



S kolina na kolino s dva zrna soli

From a generation to a generation
with a pinch of salt

Vice Bušelić

Vice Bušelić | S KOLINA NA KOLINO S DVA ZRNA SOLI
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Predgovor

Kad me autor ove knjige zamolio da napišem predgovor za nju, isprva sam osjetio određenu dozu bojazni, jer sam se pitao kako ću ja to uvesti čitatelja u knjigu koja govori o hrani i pripremi jela, kad sam podjednako daleko i od struke spisatelja i struke gastronomoma ...

No, nakon što sam pročitao knjigu, bilo mi je jasno da to nije samo knjiga o hrani, već je to svojevrsni pregled i slika života jednog mjesta na Makarskom primorju kroz povijest, koja je uglavnom bila bremenita i puna oskudice. Upravo u toj neimaštini, kroz ribarsko - težački način života, nastajala su i neka od ovih jela.

Kada ih budete pripremali, uz pomoć knjige koju je autor stvarao otvorena uma, srca i duše, znajte da se ona ne bavi samo hranom, već je to knjiga o kulturnoj baštini ovog dijela Dalmacije i štivo s kojim se novi naraštaji trebaju upoznati i prenositi ga novim generacijama u nasljeđe.

Foreword

When the author asked me to write a foreword for this book, I felt a certain amount of fear and I've asked myself how could I introduce the reader into a book that talks about food and preparations of foods, when I'm so far away from being a writer or a gastronome ...

But, after I read the book, it became clear to me that this wasn't just a book about food, but a review and a history portrait of a place in Makarska Riviera, which was mostly burdened and full of scarcity.

A lot of these meals were made in indigence, in this peasant-fisherman's way of living. While you are making these meals, with a help of a book that the author made with an open mind, heart and soul, know that this is not only a story about the food, it is a book about culture heritage of this part of Dalmatia and literary work that should be taught and passed on as heritage for the new generations to come.

Ovu knjigu posvećujem svim Tučepkama i Tučepljanima,
svim precima od postanka Tučepi.

Bila mi je velika čast, ponos, odgovornost i misija napisati je.
Nemojte nikada prilaziti hrani kao potrebi za utaživanjem gladi,
priđite joj kao ljubavi koja preko naših nebaca dolazi do želuca.
Budite prema toj hrani nježni, pažljivi, puni ljubavi,
susretljivi i na kraju ponizni, jer ona to i zaslužuje.
Svima koji budu imali hrabrosti napraviti neko od ovih jela želim
puno sriće, radosti, ljubavi i zadovoljstva. Dopušteno je poverh svega
šta sam napisao staviti što god svog jer gastronomija
je umjetnost, a umjetnost nema granica.

I dedicate this book to all the men and women of Tučepi,
to all the ancestors since the beginning of Tučepi.

It was a big honor, pride and responsibility to write it.
You should never approach food as just a need to satisfy your hunger;
approach it as if it is love which tempts your palate
and goes to your stomach. Be kind and gentle to that food
you are taking in, full of love, attentive and in the end humble
because it is what food deserves.

To all those who will have the courage to make some of these dishes
I wish a lot of luck, joy, love and pleasure. And above all that I have
just written you may if you wish so, add something in it of
your own, because gastronomy is art,
and art has no boundaries.

S ponosom vaš, / Proudly yours,
Vice Bušelić



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Sunday
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18. listopada 2015.
12:30

K oju borbu čovik vodi sam sa sobom da bi se uhvatio pisat o tako važnoj stvari u našim životima? Borba tijela s dušom, i fala dragom Bogu, tijelo pušta na voju duši i evo me. Evo krećem putem predaka svojih, pišem ovo njima u čast i spomen. Znan, kad jednog dana knjiga na svoj način dođe njima u ruke, bit će ponosni na sve ono što i kako će biti zapisano. Kroz moj život s „njima“ na hranu sam gledao kao na potribu ni ne sluteći da ću jednom prominit mišljenje o istoj i gledat je očima ljubavi. Jer hrana to i je - ljubav. I neću više uvodno o svemu, nego krećem putima časti i spomena. Danas ću o satkanoj ljubavi pisati kao o daru Božjem. No poznavajući sebe, emociju koju nosim u prsima prema hrani i svojim precima, želim vam ispričati jednu anegdodu vezanu uz moju danas pokojnu mamu. Jer ako to ne napravim odmah sada nisam siguran da ću to napraviti poslije, dajući sebe u sve ono što me čeka na ovom mom putu s olovkom i papirom. Jednog dana mater i ja zajedno u kužini. Mater kuva, ja gledam šta meće od začina i priupitam je: "Dobro majko, a zašto to mećeš u rānu?" Ona će kratko: "Tako." - "Dobro, majko, ali ta mi rič ništa ne pojašnjava o tom začinu." A ona će na to: "Kad je moja mater kuvala i metila oti začin u rānu, ja san je pitala, ko danas se sičan: Zašto si majko to metnila u rānu?, a ona će meni: Tako. Jer kad sam ja pitala moju mater, isti sam odgovor dobila ka i ti sad." I tako, stoljećima se ponavlja ta rič tako, jer da nije nje i da je sve već kazano, ne bi te blagodati od kužine imale tako velik značaj za sve nas danas. I za sve njih onomad. Jer kad govorimo o hrani mi pričamo o ljubavi, a ko je na ovom svitu da đā definiciju ljubavi? Niko. I tako mora bit. I tako ću i ja nastavit tu tradiciju pun ponosa, časti i ljubavi prema svima koji su zaslužni za to da ja danas o tome mogu pisat.

W hat a struggle a man has with himself to start writing about such an important thing in our lives? A struggle of body with the soul, and thanks to dear God, body surrenders to soul and here I am. I take the path of my ancestors, I write in their honor and memory. I know that when one day this book somehow finds its way into their hands, they will be proud of what and how it was written. Throughout my life I looked upon food as just a need and never thought that one day this would change and I would start looking upon it with eyes filled with love. Because that's what food is - love. So I won't complicate it any further, I would rather take this path of honor and memory. I will be writing about woven love as a gift from God. But knowing myself and the deep emotions that I carry in my chest towards food and my ancestors, I would like to tell an anecdote about my late mother. If I don't tell it right now, I'm not sure I will do it later as I begin to devote and give myself completely to everything that awaits for me on this road of pen and paper. One day mother and I were together in the kitchen. Mother was cooking, and I was watching what spices she is adding to the food. I ask: "Well, mother, why are you adding that spice to the food?" She says briskly: "Just because!" - "Well, mother, that word does not say anything about that spice you just put in." She answers: "When my mother used to cook and added exactly that spice to the food, I asked her, I can vividly remember, the same question. And she would say: Just because. So when I asked my mother, I got the same answer as you did from me right now." And so, for centuries the word just because has been repeated; if it weren't for it and if everything has been clear and said already, all those benefits of preparing meals wouldn't have such an importance to all of us as they do today. Because when we talk about food we talk about love, and who in this world can give the definition of love? No one. And that's how it should be. I will continue this tradition full of pride, honor and love towards those who are to be credited with the fact that I can write about all of this today.

Kupus s pamidorima Collard with tomatoes

Q

vo jelo nastalo je u vrime kad su naši stariji liti živili na Biokovu. U to vrime sadija se kupus po docima i laspama širom Biokova, a pamidori u selu jer dok se bilo na planini jedan dio čejadi živio je podno Biokova.

Listovi kupusa očiste se od korijena lista, tako da list bude čist i podjednako tvrd ili mek. Riže se tanko – dva do tri milimetra.

Na pola meki pamidori potope se u mlaku vodu i oguli im se kora. Isickaju se na sitno, kroz šaku se iscidi tekućina i metu se frigat u tavu s dvi kapi uja. Frigaju se dok sva tekućina ne ishlapi i dok ne zgusnu.

Kupus smo tanko isikli i zajedno s kumpirom isickanim na kockice veličine 1 puta 1 cenat, stavili u veliku teću s dosta uzavrele vode.

Stavimo malo sode bikarbone da boja kupusa ostane ista ili, ako nemamo sode bikarbone, mali bićerin domaće rakije (loze).

Kad je gotov kumpir, gotov je i kupus – otprilike 15 do 20 minuta.

Važno: ovo se uvijek kuva bez poklopca! Kupus i kumpir zatim procidimo tako da kupus bude suh, bez imalo vode. Vratimo ga u teću, pospemo krupne soli po želji, dodamo frigani pamidor i zalijemo domaćim maslinovim ujem.

U vrime kad je ovo jelo nastalo, kao dodatak njemu bi se uz kupus na pijat stavija i slani inćun, ako se imalo u kući jer teško se živilo. Danas nakon puno godina, kad god ga kuvam uvijek sam u mislima sa svojim precima i osmijeh mi titra na obrazima.

Za četiri osobe nam treba:

kilo i po kupusa

30 deka crvenog kumpira

kilo pamidora

i dva zrna soli

Ingredients (serves 4)

1.5 kg collard

30 dg red potatoes

1 kg tomatoes

and a pinch of salt

T

his dish was first created when our elders lived on the mountain Biokovo during the summer months. At that time collard greens were planted in karst fields all over Biokovo, and tomatoes were growing inside the villages underneath the mountain, because while some folks were on the mountain, others lived at the 'feet of it'.

Remove the core spine from each leaf so that the leaves are clean and equally hard or soft. They should be sliced thinly - two to three millimeters tops.

Soak ripe tomatoes in luke-warm water and peel their skin. Chop them up, squeeze the water out with your hand and fry them in a few drops of olive oil until all the liquid evaporates and the sauce thickens.

Now that we've sliced the collard thinly, put the leafs in a cooking pot full of boiling water together with potatoes sliced up into small cubes 1 by 1 centimeter. Put a little bit of baking soda to keep the color of the collar safe so it doesn't fade. If you're missing some baking soda make sure to put a shot of homemade *Rakia* (grape brandy).

When the potatoes are cooked, the collard will be done as well - it shouldn't take more than 15 to 20 minutes. Important note: it should always be cooked without a lid! Sieve the collard and potatoes so that the greens are completely dry. Toss everything back into the pot, add some coarse sea salt, add some fried tomatoes and drizzle generously with homemade olive oil.

Back in the days when this dish was created, a salted anchovy would be served as a side dish to it, of course if there were any in the house, because life was more humble back then. So many years from that time, today whenever I cook collard greens I think of my ancestors and a smile lids up my face.

Teleći paprikaš

Veal stew



Po mom sićanju ovo se uglavnom kuvalo za odnit težacima na radu kad se loza u proliće kopala u stog. Kako se počimalo rano u šest uri ujutro, tako je i marena tribala bit kripna. Moja mater bi je donila već oko devet sati. Silo bi se u ladovinu i ogrnilo bi se jaketon, a jilo se iz latenih pijata jerbon u to vrime i nije bilo drugih.

A danas je vama na voju iz čega ćete ist i s kojim razlogom. Za ovo jelo nam triba teleća plečka ili podplečka. Isickamo meso na komadiće veličine 2 puta 2 centa i frigamo ga na uju dok ne dobije zlatnu boju. Kad je pofrigano, izvadimo ga vanka i stavimo dinstat sitno sickanu kapulu, ne da zažuti već da dobije sjaj. Kad je kapula gotova, vratimo meso i dolijemo temeljac prethodno dobiven od kuvanja kostiju teleće plečke ili podplečke. Dodamo domaći pelat i pustimo da se kuva po ure. Nakon po ure kuvanja dodamo kumpir sićen na kockice veličine 1 puta 1 cenat i kuvamo ga 15 minuta zajedno s paprikon koja je sickana otprilike 2 puta 2 centa. Na kraju dodamo krupne soli po želji.

Za četiri osobe nam triba:

kilo mesa

30 deka kapule

3 deca domaćeg pelata

po kila zelenih paprika

40 deka crvenih kumpira

(volja te kleopatra ili desiree)

i dva zrna soli

Ingredients (serves 4)

1kg meat

30 dag onions

3 dl homemade tomato sauce

1/2kg green peppers

40 dag red potatoes

(either Cleopatra or Desiree)

and a pinch of salt

If my memory serves me well, I remember this dish was usually cooked for the laborers who were working in the fields making heaps of earth between grapevines. As the work had to be started as early as 6 o'clock in the morning, food that was eaten at the break time, or as we call it 'marena' had to be nutritious. My mother would already bring it around 9 o'clock. All the laborers would sit in the shade with their jackets draped over their shoulders, and ate out of enameled plates because at that time there were no others. And today it's up to you to decide which plate you want to use and why.

