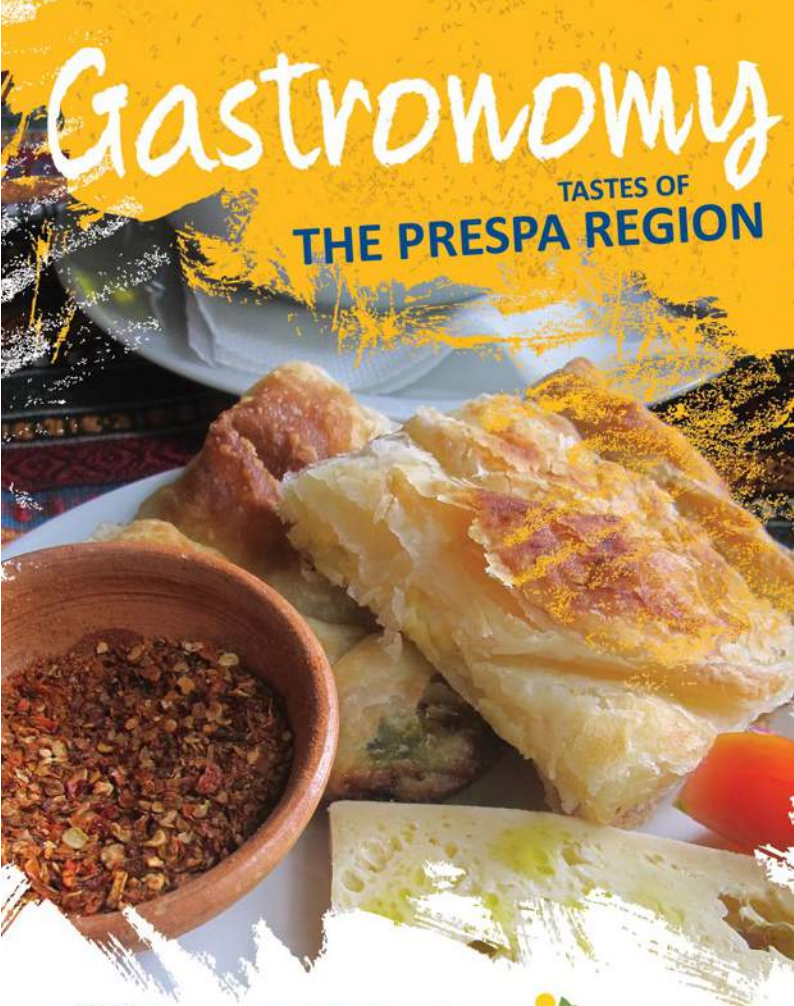
Gastronomy

TASTES OF THE PRESPA REGION



South Eastern Europe
SWG RRD
Regional Rural Development Standing Working Group

ABD PROGRAMME
Area Based Development Programme in the Western Balkan countries

PRESPA
CROSS-BORDER REGION

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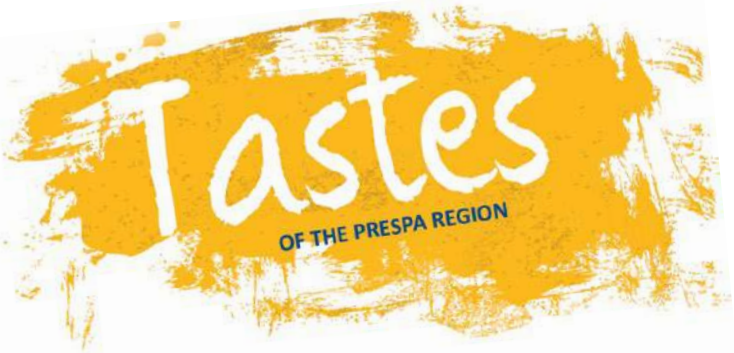

The region of Prespa is rich in natural, historical and cultural wealth which is worth visiting, but the tastes of the Prespa region will additionally lure and keep the visitors to this area. Regional cuisine is rich in most diverse delicious specialties.

Typical gastronomic specialties in the region abundant with waters are mainly fish dishes, as well as its tasty grilled meat and wonderful cheese. It preserves the national specialties like tavce gravce, pindzur, ajvar, turlitava, lakror and many other dishes that combine healthy vegetables and delicious meats.

Several agricultural products are regional trademarks, apple being its main product of the region. There is a variety of specialties made of this fruit, so apple desserts are something you will also remember the region for, along with its traditionally prepared cakes and sweets.

