

MOUNTAIN BREAKFAST - ALL DAY ALONG





**WESTERN SERBIAN
MOUNTAIN
COOKBOOK**

Mountain Cookbook

Publisher: Zlatibor Regional development Agency, Uzice, Serbia

For publisher: Slavko Lukic, director

Editor: Nenad Gladic

Photos: Nikola Ilic (B.C.A. Mozaik)

Concept and design: B.C.A. Mozaik

Editorial staff: The Mona Hotel at Mt.Zlatibor– Marina Markovic Popovic, Zana Zilovic, Miljana Jeremic; The Soko restaurant in Prijepolje – Marko Kijanovic; The IL Padrino restaurant in Prijepolje – Orhan Durakovic; The Blue moon food shop Uzice – Stojanka Otasevic; The association named Sacuvajmo selo (Let's preserve villages) in Priboj– Malina Stanojevic, Nada Nestorovic,Edita Gibanica; Tourism-hospitality school in Cajetina–students: Dragana Spsojevic, Ljubica Bosiljcic, Nikola Popovic, Vidoje Lukovic; The restaurant Krcma na brdu, Sirogojno ; the Zlatibor restaurant in Priboj – Milica and Jagoda Udovicic; Milka Adzic Dragojevic, Uzice;The Konak restaurant in Uzice - Dragan Joksimovic; Ethno park named Terzica avlija in Zlakusa – Gordana Drndarevic; The Palermo restaurant in Uzice– Milja Stankovic; The Zlatar zlatnik hotel, Nova Varos– Mira Mladjenovic, The Panorama hotel, Nova Varos– Milka Botic, Jagoda Saponjic; Biljana Radovic, Snezana Milisavljevic; Silvija Gladic, food stylist

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**Western
Serbian
Mountain
breakfast**
Zlatibor • Tara • Zlatar

TRADITIONAL TASTES FROM THE HEIGHTS

In a country famous for its love to good, local food, Western Serbia stands out as the brightest jewel in the string of Serbian culinary pearls. The recipes in this book have been developed through centuries and are the embodiment of a simple idea - that it is still possible to enjoy traditional dishes made from natural ingredients.

This cookbook is designed within the project MOUNTAIN BREAKFAST which is the hallmark of quality that indicates the geographical origin of the products and services and brings together a number of small producers from the region of Western Serbia, famous for its intact environment, magnificent landscapes and traditional diet.

Cajetina

Cajetina, the municipality with the most beautiful sights in Western Serbia, is nestled in the heart of Mt. Zlatibor. With more than 200 sunny days per year and a unique wind rose which flows over meadows and streams and lush virgin forests, Cajetina is an ideal destination for nature lovers and long mountain walks. And when you lose calories and get hungry, there are numerous places where you can refresh yourself with authentic mountain food.









Zlatibor bread

Ingredients:

400 g white wheat flour

200 g oat flour

50 g oat flakes

3 dl lukewarm water

1 tea spoonful of basil

1 tea spoonful of salt

1/2 tea spoonful of sugar

1 packet of dry yeast

- Dilute the yeast and sugar in the water and
- wait for the yeast to “function”. Put all the other
- ingredients into a mixing dish and stir well.
- Make the dough so as to be smooth and not
- sticky to the dish. If needed, add some water
- or flour in order to get a desired texture. Leave
- it for 1 hour in a warm place, covered, to grow.
- Knead it and shape into a desired form, put it
- in a baking mould and leave for another 30
- minutes to grow.
- Bake it at 200° C for 30-40 minutes, respectively
- till it gets a golden yellow color.
- After baking, cover it with a wet kitchen cloth
- and leave it to get cool.
-





Corn polenta with nettle

Ingredients:

800 g white corn flour

80 g nettle

1 small onion

200 g fresh farm cheese

250 g cream

200 g smoked prosciutto

0.4 dl oil

salt, pepper

- Fry the finely chopped onion in little oil till it softens. Add the washed and finely chopped leaves of the nettle and add salt and pepper. Fry for a couple of minutes. Leave it to cool.
- Put the cheese, 100 g of cream and the nettle into a mixing dish. Stir till it gets unified.
- Make polenta of corn flour. The polenta should not be dense too much, as when it gets cool, it could be shaped.
- Put polenta into a half of an oiled ladle and make a concave form for filling. Put some more polenta over the filling so as to close it and form balls in a ladle. Repeat the procedure till you use all the material. Serve with the remaining polenta and smoked prosciutto.





