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# Tradicionalna Barska kuhinja



# Traditional Bar's cuisine





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Traditional  
Bar's cuisine

Bar, 2018







## *Predgovor*

### **“VAŽDA VI SOFRA PUNA BILA”**

*(Stara barska narodna izreka kojom je gost, završavajući jelo, blagosiljao domaćina i njegovo gostoprimstvo)*

Namjera nam je da kroz knjigu **“Tradicionalna barska kuhinja”**, slikom i riječju, upoznamo i onaj dio etnografskog nasljeđa Bara, koji se možda i najbolje ogleda kroz jelovnik. Barska šarolikost, različiti uticaji, vjetrovi koji su duvali i sa Mediterana i sa Orijenta, kroz ljuti podrumijski krš i pitomi maslinjak, kroz goru koštanja oko Skadarskog Blata, ostavili su traga i dodali makar po jednu đakoniju na tu barsku trpezu.

Nije nam namjera da se bavimo komparativnim kulinarsvom želimo samo da javnosti prezentujemo šta se sve, makar u posljednjih stotinu godina, u Baru, pripremalo i nalazilo na sofri i trpezi. Želimo da, prije nego što ih prekrije prašina zaborava, javnosti pokažemo starinska jela, koja danas malo ko ili gotovo niko ne sprema, da ukažemo da ono što se zove tradicionalna kuhinja jednog kraja ili podneblja postoji ovdje u Baru, možda još više i još bogatije nego u drugim sredinama u Crnoj Gori.

Pod uticajem različitih trendova, originalna obilježja jedne kulinarske tradicije se, logično, gube i polako nestaju; barske trpeze su sve punije đakonija, koje nijesu nasljeđe ovoga kraja. Ne treba, naravno, žaliti zbog toga - u svemu se, a u kuhinji najbolje, ogleda mogućnost izbora. Ali, da li smo dovoljno upoznati sa svojim nasljedem, pa da između njega i novoga biramo? Naše je mišljenje da veoma malo znamo o tome šta je tradicionalna barska kuhinja. I, upravo, to je prevashodno razlog nastanka ove studije.

Ovo je knjiga za svaku kuću, za svaki ugostiteljski objekat. Hoćemo, iako to zvuči neskromno, da podučimo one koji ne znaju i da podsjetimo one koji su zaboravili, kakve sve lijepe tradicije i tekovine čuva barska dolina. Jer, imamo čime da se zorimo pred svijetom. Naravno, mnoga jela su postala barska, iako su stigla iz bliže i dalje okoline, iz jednostavnog razloga što su decenijama na trpezi ovdašnjih domaćina.

Zahvaljujemo se svima koji su dopustili da zavirimo u njihovu porodičnu intimu. Uprkos ovim teškim i siromašnim vremenima, svuda smo, prije svega, ljudski dočekani i ugošćeni i svi su pokazali veliki trud i razumijevanje da nam pomognu i za nas pripreme nešto iz svojih porodičnih jelovnika.

Od Virpazara do Ostrosa, gdje god smo pokucali, naišli smo na otvorena vrata, i otvoreno srce, a ono čega je bilo u kući, bilo je i pred nama. Nesebično su ti ljudi otkrivali tajnu pripreme starinskih jela. Od sokaka Starog Bara i Podgrada, preko Zaljeva pitomoğa, prisojne Dobre Vode i Mrkojevića, Gorane i Kameničkog mosta, na jednoj, lijepih Zubaca i visokih Tudemila i Mikulića, Spiča i Brce, na drugoj strani, kao i s one druge strane Rumije, od Crmnice i Virpazara, preko Šestana i Krajine do Ostrosa, svugdje smo bili toplo i s uvažavanjem dočekani i ispraćeni.

## *Foreword*

### ***“MAY YOUR TABLE ALWAYS BE FULL”***

*(Old saying from Bar by which the guest, finishing his meal, blessed the host and his hospitality)*

The intention is that through book “Traditional Bar’s cuisine”, with pictures and words, acquaint us with ethnographic part of Bar’s legacy, maybe best seen through menu. Bar’s diversity, different influences, winds blowing from Mediterranean a Orient, through hot rocks under Rumija and tame olive fields, through mountain of chestnuts around Skadar lake, left marks and added at least one specialty to Bar’s table.

It is not our intention to deal with comparative cuisine – we only wish to present to public everything, at least in last hundred years, what was prepared in Bar and could be found on our tables. We wish to, before the dusts of forgetting covers it, present to public vintage meals, rarely prepared today, to show what it is a traditional cuisine of one landscape or area, that it exists here in Bar, maybe even richer than in any other areas in Montenegro.

Under the influences of different trends, original features if one culinary tradition are, logically, getting lost and disappear; Bar’s tables are getting more full with tasty meals, that are not legacy of this landscape. We shouldn’t, of course, regret about that – in everything and best in cuisine, we could see the possibilities of choices. But, are we familiarized enough with our legacy, so that we could choose between it and a new? Our opinion is that we know very little about what is traditional Bar’s cuisine. And that is exactly the reason for making of this study.

This is a book for every home, for every catering home. We want, although it sounds immodest, to instruct those that don't know and to remind those that forgot, what nice traditions heritage is kept in Bar's basin. Because we have something to be proud before world. Of course, many meals became Bar's, although they came from vicinity or from a far, for reasons because they are for decades on the tables of local hosts.

We thank to all of those who let us peek into theirs family intimacy. In spite of these difficult and poor times, we were kindly welcomed and served and everybody showed great effort and understanding to help and to prepare for us something from their family menus.

From Virpazar to Ostros, wherever we knocked, we found open doors, and open hearts, and everything that was in the house was also in front of us. It was revealed unselfishly, secrets of preparation of vintage meals. From street of Old Bar and Podgrad, through tamed Zaljevo, Dobra Voda and Mrkojevići, Gorana and Kamenički most, on one side, and beautiful Zubci and tall Tuđemili and Mikulići, Spič and Brce, as well as on the other side of Rumija, from Crmnica and Virpazar, across Šestani and Krajina to Ostros, we were welcomed and send off warmly and with respect.



Tradicionalna barska kuhinja  
*Traditional Bar's cuisine*





# Pita od zeljica

## Potrebno je:

- ≈ veza mladog bijelog luka,
- ≈ veza mladog crnog luka ( i pera i glavice),
- ≈ dvije veze blitve,
- ≈ dvije veze spanaća,
- ≈ dvije veze kopa,
- ≈ veza morača,
- ≈ čaša tople vode,
- ≈ malo kukuruznog brašna,
- ≈ malo pšeničnog brašna,
- ≈ malo putera ili ulja i soli.



## PRIPREMA:

Sitno isjeckati mladi bijeli luk, mladi crni luk, blitvu, spanać, kopar i morač. Sve ovo se prži na maslinovom ulju (dodaje se redom jedno za drugim povrće, u razmaku od jednog do dva minuta, kako je i navedeno u receptu i posoli se). Kada je povrće proprženo (da uvene) skloni se sa šporeta i doda se 1 supena kašika brašna (da pokupi vodu koju povrće pusti).

Za to vrijeme pripremiti posudu u kojoj će se pita peći (tepsija ili dublji pleh srednje veličine) podmazati je puterom ili uljem i posuti je kukuruznim brašnom. Pripremljenu smjesu usuti u posudu za pečenje i preko prelići smjesu: 1 čašu tople vode razmutiti sa bijelim brašnom tako da se dobije gustina tijesta između tijesta za palačinke i tijesta za priganice, dodati malo ulja ili putera. Peći u zagrijanoj rerni dok ne dobije lijepu, zlatno žutu boju.



## Required:

- ≈ a tie of young garlic,
- ≈ a tie of stone leek (leaves and bulbs),
- ≈ two ties of mangold,
- ≈ two ties of spinach,
- ≈ two ties of dill,
- ≈ a tie fennel,
- ≈ glass of warm water,
- ≈ small amount of corn flour,
- ≈ small amount of wheat flour,
- ≈ small amount of butter or oil and salt.

## PREPARATION:

Finely chop young garlic, stone leek, mangold, spinach, dill and fennel. All of that is fried in olive oil (adding vegetables in a row, in intervals of one to two minutes, as stated in the recipe and salt it). When the vegetables are fried (withered) remove them from the stove and add one table spoon of flour (to soak in water released from vegetables).

In the meantime prepare a container in which the pie will be baked (casserole dish or deep baking tray of medium size) grease it with butter or oil and sprinkle it with corn flour. Pour the prepered mixture in the container and pour over mixture of: 1 glass of warm water stir with wheat flour so that we will get density of dough between pancake dough and dough for fritters, add small amount of oil or butter. Bake in heated oven until it gets nice, golden yellow color.

# Greens pie

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# Fildžan burek

## Potrebno je:

- ≈ 500 grama bijelog brašna –tip 400,
- ≈ 500 grama sira,
- ≈ vezica peršuna,
- ≈ četiri jaja (domaća),
- ≈ kašika kukuruznog brašna i
- ≈ tri decilitra maslinovog ulja

## PRIPREMA:

Razvući tijesto kao za uštipke. Pipremiti fil od jaja, sira, peršuna i ulja. Na jednu polovinu kašikom staviti fil, a onda preklopiti drugom polovinom tijesta. Potom se fildžanom (šoljicom za kafu) vade oni dijelovi tijesta u kojima se nalazi fil. Pržiti u ulju.



# Fildžan burek

## Required:

- ≈ 500 grams of white flour – type 400,
- ≈ 500 grams of cheese,
- ≈ one tie of parsley,
- ≈ 4 eggs (domestic),
- ≈ table spoon of corn flour and
- ≈ three deciliters of olive oil.

## PREPARATION:

Expand dough like it was for fritters.  
Prepare filling from eggs, cheese, parsley and oil.  
On one half place with spoon filling, and then fold with other half of dough.  
Then with fildzhan (coffee cup) cut those parts of dough with filling.  
Fry in oil.



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# Pita od kromida (crnog luka)

## Potrebno je:

- ≈ pola kilograma brašna,
- ≈ dva i po decilitra vode,
- ≈ četiri glavice crnog luka,
- ≈ dva jaja,

- ≈ decilitar ulja,
- ≈ sto grama oriza,
- ≈ biber



## PRIPREMA:

Voda se stavi u brašno i to se dobro izmijesi. Ovako pripremljeno tijesto se odvoji na male grudve koje se oklagijom razvijaju.

Kad se svaka od grudvi razvije, premaže se uljem i slaže se redom jedna na drugu. Slažu se na dvije gomile, od kojih će se napraviti dvije jufke. Svaka od tih gomila se ponovo razvije oklagijom, do veličine tepsije. Luk se isjecka sitno i prži oko petnaest minuta na malo ulja zatim se doda oriz i oko tri decilitra vode. Potom se isprži još deset minuta.

Kad se ohladi dodaju se jaja. Sve se to izmiješa i raširi po jednoj jufki koja je prethodno stavljena u uljem podmazanu tepsiju.

Drugu jufku staviti preko i premazati uljem i peći u zagrijanoj rerni oko pola sata. Kad je pita gotova izvadi se iz rerne, poprska sa decilitrom vode i preko nje se stavi krpa. Kad omekša može se služiti



## Onion pie

## Required:

- ≈ half a kilo of flour,
- ≈ two and half deciliter of water,
- ≈ four bulbs of onion,
- ≈ two eggs,

- ≈ deciliter of oil,
- ≈ hundred grams of rice,
- ≈ pepper.