The list with a description of some of the region's typical products and several recipes for traditional dishes follow.

apple

Apples are traditional products in Prespa. Prespa apples have a specific taste, smell and other characteristics which are typical for the Prespa Valley. The apple is mostly used for the production of apple juice, ciders, pies and different sweets, marmalades, jams, etc. and they are also consumed dried. The most present types of apples in Prespa Valley are: Idared, Golden and Red Delicious, Mutzu, Ionagold etc.

Prespa carp and belvica

Prespa Lake has variety of fish, the most famous species being Prespa carp and belvica. Usually prepared in a specific way, Prespa carp tastes wonderful. Prespa belvica is used for the production of dried fish specialty named cironki.

Ohrid trout

Trout is a very famous fish in the region which can be prepared in a variety of ways, each giving it a unique taste, but always keeping its specific quality as specialty from Ohrid Lake.

Ohrid eel

The eels live in Ohrid Lake and are traditionally prepared in the areas around Ohrid. Prepared in the simplest way or prepared in combination with other types of food, the eel tastes great.

Fish soup

Fish soup is a traditional meal of Ohrid and Prespa region. It is made from the fish eggs and fish meat. Needless to say, it tastes delicious and it should be tried with the garlic sauce named makalo.

Gjomleze

Prespa and Ohrid people usually have a discussion about whose gjomleze recipe is better. The truth is that are some slights differences and variations in the modes of preparation, but both results are excellent to eat and enjoy.

Ohrid gjevrek
This food with a specific name is a kind of pastry made from pre-boiled dough sprinkled with a lot of sesame seeds. One of its advantages is that you can always take it with you and enjoy it at any place.

Ohrid cake
This is a traditional cake dating from the time of the city growth when only the rich traders could afford all the ingredients. Full of caramel and milk, nuts and spices, this cake is a genuine delight.

Makalo
Makalo is a traditional creamy garlic sauce prepared in numerous different ways, but always tasting great.

Ohrid chomlek
This is a traditional dish from Ohrid cuisine, prepared from beef, onions and garlic. Simple ingredients for a complex and wonderful taste makes this dish a special experience to taste.

Korca kashkaval
A very tasty and typical food from the Korca region is its yellow cheese of extraordinary taste. It is made from sheep or cow milk, while the secret of the taste lays in the long tradition of production in the area.

Prespa cironki

Prespa Macedonian Cironki is a specialty present only in the southwestern part of Macedonia, particularly in the vicinity of Lake Prespa and villages Stenje and Konsko. Fish caught for this specialty is belvica (alburnus alburnus belvica) also called nivicki.

Production of cironki goes in the following order: fishermen catch the fish mostly at night from 9 pm to 3 am. Traditionally fish is caught with pezol/ pezovola, a kind of circular net with lead weights on the edges that can be seen only here.

Once caught and removed from the pezol, the fish is ready for salting with a big amount of salt; one kilogram of fish is salted with 300 grams of salt. When salting is finished, fish are lined up in a barrel which is filled up with the fish covered with leaves of orach and a large stone plate for pressing the fish in the barrel.

After one week of salting, fish are threaded on strings, each of them carrying about 3 kg of salted fish. They are dried in the hot summer sun.

The most interesting characteristic of the entire process of producing of cironki is that the fish is not cleaned from the internal organs or skin. Cleaning is done when preparation for consuming starts.

Ingredients:
1) 300 g of cironki,
2) 100 g of oil,
3) Mint,
4) Garlic,
5) Bukovska pepper,
6) Water

Preparation:
The cironki are grilled on the plot and left for some time in a hot water to swell and desalinate. After swelling, cironki are cleaned from the internal organs and shells.
They can be served with oil, parsley, mint, garlic, red pepper or thyme which gives an excellent flavor to this specialty or just desalinated and slightly fried.

Cironki can be served as a main course, and they are inevitable part of the table during the winter Lenten fast, but also as an appetizer with a little rakija or wine. Cironki has always been a winter supplies on the table for the entire fast and saints days.

Prespa carp

Ingredients:
1) Carp
2) Garlic
3) Wine
4) Salt
5) Onion
6) Tomatoes
7) Parsley
8) Spices to taste

Preparation:
After cleaning and salting the carp, and optionally putting some garlic inside, it is covered with flour and fried to get a golden color. Afterwards it is put in a container, covered with wine and salted water and baked for 1,5 to 2 hours on 200 degrees.