For this dish we need a veal shoulder or the part of the veal underneath the shoulder as it is the softest part of the meat. Cut the meat into 2 by 2 centimeters big pieces and fry them in oil until golden. When the meat is fried, take it out and sauté finely chopped onions until they are soft and translucent. Transfer the meat back into the pot once the onions are ready and slowly pour in some stock, which you'd gotten earlier by cooking veal shoulder bones. Add some homemade tomato sauce and let it simmer for half an hour. After that, add potatoes diced up into small cubes 1 by 1 centimeter and cook for 15 minutes together with the green peppers cut into pieces 2 by 2 centimeters long. At the end, make sure to add some coarse sea salt.

Jaja s jutikom

Shallot Eggs

Prolitnje doba. Sve zavonjalo, procvitalo. Najlipšije doba za radit na zemji. Rano se ustajalo, naranile bi žene živinu, a unda posal oko zemje. Glavi kuće marenda oko devet uri, a za užinu je mora bit pijat juve i komadić mesa, ako se imalo. Iza užine bi se počinilo pa popodne opet na radu. Kako su nji dvoje uvik, oliti manje-više uvik, bili po cili dan zajedno na radi, tako kad bi ulazilo u kuću i nije bilo puno vrimenta za štogod spremić a da je izdašno. Kad je ona otišla zatvorit kokoše i pokupit jaje, dositi se jutike u vrtu i eto ti prolitnje večere spremljene u malo vrimenta. Jaja žbatimo u jednoj latenoj teći, jutiku smo očistili i isickali na komadiće veličine 1 puta 1 cenat i stavili u tavu s malo uja. Kad se uje samo malo ugrije, stavjamo žbačena jaja i krupne soli po želji, lagano mišamo par minuta na tihoj vatri. Njemu ne bi bilo svejedno šta je za večeru, no ona bi mudro iz maškadura izvadila komadić domačega sira iz uja. Te večeri kad bi legli, on bi njome okrenija guzicu jerbon mu iza take večere nije bilo ni do čega.

*Za četiri osobe nam treba
osam do deset jaja
bus jutike
kapja uja
i dva zrna soli*

Ingredients (serves 4)

8 to 10 eggs

A bunch of shallots

Some oil

and a pinch of salt

9t's springtime. The air is filled with wonderful scents of flowers, everything is in full bloom.

This is the best season to work on the land.

Women would feed the poultry, waking up early in the morning. Afterwards they would go to work in the fields together with man. The head of the house had marenda around 9 o'clock, and for lunch there had to be a bowl of soup and a little piece of meat, if there was any. After lunch, husband and wife would get some rest and in the afternoon back to work. As the two of them used to spend all of the days or most of it working together, when they entered the house, back in the early evening time - there was little time to prepare something generous to eat. When she went to close the chickens into their coop for the night and collect the eggs, she would remember shallots in the garden and there you go - a spring supper prepared in no time. Beat the eggs in an enameled pan, clean the shallot and cut it into pieces 1 by 1 centimeter and toss them in a frying pan with very little oil. When the oil is just slightly heated, pour in the beaten eggs with some coarse sea salt, stir gently for a few minutes on low heat. What the main man of the house ate for supper was really important to him, but she would wisely take a rich peace of homemade oil-cured cheese from a maškadur (a hanging kitchen element in which the cheese was kept from the potential mices). That night, when they went to bed together, he turned his back on her, because after such a supper, he wasn't up for anything beside sleeping.

Blitva po tučepski Tučepi-style Chard



Koliko je bila, a i sad je, važna našem mistu, govori činjenica da je uz selen i petrusumil bila u vrtlu tijekom cile godine. Ovisno o godišnjem dobu, spremala se na više načina: s jutikon, s listom od poriluka, sa šalšom od pamidora, itd. No ja ću danas govorit o "blitvi po tučepski" jer to je meni jedna od najdražih delicija od zeleni iz vrtla.

U dva litra ladne vode stavimo kuvat kumpir isickan na kockice 1 puta 1 cenat i kuvamo ga dok skoro nije gotov. List blitve uvik rižemo na dva dila s tim da donji dio lista, koji je malo uži i tvrdi, može na još tri-četiri dila. Kad je kumpir omekša, dodamo malo sode bikarbone ili bićerin domaće rakije (loze) da boja blitve ostane ista. Stavimo blitvu i čim voda uzavre skidamo lonac sa šporeta. Blitvu procidimo tako da je ne držimo dugo u cidaljki jer će u mladoj blitvi uvik ostat malo tekućine, što je i običaj po tučepski. Vratimo je u teću, posolimo, dodamo češnjak sitno isickan i zalijemo maslinovim ujem, drvenom kutlačom blago promišamo i spremna je za jelo. Uz nju se prije ilo slani inćun ili srdela, ko je šta ima, a danas ostavjam svakome na voju s čime će se dodatno potkripit.

*Za četiri osobe nam treba
kilo i po mlade blitve u proliće
30 deka crvenih kumpira
glavica češnjaka
dec maslinova uja
zera sode bikarbone
ili bićerin domaće rakije (loze)
i dva zrna soli*

Ingredients (serves 4)

*1.5 kg of young spring chard
30 dag of red potatoes
1 head of garlic
1 dl of olive oil
A bit of baking soda
or a shot of homemade Rakia
and a pinch of salt*

The fact that besides from celery and parsley - chard was in every garden all year long, shows how important it was (and still is) in Tučepi.

Depending on the season, it was prepared in different ways: with shallots or with leek leaves, with tomato salsa, etc. But today I'm going to talk about chard made in Tučepi-style because it is one of my favorite vegetable delicacies prepared with ones picked directly out of my garden.

In two liters of cold water we put potatoes diced up in cubes 1 by 1 centimeter and cook until it's almost finished. A chard leaf is always cut up into two pieces while the lower part of the leaf, which is a bit narrower and harder, can be cut into 3 to 4 pieces.

When the potatoes get softer, we add some baking soda or a shot of homemade *Rakia* (a traditional Balkan alcoholic drink made from the distillation of fermented fruit) to preserve the original color of the chard. Toss the chard and as soon as the water starts boiling remove the pot from the stove.

Strain it but don't keep it in the sieve for too long so that a little bit of water stays on, as it was the way we did it in Tučepi. Return it to the pot, season it with salt, add finely chopped garlic and drizzle generously with olive oil, stir gently with a wooden spoon and it's ready to be served.

Back in those days, they would serve salted anchovies or sardines depending on what they had, and today I will leave it up to you to decide what to add as a side dish to it.

Inćun u tisno

Tightly cooked anchovies



Po kazivanju stariji judi ribara najbolje doba za lovit inćun i srdelu, ako je vrime dalo i molalo, bilo je iza Svetog Ante. Teška vrimena za priživit, dija judi je odija u planinu sa živinon, dija judi je bija oko loze, a sve što je bilo staro i nemoćno ostalo je doma. Ribari za priranit obitelj molili Svetog Nikolu da im da lipo vrime i mirno more, da mogu otić ulovit koji pajen inćuna ili srdele. Tako je i nastalo ovo jelo, možda siromašno imenom ali ne i okusom, što ga je majka priroda nama u pijatu podarila. Inćun očistimo u moru, skinemo glavu. Stavimo mrvicu petrusumila, jednu glavicu kapule, glavicu češnjaka, dva zrna soli i zeru maslinova uja. U plitkoj teći s malo ladne vode, tek toliko da inćun popliva, kuva se vremenski toliko da kad voda uzavre ostane još 5 do 7 minuta i jelo je gotovo. Običaj je bija inćun u tisno ist za užinu i ako se potrefija petak kao nemrs. I nije se gledalo ko koliko imade jer to jelo je bilo i za siromašne i bogate. Ako je štogod ostalo, za večeru bi se samo dodalo pet kapi kvasine domaće. Inćun se za večeru ija ladan, ne podgrijan.

*Za četiri osobe nam treba
kilo i po inćuna
glavica kapule
glavica češnjaka
vezica petrusumila
dec maslinova uja
i dva zrna soli*

Ingredients (serves 4)

1.5 kg of anchovies

1 onion

1 head of garlic

A few sprigs of parsley

1 dl of olive oil

and a pinch of salt

According to the sayings of our old fishermen's, the best season to fish for anchovies and sardines, if the weather would permit it, was right after St. Ante's Feast. Those were some hard times to survive through. Part of the people would spend time on the mountains with their live stock, some took care of the vineyards, and those who were old and weak stayed at home. Fisherman's prayed to St. Nicolas to give them good weather and calm sea so that they could go fishing and bring home at least a crate or two of anchovies and sardines. That's how this dish was created, maybe its name sounds 'poor' but its taste which Mother Nature gave to us, to prepare for in a dish - was everything but poor. Clean the anchovies in the sea and cut the heads off. Put a little bit of parsley, one onion, a head of garlic, a pinch of salt and a little olive oil all together with the anchovies in a shallow pot with a little bit of cold water, just enough to cover them. After the water boils, leave it to cook somewhere in between 5 to 7 minutes and the dish is ready. The custom was to eat anchovies for lunch and, if it would be really of use if it happened to be on a Friday - an abstinent Friday. And nobody was looking at other family's plates when tightly cooked anchovies were served. That's because this dish was enjoyed by the rich and the poor. If there were any leftovers, with just a few drops of homemade vinegar it would be turned into a delicious supper. Anchovies were eaten cold for supper, not warmed up.

Mlada mahuna sa šjukon

Young green pod with
a (front leg) shank bone



Š

paleta se načimala uvijek o jamatvi pa bi je starije žene čuvale u maškaduru ko svetinju kroz cilu zimu. Digod bi činile zalogajčić, onda bi popile žmuja vina u konobi da niko ne vidi i vratile špaletu opet u maškadur. Ta špaleta je uvijek kroz lipanj misec završavala u teći s mladon mahunom.

Šjuk od špalete – skinit ćemo kožu s njega, isić ga na manje komade, stavit u bronzin ladnu vodu da s njim prokuva. Šjuk ćemo izvadit i vodu proilit. Stavit ćemo novu ladnu vodu i vratit šjuk da se kuva cirka sat, sat i po vrimenta. U drugu teću ćemo očistit mladu mahunu, prisić je na dva do tri dila i zajedno s kumpirom metit kuvat u vrilu vodu.

Kad je napo gotova, dio vode izlijemo a ulijemo dio vode u kojoj se kuva šjuk. Stavimo šjuk zajedno s mahunom i kumpirom, stavimo malo domaćega pelata, stavimo glavu češnjaka sitno sickanoga i ako špaleta nije bila slana može se dodat dva zrna soli.

Kripna rana je bila za nošenje težacima na rađu ili ako je bila posebna prilika u kući – da je doša kogod važan u goste poslužila bi se za užinu.

Za četiri osobe nam treba

kilo mlade mahune

šjuk od špalete cirka kilo težine

3 deca domaćeg pelata

30 deca crvenih kumpira

glavica češnjaka

i dva zrna soli

Ingredients (serves 4)

1kg of young green beans

Approx. 1kg of shank bone

3dl homemade tomato sauce

30 dag red potatoes

1 garlic head

and a pinch of salt

P

ig's shoulder blade was first and foremost eaten at the time when the grapes were ready to be picked. After that our older women would've kept it in a safe place (as if it was something sacred). They would keep it in *maškadur*

(a kitchen wall-mounted wooden cabinet with a dense wire mesh at the door) throughout winter. Sometimes they would eat just a tiny piece of it with a sip of homemade wine from the wine cellar without anybody knowing it. It was put back in maškadur.

That shank bone would in the end, at the month of June, end up in a pot with young green beans.

First remove the skin from the shank bone - cut the bone up into smaller pieces, toss them in a copper pot full of cold water and let it boil. Take the shank bone out and spill the water too. Pour in some new cold water and together with the shank bone, leave it to cook for another hour or hour and a half. In the meantime clean young green beans, cut them up in two to three pieces and together with the also clean potatoes let them cook together (in some boiling water). When the green beans are half cooked, pour some water out of the pot and add some of the water in which the shank bone was cooked. Finally, mix the shank bone with the green beans and potatoes; add some homemade tomato sauce, a head of finely chopped garlic and a pinch of salt in case the shank bone was not salty enough.

This type of 'heavy' food was always taken to the laborers in the fields or was served for special occasions – when an important guest would come to visit.

Janjetina s bižima Lamb with green peas



Kroz svibanj mesec vrime je pričesti i krstitki, vrime je davanja sebe i obitelji u poniznosti i u molitvi Bogu. Vrime je velikog puta prema vjeri i suživota s Bogom. Veliko je vrime svibnja miseca za sve mlado i staro od svake nedije veseje, radost, obiteljska druženja, prijatelji, kumovi. Svake sriće tih nedija na stolu bude. I kako to priliči za tako važne dane u životu obitelji i dice, važno je šta će taj dan, osim mlade pečene kozletine, bit na stolu. Pa tako ko je bija imućniji ili rekli bi stariji „boje sta“, radija bi osim juve i janjetinu s bižima. Posebno vrime moralo je bit, kao što i je, velika radost u obitelji, bilo za blagdana, pričesti ili krstitki. I to je jelo nastalo više iz običaja i važnosti života u datom trenutku nego li što je donilo sitost idućih dana, jer taj dan šta si izija, izija si.

