu, jagnjeću kožu.

Durmitorski skorup ima visok sadržaj masnoće, što mu je zajedničko sa pojedinim sirevima i maslacem. Ima ugodnu mlječnu aromu, s mirisom maslaca. Ima specifičan ukus zbog sojeva bakterija mlječne kiseline, koje potiču sa pašnjaka gdje se životinje hrane gotovo tokom čitave godine.

Procenat masnoće je viši u skorupu iz mješine, jer kroz kožu iz njega odlaze i posljednji dijelci vode. Zato se on jede ili dodaje jelima u maloj količini, te je i znatno skuplji od kajmaka iz kace.



CHEESE

Durmitor skorup/ salted milk cream or "old Kajmak" PDO

It is believed by some connoisseurs that Durmitor's Skorup – kajmak stored in a sheepskin is the most authentic Montenegrin dairy product.

Skorup dates back from the nomad period. Since it is a product that can be kept for a long time, nomads used to carry it with them while trying to find pastures for their herds.

The milk is heated to boiling point. It is poured into dishes and then left to cool. Within a day cream forms and then the rind is removed, dry salted and put in layers for ripening. Skorup is stored in wooden vats with an opening at the bottom or in a sheepskin.

Durmitor's Skorup has a high fat content and resembles both cheese and butter. It has a pleasant dairy aroma and a buttery scent. The distinctive taste is due to the activity of the indigenous strains of lactic acid bacteria, coming from the pastures where the animals are fed almost throughout the entire year.

The fat percentage is the higher in the Skorup stored in sheepskin, because the last traces of water flow away through the skin. This is the reason it is consumed or added to other dishes in small quantities, and also why it is much more expensive than Kajmak from a vat.

Gora / Montenegro
Crna



Podgorica

OBLAST PROIZVODNJE:
Durmitor

PRODUCTION AREA:
Durmitor

Žitarice

Cereals





Heljdino brašno
Buckwheat flour



Heljdino brašno

Dugo zapostavljena, žitarica bez glutena koja poboljšava memoriju doživljava renesansu. Danas se u domaćinstvima i pekarama mogu naći brojni proizvodi od čistog brašna od heljde ili pomiješanog sa drugim vrstama. Iz duboke tame prošlosti na svjetlo dana je izašao i tamni hljeb od heljde i ugrožava popularnost bijelog pšeničnog hljeba koji je narod nekad nazivao pogača i volio ga zbog bjeline i mekoće.

Popisi u vrijeme turske vladavine u sjevernom dijelu Crne Gore pokazuju da su u ovim krajevima od žitarica gajene pšenica, raž, ječam i proso, heljda, čak i sočivo. Do sredine 20. vijeka heljda je jedna od osnovnih namirnica planinskog područja na Balkanu. U seoskim domaćinstvima heljdino brašno korišćeno je ne samo za hljeb već i za razna jela kao što su kačamak, pite, palačinke ili poslastice. Heljda je i dobra medonosna biljka, a koristi se i u narodnoj medicini.

Za proizvodnju se koristi golubara, stara autohtona sorta heljde iz sandžačkog regiona. Ime potiče od riječi golub. Neki poljoprivrednici kažu da je to zbog toga što golubovi vole da je jedu, radije nego druge vrste usjeva.

Brašno od heljde ove regionalne sorte se koristi za pripremu hljeba i prepoznatljivo je po specifičnoj bijeloj i srebrnoj boji, slatkom ukusu i gruboj teksturi. U svim tim aspektima drastično se razlikuje od drugih sorti.



Buckwheat flour

Buckwheat cereal is enjoying a renaissance, thanks to the awareness of its gluten free composition. Today, households and bakeries are the places where you can find numerous products made of only buckwheat flour or mixed with other types.

Since the times of the Ottoman rule in northern Montenegro until the mid-20th century, buckwheat was a staple food of the mountainous Balkan regions. Rural households consumed it in different forms, such as bread, Kačamak, sweets, pies or pancakes. Buckwheat is also a honey plant and it is used in folk medicine.

Golubara is used in the production, an old autochthonous variety of buckwheat from the Sandžak region (incl. Serbian Sandžak). The name comes from *golub* meaning "pigeon". Some farmers say it is because pigeons like to eat it, and choose to dine on this particular buckwheat over other crops.

The region's buckwheat flour is used in bread preparation and is recognizable by its specific white and silver color, its sweet taste and its rough texture. In all these aspects, it differs drastically from other types.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora

PRODUCTION AREA:
Northern Montenegro

An aerial photograph of a village nestled on a hillside overlooking a calm lake. The lake is dotted with large, lush green islands of reeds. Several small boats are moored along the shore, and a few traditional stone houses with tiled roofs are visible. The scene is peaceful and scenic, with the water reflecting the surrounding greenery and sky.

Ribe Fish





Sušena Ukljeva
Dried Skadar lake bleak

Sušena Ukljeva

Ribolov je oduvijek bio jedan od glavnih izvora prihoda za lokalno stanovništvo. Duž južne obale jezera mogu se naći ostaci kulturno značajnih ribarskih naselja, gdje su ljudi zajednički sakupljali ribu, upravljali velikim ulovima i čuvali je soljenjem i sušenjem, dajući joj tako specifičan ukus. Sušenom ribom se trgovalo i na drugim tržištima.

Sušena ukljeva iz Skadarskog jezera, koju često zovu slatkovodnom sardinom, bila je u istoriji Crne Gore strateški izvozni proizvod. Još u 13. vijeku odlazila je brodovima u Italiju, a u 19. vijeku izuzetno je cijenjena na austrijskom dvoru.

Tradicija sušenja ukljeve je očuvana u mnogim naseljima na obodu Skadarskog jezera. Tradicionalna je i manifestacija u čast ovog proizvoda, festival „Dani ukljeve i vina“ u Virpazaru.

Riba se prvo stavlja u posude i soli se, na svakih 19-20 kg ribe, dodaje se približno kilogram soli i ostavi da stoji oko 17-18 sati. Uklanja se što je više moguće kože, onda se riba opere i naniže na žicu. Suši se iznad vatre 48 sati. Vatra ne smije biti jaka, već dovoljna da se pospješi sušenje koje se vrši na vrbovom drvetu kako bi se dobila svjetlija boja (boja zlata).