## PREPARATION:

Put water in flour and stir it up good. Prepared dough separate in small nuggets that will be expanded with rolling pin.

When every nugget is expanded, grease it with oil and put it one on top of the other. They are arranged in two piles, of which will be made phyllo dough. Every pile is expanded with rolling pin again, to the size of casserole dish.

Onion is chopped fine and fried for about fifteen minutes on little oil, then add rice and about three deciliter of water. Fry for ten minutes more.

When it cools add eggs. Stir it up and spread on one phyllo dough, which is previously put in casserole dish greased with oil.

Other phyllo dough put over and grease it with oil and bake in heated oven for about half an hour. When the pie is done take it out of the oven, sprinkle it with deciliter of water and put a kitchen rag over it. It can be served when it softens.





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## Salate / predjela

*Salads / Appetizers*





# Ljetnji ajvar od patlidžana

## Potrebno je:

- ≈ krupni patlidžan,
- ≈ so, ulje,
- ≈ bijeli luk.

## PRIPREMA:

Patlidžan oprati, posušiti i ređati u pleh, staviti da se peče na najjačoj temperaturi. Tokom pečenja okrenuti patlidžan da bi se ispekao sa svih strana. Kad omekša izvaditi iz pećnice, oljuštiti koru i izvaditi sredinu i stavljati u zdjelu za salatu.

Dobro izgnječiti viljuškom uz dodavanje soli, maslinovog ulja i sitno sjeckanog bijelog luka dok se ne začini po želji.



# Summer chutney from eggplants

## Required:

- ≈ large eggplant,
- ≈ salt, oil,
- ≈ garlic.

## PREPARATION:

Wash eggplant, dry it and arrange it in a pan on, put it in oven on to bake on highest temperature. During baking turn eggplant so it would bake evenly. When it softens take it out of the oven, peel the skin and take out the middle and put it in salad bowl.

Squash it good with fork and add salt, olive oil and finely chopped garlic until its spiced.



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## Salate / predjela

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# Masline zelene tučene

## PRIPREMA:

Masline koje su freško ubrane se operu i tuku toliko da im se košpica ne razbije. Potom se stavljaju u slatku vodu, koja se mijenja svakog dana i to ukupno devet dana. Potom se masline isperu i stave u posudu-bačvu. U nju se sipa čista voda i so. Soli treba da bude toliko da se stavi jaje u ljusci i da pluta. Ne smije da potone, jer onda voda nije dovoljno slana. Masline moraju da odstoje najmanje tri nedjelje da bi se mogle jesti.

Služe se začinjene uljem, sirćetom i bijelim ili crnim lukom.



## Green olives crushed

### PREPARATION:

Olives freshly picked are washed and crushed until its pit is crushed. Then put it in water which is changed daily for nine days. Then put the olives put it in container. Pour water and salt. Required amount of salt is that when you put an egg in a shell it will float. It can't sink, because if it does the water is not salty enough. Olives should stay in container for three weeks before eating.

Served spiced with oil, vinegar and garlic or onion.



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# Masline crne ispod kamena

## PRIPREMA:

Crne masline koje su pokupljene sa zemlje, odmah nakon što su pale, dobro se operu i stave u jutanu vreću. Prije toga se dobro posole. Potom se na njih stavi kamen, i tako treba da odstoje oko 15 dana. Nakon toga stave se u posudu i pospu uljem i često se miješaju da ne bi ubudale. Nakon petnaest dana su gotove za jelo.

Služe se začinjene uljem, sirćetom i bijelim ili crnim lukom.

# Masline crne u slanoj vodi

## PRIPREMA:

Masline koje su freško pokupljene se isperu i stave u posudu-bačvu. U nju se sipa čista voda i so. Soli treba da bude toliko da se ostavi jaje u ljusci i da pluta. Ne smije da potone, jer onda voda nije dovoljno slana.

Masline moraju da odstoje najmanje mjesec i po da bi se mogle jesti.

Služe se začinjene uljem, sirćetom i bijelim ili crnim lukom.



# Black olives under the rock

## PREPARATION:

Black olives picked from the ground, immediately after they fell, are washed thoroughly and put into a jute bag. Before that salt them good. After that put a rock on top of them, and so they should stay like that for 15 days. After that put them in a bowl and pour oil over them and stir them often so that they won't grow mouldy. After fifteen days they are ready for eating.

Served spiced with oil, vinegar and garlic or onion.

# Black olives in salty water

## PREPARATION:

Olives freshly picked are washed and placed in container-barrel. Pour over them clean water and salt. Amount of salt is that when you put an egg with a shell it will float. It can't sink, because if it does the water is not salty enough. Olives should mature for at least month and a half that they would be ready for eating.

Served spiced with oil, vinegar and garlic or onion.



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# Salata od pasulja

## Potrebno je:

- ≈ pasulj – krupan tetovac,
- ≈ maslinovo ulje,
- ≈ veća glavica crnog luka,
- ≈ mljeveni biber, so, sirće,
- ≈ peršun i metvica.

## PRIPREMA:

Pasulj se skuva na uobičajeni način bez dodataka bilo kakvih začina i procijedi. Prespe se u zdjelu za posluživanje i začini: maslinovim uljem, crnim lukom sjeckanim na rebarca, biberom, solju, sirćetom i na kraju se pospe isjeckanim petrusinom a preporučuje se i nasjeckana metvica.



## Beans salad

## Required:

- ≈ beans – large white beans,
- ≈ olive oil,
- ≈ large bulb of onion,
- ≈ ground pepper, salt, vinegar,
- ≈ parsley and mint

## PREPARATION:

Beans are cooked in usual manner without and spices and decanted. Pour it into serving bowl and spices: olive oil, onion cut large, pepper, salt, vinegar and in the end sprinkle it with chopped parsley and it is also recommended chopped mint.



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# Dimljeni krap na salatu

## Potrebno je:

≈ krap od dva i po do tri kilograma,  
≈ maslinovo ulje,

≈ bijeli luk,  
≈ peršun.

## PRIPREMA:

Dimljeni krap se opere i ostavi preko noći u hladnoj vodi da se rasoli ukoliko domaći procijeni da je preslan. Nakon toga krap se kuva u velikom loncu sa dosta vode ali treba voditi računa o tome da se ne prekuva. Prohlađenog krapa pažljivo odvojiti od kostiju na komade srednje veličine. U veliku zdjelu usuti maslinovo ulje, sok od 1 većeg limuna, vezicu sitno sjeckanog peršuna i dobro usitnjenog bijelog luka. Prema želji može se dodati i mljeveni crni i bijeli biber. U tako pripremljenu smjesu dodati komade krapa i dobro promješati.



# Smoked carp on salad

## Required:

≈ carp of two and half to three kilograms,  
≈ olive oil,

≈ garlic,  
≈ parsley.

## PREPARATION:

Smoked carp to be washed and left in cold water over night if host estimates that it is too salty. After that carp is cooked in large pot with lots of water and it should be taken care not to be overcooked. When it cools, carp should be separated from the bones to middle size pieces. In large bowl pour olive oil, juice from one large lemon, a tie of finely chopped parsley and finely chopped garlic. If needed it could be added ground black and white pepper. In that prepared mixture add pieces of carp and stir it.





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# Žučénica na salatu

## Potrebno je:

≈ mlada žučénica,  
≈ maslinovo ulje,  
≈ bijeli luk,

≈ sok od jednog limuna,  
≈ biber,  
≈ so i peršun.

## PRIPREMA:

Žučénicu je najbolje brati dok je još sasvim mlada jer tada nije gorka . Dobro je očistiti, oprati i obariti u dosta vode. Kada je žučénica gotova sitno se isjecka i začini tučenim bijelim lukom, biberom, maslinovim uljem, sokom od limuna i na kraju dodati malo soli i sjeckanog peršuna. Sve se dobro izmiješa i servira uz bareni krompir, a može i kao dodatak pečenju.



# Žučénica on salad

## Required:

≈ young žučénica,  
≈ olive oil,  
≈ garlic,

≈ juice from one lemon,  
≈ pepper,  
≈ salt and parsley.

## PREPARATION:

Žučénica is best to be picked when it is young because then it is not bitter. Clean it thoroughly, wash it and boil it in lots of water. When žučénica is done chop it finely and spice it with crushed garlic, pepper, olive oil, lemon juice and at the end add some salt and chopped parsley. Stir everything good and serve with boiled potato, and also can be served as an addition to roast.



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# Priganice

## PRIPREMA:

Od brašna, malo soli, germe i vode umijesi se glatko mekše tijesto. I onda se dobro izlupa i nekoliko puta premijesi. Velikom kašikom namočenom u ulje, vade se komadi tijesta i prže u vrelom ulju. Pržene priganice slažu se u dublji sud obložen masnim papirom.

Služe se tople uz med, domaći sir i masline.

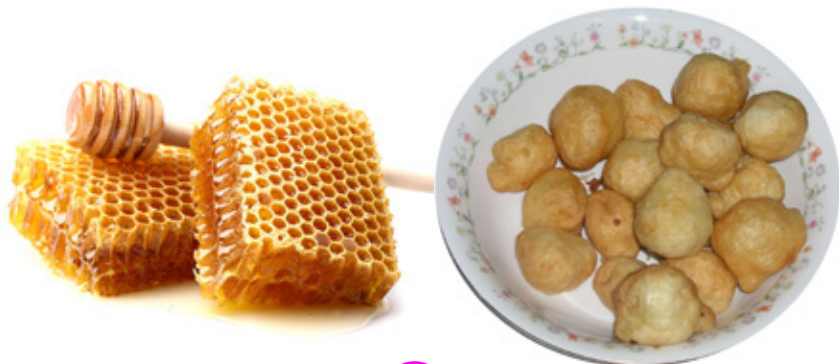


# Fritters

## PREPARATION:

From flour, small amount of salt, yeast and water knead smooth soft dough. Then beat it real good and knead it a couple of times. With large table spoon dipped in oil, it is extracted pieces of dough and fried in hot oil. Fired fritters are arranged in deep bowl coated with greasy paper.

Served warm with honey, homemade cheese and olives.





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Čorbe

*Stews*



# Čorba od loze

## Potrebno je:

- ≈ dvjesto grama listova jako mlade vinove loze,
- ≈ decilitar maslinovog ulja,
- ≈ dvije glavice luka,
- ≈ kafena šoljica oriza,
- ≈ vegeta,
- ≈ vezica metvice,
- ≈ so.

## PRIPREMA:

Vinova loza i luk se isjeckaju i isprže se u ulju. Doda se pola litra vode i kuva se oko pola sata na tihoj vatri. Nakon toga doda se šolja oriza, kašika vegete i kad se riža prokuva jelo je gotovo.

# Vine stew

## Required:

- ≈ two hundred grams of leaves of very young wine,
- ≈ deciliter of olive oil,
- ≈ two bulbs of onion,
- ≈ coffee cup of rice,
- ≈ vegeta,
- ≈ a tie of mint,
- ≈ salt.