Zlatibor tea party

Ingredients:

60 g smoked beef prosciutto

60 g smoked pork prosciutto

40 g sausage

40 g cvarci (pork crisps)

40 g bacon

60 g cheese

120 g milk cream

- **Zlatibor smoked prosciutto**
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- Prosciutto is not meant for eating to become full.
- It's meant to be eaten slowly and not much! In other words, the pleasure! Best is with plum brandy, in particular from Uzice region, of course, cold.
- Prosciutto is cut to be as thin as a leaf! But not too thin because then the guests think you're a miser!
- Don't spoil the taste of prosciutto by adding ketchup and mayonnaise. It goes best with old farm cheese, preferably Zlatar or Sjenica ripe farm cheese made of whole milk. Snack is only full when you add pork crisps! Serve with some of the local sorts of breads.
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Thick soup made of pumpkin and mushrooms growing in beech tree forests

Ingredients:

1 piece of onion

2 cloves of garlic

100 g mushrooms

100 g pumpkin

100 g bukovaca mushrooms
(a type growing in beech tree
forests, in Latin: Pleurotus
Ostreatus)

40 g cream

2 soup spoonfuls of oil

1 l water

Add salt, pepper, nutmeg,
cinnamon, as you like

- Warm the oil in a pan of an adequate size and fry the finely chopped onion, garlic and grated pumpkin till all soften. Then add cleaned and chopped mushrooms. Continue frying with stirring for several more minutes. Add spices.
- Add water and after it starts boiling, cook for another couple of minutes.
- Mix the soup with a rod mixer until a compact creamed texture is obtained.
- Serve with cream.





Salad with red beet and carrot

Ingredients:

300 g carrot

300 g red beet

2 cloves of garlic

several leaves of fresh mint

oil

salt

pepper

vinegar made of plums

- Grate the raw carrots and beets. Add finely
- chopped garlic and several leaves of fresh mint.
- Stir well and add oil, plum vinegar, salt, pepper.
- Serve with fresh mint decorations.







Cabbage rolls with mushrooms growing in pine tree forests

Ingredients:

12 leaves of sauerkraut

1 piece of onion

2 cloves of garlic

40 g carrot

400 g borovnjaca mushrooms (a

type growing in pine tree forests,

in Latin: Suillus Granulatus))

80 g rice

0.5 dl oil

Salt, pepper, thyme

1 tea spoonful of red dry ground

paprika

a laurel leaf

water

Fry the finely chopped onion and garlic in a frying pan with little oil. When soft, add the rice. Add a little water and simmer for about 10 minutes. Then add finely chopped mushrooms. Stir well and simmer for several more minutes. Add spices as you like. Put the filling in sauerkraut leaves and make rolls.

Place the rolls into an oiled pan of an adequate size, add the water, add a laurel leaf and cook till the sauerkraut gets softened.

Serve with yogurt, optionally.





Pie with prunes and cheese

Ingredients

300 g semi-dry sheets of dough
for a pie

400 g fresh farm, unsalted cheese

200 g prunes

2 eggs + 1 for a finishing layer of
the pie

1 dl oil

100 g sour milk

40 g semolina

1 pack of baking powder

50 g walnuts

120 g honey + dressing when
served

Filling:

Chop the prunes and nuts into small pieces. Put eggs, cheese, sour milk, nuts, prunes and honey into a mixing dish. Stir well and the baking powder and add semolina in the end.