Služi se kao predjelo, ali i kao glavno jelo. Može da se ispere više puta i obari pa začini, ili proprži na malo ulja. Uz salatu od krompira i luka, kozji sir i masline, suva ukljeva je savršena podloga za crno domaće vino.



Dried Skadar lake bleak

Fishing has always been one of the main sources of livelihood for the local population. Along the southern coast of the lake, one can find the remains of these culturally significant fishermen settlements, where people would gather to fish collectively, manage big catches and preserve the fish by salting and drying giving the product a characteristic taste. The dried fish would also be traded on other markets.

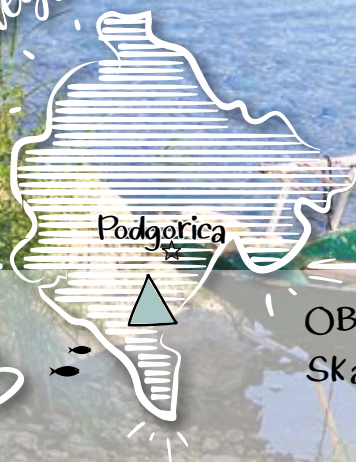
Most commonly referred to as a freshwater sardine, dried Skadar Lake bleak was a strategic export product in the history of Montenegro. As far as in the 13th century, it was transported to Italy by ships and it was highly valued by the Austrian court in the 19th century.

The tradition of smoking Skadar Lake bleak has been preserved in most settlements along the Skadar Lake coast. There is also a traditional event organized in the honor of this product, Festival vina i ukljeve, ('Festival of wine and bleak').

The fish is first put in a bowl and salted, and for each 19-20kg of fish, approximately 1kg of salt is added and allowed to stand for 17 – 18 hours. As much of the skin as possible is removed, and then washed in water and strung to dry above a fire for forty-eight hours. The heat must be low, but warm enough to dry the fish. The drying is finished on willow wood in order to obtain a brighter, more golden color.

Often served as an appetizer but it is also can be a main dish. It can be washed several times, then cooked and spiced or fried in oil. Together with potato and onion salad, goat cheese and olives, dried bleak is the perfect pairing to homemade wine.

Gora / Montenegro



Podgorica

OBLAST PROIZVODNJE:
Skadarsko jezero

PRODUCTION AREA:
Skadar lake



Dimljeni krap
Smoked carp

Dimljeni krap

Skadarsko jezero je najveći slatkovodni basen u jugoistočnoj Evropi. Vjekovima je izvor vode i hrane stanovnicima ovog regiona. Visok kvalitet i specifičan ukus ribe ovdje ulovljene postoji zbog toga što ribe provode životni ciklus u nezagađenoj vodi, a hrane se prirodnom hranom. Očuvana staništa slatke vode i biodiverziteta u kombinaciji sa istorijskim i kulturnim nasljeđem podstakli su Vladu Crne Gore da ovu oblast proglasi nacionalnim parkom.

Krap je najkrupnija šaranska vrsta u jezeru i može da dostigne i više od 20 kilograma, ali su, kada se priprema svjež, najcjenjeniji oni od 3-4 kilograma. Nadaleko poznat specijalitet, dimljeni krap, mamac je koji mnogo gostiju, i domaćih i stranih, privlači u Virpazar ili Rijeku Crnojevića. Marinirani dimljeni krap je, ipak, na prvom mjestu, to je delikates o kome se pripovijeda.

Da bi se dobio čuveni dimljeni krap, prvo se riba, čija je težina veća od dva kilograma, rastvori i stavlja u so na tri dana. Nakon toga, riba se pere i posuši. Dimi se tri dana, a potom reže na komade i širi preko bukovog ili vrbinog drveta gdje se ostavlja ne manje od 24 sata.

Vjekovima su osti (trozupci) bile najefikasniji način lovljenja ribe na Skadarskom jezeru. Uz pomoć gasnih lampi, ribolovci bi ponekad za noć ulovili i do 100 kilograma. Kada su počeli da koriste mreže, ulov je bio još bolji. Kako bi ga sačuvali, dobar dio su sušili i dimili za svoje potrebe, ali i za prodaju ili razmjenu na pijacama primorskih gradova.



Smoked carp

Skadar Lake is the largest freshwater basin in southeast Europe. For centuries, it has been a source of food, water and a way of life for the inhabitants of this region. The high quality and specific taste of fish caught here is due to the lifecycle of the fish being spent in unpolluted waters feeding on naturally occurring food sources. The preserved freshwater habitats and biodiversity combined with historical and cultural heritage has prompted Montenegrin government to protect this region as a National Park.

Carp is the largest carp species in the lake and it can reach more than 20 kg but when prepared fresh, the best is the one of 2-3 kg. Widely known specialty, the smoked carp, is a baste for many guests, from the country and abroad as well who come to Virpazar and Rijeka Crnojevicica just to try it. Marinated smoked carp still takes the first place, it is a delicacy talked about.

In order to get a smoked carp, first the fish, usually over 2 kg, is gutted and then placed in sea salt for three days. Afterwards, it is washed and drained. It is smoked for 3 days, then cut up into pieces and spread over beech or willow wood for not less than 24 hours.

For centuries the now illegal “osti” (harpoon) was the primary and most effective way to catch Skadar Lake carp. Fishermen were guided in the dark night by gas lights, sometimes catching up to 100kg per night. When they started using nets, the catch was even better. In order to preserve it, a larger part of the catch was smoked and dried for their own needs, but it was also sold or exchanged at the markets of coastal towns.

Gora / Montenegro



Podgorica

OBLAST PROIZVODNJE:
Skadarsko jezero

PRODUCTION AREA:
Skadar lake

Maslinovo ulje

Olive oil





Crnogorsko maslinovo ulje
Montenegrin olive oil



Crnogorsko maslinovo ulje

Otporna, nezahtjevna i dugovječna biljka i idealni klimatski uslovi, stvorili su prepoznatljiv mediteranski pejzaž crnogorske obale. Maslina je oduvijek prisutna u našoj istoriji i tradiciji. Ovoj mediteranskoj kulturi se oduvijek posvećivala velika pažnja, jer je primorcima ona bila i hrana i glavni izvor prihoda. Maslinovo ulje je od davnina služilo za ishranu, osvjetljenje i njegu, a maslinovo drvo za ogrijev i kao građevinski materijal.