The sauce is prepared from fried onion, garlic, tomatoes and parsley.
The carp can be served with the sauce on the top, or the sauce can be used as side dish.

Roasted beans

Ingredients:
1) 300 g of beans,
2) Clove garlic,
3) One onion,
4) Tsp of red dried pepper,
5) Some oil,
6) Spoon of flour,
7) Tsp of red paprika.

Preparation:
Washed beans are put to boil together with the onion, garlic and red pepper. After the beans get soft they are taken out, placed in a clay pan and covered with previously fried oil, red paprika and flour. Black pepper, mint, salt, three dried peppers and other spices can be added depending on the taste. The dish is ready when the content becomes thick and the cover is reddish

Snails

(typical for Village Ljubojno)

Ingredients:
1) 500 g of snails,
2) Flour,
3) Salt,
4) Oil,
5) Spices (bukovska pepper, mint, garlic, vinegar)

Preparation:
The snails are taken out from the cover, cleaned with salt, washed three or four times and boiled. Afterwards are salted, floured and fried in oil, or baked on the grill. They are spiced with bukovska pepper, mint, chopped garlic and vinegar.

Pie with leeks
(zelnik so praz)

Ingredients

1) 500 g of flour,
2) 1 tsp of salt,
3) 1 ready package of yeast,
4) Water,
5) 3 leeks,
6) Urda- fresh cheese
7) Kiselec
   - sour spinach-like herb (rumex acetosa),
8) 1 egg

Preparation

The pastry is made regularly with the flour, water, salt and yeast and divided in two parts. Each part is rolled and then the first part is cut in 7-8 parts which are oiled. These parts are placed one after the other one and are rolled again. The filling is made from chopped leeks and kiselec which are fried together with the cheese. An egg is added to the mixture afterwards.

The pastry which was not cut into pieces is laid on the bottom of the pan and the filling is spread over it. The rolled pastry is laid over the filling. After sprinkling with oil, the pie is baked for 1 hour at 225 degrees.

Pitulici from Prespa

Ingredients:
1) 1 kg of flour
2) 1 liter of water
3) 1 yeast
4) 1 tsp of sugar
5) 1 tsp of salt

Preparation:
After mixing flour, water, yeast, salt and sugar, the mixture is left until the dough rises. It is prepared by taking the dough out with a spoon and pouring it in a heated pan or grill.

The pitulici are then put in a pan one over another. They are prepared with garlic and nuts, honey and nuts or with cheese.

Gjomleze

Resensko- Ohridsko

Ingredients:
1) 2 kg of flour,
2) 0, 5 l of yogurt,
3) 0, 5 liter of oil,
4) Salt

Preparation:

Water is put in a big bowl to fill its half and flour, yogurt and salt are slowly added and mixed until the mixture resembles the one for pancakes.

The covers (named sach) are previously heated on fire and after they get hot, the pan is placed on a holder named perustija and sprinkled with oil drops. One spoon of the mixture is poured on the pan which is then covered with the preheated sach, while another one is heating up in the meantime.

After a few minutes the pan is uncovered and another spoon of mixture is poured. The pan is covered with the other heated sach. The procedure is same until the mixture is used. The final cover has to be on the pan for at least one hour. The time for preparation of this dish is approximately 3 hours.

Prespa sheker parinja

Ingredients:
1) 3 eggs,
2) 3 cups of oil,
3) 3 cups of milk,
4) 1 yeast,
5) 1 pack of baking powder

Preparation:
The pastry is made from the listed ingredients and it is left to rise. After the dough rises, small cookies are made and baked.

Meanwhile sherbet is made from sugar, water and vanilla which is boiled until it gets thicker.

When the cookies are cold they are put in sherbet. After the sherbet is absorbed by the cookies, granulated nuts are put on the top.

Resen baked apples

Ingredients:
1) 4 apples (800 g),
2) 40 g of sugar,
3) 1 vanilla,
4) ½ tsp of cinnamon,
5) 40 g of butter,
6) 100ml of water

Preparation:
The apples' inside is taken out and they are placed in a previously oiled pot. Each apple's centre is filled with sugar, vanilla and cinnamon. They are then covered with water and melted butter and baked in the oven for 30 minutes at 200 degrees. They are served with the sauce left in the pot.