Take 2 dough sheets and put some oil on them. Distribute the filling evenly over the whole dough sheet. Make a roll. Put it into an oiled baking mould.

Repeat the process until you use all the dough sheets and filling. Optionally, prior to baking, spread a scrambled egg over the pie.

Bake at 180° C until the pie gets a golden yellow color. Leave it to cool and serve it with honey dressing.

Honey

Clean and intact nature, far from any pollution, forests and meadows of Mt. Zlatibor, Tara, Golija, Zlatar and Mokra Gora, are a unique treasure trove of different plant species. Mountain meadows with different flowers and medicinal herbs are ideal for bee feeding and the production of mountain honey, royal jelly and propolis! Mountain honey from this area is excellent and healing.

Uzice

Uzice is a city that combines the past and modern: the medieval fortress called the Old town, some steep streets and high skyscrapers, the old churches, massive buildings constructed before World war II, new buildings of colored facades. It used to have the name after late Yugoslav president Tito; it was the developed industrial town of pride and the town of old inns; Uzice city has been transformed into a regional, educational, cultural and industrial center of the Zlatibor Region. It is the town famous for Uzice cream, cheese and smoked beef and pork prosciutto, plum brandy and a flat bread bun (the bun with cream, egg and roast meat gravy). To get to know Uzice, it means to walk along its streets, talk with hospitable and witty citizens called Eras and sit in one of many restaurants where you will discover the specific culinary delights of this unique city.









Bread and pastry with pumpkin

Ingredients:

300g pumpkin

1/2 kg flour, semi-white type 500
or other,

1 packet of yeast

100 g butter

1 teaspoonful of sugar

1 teaspoonful of salt

- Clean the pumpkin and chop it into cubes, cook in salted boiling water, drain and mash.
- Put the yeast into 2 dl of lukewarm water with a teaspoonful of sugar and leave it in a warm place to start fermentation. Make the dough of flour, fermented yeast and mashed pumpkin. If needed, add some water or flour (depending on how much the pumpkin is drained), but the dough should not be hard. In the end, mix the salt and melted butter and knead the dough well. Put it into a bigger dish, cover with a kitchen cloth and leave overnight in a warm place. In the morning, knead it, form the bread or smaller loaves, rolls, and leave them in a well oiled baking mould (or on baking paper in the baking mould) in a warm place to grow. Bake in a previously heated oven, firstly at 250° C for about 10 minutes, and then at 200° C till the end of baking.





Uzice flat bread bun

Ingredients:

400 g white wheat flour

1 pack of dry yeast

1 teaspoonful of salt

1 teaspoonful of sugar

3.5 dl lukewarm water

3 soup spoonfuls of oil

The filling:

200 g ripe milk cream

4 eggs

2 dl roast meat gravy

Preparation of a flat bread bun:

Put the flour, sugar, salt and yeast into a mixing dish. Stir well. Add the water, oil and make the dough. The dough should be soft but not sticky to hands and the dish.

Divide the dough into 4 pieces and flatten each to the thickness of 1.5 cm. Sprinkle flour over each flattened piece of the dough (to avoid foil sticking), put it into a baking mould and cover with a foil. Leave it to grow in a warm place for at least 1 h. Bake at 200° C for 20 minutes, respectively until it gets a golden yellow color. Leave it to cool, covered with a wet kitchen cloth.

Preparation of the complete flat bun

Cut off the upper part or cover of a bun.

Put a soup spoonful of cream and one egg into the low part of bun. Use a fork to mix the cream and egg so as to make a compact filling. Bake the flat bun low part stuffed with the filling in the oven at 200° C so as to bake the filling, while the bun cover is to be warmed only. Take it out of the oven, pour the warm roast meat gravy into it and use a fork to mix slightly. Then put the warm bun cover on the baked stuffed bun.





