



 **EKO.**  
**okusi**  
SLOVENIJE

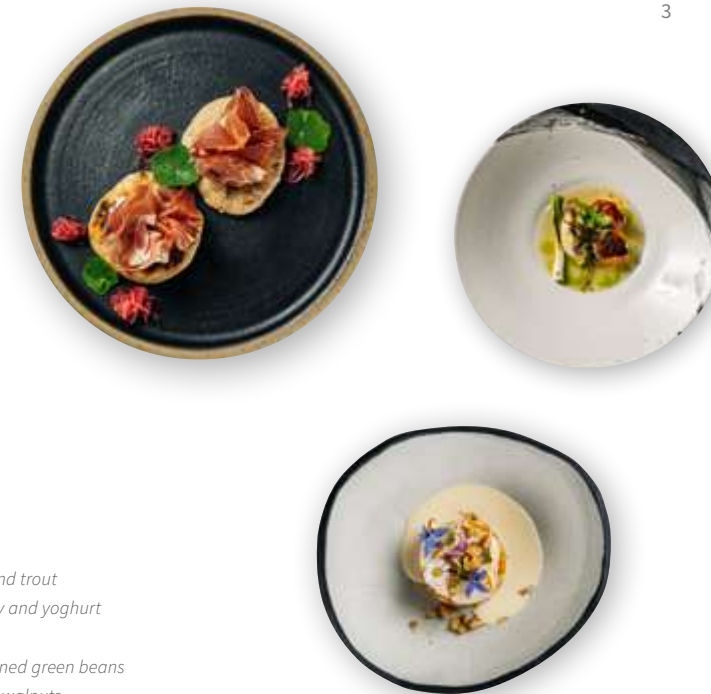
ECO FLAVOURS OF SLOVENIA



- LAS Posavje *LAG Posavje*
- LAS Vipavska dolina *LAG Vipava Valley*
- LAS Gorenjska košarica *LAG Gorenjska basket*
- LAS Goričko 2020 *LAG Goričko 2020*
- LAS Južna Istra *LAG South Istria*

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## Uvodnik

Slovenija ima izvrstne pogoje za okrepitev zelenega gospodarstva, trajnostnega razvoja in nova zelena delovna mesta, ki predstavljajo izzive še posebej na podeželju. Pomemben je pravičen, zdrav in okolju prijazen prehranski sistem, ki zagotavlja trajnostno proizvodnjo ekoloških surovin in njihovo uporabo v vrhunski kulinariki. Skozi projekt EKO okusi Slovenije si želimo povečati potrošnjo lokalnih ekoloških surovin, dvigniti njihovo dodano vrednost in razviti vrhunske kulinarične jedi iz ekoloških surovin, ki omogočajo povezovanje in aktivacijo deležnikov na področju ekološkega kmetovanja, vrhunske kulinarike, turističnih ponudnikov in gastronomskega turizma. Gre za primer najboljše prakse povezovanja kmetijstva s turizmom. Projekt »Eko okusi Slovenije« je LAS Posavje 2014–2020 kot vodilni partner pripravil v partnerstvu skupaj s tremi slovenskimi in enim hrvaškim LAS: LAS Vipavska dolina, LAS Gorenjska košarica, LAS Goričko 2020 in LAG Južna Istra. Konzorcij skupno sestavlja 20 partnerjev.

Z gastronomskim turizmom želimo povečati atraktivnost ekološkega kmetovanja, skrajšati dobavne verige, spodbuditi mlade za nova delovna mesta in tako ohraniti vitalnost slovenskega podeželja. Zastavljene cilje želimo doseči s povezovanjem ekoloških kmetij, prodajnih eko kotičkov in gostiln, s čimer bi spodbudili še večjo potrošnjo ekološko pridelanih surovin ter njihovo uporabo v vrhunskih jedeh.

Zavedamo se, da z ekološkim kmetovanjem pomembno prispevamo k doseganju horizontalnih ciljev in k okoljski trajnosti, saj gre za način kmetovanja, ki ob pridelavi visoko kakovostne in varne hrane pomembno prispeva k zagotavljanju javnih dobrin, ohranjanju kulturne kmetijske krajine in varovanju okolja.

