

COOKBOOK

# Dugotočka spiza



SELECTED DISHES FROM DUGI OTOK

**BON APPETITE!**



## KUHARICA "DUGOOTOČKA SPIZA"

Uvriježena jela Dugog otoka rezultat su kombinacije dostupnih namirnica na ovom prostoru, životnih prilika odnosno neprilika, te asimilacije pojedinih dijelova kulinarskih užanci drugih prostora i kultura. Iako se većina jela s ovog prostora mogu pronaći i u drugim sredinama, Dugootočani su uvijek znali dodati im svoj osebujan štih, a pojedina jela su, najčešće načinom pripreme, specifična isključivo za Dugi otok.

Stoga, neka vam ova kuharica s 9 probranih recepata bude samo osnova, a vi svakako ubacite malo svoje čarolije.

Krenite u istraživanje i bez panike!

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The traditional dishes of Dugi Otok are the result of a combination of available foods in this area, life circumstances or adversity, and the assimilation of certain parts of the culinary traditions of other areas and cultures. Although most of the dishes from this area can be found in other areas as well, the residents of Dugi otok always knew how to add their own special touch to them, and certain dishes, usually by the way of preparation, are specific exclusively to Dugi otok.

Therefore, let this cookbook with 9 well-chosen recipes be just the basis for you, and be sure to add a little of your own magic.

Start researching and don't panic!



# Grah s inćunima

## BEANS WITH ANCHOVIES

4 OSOBE/PEOPLE

1h 00min

LAKO/EASY

Ovo jelo je tipičan primjer miješanja različitih kultura. Jari grah, kao namirnica, nije oduvijek bio dio dugotočke kuhinje. Preuzet je s područja zađarskog zaleđa, te mu je pridodan morski štih. Priprema je tipično mediteranska, jednostavna, sa što manje sastojaka.

This dish is a typical example of mixing different cultures. Beans, as a food, have not always been a part of Dugi otok cuisine. It was taken from the area of the Zadar hinterland, and a sea touch was added to it. The preparation is typically Mediterranean, simple, with as few ingredients as possible.

300g jari grah / beans  
200g blitva / mangold  
4kom krumpir / potato  
20 kom sl. inćuni / salty anchovies

4 žl. maslinovo ulje / olive oil  
prst. sol / salt  
prst. papar / pepper

UVOD

INTRO

SASTOJCI

INGREDIENTS

## PRIPREMA / PREPARATION

- Jari grah je sušena mahunarka, te ga je zbog toga prije korištenja potrebno rehidrirati i omekšati. Zbog toga se večer prije pripremanja jela namače u 1L vode.  
Beans are a dried legume, which is why they need to be rehydrated and softened before use. For this reason, the evening before preparing food, it is soaked in 1L of water.
- Priprema jela započinje tako da se ranije namočeni jari grah stavlja u lonac zajedno s 2L vode, te se kuha minimalno 1h dok ne omekša.  
The preparation of the dish begins by putting the previously soaked beans in a pot together with 2L of water, and cooking them for a minimum of 1 hour until they are soft.
- Kad je kuhanje pri kraju u lonac se dodaje blitva, 3-4 očišćena krumpira razrezana na male kockice, te soli po želji.  
When the cooking is nearing the end, mangold, 3-4 cleaned potatoes cut into small cubes and salt as desired are added to the pot.
- Jelo je gotovo kad se svi ti sastojci međusobno povežu u srednje gustu juhu. Tada mu se dodaju maslinovo ulje i mljeveni papar.  
The dish is ready when all these ingredients are combined into a medium-thick soup. Then olive oil and ground pepper are added to it.
- Jelo se poslužuje u dubokom tanjuru, te se uz njega serviraju slani inćuni u maslinovom ulju.  
The dish is served in a deep plate, and salted anchovies in olive oil are served alongside it.