Pie with cvarci (pork crisps) and baked paprika stuffed with cheese

Ingredients:

Pie

200 g yellow corn flow

100 g white wheat flour

2 eggs

3 soup spoonfuls of oil

200 g ripe cow milk cheese

100 g cvarci (pork crisps)

2 dl milk

water

salt

- Make the dough of the above ingredients and
- put it into a baking mould. Bake at 200° C till
- it gets golden yellow color.
- Leave to cool a bit prior to serving.

Paprika with cheese

Ingredients:

- 4 red long paprikas
- 200 g mature cheese made of cow milk
- 2 eggs
- Bake the paprikas on top of the stove. Peel off
- the skin and eliminate seeds. Stuff the paprikas
- with the filling made of cheese and eggs. Bake
- in the oven at 180° C for 10 minutes.
- Serve with the pie.

Dairy products

The best and most delicious dairy products are made of milk from mountainous regions. Cheese and cream from Zlatibor region are famous and of top quality among dairy products.





Uzice false thick soup

Ingredients

1 piece of onion
1 carrot of a medium size
1/2 parsnip root
150 g cauliflower
150 g broccoli
150 g celery root
2 soup spoonfuls of oil
salt and pepper, laurel leaf
1 l water

· Fry in oil the finely chopped onion, celery,
· parsnip and carrot till they get soft. Add water
· and the rest of vegetables. Add spices, leave it to
· start boiling and cook for another 20 minutes
· at a low temperature.
· Serve while hot.





Lettuce with sour milk

Ingredients:

1 head of lettuce
50 g walnuts
2 dl sour milk
several leaves of wild garlic
1 bundle of green or spring
onion
salt, vinegar, oil
1 tea spoonful of fennel

Preparation

Wash the lettuce, let it dry a bit and tear into pieces, mix it with the chopped wild garlic leaves, green onion and coarsely ground walnuts.
Add oil, vinegar and salt, and mix well.
Pour sour milk over it before serving.





Stuffed zucchini

Ingredients:

4 zucchinis of a medium size

100 g boiled wheat

200 g mince meat

1 piece of onion

1 small, finely chopped carrot

salt, pepper, dry basil

oil

100 g grated caciocavallo cheese

- Fry the onion and carrot in little oil till they
- soften. Add the mince meat and fry till the
- meat is completely fried. Then add the boiled
- wheat. Stir.
- Cut the zucchinis alongside into halves and
- make them a bit hollowed inside.
- Put the filling into the concaved zucchinis.
- Bake a little in the oven at 180° C for about 15-
- 20 minutes in order to have the zucchinis soft.
- Sprinkle with the grated caciocavallo cheese
- prior to the baking end.
- Serve while hot.





Uzice apples in a cake

Ingredients:

7 skin peeled off and hollowed
apples

150 g walnuts

100 g prunes

2 soup spoonfuls of honey

Cake:

4 eggs

4 soup spoonfuls of sugar

4 soup spoonfuls of flour

4 soup spoonfuls of milk

4 soup spoonfuls of oil

1 pack of baking powder

- Mix the ground walnuts, finely chopped prunes and honey and fill the apples with the stuff.
- Bake the stuffed apples in the oven at 180° C to soften.
- Use the mixer to beat the egg whites, add the sugar and continue mixing, add the egg yellows, milk and oil and finally add the flour together with the baking powder. The mass should be compact and dense.
- Pour the cake mass over the apples baked in the baking mould. Bake in the oven at 200° C for 20 minutes. Check with a toothpick if the cake is baked sufficiently. Leave it to cool before serving covered with honey or apple syrup..

Prijepolje

Prijepolje area combines the beauty of the nature with the beauty created by men. The Sopotnica river waterfalls collapse from the cliffs near Mt. Kamena Gora, there are villages- air spas , perhaps with most people of the longest age (around a century) in Serbia. The Milesevka magnificent gorge hides a monastery of the same name that with its frescoes represents the highest achievements of the medieval art. And once you taste the wonderful food specialties of Prijepolje, you will perhaps never wish to return to modern times, city crowds and stress.