Pred vami je publikacija, ki predstavlja ekološke kmetije, ekološke trgovine in vrhunske kulinarične ustvarjalce. Morda si zastavljate vprašanje, zakaj jo sploh potrebujemo, saj lahko vendar veliko receptov najdemo na spletu. Publikacija je unikatna zato, ker predstavlja skrbno izbrane lokalne ekološke surovine, iz katerih je moč pričarati vrhunske jedi. Predstavljamo vam nabor ekoloških surovin in njihovo uporabo tako v vrhunski kulinariki kot v vsakdanji kuhinji. Podajamo vam enostavne recepte naših kulinaričnih mojstrov, ki jih boste želeli pripraviti tudi sami. Publikacija predstavlja 5 LAS območij: Posavje, Vipavska dolina, Gorenjska košarica, Goričko 2020 in Južna Istra. Vsako območje nosi posebne značilnosti in tipična lokalna ekološka živila. Skozi recepte in jedi se sprehodimo skozi vse letne čase s poudarkom na sezonski pridelavi. Recepte so pripravile najboljše kulinarične hiše v Sloveniji z namenom, da vas nagovorijo, da jih pripravite še sami.

In kar je najpomembneje, s publikacijo želimo povečati prepoznavnost ekoloških kmetij in zanimanje za njihove ekološke pridelke ter lokalne kulinarične presežke. Na ta način želimo nadgraditi gastronomsko ponudbo v Sloveniji, ki omogoča neopozabna, edinstvena in personalizirana doživetja.

Vemo, da vas bodo ekološke surovine očarale in da boste želeli poskusiti pripravo vrhunskih kulinaričnih jedi. In veste kaj? Komaj čakamo na vaše nove kulinarične podvige, pripravljene na osnovi ekoloških surovin, ki jih ponuja slovensko podeželje. Bodimo zadovoljni in ponosni, da lahko jemo kvalitetno, zdravo in najboljše, zato uživajte v preizkušanju novih receptov in raziskujte »Eko okuse Slovenije«.





## Introduction

*Slovenia has excellent conditions to reinforce the green economy, sustainable development and create new green jobs, which are difficult to come by, particularly in rural areas. It is critical to have a fair, healthy, and environmentally friendly food system that ensures the sustained production of organic raw materials and their usage in fine cuisine. We hope to increase the consumption of local organic raw materials, increase their added value, and develop top-class culinary dishes made from organic raw materials through the project ECO Flavours of Slovenia, which will enable the integration and activation of stakeholders in the fields of organic farming, fine cuisine, tourism providers, and gastronomic tourism. It exemplifies great practices in bridging agriculture and tourism. The project "ECO Flavours of Slovenia" was prepared by LAG Posavje 2014-2020 as the lead partner in partnership with three Slovenian and one Croatian LAG: LAG Vipava Valley, LAG Gorenjska Basket, LAG Goričko 2020 and LAG South Istria. The consortium consists of 20 partners in total.*

*We wish to improve the attraction of organic farming through gastronomic tourism, reduce supply chains, encourage young people to take on new jobs, and thereby preserve the vibrancy of the Slovenian countryside. We hope to achieve these objectives by connecting organic farmers, organic retail outlets, and restaurants in order to increase consumption of organically produced raw materials and their usage in excellent cuisine.*

*We recognize that organic farming contributes significantly to achieving horizontal objectives and environmental sustainability, as it is a method of farming that, in addition to producing high-quality and safe food, contributes significantly to the provision of public goods, the preservation of the cultural agricultural landscape, and environmental protection.*

*This publication showcases organic farms, organic shops, and top culinary creators. You may be wondering why we need it at all, given that many recipes can be accessed online. The publication is unique in that it features carefully chosen local organic foods that may be used to produce delicious cuisine. We highlight a variety of organic raw ingredients and their applications in both fine and everyday cookery. We provide simple recipes from our chefs that you will want to try out. The publication presents 5 LAG areas: Posavje, Vipava Valley, Gorenjska basket, Goričko 2020 and South Istria. Each region has its own unique traits and organic foods. Recipes and dishes are presented seasonally, with an emphasis on seasonal produce. The recipes were created by the top culinary houses in Slovenia with the goal of convincing you to make them yourself.*