## PREPARATION:

Wine and onion are chopped and fried on oil. Add half liter of water and cook it for about half an hour on smaller temperature. After that add cup of rice, table spoon of vegeta and when rice is cooked the meal is finished.

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# Čorba od boba

## Potrebno je:

- ≈ Glavno povrće je mladi bob, bilo da je u mahuni ili u zrnju,
- ≈ Dodaci glavnom jelu su: mrkva,
- ≈ po jedan struk mladog porog, bijelog i crnog luka,
- ≈ blitva, morač,
- ≈ kopriva, malo žučenice,
- ≈ čičalja i crmničke trave,
- ≈ malo trave "zečije uši", krompir,
- ≈ svježe metvica, suva metvica,
- ≈ peršun, celer,
- ≈ salo koje je urađeno i sušeno na crmnički način, crni luk kao zaprška i prirodni začini.
- ≈ Meso za ovo jelo od povrća jeste - pršuta, suva svinjska rebra i slanina.
- ≈ Pored suvog mesa može i svježe meso – jagnjeće, kozje ili govede.

## PRIPREMA:

Svježe meso se dinstsa sa malo ulja i dosta crnog luka sve dok crni luk ne postane staklast. Sve se, potom, stavlja u veliku posudu, sa vodom i sa suvim mesom.

Onda se dodaje povrće, s tim da se prvo stavlja bob, a na samom kraju peršun, celer i suva metvica. Neposredno prije peršuna i celera stavlja se stiješnjeno salo.



## Horsebean stew

## Required:

- ≈ Main vegetable is horsebean, whether it is in pods or seeds,
- ≈ Addition to main meal are: carrot,
- ≈ one tie of young leek, garlic and onion,
- ≈ mangold, fennel,
- ≈ nettle, small amount of žučenica,
- ≈ čičaj and crmnicia weed,
- ≈ small amount of weed "rabbit's ears", potato
- ≈ fresh mint, dry mint
- ≈ parsley, celery,
- ≈ fat made and dried in crmnicia way
- ≈ onion for roux and natural spices.
- ≈ Meat for this vegetable meal is – smoked ham, dry pork ribs and bacon.
- ≈ Addition to dry meat can also be used fresh meat – lamb, goat or beef.

## PREPARATION:

Fresh meat is stewed with small amount of oil and lots of onion, until onion becomes glazy. All of that is then placed in large pot, with water and dried meat.

Then add vegetables, but first horsebean, and at the end parsley, celery and dried mint. Immediately before parsley and celery we put fat.



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*Traditional Bar's cuisine*



# Čorba od krapa

## Potrebno je:

- ≈ dvije-tri glave nekoliko repova od krapa,
- ≈ crni i bijeli biber u zrnu,
- ≈ mljeveni biber,
- ≈ listovi lovora,
- ≈ so,
- ≈ crni luk,
- ≈ bijeli luk,
- ≈ šargarepa,
- ≈ limun,
- ≈ peršun,
- ≈ metvica,
- ≈ jaje.

## PRIPREMA:

Za ovu čorbu najbolje je pripremiti dvije-tri glave i nekoliko repova krapa, dodati crni i bijeli biber u zrnu, nekoliko listova lovora i na kraju kašičicu morske soli. Naliti sa jednim i po litrom vode i kuvati na tihoj vatri dok se riba ne raspadne (što se duže kuva ukusnija je čorba).

Dok se riba kuva treba isjeckati veću glavicu crnog luka na veoma sitne komadiće, zatim dodati dva-tri čena usitnjenog bijelog luka i narendanu šargarepu. Sve to dugo dinstati uz povremeno dolivanje vode sve dok luk ne bude potpuno kuvan. Nakon toga dodati alevu papriku, začim, so i na kraju kašiku brašna.

Kada je riba raskuvana, dobro je procijediti i vodu u kojoj se kuvala usuti u sos od luka. Pažljivo miješati i kuvati još 15 minuta na tihoj vatri da se i brašno prokuva i da čorba dobije odgovarajuću gustinu. Pred služenje u čorbu dodati umućeno jaje, sok od pola limuna i dosta nasjeckanog petrusina.

U čorbu se može dodati i šoljica pirinča ili ikra od šarana i tada se dokuvavanje produžava na 20 minuta.



## Required:

- ≈ two-three heads and a few tails of carp,
- ≈ black and white pepper in grain,
- ≈ leaves of laurel,
- ≈ salt
- ≈ onion,
- ≈ garlic,
- ≈ carrot,
- ≈ lemon,
- ≈ parsley,
- ≈ egg.

## PREPARATION:

For this stew it is best to prepare two-three heads and a few tails of carp, add black and white grain pepper, few leaves of laurel and at the end a coffee spoon of salt. Pour one and a half liter of water and cook it on low temperature until fish falls apart (longer it cooks more tasty the soup is).

When fish is cooking a large bulb of onion should be chopped finely, then add two-three pieces of chopped garlic and grated carrot. All that should be stewed for a long time with adding water occasionally, until onions are totally cooked. After that add cayenne pepper, spices, salt and in the end a table spoon of flour. When fish is cooked, filter it good, and add that water in which it was cooked to the onion sauce. Carefully stir it and cook it for 15 minutes on low temperature so that flour is cooked, and soup gets an appropriate density. Before serving in soup add stirred egg, juice from half a lemon and lots of chopped parsley.

In soup can be added a cup of rice or carp caviar and then the cooking is prolonged for 20 minutes.

# Carp stew

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# Jagnjeća kisela čorba

## Potrebno je:

- ≈ jagnjeća glava i dva kilograma jagnjeće plečke ili rebara,
- ≈ dvije glavice crnog luka,
- ≈ 2-3 čena bijelog luka,
- ≈ aleva paprika,
- ≈ mljeveni biber,
- ≈ šoljica pirinča,
- ≈ peršun,
- ≈ dva žumaca i
- ≈ sok od pola limuna.

## PRIPREMA:

Jagnječju glavu dobro očistiti i oprati i staviti u lonac, naliti hladnom vodom i staviti na šporet da se dobro raskuva. Sitno isjeckati crni i bijeli luk i propržiti na vreloj masnoći da dobije staklast izgled. Dodati jagnječje meso bez kosti izrezano na krupnije komade i kratko propržiti sa svih strana na laganoj vatri.

Kada je meso proprženo a luk omekšao, dodati kašičicu aleve paprike, promiješati i usuti vodu u kojoj se kuvala jagnjeća glava. Kada je meso potpuno kuvano dodati soli, bibera, začina i šoljicu pirinča. Kuvati dok pirinač ne bude gotov, ali voditi računa da se ne raskuva.

U malo vode razmutiti jednu kašiku brašna i dodati u čorbu i još malo kuvati da se dobije željena gustina.

Kada se čorba skloni sa vatre dodati umućena žumanca sa malo soka od limuna i obilato posuti sjeckanim petrusinom.

Kuvanu jagnječju glavu posebno služiti i to najčešće glavi porodice.



# Lamb sour stew

## Required:

- ≈ Lamb head and two kilograms of lamb chops or ribs,
- ≈ two bulbs of onion,
- ≈ 2-3 pieces of one garlic,
- ≈ cayenne pepper,
- ≈ ground pepper,
- ≈ cup of rice,
- ≈ parsley
- ≈ two egg yolks and
- ≈ juice from half a lemon.

## PREPARATION:

Clean lamb head good and place it in pot, pour it with cold water and left it on the cooker to be overcooked good. Finely chop onion and garlic and fry it on hot fat until it gets glazy.

Add lamb meat without bones cut into large pieces and shortly fry it on every side on low temperature.

When meat is fried and onion is soft, add a coffee spoon of cayenne pepper and stir it and pour water in which the lamb head was cooking. When meat is totally cooked add salt, pepper, spices and cup of rice.

Cook it until the rice is done, and keep it from overcooking.

In small amount of water mix one table spoon of flour and add it to soup and cook it for a little longer until appropriate density is achieved. When soup is removed from cooker, add stirred yolks with small amount of lemon juice and sprinkle it rick with chopped parsley.

Cooked lamb head is to be served separately and usually to the head of the family.

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# Čorba od droba

## Potrebno je:

- ≈ drob pripremljen kao i za jelo sa raštanom,
- ≈ glavica crnog luka, aleva paprika,
- ≈ biber, šoljica pirinča,
- ≈ so i vezica petrusina.

## PRIPREMA:

Sitno isjeckati crni luk i propržiti na malo ulja, zatim dodati pripremljen drob i kratko propržiti na tihoj vatri. Kada je sve uprženo dodati malo aleve paprike i naliti vodom. Kuvati, na umjerenoj temperaturi, sve dok drob ne bude gotov. Pred kraj u čorbu dodati pirinač, promiješati i kuvati još desetak minuta. Kada je čorba gotova dodati začine po želji, biber i dosta sitno sjeckanog petrusina.



## Bowel stew

## Required:

- ≈ bowel prepared like for a meal with raštan (type of cabbage)
- ≈ bulb of onion, cayenne pepper,
- ≈ pepper, cup of rice,
- ≈ salt and a tie of parsley.

## PREPARATION:

Finely chopped onion is fried on small amount of oil, then add prepared bowel and shortly fry it on low temperature. When everything is done add some cayenne pepper and pour water over it. Cook it on medium temperature, until bowel is done. Before the end add to the soup rice, stir it and cook it for ten minutes more. When soup is done add optional spices, pepper and lots of finely chopped parsley.

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# Šestanska čorba

## Potrebno je:

- ≈ 1 kg iznutrica govedih ili bravljih,
- ≈ ½ kg džigerice crne ili bijele,
- ≈ 2 dl ulja,
- ≈ 1 kg crnog luka,
- ≈ 200 g oriza,
- ≈ so, biber

## PRIPREMA:

Prvo se luk izdinstava u ulju i sa malo vode. Potom mu se doda crna i bijela džigerica i škembići pa se dinstava još nekih pola sata. Nakon toga se doda više vode i kuva se nekih sat i po. Na kraju se jelo začini. Šestanska čorba služila se posebno na svadbama i slavama.



# Šestani stew

## Required:

- ≈ 1kg of beef and sheep entrails,
- ≈ ½ kg of black or white liver,
- ≈ 2 deciliters of oil,
- ≈ 200 grams of rice,
- ≈ salt, pepper.

## PREPARATION:

First the onion is stewed in oil with some water. Then add white and black liver and tripe then let it stew for half an hour more. After that add more water and let it cook for hour and a half. At the end the meal is spiced.

Šestani stew was served specially at weddings and festivities



Tradicionalna barska kuhinja  
*Traditional Bar's cuisine*

## Kuvana jela

*Cooked meals*



# Japraci od lista vinove loze

## Potrebno je:

- ≈ kilogram krupno mljevenog junećeg mesa,
- ≈ listovi domaće vinove loze (može i list raštana, rena, dunje),
- ≈ 400 grama crnog luka,
- ≈ šolja oriza,
- ≈ ulje, so, biber, peršun

## PRIPREMA:

Listove vinove loze oprati i obariti u ključaloj slanoj vodi. Staviti da se ocijede i isprati hladnom vodom (kako bi zadžali zelenu boju).

Sitno isjeckan crni luk propržiti na ulju, dodati mljeveno meso. Kada je meso proprženo, dodati oriz.

Smjesu začiniti biberom, solju, peršunom (po ukusu). Ostaviti da se ohladi.