Janjeći butić odvojimo od kosti, kost nasićemo i stavimo kuvat u ladnu vodu za temeljac sa svim začinima koji idu u juvu. Meso isićemo na kockice 1 puta 1 cenat, frigamo na maslinovu uju da dobro zažuti pa izvadimo van. Stavimo kapulu, dinstamo je da dobije sjaj. Kad kapula dobije sjaj, dodamo joj sitno sickanu mrkvu i dinstamo još par minuta. Vratimo meso koje smo pofrigali i dolijemo temeljac koji smo iskuvali. Nakon 20 minuta kuvanja dodamo jednu šaku kumpira sickanih sitno na kockice, tek toliko da ih ima za vidit.

Kuva se još 10 minuta, dodamo biži i domaći pelat te pustimo još 20-25 minuta da se sve to dosta ugusti. Stavimo dva zrna soli i poslužimo na stol u latenom pijatu.

Ža četiri osobe nam treba

janjeći but s kostima težak kilo

dvi glavice kapule

30 deka mrkve

750 grama biži

2 deca pelata

i dva zrna soli

Ingredients (serves 4)

1kg of lamb meat / leg part

Two onions

30 dag carrots

750 g of peas

2dl of homemade tomato sauce

and a pinch of salt

Christenings and First Communions, the time of giving yourself and your family to God humbly and in prayer, happen through the month of May. It's the time for taking the journey towards faith and co-existence with God. The month of May is great time for both the young and the old. Sundays are filled with joy and love, family gatherings, friends and godparents spending time together with great joy and happiness. Sunday tables at these times are full of food delights. And as it should be during those important days in the life of the children and their family, it is important what will be served on the dining table (besides the roast goat meat, of course). Besides the soup, the difference between families who were situated a bit better than the rest, would also serve lamb with green peas. Those were the days of joy for every family, as it should be with something as important as a First Communion, christening or any other holiday for that matter. This dish was created not to feel full afterwards, but for the sake of the custom and the importance of life at that given moment. The fact was – what you managed to eat on that day, you wouldn't eat until the same time next year, if even then.

Choose a part of the leg of lamb for this dish and debone it. Cut the bone into pieces and put them in cold water with all the spices that we normally put to prepare soup stock. Cut the meat up in chunks 1 by 1 centimeter, fry them in some olive oil until it turns golden and then take it out. Toss the onions in and simmer them until they get shiny and translucent. Add finely chopped carrots and simmer them for a few minutes. Transfer the fried meat back and pour in the stock that you've prepared earlier. Cook for about 20 minutes and then add a handful of finely diced potatoes. Cook for another 10 minutes, add the green peas and homemade tomato sauce and let it simmer for another 20-25 minutes until it thickens. The only thing missing is of course, a pinch of salt.

Grahorice

Vetches



Kad se početkom svibnja miseca odilo u planinu, prababa Ruže bi, Bog joj da mir i pokoj, govorila nevistama: "Neviste moje, nemojte zaboravit posijati sočvicu, orzo, fažol i sve ono drugo koje stane pod kapu grahorica." U jesen kad bi došlo vrijeme vađenja kumpira tako su se i grahorice brale, sušile i spremale za zimu. Uvijek je običaj bija da se prvo ubrano vaju skuvat na drugi dan za užinu. Navečer bi stare žene, babe, svekrve ili neviste potopile u ladnu vodu koliko misle da bi im sutra tribalo za čajad naranit .

U staroj kamenici u kojoj te godine nije bilo uja, prababa Ruže držala je komad slanine koju je već granča malo uvatila. Kapulu isickamo na sitne komadiće i dinstamo na uju, kad dobije sjaj dodamo grahorice. Ulijemo mlake vode, stavimo dec ili dva domaćeg pelata. Stavimo i komad slanine što je prababa Ruže čuvala u kamenici staroj. Skinula bi se granča s nje, oprala bi se u ladnoj vodi i metnila bi se kuvati zajedno s grahoricama. Kad uzavre, jedna glava češnjaka se isiče na sitno i stavi kao začim. Stave se dva-tri mrkve sitno isickane i dva zrna soli.

Kuvamo po prilici 45 minuta dok ne vidimo da se omekšalo. Uvijek su prvi jili muški pa dica, a ženama šta je ostalo. Ta rana je bila kalorična, lako probavljiva što je ljudima u to vrijeme bilo važno za znati.

Za četiri osobe nam treba

400 grama grahorica

300 grama pancete

dvi glavice kapule

glavica češnjaka

dvi mrkve

2 deca domaćeg pelata

i dva zrna soli

Ingredients (serves 4)

400g of vetches

300g of bacon

2 onions

2 carrots

1 garlic head

2 dl of homemade tomato sauce

and a pinch of salt

At the beginning of month May people would go to the mountain Biokovo and my great grandmother Ruže, may she rest in peace, would always tell her daughters-in-law at this time: "Don't forget to plant lentils, barley, beans and all the other vetches too."

In autumn, when it was time to harvest the potatoes, it was also time to pick and dry vetches and store them for the cold winter time. We would always cook the vetches that we picked out the day before – this was our custom. In the evening old women, grandmothers, mothers-in-law and daughters-in-law would soak the specific vetches in cold water, and of course, as many vetches as they thought was necessary to feed all the members of the family. In an old *kamenica* (stone container) in which we usual stored homemade olive oil that was unfortunately missing this year, my great-grandmother Ruže kept a piece of bacon that was lying there for at least 6 month in the old stone container and now has a thin yellowish skin on top of it that's called *granča*.

Sauté finely chopped onions in oil until soft and translucent then add the vetches. Pour some luke-warm water and put one or two deciliters of homemade tomato sauce. Add a piece of bacon which great-grandmother Ruže kept in the old *kamenica*. Remove the '*granča*' part from the bacon, wash it in cold water and cook together with the vetches. When the water starts to boil, to use it as a spice - add one head of finely chopped garlic. Don't forget to put two or three finely cut carrots and a pinch of salt. Cook for about 45 minutes until everything has softened.

According to the tradition in those days, men and children would be the first to eat the food, and after them, women. This kind of food was high in calories, but easily digestible, and this was an important fact, back in those days.

Blitva s jutikom

Chard with shallots



Qvoga prolića sve je uranilo. Noći jesu ladjnikave, ali dani su topli i Bogom dani za radu na zemji. Pita čaća mater: "Šta ćemo, ženo, za večeru?", a ona odgovara: "Neman vrimena sist, a kamoli tebi štogod spremat za večeru, nego šta mi dođe pod ruku i padne mi na pamet pa ću vidit." Normalno, njemu to nije bilo drago za čut jer je uvijek mislija da je on vazda prvi na redu i da mora večera bogata bit i da mora bit skoro ravna užini. Mater bi otišla u vrtal zalit i našla par blitvi koje je ostavila za simena. Otkidala bi donje listove i uparala jutike, samo list, ne i glavu. Došla bi doma, skuvala blitvu u vriloj vodi s kumpirin i procidila, a list od jutike ne bi kuvala nego bi na tavi bez uja, samo dve minute podušila. Kako blitva u to doba godine nije imala okus mlade blitve već stare, list od jutike pojačava je aromu jela. Ona bi to spojila, zalila maslinovim ujem, stavila dva zrna soli, metnila mu na stol i rekla: "Ako ćeš ist – idi, ako nećeš – dat ću kokošama."

*Za četiri osobe nam treba
kilo listova blitve
list jutike
maslinovo uje
dva manja kumpira
i dva zrna soli*

Ingredients (serves 4)

*1 kg chard leaves
A few pieces of shallot leaves
Olive oil
Two smaller potatoes
and a pinch of salt*

Qn this specific spring everything 'started earlier'. Nights were chilly, but the days were warm and perfect for farming the land. My father would ask my mother: "What are we going to eat for supper?" She answered: "I don't have time to sit down and think, let alone to prepare something for you to eat for supper. I'll make whatever comes handy or comes to my mind to do." Of course, those words were not music to his ears because he always thought that he was the most important and supper had to be almost as good and as rich as lunch was. Mother went to the garden to water the vegetables and found a few chard leaves that she left to use as seeds some days ago. She cut off the lower chard leaves, took some shallots out of the garden too, only the leaves, not the heads. She would then return home and cook the chard in boiling water with potatoes. Afterwards she would drain the water out. She wouldn't cook shallot leaves but just stir them for a minute or two in a frying pan with no oil. At that time of year chard did not have the taste of young but old chard, so shallot leaves boosted the aroma of the dish. She would mix everything together, drizzle generously with olive oil, add a pinch of salt and then she placed the dish on the table in front of him and said: "If you want to eat, eat; if not, I'll give it to the chickens."

Manistra na pjuvaku

A spit of pasta or
"Manistra na pjuvaku"



Ne znan ko se sića, možda stariji, ali mladost teško – gladi, neimaštine, siromaštva, ali isto tako velikog zajedništva i radosti života. Neka se nije imalo, pomagalo se jedno drugima. U selu je bilo puno kuća iz kojih bi judi odili na radu. Oni koji su bili malo bogatiji, mi smo ih zvali nadničari. Njihove familije bile su časne i poštene, ponosne, neka nisu imali. Često im je puta na stolu za užinu bila manistra na pjuvaku. Danas tu manistru na pjuvaku kuva malo ko ili niko. Može je kuvat zato što je se netko dositija, ali neće je kuvat zato što nema šta drugo. Pa u spomen na moje pretke i njihov težak život, ja ću danas ostavit vama ovu ricetu koju je prababa Ruže ostavila mojoj babi, mojoj materi, a moja mater meni. U teću ćemo stavit dvi kašike masti, isić ćemo jednu kapulu ili dvi na sitno i ako ima koja mrkva u kući. To ćemo dinstat, stavit ćemo malo domaćega pelata, dva zrna soli. U kući je uvik moralo bit manistre pod nazivom šbjoti. Kad smo izdinstali, ulijemo vode koliko nam triba da manistra zajedno s time kuva. Važna je napomena kako znamo da je ovo jelo gotovo – kad stavimo kašiku u sredinu teće, od gustoće manistre, ona ne smi past.

Za četiri osobe nam triba

dvi glavice kapule

dvi mrkve

2 deca domaćeg pelata

30 deka šbjota

i dva zrna soli

Ingredients (serves 4)

1/2 onions

2 carrots

2 dl homemade tomato sauce

30 dag Maccheroni pasta

and a pinch of salt

A time when there were hunger and poverty present, but at the same time togetherness with a joy for life is something elders can for sure remember. Although people didn't have much, everyone helped each other. There were many houses in the village, whose members went to farm the land. We called them day laborers. Their families were honored by everyone even though they didn't have much. Very often the only food found on their table for lunch would be manistra na pjuvaku – a spit of pasta. Nowadays this dish is hardly ever prepared. It might be cooked because it crossed somebody's mind, but not for the same reason as they used to make it. It is a recipe that my great-grandmother Ruže passed over to both my grandmother and my mother, and then my mother to me. So in a loving memory of my ancestors and their hard life, I will pass over this recipe to you all. Put two spoonfuls of fat in a pot; add finely chopped onion or two, and if you find any carrots, if there are any in the house, add them too. Stir-fry for a while, add some homemade tomato sauce and a pinch of salt. Every household had to have Maccheroni pasta, back in those days. After stir-frying the vegetables, pour as much water as needed to cook the pasta. How do we know when this dish is ready? When you put a spoon in the middle of the pot, our pasta shouldn't fall from it.

Bili kupus sa špaletom

White cabbage with
'špaleta' (dried pork shoulder)



Na proliće, kad bi ugrijalo, sve što je bilo u snazi odilo je na Biokovo radit – sadit kumpire, sadit zelen, sijat, a žene bi vodile ovce na ispašu. Kad bi glavati kupus poprilično narasta, došlo bi vrime za napraviti kripno jelo od njega, mada on sam ne ulijeva preveliko povjerenje da bi jelo moglo bit kripno. Kako je te godine u kući bila pričest, a pršut se ostavlja za Božić, načela se špaleta i za pričest isikla. Baba je šjuk od špalete večer prije potopila u ladnu vodu, da bi ga sutra metila kuvat u jedan bronzin. Dide bi šjuk isika na male komade, da bi ga babi koja bi ga metila kuvat u ladnu vodu. Kad bi zavrilo prva voda bi se, naravno, prolila. Šjuk bi se kuva cirka sat, sat i po vrimena. Od začina bi se metilo malo selena, jedna glava kapule, malo češnjaka, jedna mrkva. U drugu teću, širu, stavlja bi se kupus, sitno rizan, malo domaćega pelata, dva kumpira, glavica češnjaka, sitno rizana i dva zrna krupne soli. Doda bi se skuvani šjuk i mrkva. Ulilo bi se malo vode od šjuka i dolilo čiste ladne vode da kupus popliva. Kuvalo se otprilike po ure pa bi se sve zajedno u jednoj široj teći metnilo na stol. Jelo je bilo kripno i težacima i svima onima koji su bili u radu, znoju i trudu. Dobro im je došlo da kad iza ručka počinu mogu nastaviti s poslon. Žene bi, ako je štogod ostalo, uzele brtvelun i zabavile se oko šjuka.