# Srdele na ražnju

## SARDINES ON A SKEWER

4 OSOBE/PEOPLE

01 30MIN

LAKO/EASY

È ovo jelo je tipično za Dugi otok. Njegova specifičnost nisu sastojci već način pripreme. Rijetko gdje se srdele pripremaju na ovaj način. Radi se o jednostavnom, brzom i vrlo ukusnom jelu, samo se mora paziti da su srdele velike i debele.

This dish is typical for Dugi otok. Its specificity is not the ingredients but the method of preparation. It is not known if sardines are prepared in this way anywhere else. It is a simple, quick and very tasty dish, it is only important to make sure that the sardines are big and thick.

1kg srdele / sardines  
500g krumpir / potato  
1 kom crveni luk / onion  
6 žl. maslinovo ulje / olive oil

3 žl. ocat / vinegar  
100g krupna sol / coarse salt  
prst. papar / pepper

UVOD  
INTRO

SASTOJCI  
INGREDIENTS



### PRIPREMA / PREPARATION

- 1 Srdele se prije pečenja prođu kroz ruke da im se koliko-toliko uklone ljuske.  
Before grilling, the sardines are passed through the hands to remove as much of the shavings as possible.
- 2 Srdele se nataknu na plosnati štap dužine cca 50cm i to tako da štap svakoj prolazi s gornje strane kosti. To je vrlo bitno!  
The sardines are put on a flat stick about 50cm long, so that the stick passes from the upper side of the bone of each sardine. That is very important!
- 3 Tako nataknete srdele se sole povećom količinom krupne soli, te se stavljaju iznad ranije pripremljenog žara. Najbolji žar je od lozja, jer je potreban kratkotrajan, ali jak žar. Tako se peku cca 5min.  
Sardines are then salted with a large amount of coarse salt, and placed over the previously prepared ember. The best ember is from vines, because a short-lived but strong ember is needed. They are grilled like this for about 5 minutes.
- 4 Tada se srdele okreću na drugu stranu, pa im je kost sad iznad ražnja koji pridržava omekšalu ribu, te se tako peče još cca 3min.  
Then the sardines are turned to the other side, so that their bone is above the skewer which supports the softened fish, and it is grilled like this for another 3 minutes.
- 5 Srdele se skidaju s ražnja u posudu, te se poklapaju poklopcem par minuta kako bi se otpustili sokovi. Na ovako pripremljene srdele ne stavlja se ulje! Najčešće se uz njih poslužuje krumpir salata napravljena od krumpira razrezanog na ploške, razrezanog crvenog luka, ulja, octa, te soli i papra.  
The sardines are removed from the skewers into a dish and covered with a lid for a few minutes to release the juices. No oil is put on the sardines prepared in this way! Most often, potato salad is served with them, made from potato cut into slices, sliced onion, oil, vinegar, and salt and pepper.





# Artičoke i bob

## ARTICHOKES AND BEANS

4 OSOBE/PEOPLE

01 45 MIN

SREDNJE/MEDIUM

Jedan od isključivo "biljnih" specijaliteta, iako se često u jelo pridodaje i špek. Sezona ovog jela je proljeće, kada se beru još neotvorene glavicice artičoka. Ovo je jelo koje se prije svega jede iz gūšta.

One of the exclusively "vegetable" specialities, although bacon is often added to this dish. The season for this dish is spring, when the still unopened artichoke heads are harvested. This is a dish that is primarily eaten for pleasure.

16 kom	artičoka / artichoke	6 kom	češnjak / garlic
200g	bob / beans	4 žl.	maslinovo ulje / olive oil
200g	grašak / peas	svežanj	persin / parsley
2kom	krumpir / potato	prst.	sol / salt
4 žl.	prezle / breadcrumbs	prst.	papar / pepper
1kom	crveni luk / onion		