Podmazati uljem lonac, a dno obložiti listovima loze.

Na svaki list staviti dio smjese, i zamotati japrak. Naravno, treba vremena i strpljenja, ali je japrak interesantniji što je sitniji – jedan japrak, jedan zalogaj. (Ako se pravi od raštana, listove podijeliti na dva dijela.)

Svaki japrak blago stisnuti, pa redati u lonac. Na kraju uzavreti vodu sa malo ulja i soli i preliti da ogrezne.

Poklopiti tanjrom (manjim od obima šerpe), okrenutim naopako i staviti da se kuva na srednjoj temperaturi. Kuvati dugo, dok list i oriz ne budu mekani, a voda ne ispari. Voditi računa da se ne prekuvaju, jer će se listovi raspadati.

Japraci se služe topli, sa zelenim maslinama.

# Japraci from vine leaves

## Required:

- ≈ kilogram of largely minced baby-beef meat,
- ≈ leaves of domestic vine (also can be used leave of raštan, horseradish, quince),
- ≈ 400 grams of onion,
- ≈ cup of rice,
- ≈ oil, salt, pepper, parsley

## PREPARATION:

Wash vine leaves and stew them in boiling salted water. Let them decant and wash them with cold water (so that they could keep green color).

Finely chopped onion is to be fried on oil, add minced meat. When meat is fried, add rice. Mixture is to be spiced with pepper, salt, parsley (by taste). Let it cold.

Grease the pot with oil, and place vine leaves on the bottom.

On every leaf place a part of mixture, and wrap a japrak. Of course, time and patience is required, but japrak is more interesting when smaller – one japrak, one bite. (If it is prepared from raštan, leaves should be cut in two pieces.)

Every japrak is to be pressed mildly then arranged into pot. At the end boiled water with small amount of oil and salt should be poured over so it will sink it. Put a plate over it (smaller than the extent of the pot), turned upside down and put it for cooking on medium temperature. Cook it for long time, until leave and rice becomes soft, and water evaporates. Keep it from overcooking, because the leaves will fell apart.

Japraci are served warm, with green olives.

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# Freškada

## Potrebno je:

- ≈ dva kilograma porog luka, 500 grama crne džigerice,
- ≈ malo bijele džigerice, 500 grama svinjskog mesa,
- ≈ bijelo vino, so, ulje, biber, ruzmarin

## PRIPREMA:

Pori luk oprati i nasjeckati na sitno, skuvati ga u ključaloj vodi. Procijediti i ostaviti da se hladi. Nasjeckati na kocke džigericu i meso, propržiti na ulju. Kad je meso mekano dodati mu malo bijelog vina, soli i bibera pa spojiti sa lukom. Promiješati i ostaviti jos malo na vatri.

Nasjeckati sitno ruzmarin i dodati jelu.



# Freškada

## Required:

- ≈ two kilograms of leek, 500 grams of black liver,
- ≈ some white liver, 500 grams of pork,
- ≈ white wine, salt, oil, pepper, rosemary

## PREPARATION:

Leek is washed and chopped finely, then cook it in boiling water. Decant it and let it to cool off. Chop into little cubes liver and meat, and fry it on oil. When the meat is soft add some white wine, salt and pepper and combine it with leek. Stir it and leave it on the stove for a little while.

Rosemary is to be chopped finely and added to the meal.

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# Šaran sa suvim šljivama

## Potrebno je:

- ≈ Šaran od oko četiri ili više kilograma,
- ≈ kilogram i po crnog luka,
- ≈ kašika brašna,
- ≈ dvije kašike paradajz pirea,
- ≈ malo aleva paprike,
- ≈ veza metvice,
- ≈ veza peršuna,
- ≈ dosta lovorovog lista,
- ≈ 3-4 čena bijelog luka,
- ≈ čaša vinskog sirčeta,
- ≈ suve šljive,
- ≈ mljeveni i biber u zrnu i so.

## PRIPREMA:

Crni luk isjeckati na rebarca, propržiti ga do pola (da ne bude tvrd), dodati kašiku brašna pa još malo propržiti i dodati šolju vode, promiješati i ostaviti da prokuva. Zatim u tu smjesu dodati aleva paprike, paradajz pire, biber u zrnu i mljeveni, sitno isjeckanu vezicu metvice, vezicu peršuna, lovorovog lista i isjeckanog bijelog luka. Sve se promiješa i ostavi na šporetu dok ne proključa.

Za to vrijeme šaran se isječe na zvana i posoli.

U pleh se prvo stavi pripremljena smjesa od povrća zatim se poređa šaran isječen na zvana, praznine u plehu se popune suvim šljivama (jelo je ukusnije ako se stavi više šljiva) i lovorovim listom a preko šarana se prelije časa vinskog sirčeta.

# Carp with dried plums

## Required:

- ≈ tCarp from four or more kilograms,
- ≈ kilogram and a half of onion,
- ≈ table spoon of flour,
- ≈ two table spoons of tomato puree,
- ≈ some cayenne pepper,
- ≈ a tie of mint,
- ≈ a tie of parsley,
- ≈ lots of laurel leaves,
- ≈ 3-4 pieces of one garlic,
- ≈ glass of wine vinegar,
- ≈ dried plums,
- ≈ grounded pepper and pepper in grain and salt.

## PREPARATION:

Onion is chopped on ribs, half fried (so it wouldn't be hard), add a table spoon of flour and fry it for a little longer and add a cup of water, stir it and let it boil. Then add to that mixture cayenne pepper, tomato puree, grounded pepper and pepper in grain, finely chopped tie of mint, tie of parsley, laurel leaves and chopped garlic. Stir it all up and leave it on the stove until it boils.

In the meantime carp is to be cut largely and salted.

First in the sheet pan is placed vegetable mixture, then we arrange cut carp, and gaps are filled with dried plums (the meal is more tasty if you put more plums) and laurel leaves, and pour wine vinegar over carp.

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# Dinstani bob

## Potrebno je:

- ≈ dva kilograma boba (samo zrna),
- ≈ veza mladog crnog luka,
- ≈ maslinovo ulje,
- ≈ biber u zrnu,
- ≈ dvije veze kopa,
- ≈ veza morača.
- ≈ čaša vinskog sirćeta,
- ≈ suve šljive,
- ≈ mljeveni i biber u zrnu i so.

## PRIPREMA:

Sitno isjeckati mladi crni luk i propržiti ga na maslinovom ulju, dodati zrna boba i zajedno kratko propržiti. Zatim dinstati uz stalno dolivanje vode (po 1 šoljica od crne kafe) dok se bob ne skuva. Pred kraj kuvanja u jelo dodati sitno isjeckan kopar i morač i dinstati dok ne ispliva ulje.

Ovo jelo odlično ide uz jagnjeće pečenje, pohovan kačkavalj a može i da se jede kao glavno jelo.



# Stewed horsebean

## Required:

- ≈ two kilograms of horsebean (only seeds),
- ≈ a tie of young onion,
- ≈ olive oil,
- ≈ pepper in grain,
- ≈ two ties of dill,
- ≈ a tie of fennel.

## PREPARATION:

Finely chop young onion and fry it on olive oil, add horsebeans and shortly fry it altogether. Then stew it with constant adding of water (1 coffee cup per) until horsebean is cooked. Before the end of cooking, into meal is to be added dill and fennel and stewed until the oil comes on top.

This meal is excellent with roasted lamb, breaded kashkaval and can be eaten as a main course.

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# Janija od jagnječeg mesa sa kiselim prelivom

## Potrebno je:

- ≈ kilogram jagnjetine,
- ≈ jedna pavlaka,
- ≈ 3-4 češnja bijelog luka,
- ≈ vezica peršuna,
- ≈ biber i so.

## PRIPREMA:

Meso dobro izdinstati pod poklopcem na ulju. Dodati jednu šolju vode i kašiku crvenog bibera, kašiku soli i malo crnog bibera. Kada se to izdinsta preliti pavlakom u koju je prethodno dodat sitno sjeckani bijeli luk



## Janija from lamb meat with sour sauce

## Required:

- ≈ kilogram of lamb,
- ≈ one sour cream,
- ≈ 3-4 pieces of one garlic,
- ≈ a tie of parsley,
- ≈ pepper and salt.

## PREPARATION:

Meat is to be stewed good on oil under lid. Add one cup of water and spoon of red pepper, spoon of salt and some black pepper. When that stews pour it with sour cream, in which was previously added finely chopped garlic.

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*Traditional Bar's cuisine*





# Albanian tava

## Potrebno je:

- ≈ kilogram i po jagnječeg mesa,
- ≈ litar kiselog mlijeka,
- ≈ 7-8 jaja,
- ≈ kašika kukuruznog brašna,
- ≈ šoljica za kafu pirinča,
- ≈ 200 grama putera, masla ili margarina,
- ≈ so.

## PRIPREMA:

Skuvati meso u malo vode, tako da omekša. Izmiješati jaja i staviti ih u kiselo mlijeko. U tu masu dodati pirinač koji je prethodno skuvan posebno u supi od mesa. Dodati i kašiku kukuruznog brašna. Meso koje je skuvano poređati u pleh za pečenje i preliti pripremljenom masom od mlijeka, jaja, pirinča i brašna.

Preko dodati kockice putera ili malo masla.

Peći na temperaturi od 200 stepeni, od 40 do 45 minuta



# Albanian frying pan

## Required:

- ≈ kilogram and a half of lamb meat,
- ≈ liter of churn-milk,
- ≈ 7-8 eggs,
- ≈ table spoon of corn flour,
- ≈ cup of rice,
- ≈ 200 grams of butter, or margarine,
- ≈ salt.

## PREPARATION:

Cook the meat in small amount of water, so that it softens. Stir the eggs and place them into churn-milk. In that mixture add rice previously cooked in the meat soup. Add a table spoon of corn flour. Cooked meat is to be arranged in sheet pan for baking and is to be poured over with mixture prepared from milk, eggs, rice and flour. On top add butter cubes or some margarine.

To be baked on the temperature of 200 Celsius degrees, for 40 to 45 minutes.

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# Imam bajaldi (bez mesa)

## Potrebno je:

- ≈ dva kilograma patlidžana,
- ≈ 3-4 glavice crnog luka,
- ≈ glavica bijelog luka,
- ≈ 4 paradajza,
- ≈ so i crveni biber.

## PRIPREMA:

U pleh poredati prethodno isprženi patlidžan. Posebno ispržiti paradajz sa crnim lukom i dodati preko patlidžane. Preko poredati i češnjeve bijelog luka u cijelo i kašiku soli, pa potom dodati još jedan red patlidžana preko toga. Sve zapeći u rerni nekih 15 minuta na 200 stepeni.



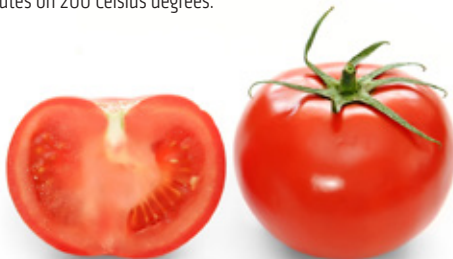
# Imam bajaldi (without meat)

## Required:

- ≈ two kilograms of eggplant,
- ≈ 3-4 bulbs of onion,
- ≈ one bulb of garlic,
- ≈ 4 tomatoes,
- ≈ salt and red pepper.