Smatra se da su maslinu donijeli Stari Grci koji su na jadranskoj obali imali kolonije. Na takav zaključak upućuje najstarije stablo u okolini Bara (Stara maslina), staro 2.240 godina² i stablo u Ivanovićima kod Budve (Velja maslina), čija se starost procjenjuje na oko 2.000 godina. Samo su još tri masline slične starosti u svijetu. To su Sveta maslina u Jerusalmu (vezana za Isusov grob), maslina u Palermu na Siciliji i stara maslina u Atini.

Jedna od najzastupljenijih sorti masline u Crnoj Gori je ŽUTICA. Porijeklo ove sorte nije poznato, ali na bazi elajografskih podataka i starosti kulture (preko 2.000 godina) pretpostavlja se da je porijeklom sa grčkih ostrva (Krf). Ime je dobila po boji ploda koji dobija slamasto-žutu boju koja postepeno prelazi u vinasto-ljubičastu i na kraju u crnu. Rasprostranjena je na čitavom Crnogorskom primorju gdje čini 6 %, dok je u barskom podrejonu (Ulcinj, Bar, Budva) njena zastupljenost oko 91%, odnosno u Ulcinju i Baru ona čini 98% svih sorti.

Crnogorsko maslinovo ulje, nastalo preradom plodova "žutice", sinonim je za poseban kvalitet i ukus. Ovo ulje svjetskog kvaliteta pravi se u mlinovima ili u manjim porodičnim radionicama. Stari maslinjaci danas se nalaze uz moderne zasade, a tradicionalni mlinovi za masline sa presama od kamena i dalje funkcionišu, dok se ulje pravi u modernim mlinovima koji su prošli kontrole prema najvišim standardima EU. Tradicionalni način proizvodnje podrazumijeva: mljevenje, cijedenje hladnim postupkom – presovanjem kamenom, te prirodnim filtriranjem – taloženjem, kojim se omogućava zadržavanje svih karakterističnih, ljekovitih i hranljivih svojstava maslinovog ulja u finalnom proizvodu. Savremeni uređaji rade na principu centrifuge, koja odvaja plod od koštice na temperaturi od oko 12 stepeni, što znači da se ulje dobija procesom hladnog cijedenja.

Sorta žutica prosječno sadrži oko 23% ulja i spada u sorte sa visokim sadržajem ulja.



Montenegrin olive oil

Ideal climate conditions coupled with the resilient, undemanding and long-living olive tree have created the recognizable Mediterranean landscape of the Montenegrin coast. As a main contributor to a healthy diet for centuries, olives and olive oil have always been present in our history. From the sailors and trade routes of years gone by to the tables of homes and restaurants today, Montenegrin olive oil is part of the fabric of our coastal traditions.

It is believed that the Ancient Greeks, who had their colonies on the Adriatic coast, first brought olives trees to Montenegro. The belief is consistent with the presence of the oldest olive tree situated close to Bar, affectionately known as "Old Olive" which is 2,240 years old, as well as by the tree ("Big Olive") situated in Ivanovici near Budva and is approximately 2,000 years old. There are only three other olive trees in the world of the same age: located in Jerusalem, Palermo, Sicily and in Athens, Greece.

There are several autochthonous cultivars, but Zutica is the most representative olive cultivar in Montenegro. Its origin is unknown, but based on ethnographic data and the age of the cultivar (more than 2,000 years), it is believed to come from the Greek Islands (Corfu). The name comes from the color of the olives, which starts with a straw-yellow color that changes to wine-purple, and then black when mature. This cultivar is predominant (65%) throughout the entire Montenegrin coast including Boka Kotorska, while in the Bar region (Ulcinj, Bar, Budva) sees a share of around 95-98%. The Zutica cultivar has a 23 % of oil content on average and belongs to the group of cultivars with a high oil content.

Montenegrin olive oil is produced in mills or smaller family-run mills. The old olive groves in the coastal municipalities can be seen next to modern groves, and traditional olive mills with stone presses still function, while modern mills use steel drums to cold-press their olives and goes through different controls in accordance to highest EU standards. The traditional manner of production includes grinding, separating the oil using cold press method – stone pressing and natural filtering – which allows the preservation of the characteristic, healing and nourishing features of olive oil in the final product. Modern mills use the centrifugal principle which separates the fruit from the pits at room temperature, which is still a cold press method to preserve olive oil qualities and flavor.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Primorje Crne Gore

PRODUCTION AREA:
Coastal Montenegro

A photograph of several wooden beehives in a field. The hives are made of wood and have white-painted roofs. They are arranged in a row, receding into the background. The foreground is filled with tall green grass and several white dandelion seed heads. The text "Med Honey" is overlaid on the image in a white, cursive font, with a horizontal line separating the two words.

Med

Honey





*Crnogorski med
Montenegrin honey*



Crnogorski med

Kvalitet, gustina i bogatstvo ukusa izdvajaju crnogorske pčelinje proizvode od proizvoda iz regiona. Med je uglavnom poliflornog (višecvjetnog) sastava, što ga čini posebnim i jednim od najkvalitetnijih proizvoda na području Crne Gore.

U Crnoj Gori pčelarstvo se zasniva na rasi medonosne pčele *Apis Melifera* var *karnika*, autohtonoj rasi pčela koja je vrlo dobrih bioloških i proizvodnih osobina. Zastupljenost više klimatskih zona¹, zatim velikih površina prirodnih livada i pašnjaka i prostrano kraško područje sa bogatim florističkim sastavom obezbjeđuju veoma povoljne prirodne uslove za razvoj pčelarstva na čitavoj teritoriji Crne Gore. Klimatski uslovi za razvoj pčelarstva kreću se od mediteranske do alpske klime. U nekoliko regiona već decenijama, zbog kvaliteta i ljekovitih svojstava a radi jasnog prepoznavanja koriste se geografske odrednice/nazivi npr. cetinjski med, crmnički med, planinski med i slično.

Pčelarstvo u Crnoj Gori ima dugu tradiciju. Njime su se ljudi bavili uglavnom kao sporednom djelatnošću, znanja su se prenosila usmeno, od predaka, produktivnost je bila niska. Danas je pčelarstvo značajan izvor prihoda brojnim domaćinstvima i u selima i u gradovima, a edukacija se odvija na razne, moderne načine.

Postoje podaci iz 1880. godine da je tada u Crnoj Gori bilo oko 15.000 košnica. Godine 1922. organizovana je poljoprivredna izložba u Crnoj Gori i tada su se pčelari prvi put priključili. Prvo pčelarsko društvo osnovano je 1934. godine u Rijeci Crnojevića. Šezdesetih godina 20. vijeka primitivne košnice zamijenjene su novim, savremenijim, pčelarstvo primjenom novih tehnologija doživljava nagli razvoj.