UVOD

INTRO

SASTOJCI

INGREDIENTS

### PRIPREMA / PREPARATION

- 1 Glavicama artičoka je potrebno odstraniti vanjske, tvrde listove dok se ne dođe do mekšeg dijela. Isto tako, odstrane se i bodlje na vrhovima listova.  
It is necessary to remove the outer, hard leaves of artichoke heads until the softer part inside is reached. The spines on the tops of the leaves are also removed.
- 2 Tako očišćene artičoke se onda pune sa smjesom sastavljenom od prezle, sitno nasjeckanog češnjaka, persina, soli, papra i maslinovog ulja.  
The cleaned artichokes are then stuffed with a mixture of breadcrumbs, finely chopped onion, parsley, salt, pepper and olive oil.
- 3 U loncu se na maslinovom ulju zaprži nasjeckani crveni luk da omekša. Zatim se ranije napunjene artičoke poslažu na dno lonca. Dodaju se i svježa zrna boba i graška, te krumpir rasjeckan na komadiće s kojima se popunjavaju prazni prostori između artičoka. Sve to se zalije vodom, taman toliko da su glavicice artičoka prekrivene.  
The chopped onion is stir-fried in olive oil. Then, the previously filled artichokes are placed on the bottom of the pot. Fresh beans and peas are also added, as well as potatoes, cut into cubes, which are used to fill the empty spaces between the artichokes. All this is poured with water, so much so that the heads of artichokes are covered.
- 4 Sve se skupa kuha nekih 30min, taman da bob, grašak i krumpir budu gotovi, a okusi se isprepletu.  
Everything is cooked together for about 30 minutes, just enough for the beans, peas and potatoes to be ready, and the flavours intertwine.





# Brudet

## FISH STEW

4 OSOBE/PEOPLE

1h 00min

SREDNJE/MEDIUM

Naši stari su brudet pravili od bilo koje ribe koju su imali na raspolaganju. Radi se o klasičnom ribljem brudetu, s tim da se često, radi količine, u njega još dodaje i krumpir.

Our elders made fish stew from any fish they had available. It is a classic fish stew, with the fact that, for the sake of quantity, potatoes are often added to it.

1 kg riba / fish  
3 kom crveni luk / onion  
1 kom češnjak / garlic  
3kom rajčica / tomato  
5 žl. maslinovo ulje / olive oil

1 dl vino / wine  
2 kom lovor / bay leaf  
prst peršin / parsley  
prst. sol / salt  
prst. papar / pepper

UVOD

INTRO

SASTOJCI

INGREDIENTS

## PRIPREMA / PREPARATION

- 1 Dno lonca se zalije maslinovim uljem, te se na to poslaže rasjeckana kapula i lagano se zaprži.  
The bottom of the pot is poured with olive oil, and chopped onions are placed on it and lightly stir-fried.
- 2 Na to dolazi očišćena i posoljena riba, malo nasjeckanog češnjaka i rajčice, te lovor. Sve to se zalije vinom (ili octom) i kuha dok vino ne ispari. Zatim se dolijeva vode, tek toliko da riba ne bude skroz prekrivena.  
On top of that comes cleaned and salted fish, some chopped garlic and tomato, and bay leaf. All this is poured with wine (or vinegar) and cooked until the wine evaporates. Then water is added, just enough so that the fish is not completely covered.
- 3 Sve skupa se na laganoj vatri kuha cca 40min, ovisno o vrsti ribe koja se koristi. Kad je riba skoro gotova dodaje se sitno nasjeckani peršin, te je ubrzo jelo gotovo i spremno za serviranje.  
Everything is cooked on low heat for about 40 minutes, depending on the type of fish used. When the fish is almost ready, finely chopped parsley is added, and soon the dish is ready to be served.





# Saur

## FISH MARINADE

4 OSOBE/PEOPLE

1h 00min

SREDNJE/MEDIUM

Saur je još jedno od jela kojim su stari ljudi željeli sačuvati ribu što dulje jestivom i upotrebljivom, jer na ovaj način riba se može jesti i 10ak dana nakon što je ulovljena. Kao i kod brudet, i kod saura se mogu koristiti najrazličitije ribe.

Saur is another way of preparing food by which our elders wanted to keep fish edible and usable for as long as possible, because in this way the fish can be eaten even 10 days after it has been caught. As with fish stew, a wide variety of fish can be used for saur.