## PREPARATION:

Place in sheet pan previously fried eggplant. Separately fry tomatoes with onion add eggplants on top. On top arrange ribs of garlic and table spoon of salt, and then add one line of eggplants on top of that. Bake it in the oven for 15 minutes on 200 Celsius degrees.



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*Traditional Bar's cuisine*





# Čambur

## Potrebno je:

- ≈ 500 grama telećeg mesa,
- ≈ pet jaja,
- ≈ 500 grama crnog luka,
- ≈ biber crni i crveni,
- ≈ so i
- ≈ dva decilitra ulja.

## PRIPREMA:

Izrezati meso na sitne kocke.

Sitno izrezati crni luk pržiti na ulju sa malo masla 7-8 minuta.

Dodati meso i sve zajedno dinstati nekih desetak minuta.

Dodati so, crni biber i pola kašike crvenog bibera.

Staviti u rernu i zapeći oko desetak minuta na temperaturi od 200 hstepeni. Pri kraju dodati jaja na oko.

Vratiti sve u rernu, ali je prethodno isključiti.



# Čambur

## Required:

- ≈ 500 grams of veal,
- ≈ five eggs,
- ≈ 500 grams of onion,
- ≈ black and red pepper,
- ≈ salt and
- ≈ two deciliters of oil.

## PREPARATION:

Cut meat into small cubes.

Finely chop onion and fry it on the oil with little butter for 7-8 minutes.

Add meat and stew it altogether for ten minutes.

Add salt, black pepper and half a spoon of red pepper.

Place it in the oven and brown it for ten minutes on the 200 Celsius temperature. Before the end add eggs sunny side up. Return it in the oven, but previously turn it off.



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# Raštan sa slaninom na godinjski način

## Potrebno je:

- ≈ domaće suvo svinjsko meso:
- ≈ slanina, pršuta, kobasica, mušnica, rebra
- ≈ crni luk,
- ≈ pori luk,
- ≈ raštan,
- ≈ krompir i
- ≈ bitva

## PRIPREMA:

Prvo se opere meso - slanina, pršuta, kobasica, mušnica... Onda se prokuva. Prva voda se prospe, posebno ukoliko ima dosta mesa, da jelo ne bude preslano.

Dok se meso kuva, nasjeckaju se, sitno, dvije-tri glavice crnog luka i paprika, a obično se pripremi i struk porog luka. Raštan se, takođe, sitno isjecka, opere i dobro istrlja da bi omekšao (neko ga i obari).

Kad meso bude kuvano, stave se, već pripremljeni, raštan, paprika i pori luk. Poslije malo dužeg kuvanja, stavi se i krompir. Sljedeća intervencija, za ovu priliku, kuvarice, jeste kada raštan bude kuvan jedno 70 odsto. Da bi varivo bilo mekše, ukusnije, pa ako hoćete i zdravije, doda se bitva.

U Godinju je tradicija, kako nam je sa osmijehom kazala gospođa Danica Raičević, da se stavi i malo sala "da zamiriše".



## Raštan with bacon on godinje way

## Required:

- ≈ domestic dry pork:
- ≈ bacon, smoked ham, sausage, mušnica, ribs
- ≈ onion,
- ≈ leek,
- ≈ raštan,
- ≈ potatoes and mangold

## PREPARATION:

First wash the meat – bacon, smoked ham, sausage, mušnica... Then let it boil. First water is spilled, especially if there is a lot of meat, so that meal won't be too salty.

While the meat is cooking, finely chop two-three bulbs of onion and paprika, and usually is also prepared a tie of leek. Raštan is, also, chopped finely, washed and rubbed good so it would soften.

When meat is cooked, then put, already prepared, raštan, paprika and leek. After longer cooking, potatoes are placed. Next intervention, for this opportunity, of the cook, is when raštan is done for about 70 percent. If you want stew to be softer, tasty, and if you want healthier, add mangold.

In Godinje it is tradition, as Mrs Danica Raičević told us with a smile, to add some fat so it would "smell nicely".

Tradicionalna barska kuhinja  
*Traditional Bar's cuisine*





# Češkek

## Potrebno je:

- ≈ kilogram tučene pšenice,
- ≈ 500 grama suvog mesa,
- ≈ so, malo pšeničnog brašna i maslinovo ulje.

## PRIPREMA:

Očisti se ljuska od pšenice, a zatim se pšenica opere. U šerpu se stavi ulje i podgrije se, dok proključa, a onda se u njega stavi oprana pšenica. Potom se dolije voda da se šerpa napuni. U sve to stavi se i suvo meso i kuva se oko četiri do pet sati na tihoj vatri. Potom se meso odvoji na tanjir i "rasčešlja" se.

Pšenica koja je ostala u šerpi muti se drvenom kašikom, dok ne zagusti. Ukoliko neće da zagusti doda se kašika brašna. U sve to doda se "rasčešljano" suvo meso. Potom se ugrije šolja maslinovog ulja i prelije češkek. Dugo se muti, oko 10-15 minuta. Služi se ohlađeno.



# Češkek

## Required:

- ≈ kilogram of pounded wheat,
- ≈ 500 grams of dry meat,
- ≈ salt, some corn flour and olive oil.

## PREPARATION:

Clean the wheat from shells, then wash it. Put oil in the pot and heat it, until it boils, then place washed wheat in it. Then add water until the pot is full. Then place dry meat in it and cook it for four to five hours on low temperature. Then the meat is separated on a plate and "combed". Wheat left in the pot is stirred with wooden spoon, until it gets dense. If it won't get dense, add a table spoon of flour. Add "combed" meat in that. Then heat a cup of olive oil and pour it over češkek. Stir it for 10-15 minutes. Served cold.

Tradicionalna barska kuhinja  
*Traditional Bar's cuisine*



# Pečeni oriz sa osoljenom skakavicom

## Potrebno je:

- ≈ skakavice,
- ≈ crni luk,
- ≈ bijeli luk,
- ≈ pirinač,
- ≈ peršun,
- ≈ paradajz,
- ≈ biber,
- ≈ ulje i so

## PRIPREMA:

U jednu posudu uspe se malo ulja (miješano biljno i maslinovo) i proprži se sitno isjeckani bijeli i crni luk. Kad bude staklast, doda se pirinač. I njega valja malo propržiti. Zatim se dodaju začini – vegeta, peršun, biber i paradajz.

U pleh prvo staviti masu, odnosno rižu, pa odozgo skakavicu (na komade). Zaliti vodom i peći dok ne porumeni.



## Baked rice with salted flathead grey mullet

## Required:

- ≈ flathead grey mullet,
- ≈ onion,
- ≈ garlic,
- ≈ rice,
- ≈ parsley,
- ≈ tomato,
- ≈ pepper,
- ≈ oil and salt.

## PREPARATION:

Pour some oil in one pot (mixed vegetable and olive) and fry finely chopped onion and garlic. When it gets glazy, add rice. It should also be fried for a bit. Then add spices – vegeta, parsley, pepper and tomato.

In sheet pan first place mixture, i.e. rice, then on top flathead grey mullets (in pieces). Pour it with water and bake it until it reddens.

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# Japraci bez mesa na spičanski način

## Potrebno je:

- ≈ listovi od raštana, blitve ili vinove loze,
- ≈ oriz,
- ≈ šargarepa,
- ≈ peršun,
- ≈ vegeta, biber, so i ulje.

## PRIPREMA:

Listove raštana, blitve ili vinove loze blansirati (obariti) u slanoj vodi. Ispržiti crni luk, i prilikom prženja, dodati rendanu šargarepu, pirinač, vegetu i peršun. Svaki list filovati i savijati u male japrake. Složiti u šerpu, preliti vodom i kuvati. Pripremiti zapršku tako što se na malo ulja priprži kašika brašna i aleve paprike. Skuvane japrake treba preliti ovom zaprškom i ostaviti da se malo prokuva. Servirati sa pavlakom ili kiselim mlijekom.



## Japraci without meat on spič way

## Required:

- ≈ laurel leaves, mangold or vine,
- ≈ rice,
- ≈ carrot,
- ≈ parsley,
- ≈ vegeta, pepper, salt and oil.

## PREPARATION:

Boil laurel leaves, mangold or vine in salty water. Fry onion, and during frying, add grated carrot, rice, vegeta and parsley. Every leaf is to be filled and put into small japraci. Arrange it into pot, pour it with water and cook it. Prepare browned flour, like so that in small amount of oil is to be fried table spoon of flour and cayenne pepper. Cooked japraci should be poured over with this browned flour and left to cook a little. Serve with sour cream or churn-milk.

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# Punjeni jagnjeći koš

## Potrebno je:

- ≈ manji grudni koš od jagnjeta /cijeli/,
- ≈ jagnjeća maramica,
- ≈ kilogram kuvanog oriza,
- ≈ jagnjeće iznutrice kuvane, isjeckane i propržene na ulju,
- ≈ so, začin i svježa metvica.

## PRIPREMA:

Promiješati oriz sa iznutricama, začinom i metvicom. Posoliti koš i napuniti ga, pokriti maramicom i uz okretanje peći 3 sata na srednjoj temperaturi - najbolje ispod sača.



## Stuffed lamb chest

## Required:

- ≈ smaller lamb chest /whole/,
- ≈ lamb pleura,
- ≈ kilogram of cooked rice,
- ≈ boiled lamb entrails, chopped and fried on oil, salt, spice and fresh mint.

## PREPARATION:

Stir the rice with entrails, spices and mint. Salt the chest and fill it up, cover it with pleura and with turning bake it for 3 hours on medium temperature – best way is under the sač.

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# Štufada

## Potrebno je:

- ≈ nekoliko kilograma, mesa od junećeg buta,
- ≈ bijeli luk,
- ≈ ulje,
- ≈ četiri decilitra, bijelog vina,
- ≈ 300 grama koncentrovanog paradajza,
- ≈ so, kašičica šećera i začini.

## PRIPREMA:

Narezati meso na parčad od oko 500 grama. U njih se zabode bijeli luk. Prže se na ulju oko pola sata. U široku šerpu se poreda prženo meso i prelije uljem u kojem se pržilo. Kada ulje uzavri prelije sa 2 dcl. bijelog vina i poklopiti. Poslije pet minuta dodati isjeckan luk, malo soli i prelije vodom do polovine šerpe. Dinstati na srednjoj vatri dok se meso ne počne odvajati od viljuške. Tada meso izvaditi, isjeći na ploške koje treba vratiti u šerpu. U posebnoj posudi promješati koncentrovan paradajz, začini, kašičicu šećera i 2 dcl. vina. Ovo promješati i prelije preko mesa. Preko toga nadrobiti češanj bijelog luka. Krčkati na tihoj vatri bez miješanja 20 minuta.

Štufada se služi uz makarone, ponegdje uz pilav ili, u novije vrijeme, uz krompir-pire.

Tradicionalno zubačko jelo koje se pripremalo u svim značajnijim prilikama. Na svadbama, sahranama, slavama, vjerskim praznicima, imendanima, za doček biranih gostiju. Osim u Zupcima, štufada je, uz manje varijacije, pripremana još i u Spiču, Sušanju, Tuđemilima, Zaljevu i Starom Baru.