U Crnoj Gori identifikovano je više od 500 značajnih medonosnih biljaka, među kojima je veliki broj ljekovitih. Zbog toga je med sa ovih područja visokog kvaliteta u pogledu hranljivosti i ljekovitih svojstava. Neke od najznačajnijih medonosnih biljnih vrsta su: pelim, žalfija, primorski vrijesak, macina trava, marulja, vrba, drijen, lijeska, planinska divlja maginja, crvena i bijela djetelina, majčina dušica, crna i bijela lipa, drača, borovnica, planinski vrijesak, malina, divlja kupina, kesten, zanovijet, četinari...



Montenegrin honey

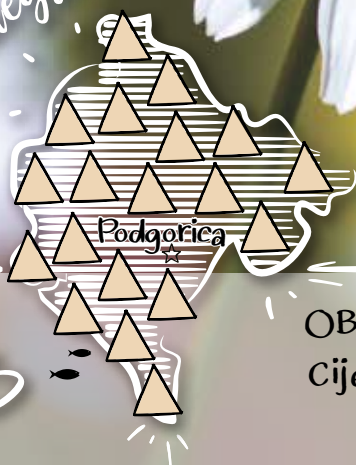
Quality, density and richness in flavor are the things that separate Montenegrin bee products from those in the region. The honey is mostly of polyfloral variety, which makes it particular and one of the most distinct products of Montenegro.

Beekeeping in Montenegro relies on the species of honey bee called *Apis mellifera carnica*, an indigenous bee species with excellent biological and production traits. The presence of several climate zones, from Mediterranean to mountain, then vast areas of natural meadows and pastures and spacious *karst* areas with bountiful floral content supply the favorable natural conditions for beekeeping development throughout the entire Montenegrin territory. Several regions use geographical locators/names, because of distinct quality and specific features of that location, for instance Cetinje honey, Crmnica honey, mountain honey and so on.

Beekeeping in Montenegro has a long tradition and continues to grow. In earlier times, it was mostly a side activity; knowledge was transferred orally from ancestors and productivity was low. According to statistics from 1880, there were some 15,000 hives in Montenegro at that time. Beekeepers first participated in a Montenegrin agriculture exhibition in 1922, and a beekeeping society was founded in Rijeka Crnojevica in 1934. In the 1960s, the primitive hives were replaced with new, modern ones. Since then, the beekeepers have steadily improved their production without losing the old tradition. Today, there is a national alliance of beekeepers that includes 37 local beekeeping societies and a total of 2,562 members, and beekeeping is a significant source of income for numerous households in villages and in town.

More than 500 significant honey plants are identified in Montenegro, a large number of them being known for health benefits, which is why the high quality Montenegrin honey is regarded for its nourishing properties. Some of the most pertinent honey plant species are: wormwood, sage, coastal heath, valerian, white horehound, willow, cornel, hazel, mountain wild strawberry tree, red and white clover, thyme, black and white linden, garland thorn, blueberry, mountain savory, raspberry, wild blackberry, chestnut, the common laburnum and conifers.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Cijela Crna Gora

PRODUCTION AREA:
Throughout Montenegro

Tradicionalni specijalitet

Traditional speciality dishes





Kacamak
Porridge with potatoes



Kaćamak

Kaćamak je više od tradicionalnog jela. Nešto u njemu budi drevne slike stočara, nomada, velikih stada na prostranstvima trave, čobanskih koliba pod zvjezdanim nebom... Recept je jednostavan, potrebna je voda, brašno, krompir, te sir i kajmak, maslac, da se začini. Ali, kaćamak nikada neće biti ukusan kao onaj na nekoj crnogorskoj visokoj planini. Tajna je vjerovatno lijepo raspoređena – u sastojcima, njihovoj pojedinačnoj autentičnosti, u izvorskoj vodi, vatri, u reskom planinskom vazduhu.

Kaćamak (od turske riječi *kaçamak* - kaša) često se sprema u crnogorskim domaćinstvima i posluhuje u svim restoranima kao tradicionalno jelo. U neke restorane na sjeveru Crne Gore i domaći i strani gosti odlaze samo zbog dobrog kaćamaka. Tradicionalno se servira na drvenim tanjirima. Najbolje se slaže sa gustim domaćim kisjelim mlijekom.

U prošlosti je bio omiljena „seljačka hrana“, kalorijska „bomba“ potrebna poljoprivrednicima zbog visoke potrošnje energije.

Obično je potreban sat za pripremu kaćamaka, iako je proces jednostavan. U vodu u kojoj se kuva krompir dodaje se brašno da se ukuva, na kraju se sve sjedinjuje u jedinstvenu masu miješanjem drvenom varjačom. Za konačan ukus dodaje se kajmak i/ili sir. Na ukus kaćamaka utiče niz elemenata: krompir proizveden ne većim nadmorskim visinama ima posebnu slast, brašno, od domaćih sorti kukuruza, mljeveno na kamenu je i kvalitetnije i ukusnije. I naravno, vrhunski domaći bijeli sirevi i skorup su nezamjenljivi. Domaće kisjelo mlijeko je idealna dopuna kaćamaka.



Porridge with potatoes

It is much more than a traditional dish. Something in it recalls memories of ancestors, cattle breeders, nomads, free pagans happy with their large herds, roaming the vastness of grass meadows.... It is a simple recipe, you need water, flour, potato and cheese and kajmak to spice it. But, it will never be as tasty as the one made in one of the Montenegrin mountains. The secret is well kept – in ingredients, their individual authenticity, in spring water, fire, sharp mountain air.

Kaçamak (from Turkish word *kaçamak* – porridge) is often made in most Montenegrin households and served in all the national restaurants as a traditional dish. Some restaurants in the north of Montenegro are visited by domestic and foreign guests only for their Kaçamak. It is traditionally served on wooden plates and goes best with thick, homemade yoghurt.

It used to be a favorite “village food” in the past, a calorie bomb needed by farmers who spent a lot of energy.