Prespa valley mountain tea
(Sideritis scardica)

This is a herb that is cultivated and it is known and used in the traditional medicine, for its healing characteristics. It grows in higher altitude in dry areas, sandy soil, rocks or rocky crevices. Collection of the herb is recommended in the end of June and the beginning of July, especially during the summer Orthodox Christian holiday St. Naum, when the herb is in full bloom. After collecting, mountain tea is bound in bundles, and is left to dry.

Preparation:
Before any kind of consumption, tea plant has to be dry. One teaspoon of ground tea (or a bunch) is put in 2 deciliters of water and boiled for about 20 minutes. After straining, the tea is ready for drinking..

Eel

Ingredients:
1) One fresh eel (2 kg),
2) 500 g of tomatoes,
3) 1 garlic,
4) Some parsley,
5) Tsp salt,
6) Tsp pepper,
7) One glass of white wine,
8) Some lemon juice.

Preparation:
The eel is cleaned from the skin, thoroughly washed, and the head is separated and thrown away. The eel is cut on several spots and salt and whole garlic cloves are placed inside each of the cuts.

Chopped tomatoes, garlic, onions, parsley, salt and pepper are put in a clay pan. The eel is placed in the pan in the shape of a spiral circle and poured with white wine and a tablespoon of vinegar. It is baked in oven for 2 or 2,5 hours at low temperature.

Trout
(Tresena pastrmka)

Ingredients:
1) 500 g of trout,
2) 1 onion,
3) Parsley,
4) Salt,
5) Pepper,
6) 1 lemon,
7) Oil

Preparation:
The trout is baked on the grill and after being grilled, it is cleaned from the bones. The onion is chopped with the parsley and mixed with the fish. The mixture is salted, peppered and lemon and oil are added. After the mixture is ready, the fish is served.

Fish soup
(Trout soup)

Ingredients:
1) 500 g of fish (trout),
2) salt,
3) lemon,
4) parsley,
5) pepper,

Preparation:
The fish is put in a pot to boil together with the carrot, garlic and dried peppers. After it is boiled it is cleaned.

The carrot, the garlic and the peppers are chopped and they are put in the salted water where the fish was previously boiled. The fish eggs and are smashed with salt and the mixture is merged with the flour and some water. After the flour is ready, everything is added to the water with constant mixing. The soup is left to boil for another 20-30 minutes. It is spiced and lemon is added before eating.

Ohrid chomlek

Ingredients:
1) 500 g of beef,
2) 500 g of lamb meat,
3) 1,5 onion,
4) salt,
5) paprika,
6) parsley,
7) oil,
8) 2 dcl of red wine,
9) 100 g of carrot,
10) 1 clove of garlic.

Preparation:
The beef and lamb meat are fried together. They are spiced and then put together with the onion, carrot, parsley and garlic into the clay pan.

A small amount of pepper and flour are fried and mixed in the pan with the rest of the ingredients. The wine and 1dcl of water are added. The pan is covered and pastry is added around the cover.
The pan is kept for 2 hours in oven at lower heat.

Lakror sprinkled with milk

Ingredients:

For the dough:
1) flour,
2) 2 glasses of water

For the cream:
1) 4 glasses of milk
2) 4 spoonfuls of maize flour
3) 2 eggs
4) 5-6 spoonfuls of sugar
5) 3-4 spoonfuls of butter

Preparation:
The dough is prepared, covered with a cloth and left for 10-15 minutes to rise.

In the meantime, the milk is brought to boil. Eggs are scrambled, mixed up with sugar, maize flour, and some water. Boiled milk is poured on to the mix and the mass is cooked until thickened. After removed from oven it is covered so to avoid crust-forming and left it to cool for a while.

The dough is rolled out to form thin layers as those intended for the pie. The baking pan is oiled and the layers are laid down letting them fall over the baking pan edge, sprinkling them with butter.

The mix (mash) is poured, sprinkled with butter, and the layers are rolled up, forming wrinkles and leaving the middle part empty. All is sprinkled with butter and put into oven to cook.

Petanik with white beans

Ingredients:
1) 3-4 water glasses of flour
2) Half a water glass of oil
3) 1 tea cup of white beans
4) 1 average onion
5) 3 spoonfuls of olive oil
6) Half a tea cup of starch

Preparation:
After the white beans are put in a pot, finely sliced opinion, olive oil and salt are added and left to boil on the oven. The dough for the pie is prepared by rolling out fine layers, leaving 3-4 of them aside, and baking the rest.