# Štufada

## Required:

- ≈ couple of kilograms of baby-beef leg,
- ≈ garlic,
- ≈ oil,
- ≈ four deciliters of white wine,
- ≈ 300 grams of concentrated tomato,
- ≈ salt, coffee spoon of sugar and spice

## PREPARATION:

Cut the meat into about 500 grams pieces. Stick garlic into them, fry it on oil for half an hour. Arrange fried meat in wide pot arrange and pour over with oil in which it was fried. When oil boils pour it over with 2 dcl of white wine and put a lid on it. After five minutes add chopped onion, some salt and add water until half of the pot is filled. Stew it on medium temperature until meat starts to separate from fork. Then take out the meat, cut them into flat pieces which have to be returned to the pot. In separate pot mix concentrated tomato, spice, coffee spoon of sugar and 2 dcl of wine. Stir this up and pour it over meat. Chop garlic on top of that. Cook it on low temperature without stirring for 20 minutes. Štufada is served with macaroni, at some places with rice, and in newer times, with mashed potatoes

Traditional meal from Zupci, was prepared on significant occasions. On weddings, funerals, festivities, religious holidays, name days, for reception of chosen quests. Except for Zupci, štufada was prepared, with smaller variations, also in Spič, Sučanj, Tuđemili, Zaljevo and Old Bar.

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# Pečeni krap

## Potrebno je:

- ≈ krap, ne manji od dva kilograma,
- ≈ četiri-pet glavic crnog luka,
- ≈ pet-šest čenova bijelog luka,
- ≈ dvije kašičice aleve paprike,
- ≈ bijeli i crni biber u zrnu,
- ≈ mljeveni biber, so,
- ≈ tri veća paradajza,
- ≈ veza petrusina,
- ≈ pola veze celera,
- ≈ dvije šolje pirinča,
- ≈ ruzmarin i listovi lovora.

## PRIPREMA:

Isjeckati luk, crni na rebarca a bijeli na komadiće i propržiti na vreloj masnoći dok ne dobije staklast izgled i zlatnu boju. Kada je luk spreman dodati alevu papriku, bijeli i crni biber u zrnu, kašičicu mljevenog crnog bibera i soli po želji. Promiješati i dodati oljušten i samljevan paradajz (voditi računa da bude zreo – najbolje je koristiti domaće rozi paradajz), isjeckan petrusin i celer.

Šarana očistiti, oprati i sjeći na krupniju parčad (tkz. zvona). U veliku, duboku šerpu usuti pripremljen saft od luka i paradajza i dodati dvije šolje pirinča (količina zavisi od količine ribe, mjere za ovaj recept su za šarana od 2,5 kg.) sve dobro promiješati pa preko toga poredati komade ribe.

Dodati grančice ruzmarina i listove lovora. Naliti mlakom vodom da riba ogrezne.

Peći u rerni na jakoj temperaturi.



## Baked carp

## Required:

- ≈ carp, not smaller than two kilograms,
- ≈ four-five bulbs of onion,
- ≈ five-six pieces on one or two garlics
- ≈ two coffee spoons of cayenne pepper,
- ≈ white and black pepper in grain,
- ≈ grounded pepper, salt,
- ≈ three large tomatoes,
- ≈ a tie of parsley,
- ≈ half a tie of celery,
- ≈ two cups of rice,
- ≈ rosemary and laurel leaves.

## PREPARATION:

Cut onion to ribs, and cut garlic into small pieces and fry it on hot grease until it gets glazy and golden. When the onions are done add cayenne pepper, white and black pepper in grain, coffee spoon of grounded black pepper and optionally add amount of salt. Stir it and add peeled and grinded tomatoes (make sure it is ripe – it is best to use home grown pink tomato), chopped parsley and celery.

Clean the carp, wash it and cut it into large pieces (bells). In large deep pot, pour prepared onion and tomato sauce and add two cups of rice (amount depends on the amount of fish, measurements for this recipe are for the carp of 2,5 kilograms). Stir it thoroughly and arrange pieces of fish on top of that.

Add branches of rosemary and laurel leaves. Pour it with lukewarm water until fish sinks. Bake in the oven on high temperature.

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# Dinstana svinjska džigerica

## Potrebno je:

- ≈ svježa slanina,
- ≈ crna i bijela svinjska džigerica,
- ≈ crno vino,
- ≈ četiri-pet čenova bijelog luka,
- ≈ biber i so.

## PRIPREMA:

Slaninu sitno isjeckati i staviti u veliku šerpu da se prži tj. otapa. Kada je pripremljena doda se predhodno isjeckana jedna crna i jedna bijela svinjska džigerica. Ova masa se prži uz povremeno miješanje. Kada je jelo skoro gotovo doda se crno vino, sitno sjeckani bijeli luk i biber a jelo se prema želji posoli. Količina vina se određuje prema količini slanine i džigerice ali je važno da jelo bude sočno.

Uz ovako pripremljenu džigericu obavezno se služi domaći kukuruzni hljeb.

# Braised pork liver

## Required:

- ≈ fresh bacon,
- ≈ black and white pork liver,
- ≈ red wine,
- ≈ four-five pieces of one garlic,
- ≈ pepper and salt.

## PREPARATION:

Chop bacon finely and put it into large pot to fry. When it is prepared add, previously chopped, one black and white liver. This mixture is fried with occasional stirring. When the meal is almost done add red wine, finely chopped garlic and pepper, and meal is then salted optionally. Amount of wine is determined according to the amount of liver, but it is important to be juicy.

With liver prepared like this, corn bread is necessarily served.

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# Boranija sa suvim mesom

## Potrebno je:

- ≈ zelena boranija,
- ≈ suvo svinjsko meso,
- ≈ glavica crnog luka,
- ≈ dva-tri kompira i peršun.

## PRIPREMA:

Ovo jelo se priprema na isti način kao i kupus. Preporučuje se zelena boranija – "makarulača". U ovo jelo se dodaje i glavica sitno sjeckanog crnog luka.



# String beans with dry meat

## Required:

- ≈ green string beans,
- ≈ dry pork,
- ≈ bulb of onion,
- ≈ two-three potatoes and parsley.

## PREPARATION:

This meal is prepared exactly like cabbage. It is recommended green string beans – "makarulača". In this meal a bulb of finely chopped onion is added.

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# Sarme od kiselog kupusa

## Potrebno je:

- ≈ 600 grama mljevenog mesa (300 gr. junječeg i 300 gr. svinjskog),
- ≈ dvije-tri glavice crnog luka,
- ≈ tri-četiri čena bijelog luka,
- ≈ dvije-tri šargarepe,
- ≈ šoljica pirinča,
- ≈ mljeveni biber,
- ≈ peršun i
- ≈ listovi kiselog kupusa.

## PRIPREMA:

Listove kiselog kupusa dobro oprati i prema potrebi rasoliti. Crni i bijeli luk sitno isjeckati i izdinstati na ulju da luk dobije staklast izgled, dodati rendanu šargarepu još malo dinstati i dodati mljeveno meso pa sve zajedno pržiti. Kada je meso gotovo dodati pirinač, alevu papriku, biber, sitno sjeckane domaće suve slanine i dosta sitno sjeckanog peršuna. Na pripremljen list kupusa stavljati smjesu od mesa i pažljivo savijati sarme. Ne treba praviti suviše velike sarme, pa ukoliko su listovi kupusa preveliki treba ih podijeliti na dva dijela. Pripremljene sarme ređati u odgovarajuću posudu, prelitu pripremljenom zaprškom od ulja, aleve paprike, malo brašna i vode, da sarme ogreznu.

Prema želji preko sarmi mogu da se stave i domaća suva svinjska rebra. Najbolje je da se sarme dugo krčkaju na umjerenoj temperaturi.

# Cabbage rolls from sauerkraut

## Required:

- ≈ 600 grams of minced meat (300 grams of beef and 300 grams of pork),
- ≈ two-three bulbs of onion,
- ≈ three-four pieces of one garlic,
- ≈ two-three carrots,
- ≈ cup of rice,
- ≈ grounded pepper
- ≈ parsley and
- ≈ sauerkraut leaves

## PREPARATION:

Sauerkraut leaves are to be washed thoroughly and if needed desalted. Onion and garlic is to be chopped finely and braised in oil until it gets glazy, add grated carrot and braise for a little longer and add minced meat and fry it altogether. When the meat is done add rice, cayenne pepper, pepper, finely chopped domestic dried bacon and lots of finely chopped parsley. On prepared sauerkraut leave place meat mixture and roll it carefully into cabbage rolls. You shouldn't make cabbage rolls too large, so if cabbage leaves are too big, they should be cut in half. Prepared cabbage rolls are to be arranged in appropriate pot, pour it with browned flour made of oil, cayenne pepper, small amount of flour and water, so that cabbage rolls are sunk.

IF wanted, on top of cabbage rolls, pork ribs could be placed. It is best to cook cabbage rolls for a long time on medium temperature.

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# Sarmice od blitve

## Potrebno je:

- ≈ 30 većih listova blitve,
- ≈ 500 gr. mljevene teletine,
- ≈ šoljica pirinača,
- ≈ glavica crnog luka,
- ≈ dva-tri čena bijelog luka,
- ≈ veća šargarepa,
- ≈ dva-tri jaja,
- ≈ kiselo mlijeko ili u novije vrijeme kisela pavlaka,
- ≈ biber i
- ≈ so.

## PRIPREMA:

Usitniti crni i bijeli luk, izrendati šargarepu i kratko propržiti na malo ulja i u to dodati mljeveno meso dobro promiješati i pržiti dok meso ne bude gotovo. Dodati pirinač, biber, so i pešun pa sve sjediniti, a kada se prohladi dodati umućeno jaje. Listove blitve oprati i potopiti u vrelu vodu da smekšaju i da se lakše savijaju. Na svaki list staviti pripremljenu smjesu od mesa i savijati sarme. Pripremljene sarme poređati u pleh i naliti vodom u koju je dodata razmučena kašika brašna. Kratko prokuvati pa prelići sarmu smjesom od jaja i kiselog mlijeka (ili kisele pavlake) i staviti u zagrijanu rernu da se zapeče i blago porumeni. Uz ovo jelo se služi domaći kukuruzni hljeb ili proja.



# Mangold rolls

## Required:

- ≈ 30 larger leaves of mangold,
- ≈ 500 grams of minced veal,
- ≈ cup of rice,
- ≈ bulb of onion,
- ≈ two-three pieces of one garlic,
- ≈ large carrot,
- ≈ two-three eggs,
- ≈ churn-milk or, in newer times, sour cream,
- ≈ pepper and
- ≈ salt.

## PREPARATION:

Chop onion and garlic, grate carrots and fry it for a little while on small amount of oil. Add minced meat and stir it thoroughly and fry it until the meat is done. Add rice, pepper, salt and parsley and unite it altogether, and when it cools off add stirred egg. Mangold leaves are to be washed and sunk into hot water so that it softens so it would roll easier. Place meat mixture on every leaf and roll them into rolls. Prepared rolls are to be arranged into sheet pan and pour it with water with mixed table spoon of flour. Cook it for a little while and then pour it with mixture made from eggs and churn-milk (or sour cream) and place it in heated oven so that it will brown and redden a bit. With this meal, corn bread or pone is served.