An hour is needed for preparing Kacamak, even though the process is simple. Potato is cooked in water, then flour is added and everything is lumped into dense mass by stirring it with a wooden spoon. For the final touch, clotted cream and/or cheese are added. The taste of Kacamak is influenced by several factors: potato produced in high altitudes brings in a special delight, the corn flour should be from national corn types and stoneground. And of course, superb homemade white cheese and Skorup are irreplaceable. Homemade yoghurt is an ideal addition to Kacamak.

Gora / Montenegro
Crna



OBLAST PROIZVODNJE:
Sjeverna i centralna Crna Gora

PRODUCTION AREA:
Northern and central Montenegro



Kuvani raštan
Raštan / cabbage stew



Kuvani raštan

Riječ je o vrsti kupusa. U Crnu Goru su raštan (*Brassica olearcea*) donijeli Rimljani prije 2.000 godina. Sada se uglavnom proizvodi u regiji oko Cetinja i Podgorice. Raštan kuvan sa suvim mesom je tradicionalni obrok za ručak, posebno tokom zime.

Raštan je zdrava namirnica, bogat je kalijumom, kalcijumom, vitaminom B i vitaminom C. Veoma je otporna i izdržljiva biljka, odlično podnosi i žarka ljeta oko Skadarskog jezera i ledene podlovćenske zime.

Listovi raštana se dobro operu i svuku s peteljke. Sjeckani raštan se nekoliko puta ispere kako bi se ublažio prirodni ukus, ili se obari, a zatim se kuva sa suvim mesom, npr. *kastradinom*. Može se pripremiti i sa suvim svinjskim koljenicama. Poseban dodatak koji jelo od raštana i mesa čini ukusnijim je morač, vrsta začinske biljke.

U Staroj Crnoj Gori za kuvanje raštana je korišćen takozvani kotao, veliki lonac koji se stavlja na ognjište ili šporet na drva.



Raštan / cabbage stew

Rastan is a type of cabbage (*Brassica Olearcea*). It was brought to Montenegro by the Romans over 2,000 years ago, and now is mostly produced in Cetinje and Podgorica region. Rastan cooked with dry meat is a traditional lunch, especially during the winter.

Rastan is a healthy food, rich in potassium, calcium, B vitamins and vitamin C. It is very resistant and persistent plant, enjoyable during hot summers close to Skadar Lake and icy Lovcen winters.

Chopped rastan leaves are washed several times to reduce bitter natural taste, or it is boiled, then it is cooked with a typical dry meat like *kastradina*. It can also be made with dried pork knuckles. A special addition which makes this dish tastier is fennel, a type of spice.

In the old Montenegro, people used a large pot for making Rastan and put it on fire or firewood stove.



OBLAST PROIZVODNJE:
Centralna Crna Gora

PRODUCTION AREA:
Central Montenegro



Cicvara
Cicvara / porridge



Cicvara

Tradicionalno, ukusno i kalorično jelo ima sličnu istoriju kao kačamak. No, dok je kod kačamaka najvažnija da mješavina krompira, brašna i skorupa bude dobro „utučena“, za šta je potrebna snaga, spremanje cicvare je više stvar tehnike i umijeća domaćice

Seljaci su cicvaru rado jeli da bi povratili snagu nakog dugog dana. Danas se služi u svim nacionalnim restoranima, a rado jede i u domaćinstvima, posebno na selu.

Sprema se neprekidnim miješanjem, tako što se kajmak zagrijeva dok se potpuno ne pretvori u masnoću. Zatim se postupno dodaje brašno (obično kukuruzno) i pažljivo se miješa da se ne zalijepi za dno lonca. Masa se miješa dok se brašno potpuno ne ujednači sa kajmakom. Cicvara se mora miješati kružno sve dok ne prestane da se lijepi za kašiku ili posudu. Kada se smjesa ujednači, iznosi se na sto.



Cicvara / porridge

Cicvara is a traditional, tasty and hearty dish with a history similar to the one of Kačamak. Strength is needed to make a good Kačamak-the most important thing is to beat the mixture of potato, flour and skorup; while technique and skill are what makes a good Cicvara.

Villagers would eat Cicvara gladly in order to regain strength after a long day at work. Today, it is served in all the national restaurants and it is often consumed in households too, especially in villages.

It is prepared by continuous stirring of kajmak, similar to clotted cream, over heat until completely converted to fat. Flour (typically cornmeal) is gradually added and mixed carefully to avoid being stuck to the bottom of the pot. The mass is stirred until completely blended with the fat. The cicvara should be stirred in a circular motion until it ceases to stick to the spoon and to the pan. When the mass is completely blended, it is ready to be served.



OBLAST PROIZVODNJE:
SjeVerna i centralna Crna Gora

PRODUCTION AREA:
Northern and central Montenegro



Priganice
Priganice / fried dough



Priganice

Porodice su u Crnoj Gori u ranijim vremenima uglavnom bile velike, u zajednici je živjelo više generacija, ili više manjih porodica, sa dosta djece. Jedan od dobrih načina da se pripremi doručak za veliku familiju bio je da se za hljeb zamijesi malo više tijesta, pa od njega odvoji, premijesi i isprži "brdo" priganica.

Danas je priganica prepoznatljivost i simbol crnogorske kuhinje na svim njenim toliko različitim područjima.

Ima ih više vrsta, a karakteristične su crnogorske i zetske. Zavisno od priloga, mogu da budu slano ili slatko, toplo ili hladno predjelo. Odlično idu uz sir ili kajmak, ali i uz džem i med.

Služe se za doručak i večeru i za dočekivanje gostiju. Obavezne su za vrijeme praznika.

Nijanse u pripremi odlučuju o tome da li će loptice od kvasnog tijesta biti kompaktnije ili vazdušastije. Crnogorske se prave tako što se, nakon uzdizanja, tijesto promiješa i pusti da opet nadođe. U tijesto se može dodati i čašica rakije.

Zetske ili prijesne priganice se spremaju bez kvasca (jednaka količina vode i mlijeka, dodaju se umućena jaja i brašno, da tijesto bude srednje gustine; tijesto se vadi kašikom i sipa u vrelo ulje). Veoma su tanke ali dobrog ukusa.



Priganice / fried dough

Montenegrin families used to be very large once, several generations lived together or several smaller families with lots of children. One of the ways to make breakfast for a large family was to make more dough than needed for bread - then the housewife would take a piece of it, knead it again and fry a mountain of Priganice from it.

Today, these fried dough balls known as Priganice are a recognizable symbol of Montenegrin cuisine all over the country.