*Most importantly, the publication aims to boost the recognition of organic farms and interest in their organic produce and local culinary expertise. With this approach, we hope to improve Slovenia's gourmet offer by providing outstanding, one-of-a-kind, and personalized experiences.*

*We are confident that you will be fascinated by the organic raw materials and wish to try your hand at producing high-quality culinary meals. And guess what? We can't wait to see your new culinary endeavors based on the organic ingredients available in Slovenia's countryside. Let us be glad and proud to consume quality, healthy, and delicious food, therefore experiment with new recipes, and discover "ECO Flavours of Slovenia".*

# LAS POSAVJE

Dežela gradov, termalnih vrelcev, vinorodnih gričev in odlične kulinarike!

Posavje spada med manjše regije v jugovzhodnem delu Slovenije. Slabih tisoč kvadratnih kilometrov je redko poseljenih, a svojevrstno prikupnih. Tempo življenja in razvoj tukaj že od nekdaj narekujejo reke Sava, Krka in Sotla ter srčni Posavci, ki verjamemo, da je Posavje polno priložnosti – za 365 dni doživetij v letu. Med njimi so gurmanska še v poseben užitek in predstavljajo povezovalni člen z ostalimi doživetji. Milo podnebje, ostanki Panonskega morja in nanosi rodovitne prsti ob rekah omogočajo rast pridelkom vrhunske kakovosti in pestrosti. V nižinah uspevajo zelenjava, jagodičevje in žita, gričevja pa se ponašajo z vinsko trto in sadnim drevjem. Tukaj se je ohranilo kar nekaj avtohtonih vrst: modra frankinja, rumeni plavec, sevniška voščenska, pišeška marelica, krškopoljski prašič in nekatere vrste sladkovodnih rib. Ponudba pristne in zdrave kulinarike je vse bolj vpeta v turizem, ki privablja številne goste. Tu je najti gostilne, ki že več generacij slavijo tradicionalne jedi – vrhunske, prejemnice mednarodnih nagrad, pa tudi tiste preproste, blizu srcu in denarici gosta, ki cenijo kvalitetno lokalno jed v pristnem okolju.

A hrana brez vina ni hrana. Tu verjamemo v rek, da vino je hrana. Zato na levem ali desnem bregu Save ne manjka vrhunskih vinarjev, kleti ali lokalnih posebnosti - repnic. Poleg dobrot s podeželja utrip Posavja dopolnjuje šest mest, ki so gospodarsko živahna in kulturno zanimiva. Gastronomske užitke lahko združite z razvajanjem v termah ali med oboki bogate kulturne dediščine – najbolje na katerem od veličastnih gradov Posavja!

Vabljeni na avtentična doživetja in okuse Posavja, na katere smo zelo ponosni!

*Posavje – the land of castles, hot springs, wine-growing hills, and delicious cuisine!*

*Posavje is a smaller region in Slovenia's south-eastern area. A little less than a thousand square kilometres are sparsely populated yet lovely in their own way. The pace of life and development here has always been determined by the Sava, Krka, and Sotla rivers, as well as the hearty Posavje people, who believe that Posavje is full of opportunity - for 365 days of experiences a year! And gourmet experiences are a wonderful pleasure that ties the rest of them together. The mild climate, remnants of the Pannonian Sea, and layers of fertile soil along the rivers allow for the cultivation of high-quality and diverse products. While fruit trees and vines can be found on the hills, vegetables, berries, and cereals grow well in the plains. A number of native species have been preserved here, including grape species Modra Frankinja or Blue Franconian and Rumeni Plavec, an apple tree variety Sevniška voščenska, indigenous apricot Pišeška marelica, Krškopolje pig, and various freshwater fish. Offering authentic and healthful cuisine is becoming increasingly incorporated into tourism, drawing a large number of people. Here you will find taverns that have been celebrating traditional cuisine for decades - top quality, international award-winning ones as well as humble ones, close to the heart and wallet of the guest who enjoys genuine local food in an authentic atmosphere.*