*Za četiri osobe nam treba
kilo i po glavatog kupusa
300 grama kumpira
kilo šjuka
glavica češnjaka
glavica kapule
jedna mrkva
2 deca domaćeg pelata
i dva zrna soli*

Ingredients (serves 4)

*1.5 kg cabbage
300 g potatoes
1kg 'špaleta' dried pork shoulder
1 garlic head
1 onion
1 carrot
2dl of homemade tomato sauce
and a pinch of salt*

9In the springtime, when the temperatures raised and it was warm outside, all of the man capable of work would go to the mountain Biokovo to work.

When the cabbage would get big enough, it was time to make a strong dish out of it, although the cabbage itself can't be trusted when it comes to providing a proper strong meal. Since that year we had a First Communion in my family, and prosciutto was left for Christmas, a delicacy - dried pork shoulder was cut for First Communion. Grandmother soaked it in cold water the night before, and the following morning cooked it in a copper pot. Grandfather would cut it in smaller pieces and give it to grandmother so she could cook it in cold water. When the water boiled, this water would be spilled, and not used. The bone of a dried pork shoulder was cooked for about an hour/hour and a half. When it came to spices there should be some celery, an onion, garlic and a carrot all together in the first pot. In another wider pot we would add finely sliced cabbage, some homemade tomato sauce, two potatoes, finely cut garlic and a pinch of coarse sea salt. Dried pork shoulder and carrots were added. Some water in which the bone was cooked was poured in, as well as some cold water so that the cabbage would soak. It was cooked for another half an hour and was served on the table in the same pot.

The dish was strong and good for the laborers and everyone who worked hard. It gave them strength to carry on working after lunch and a well-earned rest. If anything was left, the women would take a pocket knife to scrape the rest of the meat off the bone.

Srdela u marinadi Marinated sardines



U lipnju misecu, po Svetome Anti, srdela je bila najkрупnija i meson najslada za ist. To govorin po kazivanju starijih tučepskih ribara. Petkom bi na Moču došli ribari iz donji Tučepi prodat ribu. Vikalo bi se: "Ala, ribe! Ala!", jakim glasom i narod bi se tako okupija na Moči. Ko je koliko moga, uzeja bi sebi za užinu srdela za ispeć. Naložila bi se vatra od pruća loze, a to je pruće bilo jedino vremensko i kaloričko mjerilo za ispeć srdelu. Znači, jaki žar koji kratko traje. Ako bi, a bi, ostalo srdela posli ručka, starije bi žene ili matere od tih srdela napravile marinadu. Dva bi pamidora iscildile ko za brujet i podgrijale na laganoj vatri. Isickale bi kapulu da dobije sjaj na maslinovu uju, opet ko za brujet. Grančica ruzmarina, vezica petrusumila. Složile bi srdele u jednu plitku teću pa priko njih prilile prethodno pofrigane sastojke. Za kraj bi dodale malo domaće kvasine, koja bi jelo držala da traje duže jer frižidera nije bilo. Tako je moglo trajat dva-tri dana i uvijek se ilo ladno.

*Za četiri osobe nam treba
kilo i po srdela
dva pamidora
jedna glavica kapule
vezica petrusumila
grančica ruzmarina
dec kvasine
i dva zrna soli*

Ingredients (serves 4)

1.5 kg of sardines

2 tomatoes

1 onion

Parsley

Rosemary

1dl vinegar

and a pinch of salt

In the month of June, right round St. Anthony's Day, sardines were the biggest and tastiest to eat according to the stories old Tučepi fisherman's would share. Ever Friday fisherman's that lived in the sea side area of Tučepi would gather at Moča (center of the upper part of the village Tučepi) to sell fish. Fishermen would shout from the top of their lungs: "Fish, fish!" and the village people would soon gather to buy some sardines to grill and eat for lunch. Grapevine twigs were used to make grill fire - those twigs were the only measurement of how long it would take to grill the sardines. Live coals that burned quickly - was the ideal way of grilling the sardines. If any sardines were left after lunch, and this was almost always so, older women and mothers would marinate them. They squeezed two tomatoes same way they would do while making brodetto and heated them on a low heat. Then they would cut the onions and stirred it with some olive oil until shiny and translucent. They would add freshly cut rosemary and parsley and then place the sardines in a pan and poured previously fried ingredients over them. And finally, they drizzled some homemade vinegar so that the dish could last longer, because back then there were no refrigerators. It lasted for two to three days and was always eaten cold.

Jaja s pamidorima

Eggs with tomatoes

Q

Velikoj Gospi vrućine jesu, ali raditi se mora. Tih dana običavalo se bit po Biokovu radno, ali bilo je i momenata kad se moralo kalat u selo – pokupit jaje ispod kokoša, pobrat pamidore u vrtlu pa drugi dan u zoru nazad. Oti dan njih dvoje su se zajedno kalali u selo, zalili vrtle i on pita nju: "Šta ćemo za večeru?", ona mu odgovara: "Dodijalo mi je kuvat, spremi ti ću štogod na brzinu pa ako ti se dalo izist – izidi, ako ne – šta ću ti ja." Žbatila bi mu tri jaja, isickala jednu glavu kapule, dva pamidora ogulila i s kapulom zajedno malo prodinstala da tekućina ishlapi. Onda bi pamidore zalila jajim koje je žbatila i metnila mu na stol za večeru. Nakon desetak minuta dok on to ide, pita ga ona: "Je li čemu?", a on odgovara: "Đava lipi pa te odnija." Ona bi pognila glavu, otišla u konobu da on ne vidi, bukaron bi nagnila malo vina i vratila se u kužinu ko da ništa nije bilo.

*Za četiri osobe nam treba
osam do deset jaja
dvi glavice kapule
po kila oguljenih pamidora
i dva zrna soli*

Ingredients (serves 4)

8 to 10 eggs

2 onions

*1/2 kg peeled tomatoes
and a pinch of salt*

a

round the Assumption of Mary day it's usually very hot, but working was an obligation. People used to spend these days working and living on the mountain Biokovo, but there were moments when they had to go down to the village - to collect fresh eggs or pick tomatoes from the garden. The following day at the crack of dawn they would go back to the mountain. On one of those days the two of them went down to the village to water the garden and afterwards he would ask her: "What are we going to have for supper?" She answered that she is tired of cooking so she'll prepare something quickly and he can decide if he wants to eat it or not. She would chop an onion, peel two tomatoes and sauté them together until the liquid would evaporate. Then she would beat up three eggs and pour them over the tomatoes and put the dish on the table for him to eat. After about ten minutes, as he was eating, she asked: "Is it any good?" and he would snappily answer: "Go to hell!" She would bend her head, sneak into the wine cellar, took a sip of wine from *bukara* (jug made of spruce wood) and went back to the kitchen as if nothing ever happened.

Dropčić Tripe

U to doba kada je ovo jelo nastalo, u mome kraju, u mome mistu, dropčić nije bija delicija od jela. Nastalo je od muke jer se ništa nije bacalo, a sve se moralo izist. Naše domišljate babe i prababe tako su spremale za jelo dropčić od maloga kozleta ili janjeta. Veliki posal je oko toga jela jer sve triba oprat dok je friško pa sve obariti. Napose obariti krv pa napose obariti nogice. Danas je to jelo sigurno delicija ili gulozarija, a onda je to bilo "ne smi se ništa baciti" – glad, siromaštvo i muka života. Dropčić se isicka na male komadiće, što sitnije to bolje. Pripreme se glava češnjaka i petrusumil, sitno sickani. Na maslinovu uju pofrigamo petrusumil i češnjak – da češnjak dobije malo sjaja. Stavimo sitno sickani dropčić, dinstamo 10-15 minuta i dolijemo juve kao temeljca. Od začina stavimo malo kore od suvoga sira, sitno sickane pancete, dva deca pelata, dva zrna soli. Stavimo nogice da se kuvaju po ure. Nakon po ure stavimo jedan sitno sickani kumpir i kuvamo još 10 minuta. Pri kraju stavimo sitno sickanu obarenu krv, njoj ne triba nego 10 minuta kuvanja. Jelo mora biti gusto jer je tako bilo kripnije nego da je ritko.

Za četiri osobe nam triba

jedan dropčić

četiri nogice

krv

glavica češnjaka

vezica petrusumila

fita kore od sira

10 deca pancete

2 deca domaćeg pelata

200 grama kumpira

litar temeljca

i dva zrna soli

Ingredients (serves 4)

Tripe

4 legs

Blood

1 head of garlic

1 bunch of parsley

1 slice of cheese grind

10 dag of bacon

2 dl of homemade tomato sauce

200g potatoes

1l of soup stock

and a pinch of salt

At the time when this dish was created tripe was not much of a delicacy in my village. Those were hard times where none of the food would be thrown away, everything had to be eaten so our clever grandmothers and great-grandmothers made goat or lamb tripe.

There is a lot of work around this meal because everything had to be washed while it was still fresh and then boiled while fresh too. Blood was also boiled separately as well as the legs. Today, this dish is a delicacy but back then it was a "can't-throw-anything-away" thing - hunger, poverty and troubled times

Cut the tripe into small pieces; the smaller, the better. Finely chop garlic and parsley and fry them in olive oil until garlic is shiny and fragrant. Add finely cut tripe, simmer for 10-15 minutes and pour in some soup stock. Add some dry cheese rind, finely chopped bacon, tomato sauce and a pinch of salt. Boil the legs for around half an hour. After that make sure to put one finely diced potato and boil everything for another 10 minutes. At the end toss in chopped boiled blood.

This dish must be thick rather than thin because that's what makes it stronger.

Rizi-bizi

Rice with green peas

Mi danas rizi-bizi vidimo kao prilog nekom jelu. Danas je stvar maštovitosti kuvara uz koje će ga jelo poslužiti, ako uopće još postoje konobe i restorani koje taj prilog poslužuju. A jelo je nastalo opet iz siromaštva, muke, truda, rada, znoja. Da bi se preživelo. U kući je uvijek bilo rizi, a u vrtu maloga graška. Kako je mater dan prije kuvala juvu i ostalo je juve skoro pa litar, nije je tla bacit jer je bila grijota. Vamo bi kapulu sitno isickala, zažutila je da dobije sjaj, stavila bi dvi šake rizi, tri kvarta graška, ulila temeljca i kuvala 20 minuta ili po ure, zavisi koje su bile rizi. I to je bila užina. U to se moglo staviti komadić sira iz uja i nije bilo pogovora, moralo se ist. Po ko zna koji put, napomena, jelo je nastalo iz siromaštva i potrebe za opstankom, a ne i za čim drugim.

Za četiri osobe nam treba

200 grama riže
tri kvarta (450 grama) biži
litar juve
dvi glavice kapule
i dva zrna soli

Ingredients (serves 4)

200g rice
Three quarters (450g) of green peas
1 liter of soup
Two onions
and a pinch of salt

Today we think of rice with green peas as a side dish. It's up to the cook to be imaginative and to decide which main dish they will serve with it, if there are even any taverns or restaurants that still do that. This dish was also created out of poverty, trouble, hardship, labor and sweat and all that in order to survive. In every household you could find some rice and in the garden there were some peas to be found. The day before my mother made soup for lunch. There was almost one liter of soup left which would be a pity to throw, my mother thought. Finely chopped onions she would sauté until translucent. Then she added two handfuls of rice, three quarters of green peas, poured in some soup stock and cooked for 20 minutes or for half an hour, depending on the type of rice. And this was lunch.

Some pieces of oil-cured cheese could be served together with this dish and it had to be eaten without questions asked. Once again I'd like to emphasize that this dish was created out of poverty and the need to survive and not for any other reason.