There are many types of this dish, and Montenegrin and Zeta Priganice are the characteristic ones. Depending on the side dish, they can be sweet or salty, warm or cold appetizer. They go well with cheese or kajmak, but also with jam and honey.

They can be served for breakfast and dinner and for welcoming the guests. They are a must during the holidays.

How they are prepared determines if the dough balls are compact or airy. Montenegrin ones are made by adding flour to the yeast mixed with warm water, they are kneaded after that and left to double their size. A glass of brandy can be added.

Zetske are prepared without yeast (equal quantities of water and milk, whisked eggs and flour, neither too dense nor thin, the dough is taken by a spoon and poured into hot oil). They are very thin but tasty.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Cijela Crna Gora

PRODUCTION AREA:
Throughout Montenegro



Tarhana
Tarhana / dried paste



Tarhana

Kuhinja na jugu Crnogorskog primorja ima dosta specifičnosti i dugu i bogatu tradiciju. Ona je dokaz uticaja i miješanja naroda, civilizacija, vjera. Jela su lagana, sa dosta povrća i naravno maslinovog ulja.

Tanke zastave od tijesta sušile su se na suncu i promaji i u uskim uličicama drevnog Ulcinja, iznad glava kapetana, trgovaca, zanatlija i putnika iz dalekih krajeva.

Domaća tjestenina tarhana pravi se kao turska tarhana, slična je tjestenini koja se koristi u pripremi supe.

Ovo jelo je mješavina pšeničnog brašna, soli, kvasca i jogurta, koji se suši u tankom sloju dva do tri dana na suncu i promaji, a zatim se izlomi na komadiće. Priprema uključuje prženje u maslinovom ulju dok ne postane crvenkaste boje i dok se ne dobije određena gustina (slična palenti). To je dio svakodnevne ishrane, obično se konzumira sa mesom ili pomiješano sa hlebom umočenim u maslinovo ulje. Ukus i miris tarhane nijesu jaki, a ima izvrsnu gustinu i glatku teksturu. Pšenično brašno i jogurt utiču na teksturu, a maslinovo ulje osigurava prženje uz zadržavanje nutritivnih svojstava.



Tarhana / dried paste

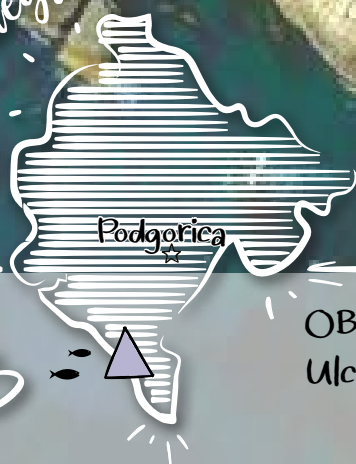
It is a true picture of influences and mixing of people, civilizations, and religions. The dishes are mild, breezy with a lot of vegetables and olive oil of course.

Thin flags made of dough would dry in the sun and air along the narrow streets of ancient Ulcinj, above the heads of sea captains, traders, crafters and travelers from far away.

Homemade pasta tarhana is made like Turkish tarhana, it is similar to pasta used when preparing soups.

This dish is a mixture of wheat flour, salt, yeast and yogurt, which is layered thinly and dried for two to three days in the sun with the help of light winds, and then crumbled into lumps. Preparation includes frying in olive oil until it becomes a reddish color and achieves a certain density (similar to polenta). It is part of the daily diet, usually consumed with meat, or mixed with older, stale bread dipped in olive oil. Its taste and smell are not strong, with an excellent, thick consistency and smooth texture. The wheat flour and yogurt affect the texture and the olive oil provides a means for frying well without oxidation, retaining its nutritional properties.

Crna Gora / Montenegro



Podgorica

OBLAST PROIZVODNJE:
Ulcinj

PRODUCTION AREA:
Ulcinj



Tradicionalni jagnjeci specijaliteti
Traditional lamb specialities



Tradicionalni jagnjeci specijaliteti

Na pastirskoj trpezi, meso se rijetko pojavljivalo. Zato je bilo obavezno u posebnim prilikama kao što su porodične slave, veliki praznici ili kada u kuću dolazi neki važan, specijalan gost. Kult gostoprimstva je podrazumijevao da za gosta „ne smije da fali“ i da mu se pruži ono najbolje što domaćin ima. A boljeg od mlade jagnjetine, sa ražnja, ispod sača ili skuvane u mlijeku – nema.

Dva vjekovima stara jagnjeća specijaliteta su izvanredna ravnoteža prirodnog ukusa domaćeg mesa i specijalnog načina pripreme. Služe se i u domovima i u restoranima i najvažniji su dio tradicionalne crnogorske kuhinje.

Jagnjetina ispod sača

Tajna uspjeha ovog specijaliteta je kombinacija crepulje (zemljani sud za pečenje) i metalnog poklopca preko koga se sipa i povremeno dodaje žar sa ognjišta. Jagnjetina se posoli i zajedno s krompirima stavi u crepulju i pokrije sačom. On ne dozvoljava da išta ispari, pa jelo zadržava sve mirise, ukuse i sočnost.

Jagnjetina u mlijeku

Ovako skuvana jagnjetina – topi se u ustima. Jedno od izuzetnih planinskih jela. Za pripremu se bira kilogram i po do dva kilograma od plečke. U kotlu se meso prelije mlijekom (oko dva litra), doda povrće i začini (lovor, biber, so, peršun, celer). Skuvano meso se malo usitni, stavi u dublji sud, doda mu se krompir posebno kuvan u celo i šargarepa i sve prelije procijeđenim mlijekom u kom se meso kuvalo.



Traditional lamb specialities

In the past, meat was rarely seen on shepherds' tables but it was a "must" on special occasions like a family's patron saint day, big holidays or when special guests came into the house. The mantra of good hospitality was always a "guest cannot lack anything and the best pieces should be served to him (or her)". One of these special dishes reserved for guests was typically lamb from the skewer, prepared "under the bell", or cooked in milk.

Two centuries-old-lamb specialties are an extraordinary balance of natural flavor of homemade meat and special way of preparation. They are served in both homes and restaurants and are mainstays of traditional Montenegrin cuisine.

Jagnjetina Ispod Sača / lamb cooked under iron pan or "bell"

The secret to the success of this treat is the combination of crepulja (tile – a pottery baking dish) and iron lid (bell) covered with embers and ashes. The lamb is seasoned with spices and slow-roasted with potatoes in the tile covered with the lid (bell). The lid doesn't allow the evaporation, so the dish keeps all the flavors, tastes and succulence.

