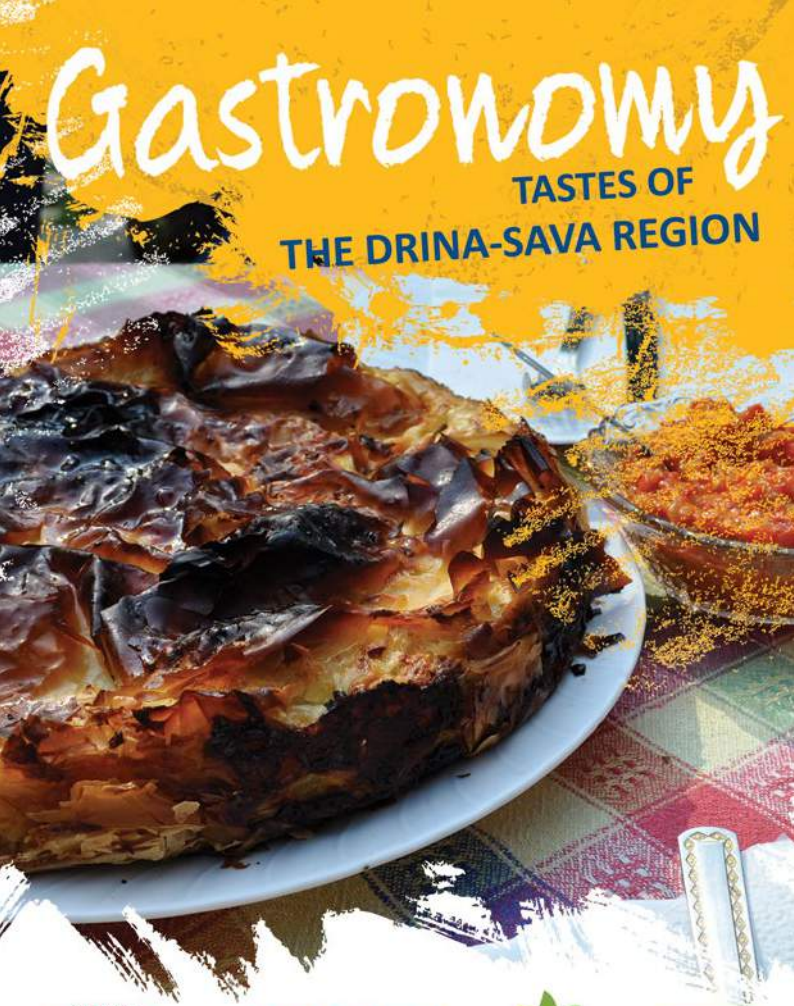
Gastronomy

TASTES OF THE DRINA-SAVA REGION



South Eastern Europe
SWG RRD
Regional Rural Development Standing Working Group

ABD PROGRAMME
Area Based Development Programme in the Western Balkan countries

DRINA-SAVA
CROSS-BORDER REGION

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Centuries of living on fertile lands, traditional food production and skills in its preparation make every corner of this region unique and tasteful in a special manner. The inhabitants of this region are proud of their cuisine and its regional variations, and are happy to let the visitors feel the tastes of this area.

The cuisine of the Drina-Sava region uses many spices, but usually in moderate quantities. Most dishes are light, as they are cooked in lots of water; the sauces are fully natural, consisting of little more than the natural juices of the vegetables in the dish. Typical ingredients include tomatoes, potatoes, onions, garlic, bell peppers, cucumbers, carrots, cabbage, mushrooms, spinach, dried and fresh beans, plums, milk, paprika and cream called pavlaka and kajmak, pickled vegetables, dairy products and smoked meats. Typical meat dishes include primarily beef, pork and lamb.

The following pages provide a list and descriptions of the region's products and dishes, but also gives you some recipes that will enable you taste the Drina-Sava region in the warmth of your home.

ĆEVAPI

Grilled minced meat, a type of kebab. Usually served 5-10 pieces on a plate or in a flatbread (lepinje or somun), often with chopped onions, sour cream, kajmak, ajvar, cottage cheese, minced red pepper and salt. Bosnian ćevapi are made from two types of minced beef meat, hand mixed and formed with a funnel, while formed ćevapi are grilled. Serb ćevapčići are made of either beef, lamb, pork or mixed.

Sogan-Dolma

STUFFED ONIONS

Sogan-dolma (meaning stuffed onions in Turkish (soğan dolması))
A traditional Bosnian dish, considered the specialty of Mostar. Ingredients include onions, minced beef, rice, oil, tomato purée, paprika, vinegar or sour cream, dense natural yogurt, black pepper, salt and spices.