*However, food without wine is not food. We believe in the saying, "Wine is food." That is why, on the left or right bank of the Sava, there are outstanding winemakers, wineries, or local specialties such as Repnice to be found. Aside from the delicacy of the countryside, Posavje is enriched by six towns that are both economically and culturally dynamic. Gastronomic delights can be combined with relaxation at the spa or among the arches of Posavje's rich cultural heritage - preferably at one of the amazing castles!*

*Welcome to Posavje's authentic sensations and flavours, of which we are tremendously proud!*



## Ošterija Debeluh

Dobavitelji sestavin:

**Evrosad, d. o. o.** - vse sestavine razen postrvi  
**Eko ribogojnica Kranjčič** - postrvi

Ingredient suppliers:

**Evrosad, d. o. o.** - everything except trout  
**Eko ribogojnica Kranjčič** - trout



# Ješprenj in postrv

*Barley and trout*

- 01.** Ješprenj kuhamo v fondiju iz postrvi, dodamo mu žafran in maslo ter kuhamo do mehkega. Na koncu dodamo kremni sir, sol in poper.
- 02.** Za postrv zmešamo sladkor in sol in premažemo obe strani fileja postrvi. Pustimo 4 ure v hladilniku in pred serviranjem pod vodo speremo sol in sladkor. Odstranimo kožo in narežemo v 'sashimi' stilu.
- 03.** Tapioko kuhamo v fondiju iz postrvi do mehkega. Pustimo 6 ur v dehidratorju na 65 °C, da se posuši. Potem pečemo v vročem olju na 190 °C, da nabrekne.
- 04.** Parmezan raztopimo v mleku, dodamo sojin lecitin in mešamo s paličnim mešalnikom, da dobimo peno.

- 01.** *Cook barley in the trout fondue, add the saffron and butter and cook until soft. Finally, add cream cheese, salt and pepper.*
- 02.** *For the trout, mix the sugar and salt and coat both sides of the trout fillet. Refrigerate for 4 hours. Before serving, rinse the salt and sugar under water. Remove the skin and slice 'sashimi' style.*
- 03.** *Cook the tapioca in trout fondue until soft. Leave in a dehydrator at 65 °C for 6 hours to dry. Then bake in hot oil at 190 °C until puffed.*
- 04.** *Dissolve the Parmesan in milk, add the soy lecithin and mix with a immersion blender until foamy.*

### Ješprenj:

50 g ješprenja  
ščepec žafrana  
50 g masla  
300 g fondija iz postrvi  
50 g kremnega sira  
sol, poper

### Postrv 'sashimi':

100 g soli  
100 g sladkorja  
2 fileja postrvi

### Tapioka iz postrvi:

50 g tapioke  
300 g fondija iz postrvi  
sol

### Pena iz parmezana:

50 g parmezana  
100 g mleka  
3 g sojinega lecitina

### Barley:

50 g barley  
pinch of saffron  
50 g butter  
300 g trout fondue  
50 g cream cheese  
salt, pepper

### Trout 'sashimi':

100 g salt  
100 g sugar  
2 trout fillets

### Trout tapioca:

50 g tapioca  
300 g trout fondue  
salt

### Parmesan foam:

50 g of Parmesan  
100 g milk  
3 g soy lecithin

# Jagoda in jogurt

*Strawberry  
and yoghurt*



### Jogurtov mousse:

210 g jogurta  
160 g smetane za stepanje  
4 listi želatine  
40 g sladkorja  
1 vanilja

### Limetina krema:

250 g mleka  
65 g sladkorja  
1 vanilja  
100 g rumenjakov  
20 g gustina  
limetina skorjica  
100 g bele čokolade

### Lešnikov drobljenec:

50 g lešnikov  
50 g sladkorja  
40 g moko  
2 g soli  
50 g masla  
20 g bele čokolade

### Sorbet iz jagod:

250 g jagod  
130 g vode  
55 g sladkorja  
20 g glukoze  
15 g stabilizatorja

### Yoghurt mousse:

210 g yoghurt  
160 g whipping cream  
4 gelatine leaves  
40 g of sugar  
1 vanilla bean