Jagnjetina u Mlijeku / lamb in milk

Lamb prepared in this way simply melts in your mouth and is one of the well-known mountain dishes. It is usually made of one and a half or two kg of meat from the shoulder. The meat is covered with milk in the pot (2 liters approximately), vegetable and spices are added (laurel, pepper, parsley and celery). When cooked, the meat is cut into pieces, put into a deeper pot, mixed with previously cooked potato and carrot and then covered with the milk that meat was cooked with.



Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Sjeverna Crna Gora

PRODUCTION AREA:
Northern Montenegro



Tradicionalni riblji specijalitet
Traditional freshwater fish specialities



Tradicionalni riblji specijalitet

Vjekovi se smjenjuju, a slika trpeze u nekom seoskom domu na obodu Skadarskog jezera ili u varoškoj konobi, restoranu, ostaje ista: domaći hljebe, riblja čorba, prženi svježi ili dimljeni (još bolje marinirani) krap (šaran), krap sa suvim šljivama, svježa srebrna ili suva zlatna ukljeva, prženi komadići jegulje, jegulja sa pirinčom. Na stolu su i masline i sir i, naravno, bokal domaćeg crmničkog vina. To su delikatesi o kojima se priča, zbog kojih se specijalno dolazi na jezero, zbog kojih vrijedi iznova mu se vraćati.

Jezero je i stanište nekoliko vrsta pastrmki koje ulaze u okolne pritoke – Moraču, iz nje u Cijevnu i Zetu. U Podgorici se pastrmka tradicionalno pripremala na poseban način, u kombinaciji s kiselim mlijekom i bijelim lukom. Manje pastrmke se isprže cijele a krupnije u komadima. Poređaju se u dublju zdjelu, prekriju isjeckanim bijelim lukom pa blago zasoljenim kiselim mlijekom. Slijedi drugi red ribe, luk, pa mlijeko. Ovaj način pripreme je nekada, u doba prije struje i frižidera, bio dobro rješenje da riba malo potraje u vrelim ljetnjim danima. Kisjelo mlijeko čuva, konzervira ribu.

Kalorična i masna jegulja ulovljena u Skadarskom jezeru najčešće se priprema pečena na roštilju, žaru ili ispod sača.

Posebno je ukusna kada se sprema na pirinču. Zaliven vodom u kojoj su prokuvane suve šljive, pirinač upije masnoću jegulje, a začinsko bilje dodatno omekša ukus. Suve šljive s kojima se jelo peče imaju poseban efekat: poslije nekoliko zalogaja ribe i riže, suva zapečena šljiva je predah od intenzivnog ukusa, uz vino stvara ravnotežu ukusa.

Za kilogram jegulja potrebno je dvije-tri glavice crnog luka. Kad se proprži doda se pirinač i posoljeni komadi jegulje, kratko proprženi na ulju. Kompozicija od riže i ukljeve se na kraju polije maslinovim uljem. Jelo se služi toplo, uz zelenu salatu ili paradajz.

Ovo je veoma cijenjeno jelo, posebno u zimskom periodu.



Traditional freshwater fish specialties

Centuries go by and the picture of the table in a village home on the coast of Skadar Lake or in some local tavern remains the same: homemade bread, fish broth, fried fresh or smoked (even better, marinated) carp, carp served with dry plums, fresh silver or dry golden bleak, fried eel pieces, eel with rice. Olives and goat cheese and, of course, a pitcher of homemade Crmnica wine are there, too. These are the delicacies people talk about, they are the reason people come to the lake in the first place, and keep coming back for more.

The lake is also the habitat of several types of trout that go to surrounding tributaries- Morača and further to Cijevna and Zeta River. They can all be prepared in the Podgorica style, fried and in combination with yoghurt and garlic. Smaller are fried whole and larger are cut in pieces and put in a deep pan, then they are covered with garlic and slightly salted yoghurt. Then another layer of fish, garlic, yoghurt. This way of preparing it was once, in the days before electricity and fridges, the best solution for fish to be kept in hot, summer days. Yoghurt preserves, conserves the fish.

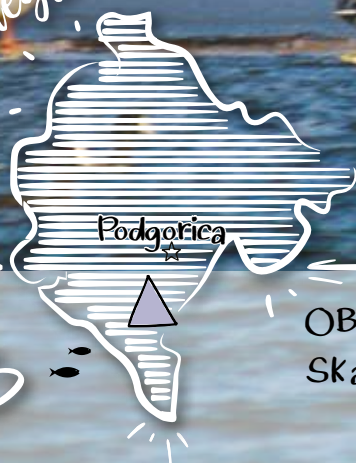
Caloric and greasy eel caught in the Skadar Lake is often prepared on grill or under the bell.

It is particularly tasty when prepared with rice. Covered with water previously boiled with dried plums, the rice soaks the eel grease and added seasonings soften its flavor. The addition of dried plums while baking the dish has a special effect: after several bites of fish and rice, the dried, baked plum offers a break from the intensive flavor and creates a balance together with wine.

Two or three onions are needed for a kilo of eels. The onion is fried, then rice is added as well as salted eel pieces shortly fried in oil. This mixture of rice and eel is sprinkled with olive oil. The dish is served warm, together with lettuce or tomato.

This is a much appreciated dish, especially in the winter period.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Skadarsko jezero

PRODUCTION AREA:
Skadar lake



Tradicionalni deserti
Traditional sweet specialities



Tradicionalni deserti

Uticaji orijentalne kuhinje najvidljiviji su na „slatkišima“. Brojne obaveze i ženama u crnogorskim selima nijesu ostavljale mnogo vremena za složenije zahvate na ognjištu ili šporetu i oko njega. Zatim, za desert je neophodan šećer, a u planinskom selu i na katunu (iz kog se do pijace ili kasnije prodavnice putovalo dugo, na konjima) kocka šećera je imala posebnu i veliku vrijednost, sama po sebi je bila najveća poslastica. Vremenom su, ipak, recepti iz varoši sa muslimanskim življem, među kojima i oni s tipičnim gustim šećernim prelivom, pustili korijenje. Razumljivo, ne samo da su im nazivi egzotični - *baklava*, *(h)alva*, *gurabije*, *(h)urmašice*, *kadaif*, *ašure*, *tufahije*, *tulumbes*... već im je i ukus do danas ostao istočnjački zavodljiv i neodoljiv.