Sočivica Lentils



Puno od ovih jela koje pišen u spomen na svoje pretke nastalo je za života našega svita na planini Biokovo. Kako su se u docima sijale grahorice, tako je i sočivica došla na red za ubrat, posušit i napravit od nje jedno jako interesantno i zdravo jelo. Naravno da sama po sebi i ne bi veselila čejad da mater ili baba ne bi metnile i komad suvoga da zavonja. Uvijek se suvo meso, bilo koje da je, mečalo u ladnu vodu prokuvat. Kad voda prokuva odma se izlije da iz mesa izide slanost i mirisi dimljenja koji nisu zdravi za naš organizam. U drugu bi teču mater ili baba isickale jednu kapulu i zažutile je da dobije sjaj. Stavile bi sočivicu da se zajedno s kapulon dinsta na uju par minuta dok ne počne pucketat. Zalile bi vođon ili mrvon tekućine od suva mesa, stavile bi malo pelata i dva kumpira sitno sickana. Nakon po ure kuvanja dodale bi suvo meso šta je bilo i pri kraju glavu češnjaka sitno sickanu da snaga češnjaka ostane – jer češnjak je sam po sebi životu potreban da se ne bi, ne daj Bože, kogod razbolija. Važno: češnjak se stavlja tek zadnjih 5 minuta prije negoli je jelo gotovo!

*Za četiri osobe nam treba
po kila sočivice
dvi glavice kapule
glavica češnjaka
2 deca domaćeg pelata
suvo meso po želji
i dva zrna soli*

Ingredients (serves 4)

1/2 kg lentils

2 onions

1 garlic

*2 dl homemade tomato
sauce*

*A piece of dried meat
and a pinch of salt*

Many of the dishes I am writing about came from the memories of my ancestors and were created while they lived on the great mountain Biokovo.

At this particular time pulses were sown in fields, so it was time for lentils to be picked, dried and made into a very interesting and healthy dish. Lentils were not a type of a dish that made younger crowds particularly excited unless mother or grandmother put a piece of cured meat to add some special flavor to it. Any kind of dried meat was always cooked in cold water to boil. As soon as the water boiled, it would quickly be thrown away so the smell of smoke and toxins that came out of the meat (that are not healthy for our body) wouldn't stay inside the dish. In another cooking pot mother or grandmother chopped one onion and sautéed it until translucent. Then they put the lentils and sautéed them together with the onion for a few minutes until they started popping. They poured in some water or just a tiny bit of the liquid in which the cured meat had been cooked. Afterwards they would add some (homemade) tomato sauce and two finely diced potatoes. Half an hour later they added cured meat, one head of finely cut garlic. And when I say finely cut I mean cut in a way to keep its strength remained - because garlic itself, is much needed in life so that God forbid, we would avoid anybody getting ill. Important fact: garlic should be added 5 minutes before the dish is ready to be served.

Mahuna na uje

Green pod
with olive oil



Čača kupija u Boge Serdara teglu slani inćuna, donija doma i govori materi da bi on za večeru slani inćuna, ali ne zna šta još bi uz to izija. Govori mater: "Ima mlade mahune u vrtlu pa ću je skuvat na uje, a moreš to uz inćune." Došlo vrime večere, i ja doma. Čača i ja sili za stol, mater s nogu. Kad smo do po završili s večerom, sila je i mater i svi smo se više mašavali za slane inćune nego li za mahune na uju. Kuvane su na ovaj način: u vrilu vodu stavimo zajedno mladi fažol na tri mesta prisičen rukon ili brtvelunon i kumpir isičen na male kockice. Kad je gotov kumpir, za cirka 15 minuta, gotova je i mahuna. Procidimo, vratimo u teću, stavimo dva zrna soli, glavicu češnjaka sitno sickanu, zalijemo maslinovim ujem i metnemo tako na stol.

*Za četiri osobe nam treba
kilo mahune
200 grama kumpira
glavica češnjaka
po deca maslinova uja
i dva zrna soli*

Ingredients (serves 4)

*1kg young green pods
200g of potatoes
1 garlic head
1/2 dl of olive oil
and a pinch of salt*

My father bought a jar of salted anchovies from Bogo Serdar, brought it home and told my mother that he would like some salted anchovies for supper. But he also said how he doesn't know what to eat with them. Mother said: "There are some young green pods in the garden, I will prepare them with olive oil, and you can eat them with anchovies." I was also home for the supertime. Father and I sat at the table and mother stood on her feet right by our side while we eat. She was eating while standing up. When we were half way through the supper, mother sat down and I have to admit, we all reached for the salted anchovies much more than the green beans. This is how to cook the young green pods. Before putting those in boiling water together with potatoes cut into small cubes make sure to cut the green pods into three intersections each. When the potatoes are ready, after about 15 minutes, the green pods will be ready too. Drain them and toss them back into the heated pot. Add a head of garlic finely cut and a pinch of salt. Drizzle everything generously with olive oil and serve.

Manistra s pamidorima

Pasta with tomatoes

L

itnja spiza mogla se je ist voja te za užinu, voja te za večeru jerbon nije bila teška nego je lagana i lako probabljiva. U litnjim danima uvek je bilo pamidora u vrtlu, a one malo zrilije ili one koje je, ako je bilo, krupa ruvinala mater bi je pobrala, metnila u mlaku vodu, ogulila koru s njih i iscidila tekućinu. Jednu sitno sickanu kapulu metnila bi u teću, iskrižala pamidore, metnila malo petrusumila i po želji njenoj malo češnjaka sitno sickanoga, kao i dva zrna soli. Kad je šalša gotova, u drugu bi teću metnila vodu s dva zrna soli, stavila manistru, onu koju je imala u kući, jer tada nije bio izbor manistre ko danas. Kad je manistra gotova, procidila bi je i stavila u teću di je bila šalša, pomišala sve zajedno i stavila na stol kao gotovo jelo. Ako je u maškaduru bija komadić tvrdoga sira iz uja, glavi kuće bi bilo drago.

Za četiri osobe nam treba

kilo pamidora

glavica kapule

glavica češnjaka

vezica petrusumila

240 grama manistre

dec maslinova uja

i dva zrna soli

Ingredients (serves 4)

1kg tomatoes

1 onion

1 garlic head

A bunch of parsley

240g pasta

1dl olive oil

a pinch of salt

S

ummer food could be eaten whether for lunch or dinner. The reason for this was because it wasn't hard but light and easy to digest. In the summer days there were always tomatoes in the garden. Those that matured earlier or were bruised by sudden summer hail, mother would pick and she would put them in lukewarm water. Afterwards she peeled the skin and squeezed the liquid out of them. She would then toss one finely chopped onion in a pan, chop the tomatoes, add some parsley, some finely cut garlic and a pinch of salt. When the sauce was ready, in another pot she poured some water, added a pinch of salt, and then pasta. And don't ask which pasta did she put – it was whichever one she had at home, because at that time there was not a wide selection of pasta to choose from. When the pasta was ready, she drained it and put it in the pan with the sauce, mixed everything together and served as the main dish. If, by any chance, there was a piece of oil-cured hard cheese in *maškadur*, the head of the house would be pleased to have some added to the meal.

Lešo kozletina

Goat meat cooked
in boiled & salty water



Qvako je meni govoriya moj pokojni dide Judina. Jedan dan dide i baba Krajuša bili u kući, a na vrata dođe čovik po nadimku Šanto i govori mome didu: "Vice, iman ti jedno lipo kozle. Kasnije se malo polehlo, žensko je, ajde ga kupi u mene." Dide ko dide, bija je berekin, a tija bi zaradit koji dinar. Uputi se on sa Šanton u njega u selo, kupi to kozle i donese doma. Drugi dan baba metne kuvat za užinu kozletine od prvoga kraja – plečku, rebra i vrat. Mater je bila oko živine i nije mogla. Baba je ovin redon u bronzin, u ladnu vodu metnila: kapulu, selen, meso, pelat i pancetu. Nakon po ure kuvanja metnila je tri-četiri kumpira u cilo, jer kumpiru u cilo triba 20 minuta, a kozletini sveukupno 45 do 50 minuta kuvanja otkad voda uzavre. Kad je užina bila gotova, za stolon dide Judina, čaća i ja. Mater i baba jile su kad bi mi završili, tako je u to vrime bilo. Nikad slađe kozletine u životu nisan jia, a vjerojatno niti neću jer to vrime vratit ne možemo. Za napomenu, baba je dok se kuvalo metnila i komadić domaće pancete da zavonja.

Za četiri osobe nam triba

kilo i po kozletine

2 deca domaćeeg pelata

20 deka pancete

350 grama kumpira

glavica kapule

dvi grančice selena

i dva zrna soli

Ingredients (serves 4)

1.5kg of young goat meat

2dl homemade tomato sauce

20 dag bacon

350g potatoes

1 onion

Two sprigs of celery

and a pinch of salt

Here is a story that my late grandfather Judina once told me. One day grandfather and grandmother Krajuša were at home, and a man nicknamed Šanto said to my grandfather: "Vice, I have one nice young goat. As it was delivered a bit late, it's a female, why don't you buy it from me?" Grandfather as much as he was a hellion, he still wanted to earn some cash too. He went with Šanto to his village, bought the young goat and brought it home. The following day grandmother cooked it for lunch - the shank, ribs and neck all together. As my mother was busy with the livestock and couldn't help.

In a copper pot full of cold water grandmother would put an onion, some celery, the meat, some tomato sauce and the bacon. After half an hour of cooking, she added three to four whole potatoes; they take about 20 minutes to cook while goat meat takes about 45 to 50 minutes from the moment the water starts boiling. Grandmother also put a piece of homemade bacon to boost the flavor inside the dish. When our lunch was ready, grandfather Judina, my dad and I sat at the table. Mother and grandmother ate when we finished, that's how it was back in those times. Never have I eaten the goat meat as delicious as this one was, and I will probably never ever eat it either because those times cannot be brought back.

Brujet

Sea fish stew



Brujet se jako ritko kuva jer se nije imalo prilike svaki put potrefiti na ribu koja je u njega tribala ić. Za brujet se uvijek tražila mišana riba lošije kvalitete. Mi danas, kako imamo svega u izobilju, stavljamo ribu koja je s manje drače, a s više mesa, jer to je jelo danas gulozarija.

Ogulimo pamidore, istisnemo iz njih sok, ulijemo u teću malo maslinova uja da pokrije dno i stavimo u cilo pamidore da se šuvigaju.

Kad su pamidori popriliči u po gotovi, isičemo kapulu uzdužno i stavimo po pamidorin. Kad je kapula svenila i omekšala, posložimo ribu sve jednu do druge da se dodiruje, zalijemo bilim vinom i domaćom kvasinom. Kuva se na laganoj vatri, najmanje dva ure, pri kraju se more metnit i dec crnog vina.

Kad je jelo pred kraj kuvanja, stavimo isičeni petrusumil i selen, stavimo dva zrna soli i ako se ima u kući, jedna juta papričica iz vrtla. To se jelo uvijek serviralo mlako, a uz njega se kuvala pura ili palenta. Kao prilog moga se staviti i kumpir u slanoj vodi.

Za četiri osobe nam treba

2 kila ribe

kilo pamidora

četiri glavice kapule

4 deca bilog vina

dec crnog vina

dec domaće kvasine

petrusumila i selina po jedna vezica

i dva zrna soli

Ingredients (serves 4)

2kg of different type of sea fish

1kg tomatoes

4 onions

4dl white wine

1dl red wine

1dl homemade vinegar

parsley and celery

and a pinch of salt

Brujet (sea fish stew) was not cooked that often as it was really hard to have the luck to find all the fish that goes well together to form such a meal. Different types of poorer quality fish were always looked for to sum up for this one. Today, as we are all so lucky to have everything we need in big amounts too, we prefer the fish with less bones and more flesh, because this dish turned into a delicacy today.

After peeling the tomatoes, squeeze the juice out of them and pour in some olive oil just to cover the bottom of the pot. Then add whole tomatoes and sauté. When you think that the tomatoes are almost and half-ready, cut the onions longwise and put them on top of the tomatoes. When the onions soften, place the fish inside of the pot carefully. Then pour some white wine and homemade vinegar. Cook gently on low heat for at least two hours. At the end you should also add a deciliter of red wine, some finely chopped parsley and celery, a pinch of salt and, if there is any around the house, one chili pepper, maybe even picked from the garden. This dish was always served warm, not hot, with some polenta or potatoes cooked in salted water.

Orzo

Barley



Po kazivanju prababe Ruže ona je u maškaduru uvijek čuvala kožu od špalete. A zašto je čuvala? Čuvala ju je jer je ta koža puno puta završila u bronzinu za dat vonj nekom jelu.

Kad je jelo bilo gotovo ona bi je izvadila vanka, oprala hladnom vodom i opet obisila u maškadur da je i drugi put kad bude štogod kuvala može opet metnit. Za ovi put je s ton kožom od špalete ona odlučila skuhati orzo. Najprije je kapulu izdinstala da dobije sjaj, pa je dodala šaku sitno sjeckane mrkve, pa je dodala orzo i stavila malo vode da se lagano kuva. Zatim bi dodala kožu od špalete i lagano bi to kuvala na tihoj vatri sat vremena. Na kraju bi dodala dva zrna soli.