Mountain bread

Ingredients:

300 g wheat flour

100 g corn flour

100 g buckwheat flour

1/2 tea spoonful of salt

1 tea spoonful of soda

200 g milk cream

3 dl water

- Make the dense dough using all the above
- ingredients except for the cream. Divide the
- dough into two parts. Spread one part on the
- bottom of the baking mould and bake it a bit in
- the oven at 200° C to get it crunchy a bit.
- Take it out of the oven and coat with 100 g of
- cream and cover with another spread half of
- the dough. Put it back in the oven and bake it
- until it gets a yellow brownish color. At the end
- of baking, put a layer of the remaining cream
- over it, and put back to the oven for the cream
- to melt.
- Serve while it is warm.
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Doughnuts

Ingredients:

100 g wheat flour

100 g buckwheat flour

2 eggs

1/2 pack of yeast

1/2 spoonful of salt

1/2 spoonful of sugar

1 dl water



Make the very soft dough using all the above ingredients. Leave it covered in a warm place to grow for at least 1 h.

Doughnuts are formed by taking a bit of dough with an oiled teaspoon and putting it into a very hot oil or grease. They are fried till they get yellow-brownish color.

One can eat them with cheese, cream and smoked meat or as sweets by putting a fruit stew dressing over them, honey or home made jam.





„Kljukusa” pancakes

Ingredients:

1 piece of onion

5 potatoes of a medium size

2 eggs

1 soup spoonful of flour

1 tea spoonful of salt

1/2 tea spoonful of dry rosemary

0.5 dl oil

Grate the potatoes, chop the onion, add the eggs, flour, salt, oil and rosemary. Mix.

Pour the mass into an oiled baking mould by making “pancakes” of 10cm in diameter. Bake them in the oven till they get yellow brownish.

When they are all complete, make “sandwiches” with cream, cheese, smoked meat and yogurt.





„Cicvara” polenta with mushroom dressing

Ingredients:

Cicvara polenta :

200 g milk cream

200 g cheese

300 g flour

1 dl water

Sauce(dressing):

100 g boletus mushrooms

100 g chanterelles mushrooms

100 g mushroom called black trumpet because of its shape (in

Latin: Craterellus cornucopioides)

1 piece of onion

200 g home made sour cream

3 soup spoonfuls of oil

Cicvara polenta:

- Mix the milk cream, cheese and water and boil
- them all a bit. Add the flour gradually little
- by little with constant stirring until the mass
- becomes dense.

• Sauce (dressing):

- Fry the onion in hot oil, add the above
- mushrooms and simmer. In the end add the
- home made sour cream. Cover the ready made
- dish with the dressing.

• Serve warm.





Mower's pottage made of dock

Ingredients:

1 piece of onion

1 carrot

100 g dock (edible weed)

1 egg

1 l water

2 soup spoonfuls of milk cream or

100 g of cheese.

salt, pepper, fennel

Fry the onion and carrot till they soften. Pour water, add chopped dock and spices and when it starts boiling, cook it for several minutes at a low temperature. Then add an egg scrambled with milk cream (cheese). Cook for another 1-2 minutes.

Serve warm with mountain bread.





Fresh wild garlic

Ingredients:

2 bunches of green wild garlic
(200 g)

2 dl of yogurt or sour milk

100 g cottage goat milk cheese

Salt, pepper

thyme

honey (optional)

50 g walnuts

Wash the green wild garlic and tear the leaves (do not cut). Put over it the yogurt mixed with cottage cheese. Add salt, pepper and thyme. Optionally, add some honey into the dressing.





„Gurabije” cookies with apple syrup called „sita”

Ingredients:

500 flour

2 eggs

1 pack of baking powder

1 dl oil

a pinch of soda

200 g sugar

1.5 dl yogurt or sour milk

100 g apple syrup + for dressing

- Make the dough of all the above ingredients. It should be elastic and not sticky to hands. Add some more flour if needed.
- Make about 50 balls from the dough. Flatten each ball to be 1 cm thick. Dent a lump of sugar into each. Put them in a baking mould and pour the apple syrup over them.
- Bake them at 180° C till they become yellow brownish.
- Leave them to cool and pour some more apple syrup on the biscuits before serving. They can be also served as biscuits with coffee or tea.