### Lime cream:

250 g milk  
65 g of sugar  
1 vanilla  
100 g egg yolks  
20 g starch  
lime zest  
100 g white chocolate

### Hazelnut crumble:

50 g hazelnuts  
50 g sugar  
40 g of flour  
2 g salt  
50 g butter  
20 g white chocolate

### Strawberry sorbet:

250 g strawberries  
130 g water  
55 g sugar  
20 g glucose  
15 g stabiliser

- 01.** Želatino stopimo v jogurtu, dodamo sladkor in vaniljo. Posebej stepemo smetano in jo umešamo v jogurtovo maso. Prelijemo v modelčke in pustimo čez noč v hladilniku.
- 02.** Za limetino kremo zmešamo vse sestavine razen bele čokolade, ki jo dodamo na koncu. Čez noč pustimo v hladilniku in pred serviranjem pretlačimo skozi cedilo.
- 03.** Za pripravo lešnikovega drobljenca zmeljemo lešnike in jih zmešamo s sladkorjem, moko, soljo in maslom. Ko dobimo teksturo testa, dodamo stopljeno belo čokolado. Namažemo na pekač in pečemo na 160 °C 20 minut. Ko se drobljenec ohladi, ga nalomimo.
- 04.** Za sorbet vse sestavine razen stabilizatorja prekuhamo in premešamo. Ko se masa ohladi, dodamo stabilizator in čez noč pustimo v hladilniku. Na koncu zmrzujemo v 'pacojet' aparatu.

- 01.** *Melt the gelatine in yoghurt, add sugar and vanilla. Whip the cream separately and stir it into the yoghurt mixture. Pour into the moulds and refrigerate overnight.*
- 02.** *For the lime cream, mix all the ingredients except the white chocolate, which is added at the end. Refrigerate overnight and strain through a strainer before serving.*
- 03.** *To make the hazelnut crumble, grind the hazelnuts and mix them with sugar, flour, salt and butter. When the batter has the desired consistency, stir in the melted white chocolate. Spread on a baking tray and bake at 160 °C for 20 minutes. When the crumble has cooled, break it up.*
- 04.** *For the sorbet, boil and mix all the ingredients except the stabiliser. When the mixture has cooled, add the stabiliser and refrigerate overnight. Finally, freeze in a 'pacojet' machine.*



# Gostilna Repovž

Dobavitelji sestavin:

**Eko kmetija Repovž** - buče, stročji fižol, vijolični krompir, zelišča

**KZ Sevnica** - ocvirki

**Eko kmetija Kukenberger** - kislá smetana

**Evrosad** - jabolka

**Kmetija Omerzu** - orehi

Ingredient suppliers:

**Eko kmetija Repovž** - courgette, green beans, purple potatoes, herbs

**KZ Sevnica** - cracklings

**Eko kmetija Kukenberger** - sour cream

**Evrosad** - apples

**Kmetija Omerzu** - walnuts



## Zabeljen stročji fižol

*Seasoned  
green beans*

**Sestavine za bučno omako:**

1 zelena bučka  
100 g masla  
100 g smetane  
muškatin orešček  
bazilika  
sol

**Sestavine za stročji fižol**

**(lahko ga nadomestimo s šparglji):**

400 g stročjega fižola  
sol  
olje

**Sestavine za gobe:**

100 g jurčkov  
sol  
olje

**Sestavine za zeliščne drobtine:**

1/2 paketa belega toasta  
200 g masla  
1 vejica rožmarina  
1 vejica timijana  
1 šopek drobnjaka  
1 šopek peteršilja  
1 vejica majarona  
1 šopek bazilike  
oljčno olje