1 kg	riba / fish	1 dcl	ocat / vinegar
200g	brašno / flour	2 kom	češnjak / garlic
1 kom	crveni luk / onion	2 žl.	maslinovo ulje / olive oil
4 kom	ružmarin / rosemary	prst.	sol / salt
4 kom	lovor / bay leaf	prst.	papar / pepper

Uvod

INTRO

SASTOJCI

INGREDIENTS

## PRIPREMA / PREPARATION

- Riba se očisti i ako je velika, rasiječe se na komade, a malu, poput srdele ili manule, može se pustiti u jednom komadu. Očišćena riba se uvalja u brašno i poprži na vrelom ulju. Izvađenu iz ulja je potrebno posoliti.

The fish is cleaned and if it is large, it is cut into pieces, while small ones, such as sardines or picarels, can be left in one piece. Clean fish is then rolled in flour and fried in hot oil. After frying, it is necessary to add salt.
- U lonac se zatim na maslinovom ulju poprži nasjeckan crveni luk. Kad crveni luk umrtvi, dodaje se nasjeckani češnjak, par grančica ružmarina i lovora, malo papra, te se sve skupa prži dok se ne poveže.

The chopped onions are then stir-fried in olive oil in the pot. When the onion becomes soft, chopped garlic, a couple of sprigs of rosemary and bay leaf and a little pepper are added, and everything is stir-fried together until it is combined.
- Zatim se dodaje pola litre octa i 2dcl vode, te se sve skupa kuha dok ne pretvori u povezanu juhu. Dodaju se i 2 žlice krušnih mrvica da sve malo zgusne.

Then half a litre of vinegar and 2dcl of water are added, and everything is cooked together until a connected soup comes out. 2 tablespoons of breadcrumbs are also added to thicken everything a bit.
- Ranije pripremljena riba se poslaže u posudu, te se zalije sa skuhanom juhom. Tako se može očuvati i 10 dana.

Place the previously prepared fish in a bowl and pour over the cooked soup. In this way, it can be preserved for 10 days.





# Špageti s rakovicama

## SPAGHETTI WITH EUROPEAN SPIDER CRABS

4 OSOBE/PEOPLE

1h 30min

TEŠKO/HARD

Ovo jelo može biti vrlo efektivno prilikom serviranja ukoliko se gornji dio oklopa rakovice sačuva prilikom odvajanja mesa, te se kasnije iskoristi kao tanjur za posluživanje gotovog jela.

This dish can be very effective when served if the upper part of the crab's shell is preserved when separating the meat, and is later used as a plate for serving the finished dish.

1kg rakovica / crab  
400g špageti / spaghetti  
3-4kom češnjak / garlic  
1dl vino / wine  
2kom rajčica / tomato

6 žl. maslinovo ulje / olive oil  
prst. peršin / parsley  
prst. sol / salt  
prst. papar / pepper

UVOD

INTRO

SASTOJCI

INGREDIENTS

### PRIPREMA / PREPARATION

- 1 Rakovice je potrebno očistiti o nečistoća i isprati mlazom vode. Urone se u kipuću vodu i kuhaju 20min. Zatim se ohlade, te se pristupi odvajanju mesa od ljuske, a za to je potrebno odvojiti gornji oklop od donjeg, te pokidati noge. Svo sakupljeno meso odvoji se u jednu posudu.

Crab must be cleaned of impurities and rinsed with a stream of water. Immerse them in boiling water and cook for 20 minutes. When they cool down, meat needs to be separated from the shell, and for this it is necessary to separate the upper shell from the lower one, and tear off the legs. All the collected meat is stored in one container.

- 2 U lonac se ulije maslinovo ulje i nasjeckani češnjak, te lagano poprži. Zatim se doda nasjeckani peršin, rajčica, i ranije očišćeno meso rakovice i par minuta poprži. Potom se doda soli i papra, te vino i sve skupa kuha 15min.