Za četiri osobe nam treba

400 grama orza

dvi glavice kapule

dvi mrkve

po mogućnosti koža od špalete

i dva zrna soli

Ingredients (serves 4)

400g barley

2 onions

2 carrots

*Skin of cured pork shoulder, if possible
and a pinch of salt*

My great-grandmother Ruže always kept the skin of cured pork shoulder in maškadur. And why did she do that? Because that skin ended up in the pot many times to add flavor to a dish. When the dish was ready, she would take the skin out, rinse it in cold water and hung it back in maškadur so that she could use it again. So this time she decided to cook barley all together with the skin. First she sautéed the onions until shiny and translucent, then added a handful of finely chopped carrots, barley and finally added water to cook it slowly. Then she would add the skin of cured pork shoulder and she would cook it slowly, on low heat for an hour. At the end she would add a pinch of salt.

Biokovska juva

Biokovo (mountain) soup



Proliče. Život na Biokovu: žene u pašu, muški u doce radit na zemji. Viče baba na sav glas: "Ajme meni, upalo mi janje u rupu!" Ko je bija blizu od muški skočija je, izvuka janje, ali ono je jednu nogu slomilo. Kad se to dogodi, zna se šta ga čeka.

I tako je nastalo ovo jelo zvano biokovska juva. U širu, a plitku teću isiklo bi se meso na komade od dvista-trista grama. Sve što je bilo povrća u vrtlin u docima stavilo bi se u ladnu vodu: repe, mrkve, korijena od sarena, korijena od petrusumila i tako redom. Stavilo bi se i dva deca pelata, četiri-pet kumpira u cilo, kapula, češnjak. Baba bi vezala jedan vaculet planinskih trava i stavila bi i njega u teću da se kuva zajedno s tim mesom, tako da je ta juva imala aromu biokovskih trava. Po tome je dobila ime koje i dan danas nosi — biokovska juva. U suštini, biokovska juva kao jelo ima veću poveznicu s mesom nego sa samom juvom koja bi se popila.

Za četiri osobe nam treba

kilo i po janjetine

350 grama kumpira

100 grama korijena od sarena

100 grama rodakve

2 deca domaćeg pelata

korijen petrusumila

mrkva

glavica kapule

glavica češnjaka

šest-sedam vrsta biokovskih trava

i dva zrna soli

Ingredients (serves 4)

1.5kg lamb meat

350g potatoes

100g celery root

100g turnip

2dl homemade tomato sauce

1 parsley root

carrots

1 onion

1 head of garlic

*6/7 types of mountain Biokovo herbs
and a pinch of salt*

Springtime. Life on mountain Biokovo: women lad the livestock out to pasture, men work on the land. Grandmother shouts at the top of her lungs: "Oh, my God, the lamb has fallen into a hole!" Whoever was near ran to help, pulled the lamb out, but sadly it broke a leg. When something like this happens, it's clear what awaits the poor lamb. That's how this dish called Biokovo soup was created. The meat was cut into pieces of two to three hundred grams each and put into a broad, shallow pot. All the vegetables that could be found in gardens or mountain fields were put into some cold water: a turnip, carrots, celery and parsley roots. At least 2 deciliters of tomato sauce and four or five whole potatoes, some onions and garlic. Grandmother would also tie a bunch of mountain herbs and put it into the pot to cook together with the meat, so that the dish would have the aroma of Biokovo herbs. That's how it got its name - Biokovo soup. In essence, Biokovo soup has more connections to be called a meat dish than a soup, but as they did call it a soup, so will I.

Teleći rižot Veal risotto



U svim vremenima u kojima je narod živio bilo je bogatih, bilo je siromašnih. Po kazivanjima prababe Ruže, u obitelji koja je bila siromašnija, kad se neko iz kuće ženija jedno od jela na piru bija bi teleći rižot. Od teleće poplečke odvojit ćemo meso - kosti nasić i stavit kuvat na juvu. U ladnu vodu sa svim onim dodacima koje juva i triba: jednom kapulom, mrkvom, dvi grančice selen, deci pelata i dva zrna soli. Kad smo skuvali temeljac, isikli smo meso na male komade. Stavili ga u plitku teću na maslinovo uje i pofrigali dobro s obe strane. Kad smo ga pofrigali dodali smo sitno sickanu kapulu da samo svene na uju. Dodajemo dvi šake rizi, a po potrebi dodajemo i temeljac dok se riža kuva 15 do 20 minuta.

Za četiri osobe nam triba

1kg teleće poplečke

200 grama rizi

dvi glavice kapule

dvi mrkve

selen

dec domaćeg pelata

i dva zrna soli

Ingredients (serves 4)

1kg calf shoulder

200g rice

2 onions

2 carrots

Celery

1dl homemade tomato sauce

and a pinch of salt

Throughout history and different times in which people lived in, there were always the rich and the poor people. As my great-grandmother Ruže used to say - when a member of a poorer family was getting married one of the dishes at the wedding would be a veal risotto.

Divide calf shoulder into meat and bone parts. Cut bone parts into smaller pieces and start cooking them into a soup. All the usual and necessary parts for making a soup should be present: one onion, one carrot, two springs of celery deciliter of tomato sauce and a pinch of salt. When the soup stock is cooked, cut the meat into small pieces and place it in a shallow pot. Fry them in olive oil. Once fried, we add finely sliced onions and saute until softened. Then we add and stir in two handfuls of rice and pour in the calf stock. Continue cooking, stirring frequently and topping up with more stock as the rice is cooked. It can take between 15 to 20 minutes.

Poriluk na čorbasto

Leek stew

Poriluk je povrće koje se sije iza Uskrsa i da bi ga imali na pijatu treba proć sa prisadivanjem osam do devet miseci, čak i više, dok ne završi u bronzinu. Poriluk je namirnica zdrava, kvalitetna, lako probavljiva i u selu mome svima draga, pa tako i meni i još jednome. Jelo poriluk na čorbasto tražilo je imat u sebi mrvu suva (pancete) – što i nije moralo tako bit, jer nije svak ni ima suva u kući, ovisi kakva je godina bila. U bronzin, u ladnu vodu isičemo poriluk na širinu tri centa, kumpir na kocke dva puta dva centa, sitno sickan češnjak, dva deca pelata, dva zrna soli i malo pancete. Ako je poriluk mlad ne treba se prije obariti. Ako je poriluk star, ako je već proliće, poželjno ga je obariti – prokuvat u jednoj vodi i tu vodu proilit.

*Za četiri osobe nam treba
kilo i po poriluka
350 grama kumpira
2 deca domaćeg pelata
glavica češnjaka
200 grama pancete
i dva zrna soli*

Ingredients (serves 4)

1.5 kg leeks

350g potatoes

2dl homemade tomato sauce

1 garlic head

200g bacon

and a pinch of salt

Leeks are the kind of vegetable sown after Easter. It takes eight to nine months, or even more, until they end up in a copper pot and in our plates. They are a very healthy, high quality vegetable, easily digestible and liked by everyone in my village including me.

Leek stew required a bit of dried meat (bacon) in it if possible because in those days not every household had it. It very much depended on how good was the year. We cut up the leeks three centimeters in length, chop the potatoes in cubes two by two centimeters and finely dice the garlic. Toss everything into a copper pot full of cold water together with two deciliters of tomato sauce, a pinch of salt and a little piece of bacon. If the leeks are young there's no need to boil them first. If they are old, like they would be in springtime, it is desirable to boil them first - bring them to the boil and then pour the water away.

Riba u tisno

Tightly - in very little water cooked fish



D

ošli u petak ribari na Moču prodati ribu, i u jednoj kašeti bilo je mišane ribe iz migavice. Matere i babe u to vrime uvijek su domišljate bile, a prošli su petak kuvale brujet pa su donile odluku da će malo prominit.

Kupile bi uglavnom bilu ribu, di bi se našla batofina, škrpun, mala grdobinica, veća trija i koji arbunić. Stavile bi je u široku plitku teću sa začinima iz vrtla: petrusumil, češnjak, kapula.

Dodale bi dva zrna soli, maslinovo uje i čekale da uzavre. Nakon 10 minuta stavile bi kumpir na fite.

To se jelo posluživalo tako da bi se u duboke latene pjate stavilo sve zajedno – i juva i riba i kumpir i tako bi se jilo. A zašto utisno?

Jer kad je veća količina ribe u malo vode, juva i riba dođu do boljeg okusa i kvalitete jela nego kad je obrnuto sve.

Napomena: može se napraviti po želji temeljac od glava ribe pa se češnjakom, petrusumilom i kapulom štruka, napravi ugusto, pa se riba utisno sa tim zalije .

Za četiri osobe nam treba

2 kila mišane bile ribe

300 grama kumpira

glavica češnjaka

vezica petrusumila

dvi glavice kapule

dec maslinova uja

i dva zrna soli

Ingredients (serves 4)

2kg mixed white fish

300g potatoes

1 head of garlic

1 bunch of parsley

2 onions

1dl olive oil

and a pinch of salt

F

ishermen's came to Moča each Friday to sell fish. In one crate there was a good mixture of different types of fish. In those days mothers and grandmothers were always inventive and resourceful so, as they'd cooked brodetto the previous Friday, they decided to change and cook something else this week.

They'd mostly buy white fish - a stargazer, a black scorpion fish, a small monkfish, a bigger red mullet and a few pandora's. They'd put the fish in a broad but shallow cooking pot together with parsley, garlic and onions. They'd add a pinch of salt, olive oil and then waited for everything to start boiling. After 10 minutes they'd add some sliced potatoes.

This dish was served in deep tin plates - the soup, fish and potatoes altogether. That's how it was eaten. Why were they cooked in just a little bit of water? Because when there's a larger quantity of fish in very little water, both the soup and the fish taste better than the other way round. Note: you can make the fish stock with the fish heads, some garlic, parsley and onion, puree the ingredients and pour everything over the fish.

Pašticada
*traditional Dalmatian
beef stew*



Danas pokojni Šanto zove moga ćaću da ima jednu lipu kravu, debelu. Da nije stara, šesta godina u sedmu i da bi se je tija riješit. I moj ćaća ne bud lin – u auto pa po kravu. Barba Joze je uz moju pomoć odveja u klaonicu na obradu. Moja mater kad je vidila kakvo je meso odma govori meni: "Od nje ćemo mi napraviti pašticađu."

Pašticađa je za mene osobno sveto jelo, svetinja, po meni vladarica tučepske kuhinje. Puno se lipih događaja uz nju doživilo, ali i ljudi pokopalo. Puno se je dice rodilo i pisama ispivalo. U svim vremenima od postanka Tučepi kao mista bilo je onih bogatijih i onih siromašnijih. Po kazivanju prababe Ruže, a i babe Krajuše, kad je bija pir u siromašnoj kući ne bi se kuvala ona nego bi se davalo pileći ili teleći rižot, a u kućama koje su bile imućnije pašticađa se davala kao glavno jelo na piru. Ako bi glavari kuće umra davala bi se i tada. Pašticađa je u svakom obliku bila radost, ma u kojem trenutku bila poslužena.

Po meni, najbolja je goveda Ruže, bez poklopca, od krave stare 6-7 godina, ne više. Zašto Ruže? Iz jednostavnog razloga što je meso gotovo sat vremena prije nego frikando i ribić, a sočnija je i mekša u odnosu na ova dva. Vama po izboru. Meso mora odležati najmanje tri do četiri dana da sazori i da iz njega izađe tekućina.

Način pripreme na moj način izgleda ovako: ružu ćemo isić po zanatu, ako je veća na četiri dila, ako je manja na tri, s tim da dijelovi ruže moraju bit duguljasti. Pripremit ćemo domaću pancetu i češnjak. Pancetu rižemo dužinom 4-5 centa i širinom 3-4 milimetra. Zabodemo nož pod kosinu i stavljamo redom komad pancete pa onda u drugu rupu češnjak, pa onda opet panceta pa onda opet češnjak i tako nižemo sve do kraja komada. Prethodno smo očistili kapulu, isikli je na ploške, isikli smo i mrkvu na fite, pripremili domaću kvasinu, u vrtlu ubrali domaće selen. Onda idemo ovim redom: u veću teću posložimo meso, na meso stavimo isickanu kapulu i mrkvu, na vrh stavimo selen i malo papra u zrnu. Na dva litra domaće kvasine stavit ćemo 6-7 deci obične vode i time ćemo zalit meso tako da pliva. Ostavimo ga 10 do 12 sati da odleži, može i 15. Drugi dan izvadimo kapulu, mrkvu i selen vanka, izvadimo meso, a tekućinu ostavimo u teći ili je prilijemo u manji sud. Meso ćemo osušiti starom

Za četiri osobe nam treba

kilo mesa

kilo kapule

10 deka pancete

glavica češnjaka

pet šljiva

po deca domaćeg pelata

2 deca crnog vina

po deca prošeka

2 deca kvasine

dec vode

tri mrkve

deset zrna papra crnoga

jedna grančica selena

i dva zrna soli

kanavocom. Naložit ćemo vatru u špaheru maslinovim drvima starim dvi godine jer ta drva, tako stara, daju najbolju kaloričku vrijednost da bi pašticađa, što se tiče tog dijela pripreme, bila uspješna. Pofrigat ćemo sa sve četiri strane meso, dobro, tako da se sve pore na mesu u friganju zatvore. Kad je pofrigano izvadimo ga vanka i stavimo dinstat kapulu, selen, mrkvu i papar u zrnu. Kapula je izdinstana kad sva tekućina iz nje izađe. Vratimo meso unutra, dodamo malo pelata, ulijemo crno vino – koliko vina toliko i vode, ulijemo prošeka i ono kvasine koja je bila razrijeđena. Dodamo kore od sira staroga, dodamo šaku šljiva bez košpica i pustimo da se kuva 4 do 5 sati dok meso ne omekša. Kad je meso omekšalo izvadimo ga vanka i to što je ostalo u teći, na staru pasirku – naglasak na ručni rad, propasiram. Uz to se jelo može po želji služiti makarune ili njoke. Ko šta voli, po izboru je.