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# Pečene jegulje

## Potrebno je:

- ≈ dva kilograma jegulja,
- ≈ četiri-pet glavic crnog luka,
- ≈ pet-šest čenova bijelog luka,
- ≈ bijeli i crni biber u zrnu,
- ≈ mljeveni biber,
- ≈ so,
- ≈ tri veća paradajza,
- ≈ veza petrusina,
- ≈ pola veze celera,
- ≈ dvije šolje pirinča,
- ≈ ruzmarin i
- ≈ listovi lovora.

## PRIPREMA:

Isjeckati na rebarca crni luk, a bijeli luk na komadiće i propržiti na vrelj masnoći dok ne dobije staklast izgled i zlatnu boju. Kada je luk spreman dodati alevu papriku, bijeli i crni biber u zrnu, kašičicu mljevenog crnog bibera i soli po želji. Promiješati i dodati oljušten i samljeven paradajz (voditi računa da bude zreo – najbolje je koristiti domaći rozi paradajz), isjeckani petrusin i celer.

Jegulje očistiti, oprati i sjeći na krupnije komade (najbolje je na pola). U veliku, duboku šerpu usuti pripremljen saft od luka i paradajza i dodati dvije šolje pirinča, sve dobro promiješati pa preko toga poređati komade jegulje. Dodati grančice ruzmarina i listove lovora. Naliti mlakom vodom da jegulja ogrezne. Peći u rerni na kojoj temperaturi.



## Baked eels

## Required:

- ≈ two kilograms of eels,
- ≈ four-five bulbs of onion,
- ≈ five-six pieces of one or two garlics,
- ≈ white and black pepper in grain,
- ≈ ground pepper,
- ≈ salt,
- ≈ three large tomatoes,
- ≈ a tie of parsley,
- ≈ half a tie of celery,
- ≈ two cups of rice,
- ≈ rosemary and
- ≈ laurel leaves.

## PREPARATION:

Cut onion into ribs, and garlic into little pieces and fry it on hot grease until it gets glazy and golden. When the onion is prepared add cayenne pepper, white and black pepper in grain, coffee spoon of ground black pepper and add salt as you wish. Stir it up and add peeled and grinded tomatos (make sure it is ripe – it is best to use homegrown pink tomato), chopped parsley and celery.

Clean the eels, wash them and cut them into larger pieces (best is in half). In large, deep pot pour prepared onion and tomato sauce and add two cups of rice, mix it all and arrange pieces of eel on top of that. Add branches of rosemary and laurel leaves. Pour lukewarm water until eels is sunk. Bake it in the oven on high temperature.



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# Raštan sa drobom

## Potrebno je:

- ≈ raštan,
- ≈ pripremljen mladi juneći drob i
- ≈ tri-četiri krompira

## PRIPREMA:

Za ovo jelo je potreban mladi juneći drob koji se veoma pažljivo i temeljno opere. Koriste se svi djelovi droba, a naročito su ukusna crijeva. Kada je sve očišćeno pažljivo se izvrne i uvalja u kukuruzno brašno (ne puni se kao kod mušnice samo se lagano uvalja). Škembe se isjeckaju na komadiće a crijeva se ne sjeckaju. Ovako pripremljen drob se stavi u veću šerpu i dugo se kuva. Za to vrijeme se opere i isjecka mladi raštan i kada je drob kuvan doda se raštan i sve zajedno se kuva dok raštan ne bude gotov. Prema ukusu mogu se dodati i 3-4 krompira isječen na sitne kockice.



# Raštan with bowel

## Required:

- ≈ raštan,
- ≈ prepared baby-beef bowel and
- ≈ three-four potatoes

## PREPARATION:

For this meal baby-beef bowel is necessary, which is to be washed thoroughly. Every piece of bowel is used, and guts are especially tasty. When everything is clean it is carefully inverted and dipped into corn flour (it is not filled like with mušnice, just easily dipped). Tripe are cut into pieces and guts are not to be cut. Bowel prepared like this is placed in large pot and cook for a long time. In the meanwhile young raštan is washed and chopped, and when the bowel is done we add raštan and cook it altogether until the raštan is done. If needed, 3-4 potatoes could be added, chopped into little cubes.



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# Kaćamak

## Potrebno je:

- ≈ krompir,
- ≈ kukuruzno brašno,
- ≈ sir i kajmak.



## PRIPREMA:

Za ovo jelo je važno da krompir bude brašnav i da kukuruzno brašno bude dobrog kvaliteta. Krompir oguliti i isjeckati na sitnije kockice i staviti u veću šerpu da se kuva. Kada je krompir dobro kuvan smanji se temperatura i doda se nekoliko pregršti kukuruznog brašna (količina brašna i krompira se određuje u zavisnosti od količine kaćamaka koji želimo da pripremimo) tako da ostanu "gomilice" i nastavi se kuvanje dok i brašno ne bude skuvano. Bitno je da se dobro odredi količina vode, krompira i brašna, ako domaćica (ili domaćin) procijeni da ima više vode može se u ovoj fazi pripreme odliati ali se ne može dodavati voda. Šerpa se skloni sa šporeta i tucmakom ili brkačem (specijalna debela drvena kašika) dugo miješa ili tuče smjesa za kaćamak. Važno je da se sve dobro sjedini i da ne bude nikakvih grudvica od brašna ili krompira. Posebno se priprema smjesa kojom će se kaćamak osmočiti. Na malo vrelog ulja otopiti sir (važno je da bude punomasan i da se lijepo otapa – da se proteže) i u tako pripremljen sir dodavati postepeno kaćamak uz stalno miješanje. Pred služenje može se dodati i kajmak.



# Polenta

## Required:

- ≈ potatoes,
- ≈ corn flour,
- ≈ cheese and kajmak (cream).

## PREPARATION:

For this meal it is important for potatoes to be floury and corn flour to be of good quality. Peel the potatoes and cut it into small cubes and place it into large pot and let it cook. When potato is done, temperature is lowered and add couple of fistfuls of corn flour (amount of flour and potato is determined depending the amount of polenta we wish to prepare) so that little grains are left and cook it until the flour is done. It is important to establish the right amount of water, potato and flour, if the housewife (or the host) estimates that there is too much water in this phase it could be poured off but we can't add water. Pot is removed from the stove and polenta mixture is stirred with the wooden spoon for a long time. It is important that it is united and that there are no lumps of flour or potato. Mixture in which the polenta is to be dipped is prepared separately. On small amount of hot oil, melt cheese (it is important that it is fat and that it melts nicely – so that it stretches) and in cheese prepared like that add polenta with constant stirring. Before serving kajmak (cream) can be added.

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# Kapama od ribe ( od krapa)

## Potrebno je:

- ≈ 2-3 kg šarana( bolji je što veći krap),
- ≈ 3-4 glavice crnog luka,
- ≈ 1 glavica bijelog luka,
- ≈ 1 šargarepa,
- ≈ 1 kašika brašna,
- ≈ 2 kašike sirćeta,
- ≈ 2 dl maslinovog ulja,
- ≈ So, vegeta po želji i
- ≈ 1 supena kašika paradjz pirea

## PRIPREMA:

Očistiti ribu i isjeći je na komade(zvona), pa posoliti i porediti u tepsiju gdje će se peći. Izrendati crni luk i staviti da se dinsta, pa dodati maslinovo ulje i očišćeni i sjeckani bijeli luk i mrkvu. Kad se sve to izdinsta dodati brašno da se i to malo proprži, zatim preliti vodom i dodati vegetu, sirće i kašiku paradajz pirea.Kad to provri preliti preko ribe i staviti u zagrijanu pećnicu i peći oko 45 minuta na temperaturi od 250 stepeni. Povremeno otvarati i pregledavati. Služiti mlako, a može i skroz hladno.

# Kapama from fish (carp)

## Required:

- ≈ 2-3 kg of carp (it is better to use larger carp),
- ≈ 3-4 bulbs of onion,
- ≈ 1 bulb of garlic,
- ≈ 1 carrot,
- ≈ 1 table spoon of flour,
- ≈ 2 spoons of vinegar,
- ≈ 2 deciliters of olive oil,
- ≈ salt, optional vegeta and
- ≈ 1 table spoon of tomato puree.

## PREPARATION:

Clean the fish and cut it into large pieces (bells), then salt it and arrange it into sheet pan where it will be baked. Grate onion and put it to braise, add olive oil and cleaned and chopped garlic and carrot. When all of that is braised add flour to fry for a little bit, then pour it with water and add vegeta, vinegar and table spoon of tomato puree. When it boils pour it over fish and put it in heated oven and bake it for 45 minutes on the 250 Celsius degrees. Occasionally open and check up on it. Serve lukewarm, but also can be served cold.



## Slatko /kolači/

*Sweets / Cookies*





# Tespišta

## Potrebno je:

- ≈ pola litra ulja biljnog,
- ≈ dva decilitra vode,
- ≈ pola kilograma šećera,
- ≈ kilogram (ili malo manje) brašna tip 400.

## PRIPREMA:

Vodu i ulje zajedno staviti u šerpu. Voda mora biti prethodno zagrijana vruća. Potom prokuvati zajedno ulje i vodu. Onda u to treba sipati brašno da bude gusto i tvrdo, da voda ispari.

Okavo pripremljenu masu treba pržiti oko 10 minuta, na tihoj vatri. Poslije toga, iz šerpe sve ovo staviti na pleh (tepsiju).

Preko toga staviti tri supene kašike šećera. Šećer izmijesiti sa masom koja je u plehu i dodati dvije ili tri kašike brašna. Sve to razviti po tepsiji i simetrično, u kockice, išarati kašikom (nekad se koristilo drveno vreteno). Pleh potom staviti u rernu i peći na jačoj temperaturi (ukoliko je šporet na struju onda to treba da bude oko 250 stepeni). Peći oko pola sata, a onda još pola sata na nižoj temperaturi, oko 100-150 stepeni.

Da bi se spravio preliv, odnosno šerbet, potrebno je u šerpu staviti pola kilograma šećera u 0,75 litra vode i to kuvati dok se šerbet ne zgusne. Prethodno ispečenu pitu u plehu, dok je mlako topla, preliti sa, takode, mlako toplim šerbetom.

Služiti ohlađeno i u kockicama.

# Tespišta

## Required:

- ≈ half a liter of vegetable oil,
- ≈ two deciliters of water,
- ≈ half a kilogram of sugar,
- ≈ kilogram (or little less) of flour type 400.

## PREPARATION:

Water and oil is to be placed together in the pot. Water has to be previously heated-hot. Then let water and oil boil. Then pour flour in that so that it is dense and hard, to let water evaporate.

Mixture prepared like this has to be fried for 10 minutes, on low temperature. Then pour it on sheet pan.

Put 3 table spoon of sugar on top of that. Mix sugar with the mixture in sheet pan and add two or three table spoons of flour. Spread all of that on sheet pan, into cubes, streak it with spoon (wooden spindle was used before). Then put sheet pan in oven and bake it on high temperature (if the oven is electrical then it should be 250 Celsius degrees). Bake it for half an hour, and then for half an hour more on lower temperature, around 100-150 Celsius degrees.