Olive oil and chopped garlic are poured into the pot and lightly stir-fried. Then add chopped parsley, tomato, and previously cleaned crab meat and stir-fry for a few minutes. Then add salt and pepper, as well as wine and cook everything together for 15 minutes.

- 3 Za to vrijeme se u drugom loncu skuhaju špageti al dente. Ocijede se i dodaju u lonac s mesom rakovice i sve skupa se još kuha dok špageti ne budu gotovi.

During this time, the spaghetti is cooked al dente in another pot. They are drained and added to the pot with the crab meat and everything is cooked together until the spaghetti is done.





# Sipa s krumpirima

## (CUTTLEFISH WITH POTATOES)

4 OSOBE/PEOPLE    30 MIN    LAKO/EASY

Ovo jelo razvilo se iz nadaleko poznatog crnog rižota. Ali se umjesto riže ubacio krumpir, koji je bio lakše dobavljiv. Zbog toga je ovo jelo po teksturi i rjeđe od rižota. Ne smijemo zaboraviti i činjenicu da se na ovaj način s istom količinom sipe moglo nahraniti više ljudi nego korištenjem riže.

This dish was developed from the widely known black risotto. But instead of rice, potato, which was easier to obtain, was added. Because of this, its texture is thinner than in risotto. We must not forget that in this way more people could be fed from the same amount of cuttlefish than if the rice had been used.

400g	sipa / cuttlefish	1 dl	vino / wine
1kg	krumpir / potato	prst.	peršin / parsley
2 kom	crveni luk / onion	prst.	sol / salt
3 žl.	maslinovo ulje / olive oil	prst.	papar / pepper

UVOD  
INTRO

SASTOJCI  
INGREDIENTS



### PRIPREMA / PREPARATION

- 1 Sipa se očisti od iznutrica, a crnilo se oprezno izvadi i privremeno spremi u čašu za kasnije korištenje. Tako očišćena sipa se reže na sitne komadiće.  
The cuttlefish is cleaned of its entrails, and the black ink is carefully removed and temporarily stored in a glass for later use. Cuttlefish, cleaned in this way, is cut into small pieces.
- 2 U loncu se na malo maslinovog ulja poprži sitno nasjeckan crveni luk. Potom se dodaju ranije nasjeckani komadići sipe i zajedno prže još cca 15min.  
Finely chopped onion is sautéed on a little olive oil in a pot. Previously chopped pieces of cuttlefish are added to the pot and stir-fried together for approx. 15 minutes.
- 3 Zatim se dolije malo vina, a nakon što ono ispari dodaju se voda i krumpiri razrezani na fetice. Sve to se skupa kuha još cca 20min.  
A little wine is added then, and after it evaporates, water and potatoes cut into slices are added. All this is cooked together for another 20 minutes.
- 4 Pri kraju se jelu dodaju ranije izvađeno crnilo od sipe, peršin, sol i papar. Nakon kratkog vremena, kad se sve poveže, jelo je spremno za posluživanje.  
Near the end of cooking, earlier removed cuttlefish black ink, parsley, salt and pepper are added to the dish. After a short time, when everything is mixed, the dish is ready to serve.





# Tramakani šaruni

## SALTED AND DRIED SAURELS

4 OSOBE/PEOPLE

1h 00min

TEŠKO/HARD

Tramakati u ovom smislu znači posoliti i osušiti ribu. To je najstariji način očuvanja ribe, dok još nije bilo hladnjaka i zamrzivača. Iz tog razloga ovo jelo svakako možemo nazvati tradicionalnim. Kao i mnogim drugim jelima i ovom se dodaje krumpir, jer se od same ribe, a pogotovo tramakane, teško zasititi.

Tramakani means to salt and dry the fish. It is the oldest way of preserving fish, before there were refrigerators and freezers. That's why we can definitely call this dish traditional. And like many other dishes, potato is also added here, because it is hard to get enough of the fish itself, especially when it is salt and dry.