„Sita”

Fruit honey (syrup) obtained from pure fruit juice without additives.

This delicacy is made from the juice of apples or pears. It is used in diet as a dessert after a meal or diluted with water as a refreshing drink. Regulates cholesterol levels and may be used by diabetics.

Priboj

Priboj is located along the banks of the crystal clear Lim river, in the shade of conifers and mountains, under the watchful auspices of the ancient monastery called Banja (Spa). Numerous hot springs and healing waters give this whole area the healing characteristics for both body and soul. Priboj town, during the decades of hospitality tradition, has developed numerous catering facilities, a high professionalism of staff and a unique hospitality so that visitors to this area will always feel like dear guests who are offered the best delicacies by their hosts.









Bread with buckwheat

Buckwheat

Grain and buckwheat flour and products made from them are recommended as a healthy food, special nutritional and medicinal properties. Of more specialties distilled from buckwheat flour, a special place on the menu of our region occupies goldsmith cheese pie. Exceptional specialty that should definitely try!

Ingredients:

450 g white wheat flour

150 g buckwheat integral flour

30 g pumpkin seeds

1 pack of dry yeast

4 dl lukewarm water

2 tea spoonfuls of oil

1 tea spoonful of salt

1/2 tea spoonful of sugar

1 tea spoonful of thyme

- Dilute the yeast and sugar in lukewarm water
- and wait for the yeast to ferment. Add the oil.
- Put all the other ingredients in the mixing
- bowl and stir well.
- Make the dough soft and not sticky to the
- bowl. If needed, add some water or flour to get
- a desired texture.
- Make the form you like and put it in a baking
- mould to grow in a warm place at least for 1 h.
- Bake at 200° C for 30-40 minutes, i.e. until it
- gets a golden yellow color. After baking, cover
- it with a wet kitchen cloth and leave it to cool.
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Polenta with potato

Ingredients:

800 g potatoes with skin peeled off.

300 g white wheat flour

salt and water

Cook the potatoes in salted water to half. Do not drain the water but pour in the flour along the rim of the pan. Cook for another 10 minutes until the potatoes get fully cooked. The water from the pan middle will boil and thus cook the flour. Move the pan from the cooker and stir till you get a compact mass without balls. Serve warm together with cheese, milk cream, mushroom sauce.





„Kolopitnjak” pastry

Ingredients:

1/2 l milk

2 eggs

1.5 kg flour

1 pack of baking powder

Filling :

200 g milk cow mature cheese

100 g milk cream

2 dl sour milk

- Make the soft dough of all the above mentioned
- ingredients.
- Make the filling from the above filling
- ingredients.
- Divide the dough into 4 pieces and use a rolling
- pin to flatten each piece to a 30 cm diameter
- circle.
- Cover the flattened dough with the filling and
- make a “packet” of it.
- Place the dough packets into a baking tray
- with joints on the bottom side. Coat each
- dough packet with oil before baking.
- Bake at 200° C for 20-30 minutes, resp. till the
- pieces get a golden yellow color.
- Leave it to cool a bit before serving.





Cabbage pottage

Ingredients:

200 g sauerkraut cut into narrow strips

100 g cooked potatoes

1 l water

2 soup spoonfuls of oil

1 piece of onion

1 tea spoonful of red dry ground paprika, not hot

Salt and pepper, a laurel leaf

Pour some oil and heat it well in the pan of an adequate size. Fry the finely chopped onion till it softens. Add the sauerkraut in the pan and cover it with water. Add spices.

When it starts boiling, lower the temperature and cook until the sauerkraut softens. Add the potatoes prior to the end of cooking.