SARMA

Minced meat (and rice) rolled in sour cabbage leaves or grape leaves. It is one of the most loved dishes for the most experienced gourmets.

Meat under SAČ

Meat under sač (meso ispod sača) – traditionally cooked meat (lamb, veal, or goat) under a metal, ceramic, or earthenware lid on which hot coals and ashes are heaped.

BUREK

A meat-filled flaky pastry, traditionally rolled in a spiral and cut into sections for serving. The same dish filled with cottage cheese is called sirnica, one with spinach and cheese zeljanica, and one with potatoes krompiruša. All these varieties are generically referred to as pita.

Tarhana

Dried food based on a fermented mixture of grain and yoghurt or fermented milk, usually made into a thick soup with water, stock, or milk. Tarhana is very similar to some kinds of kishk.

KAČAMAK and cicvara

Kačamak and Cicvara - types of polenta prepared by boiling the mixture of corn flour (and cheese) until it is thick. Finishing and serving the meal depends on the taste, so you will decide whether to mash while still on fire, eat with sour milk, cheese or bacon.

Proja - a Serbian dish made of corn flour, baking powder, oil, mineral water and salt. Cheese or yoghurt can be added for richer taste. Proja can replace bread, but can also be eaten as a dish itself.

Sudžuk

Ground meat (usually beef) with various spices including cumin, sumac, garlic, salt and red pepper, fed into a sausage casing and allowed to dry for several weeks. It can be more or less spicy; it is fairly salty and has a high fat content.

Karađorđeva Šnicla

Karađorđeva šnicla (Karađorđe's Steak) - breaded rolled deep fried steak stuffed with kajmak (and occasionally sliced ham and cheese).

Gulaš (Goulash) - a soup or stew of meat, noodles and vegetables, seasoned with paprika and other spices

Sataraš - light stew made of paprika, tomatoes, onions and condiments

Grah - bean stew (often done as 'grah sa zeljem' - with sauerkraut, or 'grah sa kiselom repom' - with pickled turnip strings)

Krvavice (čurke) - blood sausages, sausages made by cooking blood or dried blood with a filler until it is thick enough to congeal when cooled.

Čvarci - a variant of pork rinds. They are a kind of pork 'crisps', with fat thermally extracted from the lard.

Kulen

Kulen (Kulin) - spicy pork sausage made of minced meatand traditionally produced in Croatia (Slavonia) and Serbia (Vojvodina).

The meat is low-fat, rather brittle and dense. Red paprika gives it aroma and color, and garlic adds spice. The pieces of kulen are smoked for several months, and later air-dried.

Riblji paprikaš (Fish Stew) - also called fiš-paprikaš. Fish soup is a usually a warm food made by combining fish or seafood with vegetables and stock, juice, water, or another liquid. Hot soups are additionally characterized by boiling solid ingredients in liquids in a pot until the flavors are extracted, forming a broth.

Baklava

Baklava - a rich, sweet pastry made of layers of filo pastry filled with chopped nuts and sweetened with syrup or honey.

Uštipci, also called Uštipke - doughnut-like balls that can be either neutral, salty or sweet. In restaurants they might come with jam, kajmak or with cheese thus fulfilling the role of breakfast staple or desert or even a main course. They can also have other ingredients in them which most commonly are apple, pumpkin, but and even meat and cheese are possibilities.

Šampita - a well-known whipped marshmallow-type dessert with fillo dough crust.

Hurmašice - a date-shaped Bosnian pastry drenched in a sweet syrup. The necessary ingredients for this dessert are plain flour, butter, eggs, milk or yoghurt, sugar, honey, water, lemon juice, walnuts and vanilla sugar.

Rakija - a popular alcoholic beverage in Southeast Europe produced by distillation of fermented fruit. The alcohol content of rakija is normally 40% ABV, but home-produced rakia can be stronger (typically 50% to 60%). Common flavours are šlivovica, produced from plums, kajsija, produced from apricots, or grozdova/lozova, produced from grapes. Fruit less commonly used are peaches, apples, pears, cherries, figs, blackberries, and quince.

Kulen

Ingredients:

1) best quality meat from chops (shoulder, ham and meat of pork neck), 10 kg
2) hard bacon (optional, up to 20% of the meat quantity)
3) hot pepper, 15 g
4) sweet pepper, 15 g
5) garlic, 10g (puréed; put in warm water)
6) salt
7) pepper
8) intestines

Preparation:

Cut half of the overall meat quantity into cubes (size of 5-10 mm), and grind the second part (8-10 mm). Chop the bacon into cubes (5-10 mm), mix everything together and add spices. Stirr the mixture on each side for 20 times and, if possible, leave for 2 days. Prepare the intestines (1.5 to 5 kg) for stuffing them with the mixture. Wash them thoroughly in water with a bit of red onion (the outside of the inside and outside to inside). When filling, kulen mixture should always be compacted. Smoke the kulen for 15-30 days when the temperature is above 0 ° C. If the temperature is below 0 ° C, do not smoke, just leave it to the draft.