1kg	šarun / saurel	1 dl	ocat / vinegar
800g	krumpir / potato	2kom	lovor / bay leaf
2 kom	crveni luk / onion	prst.	sol / salt
1 kom	rajčica / tomato	prst.	papar / pepper

UVOD

INTRO

SASTOJCI

INGREDIENTS

## PRIPREMA / PREPARATION

- 1 Svježe šarune je potrebno očistiti i rascijepiti na pola, te se zatim pospu krupnom soli i stave sušiti vani par dana kad je bura.

Fresh saurels need to be cleaned and split in half, and then sprinkled well with coarse salt and left to dry outside for a couple of days when there is a north wind.
- 2 Kad se riba osušila i upila sol, spremna je za pripremu. U lonac se stavlja red isjeckanog crvenog luka (po mogućnosti ljutice), red krumpira isjeckanih na fetiće, red ribe. Dodaje se i malo nasjeckanih rajčica, octa i 2 lista lovora. Ulije se vode, tek toliko da to sve prekrije i kuha se sve skupa nekih 30min.

When the fish has dried and absorbed the salt, it is ready for preparation. Put a row of onion (preferably shallots), a row of potatoes cut into slices, a row of fish into the pot. Add some chopped tomatoes, vinegar and 2 bay leaves. Water is poured in, just enough to cover everything, and everything is cooked together for about 30 minutes.
- 3 Kad je krumpir gotov, jelo se može izvaditi s vatre i spremno je za serviranje.

When the potato is ready, the dish can be removed from the heat and it is ready to be served.





# Pohane vlasulje

## FRIED SNAKELOCKS ANEMONES

4 OSOBE/PEOPLE

OH 30MIN

HARD/TEŠKO

Dokaz da se iz mora može baš sve jesti. Postoji i juha na morskom kamenu, ali o tom jelu nekom drugom prilikom. Jako jednostavno i brzo pripravljeno jelo. Jedinih problema može biti prilikom sakupljanja, budući da na vrhovima svojih lovakâ imaju žarne stanice kojima vas mogu opeći.

Proof that you can eat just about anything from the sea. There is also a soup on sea stone, but that dish will be discussed on another occasion. A very simple and quickly prepared dish. The only problem can be when collecting anemones from the sea, since they have stinging cells on the tips of their tentacles with which they can burn you.

400g vlasulja / snakelocks anemone  
150g brašno / flour  
2 kom jaje / egg  
prst. sol / salt

UVOD

INTRO

SASTOJCI

INGREDIENTS

## PRIPREMA / PREPARATION

- Vlasulje je iz mora najbolje vaditi nožem tako da ih se odvoji od kamena za koji su prilijepljene. Budite oprezni da vas ne opeku žarnim stanicama! Stave se u posudu napunjenu zasoljenom vodom ili morem.  
It is best to remove the snakelocks anemones from the sea with a knife, by separating them from the stone to which they are attached. Be careful not to get burned by their stinging cells! Put them in a container filled with salted water or sea.
- Priprema jela započinje njihovim vađenjem iz posude i sušenjem na papirnatom ubrusu. Lovke im možete, ali i ne morate odstraniti.  
Dish preparation begins by taking them from the container and drying on a paper towel. You may or may not remove their tentacles.
- Uvaljajte ih u brašno, a zatim u razmućeno jaje, te ubacite u lonac s vrelim uljem. Gotove su već za 1-2min. Najčešće se poslužuju uz zelenu salatu ili rajčice i krastavce.  
Roll them in flour, then in scrambled egg, and put them in a pot with hot oil. They are ready in 1-2 minutes. They are most often served with a green salad or tomatoes and cucumbers.











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Izdavač / Publisher:  
TZ DUGI OTOK

Za izdavača / For the publisher:  
Ivana Čarić

Dizajn / Design:  
ŠEGARIĆ



**ZADAR** REGION



Operativni program  
ZA POMORSTVO  
I RIBARSTVO



Sufinancirano sredstvima iz  
Europskog fonda za pomorstvo i ribarstvo