Patišpanj

Uz priganice sa medom, među najomiljenijim poslasticama u Crnoj Gori nekada je bio, ali ni danas nije zaboravljen, *patišpanj*, jednostavan kolač od samo tri sastojka: jaja, šećera i brašna. Bio je nezaobilazan dio trpeze u svim svečanim prilikama.

Gurabija

Ova slatka pogačica dio je kulture svih naroda na Balkanu, ali svako područje oblikovalo ju je po svojim mogućnostima i navikama. To je jednostavan, tradicionalan slatkiš sličan turskom desertu „*kurabiye*“. Pretpostavlja se da je nastao na prostoru današnjeg Libana. Pravi se od brašna, šećera, jaja i mlaćenice, danas se dodaje i soda za pečenje ili prašak za pecivo. Stvar je domaćice da li će ga ukasiti onom čuvenom kockom šećera, ili komadićem oraha ili drugog voća.

Kako mogu dosta da traju, suvi slatki kolačići nalazili su svoje mjesto i u torbi putnika, koji su nekada, prisjetimo se, danima pješačili ili jahali do odredišta.

Hačalija

Hačalija je donešena u Crnu Goru tokom otomanske vladavine i posebno je popularna među muslimanskom populacijom u Plavu. Pravi se od maslaca, jogurta, ulja, šećera, brašna i sode za pečenje. Prvo se skuvaaju tečni sastojci, a zatim se dodaju suvi. Tijesto se oblikuje u loptice, stavlja na pleh za pečenje, ukrašava viljuškom i posipa orasima. Zali se šerbetom (šećer i voda).



Traditional sweet specialities

The influences of oriental cuisine are the most visible in sweets. The large amount of daily chores for women in Montenegrin villages did not leave them with much time to make complex pastries. Pastries required sugar and sugar cubes had such a particularly high value in a mountain village or katun (one had to travel a lot on horseback to reach a market or shop) that sugar cubes were a treat by itself. Over time, the recipes from the towns with Muslim inhabitants (previously Turks), especially the ones with thick sugar syrup, have become common. Not only are their names are exotic- *baklava*, *alva*, *gurabije*, *urmasice*, *tatlije*, *kadaif*, *asure* ... but their flavor has also remained seductive and irresistible.

Patišpanj

Together with Priganice, the most favorite treat in Montenegro was and still is Patispanj, a simple cake made of three ingredients: eggs, sugar and flour. It was an unavoidable part of the table on all the special occasions.

Gurabija

This sweet shortbread is part of culture of all the Balkan people but every region made it in their own ways and habits. It is a simple, traditional sweet similar to Turkish desert *kurabiye*. It is believed that its roots are from Lebanon. It is made of flour, sugar, eggs, buttermilk and leavening agents such as baking soda or powder are added today. It is left to the housewife if she will decorate it with a sugar cube, a piece of walnut or some other fruit.

Since they can last long, this shortbread would be put in the bag of a traveler when they had to walk or ride to their destination for a long time.

Haćajlija

Haćajlija was introduced to Montenegro during the Ottoman occupation and is especially popular among the Muslim population in Plav. It is made from butter, yogurt, oil, sugar, flour and baking soda. The liquid ingredients are boiled first and the dry ingredients gradually mixed in. The dough is shaped into little balls then placed in a baking tray where they are decorated with a fork and topped with walnuts. After baking, a simple syrup (sugar and water) is added.

Crna Gora / Montenegro



OBLAST PROIZVODNJE:
Cijela Crna Gora; *Plav

PRODUCTION AREA:
Throughout Montenegro; *Plav

Ako želite da saznate više...

Za više informacija o gastronomiji i ruralnom turizmu u Crnoj Gori:

Ministarstvo održivog razvoja i turizma

www.mrt.gov.me

Nacionalna turistička organizacija

www.montenegro.travel

Regionalna razvojna agencija za Bjelasicu, Komove i Prokletije

www.bjelasica-komovi.me

Udružena seoska domaćinstva – Turizam na selu

www.ruralholiday.me

Gastro ruta i proizvodi „Gorska trpeza”

www.montegastro.me

Katunski put

www.katunroads.me

Za više informacija o šemama kvaliteta hrane i hrane vezane za porijeklo:

Ministarstvo poljoprivrede i ruralnog razvoja

www.mpr.gov.me/Rubrike/Politika_kvaliteta/

FAO program za porijeklo i kvalitet

www.fao.org/in-action/quality-and-origin-program/en/

There is more to discover...

For more information on gastronomy and rural tourism in Montenegro:

Ministry of Tourism and Sustainable Development
www.mrt.gov.me

National Tourism Organization
www.montenegro.travel

Regional Development Agency of Bjelasica, Komovi and Prokletije
www.bjelasica-komovi.me

Tourism in Villages- Rural Tourism Association
www.ruralholiday.me

Gastronomic Route and "Mountain Bounty" products
www.montegastro.me

Katun Roads
www.katunroads.me

For more information on food quality schemes and food linked to origin:

Ministry of Agriculture and Rural Development Quality Policy
www.mpr.gov.me/Rubrike/Politika_kvaliteta/

FAO Quality and Origin Program
www.fao.org/in-action/quality-and-origin-program/en/



Atlas tipične hrane iz Crne Gore predstavlja kvalitetnu tradicionalnu hranu koja je osnov crnogorskog kulinarog nasleđa. Svaki od proizvoda u ovom izdanju ima priču o posebnom kvalitetu koji je povezan sa porijeklom, i iskazanu kroz jedinstven biodiverzitet, tradicionalne običaje i lokalna znanja prenošena sa generacije na generaciju. U svijetu koji se svakim danom sve brže kreće, ovaj Atlas će voditi povratak jednostavnim zadovoljstvima vječno dobre hrane sa crnogorskih porodičnih farmi pravo na vaš sto – i ne zaboravite da ponesete ukusne poslastice kući!



The Atlas of typical foods from Montenegro features the high quality traditional foods that are the foundations of Montenegrin culinary heritage. Each of the products in this volume has a story of distinctive quality that is linked to its origin and told through the unique biodiversity, traditional customs, and local knowledge passed down from generation to generation. With a world that seems to be moving faster by the day, this Atlas will guide the return to simple pleasures of timelessly good food from Montenegro's family farms right to your table– and do not forget to bring a delicious treat back home!