To prepare dressing, i.e. sherbet, it is necessary to put half a kilo of sugar in 0,75 liter of water and cook it until sherbet gets thick. Previously baked pie in sheet pan is, when it is lukewarm, covered with, also, lukewarm sherbet.

Serve cooled off and into cubes.

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# Alva

## Potrebno je:

- ≈ dva i po decilitra ulja,
- ≈ pola kilograma šećera,
- ≈ litar vode,
- ≈ pola kilograma brašna.

## PRIPREMA:

Ulje se stavi u šerpu i grije dok provri. U njega se pomalo dodaje pola kilograma brašna i miješa se drvenom kašikom. To se polako prži oko pola sata na tihoj vatri. U drugoj šerpi staviti da proključa litar vode sa pola kilograma šećera. (napravi se "šerbet"). U isprženu masu lagano sipati proključali "šerbet" uz stalno miješanje. Miješati dok se masa ne odlijepi od šerpe. Potom se alva hladi u tepsiji.

# Halvah

## Required:

- ≈ two and a half deciliter of oil,
- ≈ half a kilogram of sugar,
- ≈ liter of water,
- ≈ half a kilogram of flour.

## PREPARATION:

Oil is placed into pot and heated until it boils. Then we add half a kilogram of flour and stir it with wooden spoon. It is then fried on low temperature for half an hour. Let liter of water with half a kilogram of sugar boil in another pot. (sherbet is made) Pour easily into fried mixture boiling sherbet with constant stirring. Stir it until mixture gets unstuck from the pot. Then halvah is cooled off in the pot.

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# Kadaif

## Potrebno je:

- ≈ kilogram kadaifa,
- ≈ pola margarina,
- ≈ pola kilograma šećera,
- ≈ sedam decilitara vode,
- ≈ 100 grama oraha,
- ≈ 100 grama suvog grožđa.

## PRIPREMA:

Staviti kadaif u tepsiju i isjeckati pola margarina preko kadaifa. Staviti da se peče na tihoj vatri, sve dok kadaif ne porumeni. Dodati preko njega grožđe i orahe. Posebno u šerpi kuvati pola kilograma šećera u sedam decilitara vode (napraviti šerbet). Kad se kadaif ohladi prelići ga šerbetom.



# Kadayif

## Required:

- ≈ kilogram of kadayif,
- ≈ half of margarine,
- ≈ half a kilogram of sugar,
- ≈ seven deciliters of water,
- ≈ 100 grams of walnuts,
- ≈ 100 grams of raisins.

## PREPARATION:

Put kadayif in pot and cut half a margarine on top of the kadayif. Let it bake on low temperature, until kadayif reddens. Add walnuts and raisins on top of it. Separately cook half a kilogram of sugar in seven deciliters of water (make sherbet). When kadayif cools off cover it with sherbet.



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# Sultan sudžuk

## Potrebno je:

- ≈ 330 g meda,
- ≈ kilogram šećera,
- ≈ dva bjelanca,
- ≈ kilogram oraha,
- ≈ 150 g čokolade

## PRIPREMA:

Prokuva se kilogram šećera sa 330 gr. meda. Tome se doda 2 dl .vode i kuva se da zagusti. Da bi se probala gustina, to se radi prstima tako što se prsti potope u hladnu vodu i ukoliko masa prijanja za prste, znači da je dovoljno kuvana. Odvojeno od toga ulupaju se dva bjelanca. Ulupana bjelanca sipaju se polagano u prokuvanu masu, uz neprekidno miješanje žicom. Kad se sipanje završi i dalje se miješa sve dok se masa ne stegne. Kada se stegne oblikuje se u vidu sudžuka. Nakon toga se sa svake strane uvalja u orahe i posipa tečnom čokoladom. Potom se izreže i tako služi.



# Sultan sudžuk

## Required:

- ≈ 330 grams of honey,
- ≈ kilogram of suger
- ≈ two egg whites,
- ≈ kilogram of walnuts,
- ≈ 150 grams of chocolate

## PREPARATION:

Cook kilogram of sugar with 330 grams of honey. Add 2 deciliters of water and cook it until it gets thick. To test the thickness, sunk fingers into cold water and if mass sticks to fingers it means that it is cooked enough. Separately beat two egg whites. Beaten egg whites, are poured easily into boiling mixture, with non-stop stirring with wire. When the pouring is done continue with stirring until mixture hardens.

When it hardens it is then shaped like sudžuk. After, it is rolled in walnuts and covered with liquid chocolate. Then it is cut and served.

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# Urmašice

## Potrebno je:

- ≈ 100 g šećera,
- ≈ dva jaja,
- ≈ 200 g masnoće,
- ≈ 200 g jogurta i brašno.

## PRIPREMA:

Navedeni sastojci, bez šećera se izmiješaju i izmijese, pa se oblikuju u veće kolutiće. Stave se u tepsiju i peku oko 25 minuta, odnosno dok ne porumene. Kad porumene prelivaju se šerbetom. Šerbet je dobijen tako što se 200 gr. šećera istopilo i kuvalo u pola litra vode.



# Urmašice

## Required:

- ≈ 100 grams of sugar,
- ≈ two eggs,
- ≈ 300 grams of grease,
- ≈ 200 grams of yogurt and flour

## PREPARATION:

Named ingredients, but without sugar, are mixed and rolled and formed into rolls. Then they are placed into sheet pan and baked for 25 minutes, until they reddens. When they redden then they are covered with sherbet. We get sherbet by cooking 200 grams of sugar in half a liter of water.

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# Kuglice od suvih smokava

## Potrebno je:

- ≈ 500 grama suvih smokava,
- ≈ 1 samljevena pomorandža,
- ≈ 200 grama mljevenih oraha,
- ≈ 350 grama šećera i malo cimeta.

## PRIPREMA:

Sve sastojke dobro umijesiti i sjediniti drvenom varjačom. Kada se dobije ujednačena masa rukom vaditi i formirati kuglice. Gotove kuglice uvaljati u šećer i ostaviti na promaji da se malo prosuše.



## Dry fig balls

## Required:

- ≈ 500 grams of dried figs,
- ≈ 1 grounded orange,
- ≈ 200 grams of grounded walnuts,
- ≈ 350 grams of sugar with some cinnamon.

## PREPARATION:

All the ingredients are to be mixed and united with wooden spoon. When mixture is formed take it and make rolls by hands. Finished rolls are to be rolled in sugar and left on draft to dry a little bit.

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# Kontonjada

## Potrebno je:

- ≈ kilogram i po dunja,
- ≈ kilogram šećera,
- ≈ 300-400 grama oraaha.

## PRIPREMA:

Dunje oguliti i obariti. Kada se prohlade samelju se na mašini za meso.

U šerpu usuti šećer i vodu u kojoj su se kuvale dunje, toliko da šećer ogrezne i kuvati kao svaki drugi šerbet. Dodati samljevene dunje i dalje kuvati. Kada je napola gotovo dodati sjeckane orahe. Kuvanje traje oko jedan sat.

Za to vrijeme pripremiti duguljaste, rebraste modle, dobro ih pokvasiti i usuti vrelu smjesu. Kada se kontonjada stegne i formira, a dok je još mlaka, istrese se iz modle i ostavi da se dobro ohladi. Ova poslastica je veoma ukusna i može dugo da traje.

Kontonjada je, za ovu priliku, servirana u modli u obliku ribe.



# Kontonjada

## Required:

- ≈ kilogram and half of quinces,
- ≈ kilogram of sugar,
- ≈ 300-400 grams of walnuts.

## PREPARATION:

Peel off and cook quinces. When they cool off they are grounded on the meat grinder.

Put water in which the quinces were cooking and sugar in the pot, as much sugar so it sinks and cook like any other sherbet.

Add grounded quinces and keep cooking. When it is half done add chopped walnuts.

Cooking lasts for one hour.

In the meanwhile, prepare oblong ribbed casts, get them wet and pour hot mixture into them.

When kontonjada thickens and forms, and while it is still lukewarm, take it out of casts and left it to cool off. This delicacy is very tasteful and can last for a long time.

Kontonjada is, for this occasion, served in fish like casts

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# Posne gurabije

## Potrebno je:

- ≈ četiri decilitra maslinovog ulja,
- ≈ 400-500 grama šećera,
- ≈ šoljica vode,
- ≈ kora od jednog limuna
- ≈ vanilin šećer,
- ≈ kašičica sode bikarbone i
- ≈ malo više od kilograma brašna.

## PRIPREMA:

Umutiti maslinovo ulje sa šećerom. Dodati jednu šoljicu vode, narendanu koru od jednog velikog limuna, vanilin šećer, kašičicu sode bikarbone i postepeno dodavati brašno (preko kilogram brašna). Kada je tijesto dobro izrađeno razvlači se oklagijom u uske kaiševe debljine dva prsta i reže se na jednake i pravilne komade u obliku romboida. Gurabije se peku u dobro zagrijanoj rerni ali se vodi računa da ne potamne. Kada su pečene, uvaljaju se u šećer pomiješan sa vanilom. Dvi kolači su ukusniji ako dostoje dan-dva.

# Fasting gurabije

## Required:

- ≈ four deciliters of olive oil,
- ≈ 400-500 grams of sugar,
- ≈ cup of water,
- ≈ lemon peel
- ≈ vanilla sugar,
- ≈ coffee spoon of soda and
- ≈ a little bit more than kilogram of flour.

## PREPARATION:

Mix olive oil with sugar. Add one cup of water, grated lemon peel, vanilla sugar, coffee spoon of soda and gradually add flour (a little bit over one kilogram of flour). When the dough is prepared it is stretched with rolling pin in narrow belts of two fingers width and cut into rhomboid shapes. Gurabije are baked in well heated oven and it is necessary to take care for them not to darken. When they are baked, the are rolled in sugar mixed with vanilla. These cookies are more tasteful if they lay for a day or two.

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# Sutlijaš

## Potrebno je:

- ≈ litar mlijeka,
- ≈ šest kašika pirinča,
- ≈ šećer,
- ≈ vanila,
- ≈ cimet,
- ≈ prema želji i ukusu – suvo grožđe, kandirano voće i sl.

## PRIPREMA:

U dublju šerpu sipati mlijeko, pa u hladno mlijeko dodati opran pirinač i komad vanile. Kuvati dok pirinač ne bude mekan (ne smije da se raskuva) i tek tada dodati šećer, prema ukusu. Sutlijaš dobro ohladiti i servirati u posebnim zdjelicama. Prema želji može se pred kraj kuvanja u sutlijaš dodati oprano, omekšalo suvo grožđe ili kandirano voće, a neposredno prije služenja može se posuti cimetom ili preliti voćnim sirupom.

# Sutlijaš (*Rice pudding*)

## Required:

- ≈ liter of milk,
- ≈ six table spoons of rice,
- ≈ sugar,
- ≈ vanilla,
- ≈ cinnamon,
- ≈ according to desire and taste – raisins, candid fruit and similar

## PREPARATION:

Pour milk in deep pot, and then add washed rice in cold milk and a piece of vanilla. Cook it until rice gets soft (it can't overcook) and then add sugar, according to taste. Rice pudding is to be cooled off and served in separate bowls. According to desire, we could add before the end, into rice pudding, washed softened raisins or candid fruit, and immediately before serving sprinkle it with cinnamon or cover it with fruit syrup.