ĆEVAPI

Ingredients:
1) 500g ground beef chuck
2) 250g ground lamb
3) 1 clove garlic, finely chopped
4) 1/2 cup finely chopped onions
5) 1 teaspoon salt
6) Finely chopped onions, for garnish

Preparation:
Mix together beef, lamb, garlic, 1/2 cup chopped onions and salt until thoroughly combined. Roll meat mixture into a long, 3/4-inch cylinder. Cut links at 4-inch intervals. Place on plastic wrap-lined plate, cover with more plastic wrap and refrigerate for 1 hour to firm. Note: Sausages can be frozen at this point. When ready to use, thaw or cook from the frozen state.

Broil ćevapi on a charcoal grill or a preheated oven broiler rack coated with cooking spray 4 to 6 inches from flame, 4 minutes per side or until no longer pink in the middle. They can also be pan fried in a large skillet coated with cooking spray over high heat for a total of about 8 minutes, turning frequently to brown all sides.

BUREK

Ingredients:
1) 250g of ground beef chuck
2) 250g of ground lean por (if desired, eliminate the pork and use more beef and lamb)
3) 250g ground lean lamb
4) 1 large finely chopped onion
5) 1 finely chopped garlic clove
6) 2 teaspoons salt
7) Pepper to taste
8) 1 (500g) package thawed filo dough
Vegetable, sunflower or pumpkin oil
9) 4 large beaten eggs
10) 1/4 cup oil
11) 1 1/2 cups soda water

Preparation:
Cook the meats, onion and garlic in a large skillet until meat is no longer pink and onions are translucent. Drain in a colander. Return to pan and mix with salt and pepper. Let cool to room temperature.

Separate filo dough into 3 piles (about 9 sheets each) and keep covered. Heat oven to 250^{0}C. Lightly coat a 13x9-inch pan with cooking spray. Lay down 3 sheets of filo dough and lightly brush with oil. Repeat two more times until you've used one pile of filo. Spread half the meat mixture on. Then lay down 3 sheets of filo dough from the second pile and lightly brush with oil. Repeat two more times until you've used the second pile of filo. Spread with remaining meat mixture. Then, using the last pile of filo dough, lay down 3 sheets at a time, brushing lightly with oil, until the pile is finished.

Tuck any straggly ends down the sides of the pan and, using a sawing motion and a serrated knife, cut the burek to the bottom into 12 slices.

In a medium bowl, mix together the eggs and oil. Add sparkling water and mix slightly. Pour over the burek and let sit for 2 minutes. Bake 45 minutes to 1 hour or until golden brown. Let cool in the pan for 15 minutes or so before serving.

Karađorđeva šnicla
Karađorđe's Steak

Ingredients:
500 g boneless pork steaks,
150 g kajmak (Serbian creamy dairy product) – you can use some cream cheese instead,
2 eggs,
flour,
bread crumbs,
salt.

Preparation:
Pound pork steaks untill they are thin and soft and on each steak put a little kajmak (or cream cheese). Wrap the meat into the rolls and secure each piece with a toothpick.
Coat the steaks in the flour, then dip them into beaten eggs and finally roll in bread crumbs. Fry in hot oil untill golden yellow.

Sarma

Ingredients

1) oil
2) large onion
3) 4 garlic cloves
4) 3–4 slices of bacon
5) 500 g beef mince
6) 500 g pork mince
7) sweet paprika powder
8) salt and pepper
9) 1 cup of white rice, rinsed
10) 6 bay leaves
12) large leaves of sour pickled cabbage,
plus 1–2 large leaves extra, to line saucepan
13) 1 kg smoked pork ribs

Preparation

Heat small amount of oil in a deep pot. Add the onion, garlic and chopped bacon and fry until onion is translucent. Then add the beef and pork mince, paprika and salt and pepper. Mix together thoroughly and cook for about 30 minutes or until the moisture evaporates. Rinse the rice in cold water and add to meat mixture along with the bay leaves.

Take the sour cabbage leaves and wash them thoroughly to remove any excess salt. Trim any hard bits of stem and cut in half. Smaller leaves can be left whole. Place a spoonful of the meat mixture onto each individual cabbage leaf and roll it up, tucking the ends in so that the filling is secure. Lay a couple of large outer leaves on the base of a deep greased pot, then begin packing the cabbage rolls on across the top.