Ingredients (serves 4)

1kg meat

1kg onions

10 dag bacon

1 garlic

5 prunes

1/2 dl homemade tomato sauce

2 dl red wine

1/2 dl prosecco

2dl vinegar

1dl water

3 carrots

10 black peppercorns

1 sprig of celery

and a pinch of salt

S

anto, my father's (now deceased) friend, called my dad to inform him about a nice big, fat cow, not more than 6 or 7 years old – that he would like to sell. Without hesitation, my dad sat in his car truck and went to pick the cow up.

With my help, uncle Joze took it to the slaughterhouse and did what was necessary. When my mother saw the meat of the cow, she turned to me and said – "We'll make pašticađa out of it!"

For me personally, pašticađa is a sacred meal, like the queen of Tučepi cuisine. It witnessed many happy moment as well as the sad ones. Many children were born and many songs sang next to it too. According to stories of my great-grandmother Ruže and grandmother Krajuša - a chicken or veal risotto was always cooked as a main dish for a wedding day in poorer houses in the village rather than pašticađa – which was

made in better situated households for the same event. If the head of a household died, pašticađa would be on the table. On whatever occasion served, pašticađa meant simply joy for everyone.

A really important part of making it is deciding what kind of meat would you like to use for it. The best meat part is the rump roast of a cow not older than 6 or 7 years – if you ask me. Why rump steak? Because the meat is ready an hour earlier than for example a fricando and it is juicier and tenderer to eat, comparison to the other meat parts people use. It's up to you which to decide which meat part you would prefer. The meat must rest for at least three to four days before cooking it to draw out all the liquid.

This is how I prepare it: cut the rump roast into 4 pieces if it is bigger, a smaller one into 3 pieces. Make sure the pieces are oblong. Prepare homemade bacon and garlic first. Cut the bacon into 4-5 centimeters long and 3-4 millimeters wide pieces. With a sharp knife make little pockets in the meat and stuff them with pieces of first bacon, then the next one with garlic and so on until the end of the meat piece. Beforehand thinly slice the onions and carrots, prepare homemade vinegar and bring some celery from the garden. In a bigger cooking pot first put in the meat, then on top of the meat onions and carrots and on top of that celery and some peppercorns. Mix 6-7 deciliters of water with two liters of homemade vinegar and pour it on the meat so that it gets fully soaked in the mix.

Leave the meat to rest for 10 to 12, even 15 hours.

The next day take out the onions, carrots, celery and meat out of the pot and leave the liquid in the pot or pour it into a smaller container. Dry the meat with an old *kanavaca* (dishcloth). Start a fire in the traditional cooker using two-year-old olive branches because they give the best calorie value when cooking pašticađa. Sear the meat well on all four sides so that all the pores close up. When it's finished, transfer to a plate. Sauté the onions, celery, carrots and peppercorns in the same pot where you just seared the meat. The onions are sautéed when all the liquid has evaporated. Put back the meat inside the pot, add a little homemade tomato sauce, red wine – and it must be the same amount of red wine and water, pour in some prosecco and the previously diluted vinegar. Add some old cheese rind, a handful of prunes without pits and let everything cook for 4 to 5 hours until the meat is tender. When tender, take the meat out and what is left in the pot run through a fine strainer by hand. Serve with macaroni or gnocchi, whichever you prefer.

Pulastar lešo

Rooster cooked in
boiled and salty water

Po starom tučepском običaju, starom desetljeća i više, kad bi nevista rodila unuka kao nasljednika, u njegovu bi se čast zakla najbolji pivac koji je bija u kokošinju i napravija bi se na lešo. Ako bi nevista rodila žensko dite, kad bi došla doma, u čast ženskog diteta zaklala bi se kokoš. Kad bi se unuk krstija načeja bi se pršut, a kad se unuka krstila načela bi se špaleta. I tako je to išlo s kolina na kolino po starom tučepском običaju, a i danas je to prisutno i tu se nema više šta za reć osim da tako digod mora bit. Pivca ćemo isić na četiri dila, metnit ga kuvat u ladnu vodu s mrkvon, selenom, kapulom i dva zrna soli. Nakon po ure kuvanja od momenta kad je uzavrilo, stavit ćemo kuvat 4-5 planinskih kumpira u cilo, jer planinskom kumpiru kad se kuva u cilo triba 20 minuta kuvanja, ako je malo veći od jajeta. Matere bi, kad je jelo gotovo, najprije odvadile u jednu malu tećicu jedan kumpir, jednu mrkvu, dvi kacirole juve i krilo i odnile bi nevisti u sobu da se okripi. A onda bi stavile na stol da muška čejad ide prva, a iza muške čejadi ila su dica i žensko što je bilo u kući. Tako je bilo po starom tučepском običaju.

*Za četiri osobe nam triba
pulastar (kilo i tri kvarta)
glavica kapule
dvi-tri mrkve
vezica selena
četiri-pet planinskih kumpira
i dva zrna soli*

Ingredients (serves 4)

Rooster (1 and 3/4 kg)

1 onion

2-3 carrots

A bunch of celery

4-5 mountain potatoes

and a pinch of salt

According to a decade-old Tučepi tradition, when a daughter-in-law gave birth to a grandson, the heir to the family, the best rooster in the hen house was dispatched and cooked to celebrate. If it was a female child born, when the daughter-in-law came home, the same way a chicken was prepared. When the grandson was baptized homemade prosciutto was started, when the granddaughter was baptized then a cured pork shoulder. And that's how this Tučepi tradition was passed on from a generation to a generation. Even today it exists and there's nothing more to say but that it sometimes has to be like that. Cut the rooster into 4 pieces, put it into a deeper pot, pour in cold water and simmer together with the carrots, celery, onion and a pinch of salt. Cook for half an hour starting to count since the moment the water boiled, and then add 4-5 whole mountain potatoes. Whole mountain potatoes take around 20 minutes to cook if they are a bit bigger than an egg. When the dish was ready, mothers would separate a potato, a carrot, some broth and one rooster wing into a small saucepan then took it to the daughter-in-law to restore her strength. Then they would put the broth on the table for the men to eat first, and after them the children and women. That's how it was according to the old Tučepi tradition.

Bakalar

Bianco cod stew

9 malo se, ne imalo, dva su dana u godini bila najvažnija za jist bakalara. To je Badnji dan i Veliki petak. Siromašnija čejad bi znala osušit kojega mola s parangala i njega radit na bakalar, jer nisu imali para za kupit bakalar. Bilo je onih siromašnjih koji bi se udužili za dvi, tri nadnice za kupit bakalar bilo za Badnjak ili Veliki petak. To je tradicija postojanja hrvatskog naroda u Dalmaciji, u Tučepi. Tradicija u neku ruku i ostalih katolika i svih koji su štovali te blagdane.

Užina je taj dan uvik bila u podne, iza mise i procesije, podne i po uvrh glave. Za veliki stol sili bi svi zajedno. Muški za stol, matere i babe po običaju malo sa strane i dica s njima. Danas u vrremenima kad skoro svi žive u izobilju, pridaju važnost kvaliteti i cijeni bakalara, ko ga je di kupija, koliko ga je ko platija – što u ovome svemu nije ni važno. Jedino je važno da se poštuje tradicija, kulturna baština, da bi hrvatski narod u Dalmaciji, u Tučepi opsta, da bi se dica učila običajima, jer bez tih običaja mi ćemo kao narod jednog dana nestat s ovih prostora.

Davno prije moja bi mater potopila bakalar tri dana prije nego ga triba kuvat jer je bija tvrd ka stina. Onda bi ga svaki dan po dva puta vadila vanka, malo ga macuketom tukla da omekša i prominila vodu. Očistila bi kumpire, planinske za tu priliku, očistila bi češnjak, pripremila bi petrusumil i onda bi išla ovin redom – ja govorin kako je meni moja mater kuvala, a ona je kuvala kako je njome njena mater govorila, a i baba Mace je kuvala kako je njome njezina mater govorila.

U dno teće, široke a plitke, stavili bi se komadići bakalara. Poviše toga stavlja bi se jedan red kumpira rizan na fite debljine cenat pa povije toga opet bakalar i tako redom. Kad bi se bakalar i kumpir složili, mater bi uzela teću, nalila ladne vode tako da kumpir i bakalar poplivaju. Metnila bi kuvat na špaher, dodala češnjak i petrusumil, dodala bi maslinova uja, dva zrna soli i pustila da se kuva uru, digod uru i po na laganoj vatri. Digod je slađi bija za večeron nego za užinon, ali bacit se nije smilo ni zalogaja.

Za četiri osobe nam triba

bakalar od po kila

600 grama kumpira

glavica češnjaka

vezica petrusumila

dec, dec i po maslinova uja

i dva zrna soli

Ingredients (serves 4)

1/2 kg salt cod

600g potatoes

1 garlic

A bunch of parsley

1.5dl olive oil

and a pinch of salt

Whether one had the possibility or not, salt cod had to be eaten on the two most important days in a year - Christmas Eve and Good Friday - both Christian holidays. Poorer folks would dry a few line-caught

hakes and prepare them Cod style because they couldn't afford the cod itself. There were those who would fall into debt just to buy salt cod for Christmas Eve or Good Friday. This tells the story of existence of Croatian people in Dalmatia, and in Tučepi. This is also a tradition of other Catholics and all those who respected Christian holidays too. On that day lunch was always at noon, half past noon at the latest, after the mass and the procession. Everyone would sit at a big table. Men sat at the table, mothers and grandmothers, as usual, by the side of the table together with the children. Today when almost everyone is well-off and has plenty of almost anything they can think of, people pay attention to the quality and price of cod fish - where they bought it, how much they paid for it, but that's not what is important at all. The only important thing is that we respect and protect our tradition, our cultural heritage so that the Croatian people in Dalmatia, in Tučepi, would survive, so that the children would be taught customs and tradition. Without these customs we may one day disappear forever from our native land.

A long time ago my mother would soak salt cod three days before cooking it because it was as hard as a rock. Then she would take it out twice a day and tenderize it with a meat mallet to make it softer and also to change the water. Then she peeled the potatoes, mountain ones for that particular occasion, peel the garlic, prepare the parsley and then she would do it like this - I'm going to tell you how my mother cooked it, and she cooked the way her mother told her, and grandmother Maca cooked it the way her mother told her.

First she placed the chunks of salt cod in a wide but shallow pot. On top of that she put the slices of potatoes 1 centimeter thick, then again the salt cod and so on. Having layered the salt cod and potatoes, she covered everything with cold water. Then she placed it on the stove, added some garlic and parsley, olive oil, a pinch of salt and left it to simmer for an hour, sometimes an hour and half on low heat. Sometimes it tasted better for supper than lunch and it had to be eaten until the last little piece.

Kumpir frigan na maslinovon uju

Potatoes fried in olive oil



Te godine po Svetome Anti kumpir se sadija ranije jer je godina bila dobra. Vaja iskopat kumpir na Jakića ulici. Barba Joze i ja, ćaća otiša na pazar, uvatili se kopat kumpira. Danas ćemo jedan dija, drugi ćemo sutra. Mater kupi i baba Krajuša. I govorin ja materi: "Ajde majko, ovi kumpira malo što su ruvinani pofrigat ćemo ih u crnu veliku tavu za večeru. "A ona mi odgovara: "Oću sinko, neće mi bit teško. Meritate i ti i barba." Mi s rađe doma, mater naložila vatru od pruća od loze, ulila maslinovo uje jer je prošle godine maslina rodila. Kako pofriga tavu, izvisoka ja bacin po kumpirima krupne soli, a baba Krajuša načme malu grudicu sira od ovaca. Nisam nikad slađu večeru u životu izija, sa više jubavi i postojanja, koliko je taj kumpir meni dan danas osta u ustin. Kako on u ustin tako i vonj maslinova uja u nosu.