Two baked layers are laid down and covered with a layer of white beans which is again covered with two baked layers. 1-2 unbaked layers are put on the top. The pie is sprinkled with fat and put into the oven to cook.

Pijan krap
(Drunken Carp)

Ingredients:
1) 1 carp
2) 2 - 5 tsp of flour
   (depending on the size of the whole carp)
3) 0.5 dcl of white wine
4) 3 carrots
5) Whole garlic
6) Spices: mint, rosemary, vegeta (specific mixture of salt and spices)

Preparation:
The carp is boiled in the pan in water and white wine. Flour of is added along with the garlic and the carrots and the carp cooks slowly until the water evaporates. The carp is served in the cooking pan.

WHERE TO TASTE

THE REGION

The region of Prespa offers various types of places to eat local specialties and delicacies, but there are also the places that serve international food. Grilled meat, salads and soups are probably on the menu on every place you set your foot in. Typical food and domestic national drinks produced in the countries are also available in most restaurants, while rural households serve only traditional homemade and home cooked food.

The places by Prespa Lake offer various dishes typical for the Prespa Valley including fish specialties, pies, and fresh salads, grilled and cooked meat. Most of the restaurants are situated in Resen and around the lake, the last offering wonderful view apart from delicious food.

Ohrid Lake area can pride with a variety of restaurants, barbeque-specialized and traditional cuisine places. As the most visited region by tourists, it offers varieties of national, traditional but also international food. Still, the food is predominantly local and the drinks offered vary from national and domestic to high quality internationally produced wines and spirits.

Korca Valley is well known for different varieties of the taverns, slow diners and good locally produced food. The tradition of quality food in Korca region is characterized with fresh meat and salads, and good cheese. All restaurants prepare food by traditional recipes, but also apply international ones. The drinks served here are mostly national and domestic, but international wines and drinks are also available.

Here is a list with contact details of some of the numerous places to dine in the Prespa region.

Prespa Lake

Prespa Lake Restaurant Galaxy, TS Pretor
Contact Details: +389 47551703, +389 70482105

Coca Resort Beach, Slivnica
Contact Details: +38947454776

Hotel Lake View, Otesevo
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Hotel Riva, Stenje
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Hotel Restoran Ilo, Zaroshke Liqenas
Contact Details: +355682604383,
ilo_todor@outlook.com

Hotel Restaurant Vasil, Village Gorica, Liqenas
Contact Details: +355 683962373;
anikolla@yahoo.com

Restaurant Dzona, Gorica
Contact Details: +3556885174926, +38976616548

Stara Cesma, Village Ljubojno
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Resen

Parlament Resen St Korculanska bb
Contact Details: +389 47451 946

Restaurant Manastir, Village Jankovec
Contact Details: +389 47 452 758, +389 75 570 077

Restaurant Vito
Contact Details: +389 47 551 035, +389 47 551 005

Star sokak, pedestrian zone
Contact Details: +38947520524

Restaurant Gerdan, Korculanska
Contact Details: +38947525559

Victoria, Main Square
Contact Details: +38947454990

Lemokompani Josif Josifovski
Contact Details: +38947 451 823

Jumbo, Ivo Lola Ribar
Contact Details: +389 47 451085

Polno Mese, Trade Center
Contact Details: +389 70 630 073

Ohrid and Ohrid Lake

Restaurant CUN, Kosta Abras
Contact Details: +38946 255603, +38976 236606

Biljanini izvori, Naum Ohridski b.b
Contact Details: +38946266816

Hotel Inex Gorica, Naum Ohridski 5/7
Contact Details: +38946277520

Hotel Millenium Palace, Kej Marshal Tito bb
Contact Details: +38946 263 361 +38946 267 010

Fontana, Partizasnka kej 1/24
Contact Details: +389 46551-043

Makedonska Kuka, St Stefan
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contact@makedonskakuka.com
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Orfej, Partizanska CC
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Sv SOFIJA, Car Samoil 88
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Hotel Vila ART, Drilon
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Bar/Restaurant Taverna Zisi, near Erseka Stadium
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Sofra Kolonjare, Komuna Mollas
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Notes

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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 Prespa cross-border area.

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*This designation is without prejudice to positions on status, and is in line with UNSCR 1244 and the ICJ Opinion on the Kosovo Declaration of Independence

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