In between each layer of cabbage rolls place pieces of the chopped pork ribs. When pot is completely filled with the cabbage rolls, pour in water to fill up the pot. Then finally place on top some individual layers of sour cabbage leaves to cover all the cabbage rolls. Place tight fitting lid on top and cook on stove top for about one hour. They can be left to rest while extra seasoning is prepared as the final touch.

This recipe can be made with fresh cabbage leaves. Blanche the leaves in salted water to soften them before using.

Šampita

Ingredients:
1 (1/2 kg) package frozen puff pastry, thawed
8 large egg whites
1 1/3 cups sugar
2 1/2 cups water
Confectioners' sugar

Preparation:
Heat oven to 150^{0}C. On a parchment-lined baking sheet, sandwich a puff pastry sheet, that has been pierced throughout with a fork, between two cooling racks. This will keep the pastry flat but still flaky. Bake for 15 minutes or until golden. Cool completely. Repeat with second puff pastry sheet. Let cool completely.

To make the meringue filling: In a medium saucepan, boil sugar and water without stirring until thick and syrupy, about 6-7 minutes. Be careful not to touch the crystalized sugar on the sides of the pan with a mixing spoon and stir it into the syrup because it would make the syrup grainy.

In a stand mixer or heatproof bowl, beat the egg whites until stiff and very slowly pour the hot sugar syrup into the egg whites, beating constantly. After all the sugar syrup has been added, beat for another 5 minutes.

Immediately pour the filling over one of the pastry layers. Place the other pastry layer on top and let it cool completely. Then refrigerate until ready to serve. For easier slicing, use a damp serrated knife. Cut into rectangles. Dust with confectioners' sugar.

WHERE TO TASTE THE REGION

Bijeljina
Pavlovića put bb, Bijeljina,
Bosnia and Herzegovina
+387 55 257 500,
+387 66 944 393

450 seats
07:00-23:00

Traditional Restaurant
Terrace + garden

Home -made brandies,
domestic vines

Ethno restaurant
Bogatić
Bogatić - Glušci, Serbia
+381 63 248 142,
+381 15 352- 834
info@etnoparkavlija.com

120seats
08:00-24:00

Traditional Restaurant
Garden

Home-made brandies,
domestic vines

WHERE TO TASTE
THE REGION

Brčko
Miroslava Krleže 3, Brčko,
Bosnia and Herzegovina
+387 63 522 200

56 + 80 (garden) seats
08:00-24:00

Traditional Restaurant
Garden

Domestic vine

Lipovac
Bosutska 48, Lipovac, Croatia
+385 32 270 023

300 seats
07:00-23:00

Restaurant
Steakhouse
Terrace overlooking the lake

Seafood, grilled meat
home-made brandies,
domestic vines

Šabac
Savska bb, Šabac, Serbia
15000 Šabac
+381 15 341 705,
+381 60 823 1795
http://www.starimost.rs/index.php

200 seats
08-23:00

International Restaurant
Terrace, garden...

Grilled meat, pasta, traditional meals, home-made brandies, domestic vines

Majur
Vojvode Putnika 109
Majur, Serbia
+381 15 377 453
+381 63 375 551
http://www.etnorestoran.co.rs/

200 seats
09-23:00

Traditional Restaurant
Garden

Home-made brandies, domestic vines

Notes

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TASTES OF THE DRINA SAVA REGION

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The Regional Rural Development Standing Working Group in South Eastern Europe (SWG RRD) is an International Intergovernmental Organization consisting of members from governmental institutions in South Eastern Europe (SEE) responsible for agriculture and rural development in respective member countries and territories. The SWG is a platform for networking and regional cooperation in SEE in the field of agriculture and rural development.

The SWG is carrying out the project Preparation for Implementation of the Area Based Development (ABD) Approach in the Western Balkans - 2nd phase which works on building the capacities and structures within the SWG and selected regions in order to be able to implement the forthcoming ABD programmes. The project's objective is the contribution to sustainable economic growth of the target regions: Drina– Sava (cross-border region between B&H, HR, SRB), Drina- Tara (cross-border region between B&H, SRB, MNE), Prespa (cross-border region between ALB and MK) and Sharra (cross-border region between ALB, MK and KOS*) by strengthening the cooperation of public administrations and other public bodies, the private sector and NGOs in the fields of local development and regional cooperation by building-up local and regional cross-border capacities. The project will create framework conditions within the SWG as organization and the SWG member countries for implementation of the area based development approach and in that way contribute to the sustainable growth of the rural cross-border areas of the SEE region.

This document has been prepared and published with the aim to present the region and its attractions, thus contributing to attracting visitors to the Drina-Sava cross-border area.

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