That specific year around the same time as the holiday of St. Anthony's was celebrated potatoes were also planted. And this was earlier than usual because the year was good. What a task it was to dig potatoes in our garden right on Jakića Road! Father went to the market so uncle Joze and I were the ones digging the potatoes this time. We decided to do one part today, and the rest on the next day. My mother and grandmother Krajuša assisted with collecting them. I said to my mother: "Let's fry these 'bruised' potatoes in the big black frying pan for supper." She said: "I will do it gladly my son; both you and uncle fully deserve it." After hard work we went back home, mother started fire with some vine branches, poured olive oil in the frying pan, because last year we had a good olive harvest. As one pan of potatoes was ready, I sprinkled them with some coarse salt, and grandmother Krajuša cut a small piece of cheese. Never have I eaten a more delicious supper, with more love and existence. The taste of those potatoes still lingers in my mouth to this day, and the scent of olive oil still fills my nostrils.

Kumpet

*traditional
Dalmatian dessert*





Za četiri osobe nam treba

2 litra mošta

pet klinčića

10 deka orava ili bajama

jedna vrećica vanilin šećera

zeru uja

10 deka pšenične krupice

5 deka kukuruznoga brašna

i dva zrna soli

Blagodat okusa tradicije, očuvanja kulturne baštine kao nematerijalnog dobra – kumpet. Delicija, slastica koja je nastala isključivo iz neimaštine, a domišljatošću baba, prababa i šukunbaba. Ostavit ću povjesničarima vrime kad je on nastao, ali na meni je da ga oživim, da prinosim znanje koje sam dobija od matere i ona od njezine matere. Da svake godine, čim samlijem grožđe odmah otočin koliko mi treba za par kašeta kumpeta. S istom ljubavi, žarom i voljom i važnosti – meni koliko vina, toliko i kumpeta.

Čovik ne more napisat sve ono što osjeća prema toj deliciji. Ne more izgovorit, ali more svojim djelom u izradi kumpeta pokazat koliko mu je do toga stalo. Jer, ponovit ću se na trenutak, bez prošlosti kulture naroda, bez važnosti tradicije i običaja, mi kao narod imali bi puno manju vrijednost i važnost pod ovin suncem.

Otočili smo 15 litara otake i pustit ćemo ga da se ukuva na pola. Napomena: prije se radija od mišanoga grožđa, crnoga i biloga, ja danas radim od crnoga grožđa.

Dok se ukuvaje, obavezno se ručno siće orav i bajam, ako ga ima u kući ili od to dvoje šta se u kući ima. Klinčići, cimet, vanilin šećer u novije doba, malo krupne soli, malo maslinova uja, pšenična krupica i dvi šake kukuruznoga brašna mlivenoga u mlinici. Kad se otaka ukuva na pola, uzmemo jedan bančić, uzmemo staru kutlaču i mišamo na laganoj vatri otprilike sat vrimena. Stavimo odmah sve začine, a pšeničnu krupicu dodajemo lagano mišajući smjerom kazaljke na satu, ravnomjerno dok se kumpet polako ne ugusti.

Znat ćemo da je gotov i spreman za stavljanje u kalupe kad vidimo da iz mjehurića koji iskaču od topline nema tekućine nego samo gustoća kumpeta.

U drvene kašete iskrojili smo stari lancun, poškropili ga otakon na onom dilu di će doć kumpet pa izlili kumpet u njega. Za očuvanje kumpeta je važno, kad se oladi, da ga stavimo na suvo i tamno misto – stare komode ili škrinje. I moja pokojna baba, a i njezina mater bi ga stavile u baul i obisile bi ključ oko vrata. Zašto? Mi, ka dica, u to vrime nismo imali slatka osim kumpeta, a baba bi ga čuvala za Božića i Uskrsa. Kad bi baba legla odmorit iza užine mi bi joj na sve moguće načine pokušavali dignit ključ oko vrata i ukrast malo kumpeta.

Za sami neuspjeli pokušaj guzica je bila modra od šibe od divjega šipka što bi kao dica morali sami uđilat i donit materi, ali u to vrime to je u neku ruku bilo i normalno, jer tako se i živilo.

The taste of tradition, the preservation of the intangible cultural heritage – kumpet. A delicacy, a sweet treat that was created out of poverty with the ingenuity of our grandmothers, great-grandmothers and great-great-grandmothers. I will leave it to the historians to determine when it was first made. My duty is to revive it, to pass on the knowledge I was given to from my mother, as she did from her mother. Every year, as soon as I grind the grapes while making wine, I set aside the amount I need to make a few wooden boxes of kumpet. With the same love, glow of pleasure, will and importance - for me making kumpet has the exact same importance as making wine.

It is difficult to express my feelings towards this delicacy. Although hard to express, by making it, one shows how much of importance it has. Because, I will repeat myself, without the past or the culture, without the importance of tradition and customs, we as a nation would hold almost no worth under the sun.

We have poured away 15 liters of must and we will leave it cooking until it has reduced by half. Note: mixed grapes, black and white ones, were used before but today I only use black grapes.

As kumpet is being boiled down, cut the walnuts and almonds, or whichever one or the other you might have in your house, but by hand. Prepare the cloves, cinnamon, vanilla sugar, a little coarse salt, some olive oil, wheat semolina and two handfuls of stone-ground maize flour. When the must has reduced by half, sit on a small stool, take a wooden mixing spoon and stir over low heat for about an hour. We mix in all the spices immediately while the wheat semolina is added slowly, stirring clockwise until kumpet has thickened. Kumpet is ready to be moved when there is no liquid in the bubbles that rise to the surface but the thickness of kumpet.

Into a wooden crate we cut an old bed sheet the size of the bottom of the crate; sprinkle it with the must and pour kumpet right onto it. In order to preserve it is very important that once it cools down - to store it in a dry and dark place either in an old chest of drawers or case. My late grandmother and her mother used to store it in a wooden casket lock it and hang the key round their neck.

Why? We, the children, at that time did not have any other sweets but kumpet and grandmother wanted to keep it for Christmas and Easter. When grandmother would lay down to rest after lunch we tried in every possible way to get hold of the key to steal some of it. For every unsuccessful attempt, we got spanked so that our bottoms were blue from the wild pomegranate twigs, which we, the kids, had to sharpen and bring to our mothers. At that time this was normal in a way, because that's how we lived.



Ingredients (serves 4)

2l must

5 cloves

10 dag walnuts or almonds

1 vanilla sugar

a bit of olive oil

10dg semolina flour

5dg maize flour

and a pinch of salt



O autoru

Vice Bušelić, rođen 14.8.1956, prve dvadeset i četiri godine života proveo je na Moči, Srida sela – prema kazivanjima starijih centar svita. Ko i sva dica u to vrime, odrasta u radosti, berekinadama, prijateljstvima, društvu, prvom balunu i svemu onome što dite može doživiti u blagodatima ditiinjstva na selu. Odatle i počinje, mada ni neznajući da već tada ima jednu poveznicu, nevidljivu, sa svojim precima, sa svojom prošlošću, sa svim onim što je njegovu obitelj i njegovo mjesto činilo važnim u njegovu životu. U dvadeset i četvrtoj godini života spušta se u grad Makarsku, zasniva obitelj, dobiva dvoje prekrasne djece – sina Tea i kćer Leu. U dva navrata bavi se ugostiteljstvom u restoranima Onyx i Veza. '91. kao dragovoljac pristupa 156-oj brigadi, '92. na Osojniku biva teško ranjen, nakon godinu dana terapija i mnogo upitnika nad glavom odlučuje se vratiti u kuću svojih predaka. Posvećuje se pisanju – izdaje knjige Dite i čovik te Samo ljubav, crtanju, kiparstvu, upoznavanju samoga sebe. Posredstvom dobivenih spoznaja pomaže sebi, svojoj obitelji, društvu kao zajednici, kuhanjem i nesebičnim davanjem.

About the author

Vice Bušelić, born on 14th August 1956, spent the first twenty-four years of his life in Moča, Srida sela - the elders would say the centre of the world, a small Dalmatian village, part of Makarskariviera and situated under the mountain Biokovo. Like all the kids in those days, he grew up surrounded with joy, mischievous play, friendships, the company of his peers, football games and everything that any child can experience when spending their childhood in a village. That's how he started it all, although he did not know at that time that there was a connection, an invisible one, with his ancestors, with his past, with everything that made his family and his place important in his life. At the age of 24 he moved or descended to the town of Makarska, started a family, had two beautiful children - son Teo and daughter Lea. He also opened and worked in restaurants Onyx and Veza on two separate occasions. In 1991 he joined the 156th Brigade as a volunteer. In 1992 he was badly wounded at Osojnik – near Dubrovnik and after a yearlong therapy and many questionmarks hanging over him he decided to return to the house of his ancestors. He has devoted himself to writing and has published two books Dite i čovik and Samo ljubav. His other interests include drawing, making sculptures, helping people with Reiki and getting to know his inner self. Through his self-awareness, his cooking and selfless giving he helps himself, his family and the whole community.

Dvi lipe riči

B

bančić – niski stolčić bez naslona

baul – škrinja, drveni sanduk u kojem su se čuvali vredniji predmeti

berekin – obješenjak, vragolan, zafrkant; nestašan dječak

berekinada – nestašluk, zezancija

bićerin – čašica, obično za rakiju ili neko drugo jako alkoholno piće

biži – grašak

bronzin – lonac, bakrena posuda

brtvelun – sklopivi nožić

bukara – čaša za vino s ručkom, obično drvena uobručena

bus – stručak, kitica; mali grm

C

cenat – centimetar

Č

čejad – ljudi, osobe; ukućani

Ć

ćunit – otkinuti komadić

D

dec – decilitar

doc – dolac, polje u udolini u kršu

drača – riblje kosti; bodljikavo grmlje

dropčić – želudac, obično od janjeta ili mladog kozleta; iznutrice

F

fažol – grah

frigat – pržiti

G

granča – užegla masnoća

grijota – šteta

gulozarija – poslastica, delikatesa, gastronomski užitak

J

jaketa – jakna; gornji dio veštita, muškog odijela

jamatva – berba grožđa

jutika – ljutika, luk kozjak (*Allium Ascalonicum*)

K

kalat – spustiti se; smiriti se

kanavoca – kuhinjska krpa

kripan (kripna, kripno) – okrepljujući; snažan

krupa – tuča, grād

kutlača – velika drvena žlica za miješanje; zaimača

kužina – kuhinja

kvarat – četvrtina; mjera težine (četvrtina kilograma)

kvasina – ocat

L

lastve – izdignuti dolac

lateni – koji je načinjen od lima

M

macuketa – bat, obično drveni s nazubljenim dnom ili metalnim zupcima

manistra – tjestenina

marenda – obrok između doručka i ručka

mašavati – uzimati, grabiti

maškadur – drveni ormarić opleten mrežicom koja je istovremeno omogućavala strujanje zraka i držala muhe podalje od hrane koja se u njemu čuvala

meritat – zaslužiti, zavrijediti

migavica – ribarska mreža potegača

molat – pustiti, popustiti; smanjiti se

Q

obarit – kratko kuhati na laganoj vatri

orzo – ječam

otaka – mošt

oti – taj

P

pajer – sandučić za ribu

pamidor – rajčica

panceta – slanina prošarana mesom

parangal – pomagalo za hvatanje riba u obliku dugačke niti na koju su u razmacima privezane udice

petrusumil – peršin

pijat – tanjur

pljuvaka – pljuvačka

počinit – odmoriti

potrefit – dogoditi se u pravi trenutak; pogoditi; zadesiti

pulastar – piletina; perad

R

rađa – posao, rad

ruvinat – uništiti, upropastiti

S

sočivica – leća, vrsta mahunarke

selen – celer

stog – uzgrnuta zemlja kod kopanja loze u proljeće

sud – posuda

Š

šjuk – kost od pršuta ili špaleta s ostacima mesa

špaleta – osušena svinjska lopatica, pršut od plečke

štrukati – gnječiti, stiskati; istisnuti snagom prstiju sadržaj iz čega

šubjoti – vrsta šuplje valjkaste tjestenine

šuvigat – dinstati

T

teća – lonac, posuda za kuhanje

U

udilat – naoštriti drvo

užina – ručak

V

vaculet – maramica, marama

voja – volja (voja te – po volji, prema želji)

vaja – treba, potrebno je, red je

Z

zavonjati – zamirisati

zelen – lisnato povrće

zera – malo, trunka

Ž

žbatiti – istući, razmutiti (jaje)

živina – domaće životinje; stoka

žmuj – čaša od stakla

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OPĆINA TUČEPI