Optionally, serve this dish with milk cream or yogurt.





„Ceske” dish with chicken meat

Ingredients:

300 g barley

300 g drumsticks without bones

water

salt

milk cream

Wash the barley and leave it to soften in water for 1 h.

Place the meat pieces on the bottom of a high pan. Put the softened barley over the meat and pour water so as to cover the mass.

Cook at a low temperature without stirring. Pay attention so as to always have enough water in the pan, so add water if needed. Cook until the barley is completely softened. Add some salt prior to the end of cooking.

Take the pan away from the cooker and stir with a wooden spoon till the meat and barley are united into a compact mash. While stirring, the chicken skin will float and it should be eliminated.

Serve warm together with milk cream or butter.





Salad made of poached sauerkraut

Ingredients:

400 g sauerkraut

oil

vinegar

salt

garlic

- Poach the sauerkraut in a boiling water for several minutes. Drain water, add the above spices and leave it to cool.





„Urmasice” cookies

Ingredients:

Dough:

150 g sugar

2 dl oil

500 g flour

1 pack of baking powder

50 g walnuts

Syrup:

700 g sugar

1/2 l water

Make the dough from all the above dough ingredients to be soft and not sticky. If needed, add some more flour.

Make balls from the dough of a walnut size. Insert a half of walnut into each ball and make a proper form with hands.

Optionally, you can make a pattern with a fork on a top surface. Place them on a baking tray and bake at 200° C till they get a nice golden yellow color.

While the cookies are baked, make a syrup of the sugar and water in a pan. Optionally you can add several drops of lemon juice.

While the cookies are warm, pour the syrup over them and leave them to cool.

Nova Varos

The nature at Mt. Zlatar is like a way back in time, when Nova Varos was really new. Because the whole area looks like being trapped in the amber of past times - the air here is still very pleasant and healing, the forests are powerful and fragrant while the streams and springs are crystal clear. A griffon vulture, a bird that does not live in the polluted environment, flies only in the sky above Mt. Zlatar. At this golden mountain everyone can find peace and enjoyment, and the food made here is all natural: national dishes are made in the open fire or in a baking oven, according to the centuries old tradition recipes given to us by our grandmothers.









Bread made of spelt, buckwheat and rye

Ingredients:

100 g white wheat flour

100 g rye flour

100 g buckwheat flour

300 g spelt flour

1 tea spoonful of salt

1 tea spoonful of dry nettle

1/2 tea spoonful of sugar

1 pack of dry yeast

4 dl lukewarm water

1 tea spoonful of dry basil

- Dilute the yeast and sugar in the water and wait for the yeast to ferment.
- Put all the remaining ingredients into a mixing bowl and mix well. Make the dough to be soft and not to stick to the bowl. If needed, add some water or wheat flour in order to get a desired texture. Shape the dough and put it into a baking mould to grow in a warm place at least for 1 h.
- Bake at 200° C for 30-40 minutes, respectively until it gets a golden yellowish color.
- After baking, cover it with a wet kitchen cloth and leave it to get cool.
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Zlatar buckwheat pie

Ingredients :

For pancakes:

300 g white wheat flour

300 g integral buckwheat flour

1 tea spoonful of salt

0.3 dl oil

water

For the filling:

300 g cottage cheese

2 eggs

100 g milk cream

2 dl sour milk

100 g blanched finely chopped

dock (nettle, spinach, chard)

Salt, pepper, basil

Make the stuffing by mixing well all the above ingredients. Cheese should preserve its small balls. Add spices. Make the mass for pancakes to be somewhat denser than the usual composition for pancakes. From this mass you will get more pancakes than you need for the pie so the extra quantity of pancakes can be used as dessert by filling them with home made jam, honey or apple syrup.

Put some oil in a round baking mould and start with layering. The first layer should be a pancake. Coat it with the filling and then place another pancake. Continue this process till you use all the filling. The last layer of the pie should be the filling.

You can cut the pie prior to baking, or after.

Bake at 180° C for about 20-30 minutes until the pie gets a yellow brownish color.

Serve warm or cold with sour milk or yogurt.





„Fish” pastry

Ingredients:

500 g white flour

250 ml lukewarm water

1 tea spoonful of salt

1.5 dl oil

500 ml sour milk or yogurt

5 cloves of finely chopped garlic

Make the dough to be soft and not sticky to hands.

- Divide into 5 pieces and leave them for 30 minutes, covered with a wet kitchen cloth.
- Use the rolling pin to flatten each dough piece like sheets for a pie. Sprinkle each dough sheet with oil and roll as you do for a pie. Place it in an oiled baking mould. Repeat the procedure with the remaining dough pieces. Coat it all with oil once again. Cut the rolled pies in cubes of a mouthful size.
- Bake in the oven at 200° C for 30 minutes, i.e. till it gets a yellow brownish color. Optionally, immediately after baking, you can pour the sour milk spiced with garlic. You can also add the dressing when serving.
- Serve warm.





Pottage made of nettle

Ingredients:

1 piece of onion

150 g beech forest mushrooms

200 g grated pumpkin

150 g nettle leaves

2 cloves of garlic

Salt, pepper

2 soup spoonfuls of oil

1 l water

Fry the finely chopped onion, garlic and grated pumpkin in oil in a pan of adequate size. When the pumpkin gets soft, add the finely chopped mushrooms and nettle. Add the water and spices. When it starts boiling, cook for another 5 minutes.





Veal cooked covered with a paper sack

Ingredients

1 kg veal from shoulder
400 g potatoes
2 pieces of onion
3 carrots
1 small celery root
1 parsley root
1 parsnip root
water
1 dl oil
salt, pepper, dry basil, a laurel leaf

Pour half of the oil quantity in a pot and add the onion cut into slices by covering the bottom.
Peel off the potato skin, cut the potatoes into fourths and place them in the pan over the onion. Cut the meat into pieces of 2x2 cm and put salt and pepper. Put the meat pieces over the potatoes. Cut the different vegetable roots into pieces similar to the size of meat pieces, mix them and put over the meat. Add some more salt, pepper, dry basil and a laurel leaf. Add the rest of oil and pour water so that only onion and potatoes are in water.
Cover the pot with a wrapping paper and tie it with a piece of string (like a jar for the winter stores). Cook at a moderate temperature until it starts boiling. Then lower the temperature to the minimum and leave it to cook for 1.5 h. Serve warm with milk cream.





Salad made of fresh grated apples, beets and carrots

Ingredients:

150 g skin peeled off apples

100 g fresh beet

100 g fresh carrots

Apple vinegar

Salt, pepper, fresh mint

- Grate the apples and vegetables separately into
- coarse pieces. Put salt, pepper and vinegar into
- the vegetables. Add vinegar and mint to the
- grated apples.
- Serve the salad in layers.
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Baked pancakes made of buckwheat with home made jam

Home made jam

Have you forgotten the long
piece of homemade bread
covered with jam from plums?

Just such a jam that has
traditionally baked in large
pots, without adding sugar and
preservatives, with prolonged
cooking / baking, you can find
it with us!

Ingredients :

12 pancakes made according
to your own, usual recipe, just
substitute 1/3 of wheat flour with
buckwheat flour

Filling:

200 g unsalted, new cheese
1 egg
5 soup spoonfuls of home made
plum jam
100 g coarse ground walnuts
2 dl sour milk
2 soup spoonfuls of spelt flour
120 g butter

Make the filling by using all the above ingredients
except for the butter. Coat each pancake evenly
with the filling, make rolls and bend each roll
in a circular form like a snail's house, place it
in a well oiled muffin mould and put a piece of
butter (10 g) on each.

Bake in the oven at 180° C for 20-25 minutes till
the pancakes get a nice brownish color.

Serve the warm pancakes, topped with honey,
apple syrup or jam.





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