**Sestavine za smetano z ocvirki:**

100 g kisle smetane  
2 žlici ocvirkov

**Sestavine za čips vijoličnega krompirja:**

1 kg vijoličnega krompirja  
sol

- 01.** Bučke prepražimo na maslu. Zalijemo jih s smetano in pokuhamo do mehkega. Po potrebi dodamo še malo zelenjavnega fonda. Dodamo začimbe in zmiksamo do gladkega.
- 02.** Stročji fižol narežemo na 1 cm dolge kose. Skuhamo do hrustljivo mehkega v osoljeni vodi.
- 03.** Jurčke narežemo na kocke (0,5 x 0,5 cm), prepražimo na vroči ponvi in posolimo.
- 04.** Toast zmrzemo, zelišča pa zelo drobno nasekljamo. V termomix ali kakšen drug mešalnik počasi dodajamo natrgan zamrznjen toast. Dodamo 2 veliki žlici zelišč, 50 g masla ter 2 žlici oljčnega olja. Zdrobimo, vendar ne preveč, da se vse skupaj ne spremeni v kepo. Zvrnemo na pekač. Postopek ponavljamo tako dolgo, da porabimo vse sestavine. Več kot bomo uporabili zelišč, lepša bo barva dobljene mase, ki jo nato do suhega posušimo v pečici na 125 °C (cca 1 uro). Vmes vsakih 5 min premešamo in pazimo, da se masa ne zapeče preveč. Ostati mora čim bolj zelena, ne sme se spremeniti v rjavo.
- 05.** Ocvirke prepražimo, dodamo kisló smetano in samo na hitro pogrejemo.
- 06.** Krompir za čips skuhamo v slani vodi, ga olupimo in zmiksamo v fin pire, po želji tudi posolimo. Na tanko ga namažemo na peki papir in 8 ur sušimo v pečici na 75 °C.
- 07.** Na krožnik najprej damo bučno omako, nato kuhan fižol, omako kisle smetane in ocvirkov, na vrh pa položimo gobe. Okoli fižola posujemo zeliščni drobljenec, jed pa okrasimo s čipsom vijoličnega krompirja.

**Ingredients for pumpkin sauce:**

1 green courgette  
100 g butter  
100 g cream  
nutmeg  
basilica  
salt

**Ingredients for green beans**

**(can be substituted with asparagus):**

400 g green beans  
salt  
oil

**Ingredients for mushrooms:**

100 g porcini mushrooms  
salt  
oil

**Ingredients for herbal breadcrumbs:**

1/2 package white toast  
200 g butter  
1 sprig of rosemary  
1 sprig of thyme  
1 bunch of chives  
1 bunch of parsley  
1 sprig of marjoram  
1 bunch of basil  
olive oil

**Ingredients for the cream with cracklings:**

100 g sour cream  
2 tablespoons of cracklings

**Ingredients for purple potato chips:**

1 kg purple potatoes  
salt

- 01.** Fry the courgettes in butter. Pour the cream over the courgettes and cook until soft. If necessary, add a little more vegetable stock. Add the spices and blend until smooth.
- 02.** Cut the green beans into 1 cm long pieces. Boil until crisp-tender in salted water.
- 03.** Cut the mushrooms into cubes (0,5 x 0,5 cm), fry in a hot pan and season with salt.
- 04.** Freeze the toast and chop the herbs very finely. Slowly add the crumbled frozen toast into the thermomix. Add 2 large spoonfuls of herbs, 50 g of butter and 2 tablespoons of olive oil. Crush, but not too much, so that everything doesn't turn into one lump. Turn out onto a baking tray. Repeat the process until all the ingredients are used. The more herbs you use, the more beautiful the colour of the resulting mixture, which is then dried in the oven at 125 °C until dry (approx. 1 hour). Stir every 5 minutes in between, making sure that the mixture does not get too brown. It must remain as green as possible.
- 05.** Fry the cracklings, add sour cream and heat briefly.
- 06.** For the chips, boil the potatoes in salted water, peel them and mash them into a fine puree, season with salt if desired. Spread thinly on baking paper and dry in the oven at 75 °C for 8 hours.
- 07.** Place the pumpkin sauce on the plate, followed by cooked beans, sour cream sauce and cracklings, then top with mushrooms. Sprinkle the herb crumble around the beans and garnish with purple potato chips.



**Sestavine za ingverjev drobljenec:**

50 g stopljenega masla  
62 g temno rjavega sladkorja  
75 g ovsene kaše  
50 g moke  
½ žličke mletega ingverja  
1 žlička nastrganega sladkega stebela ingverja

**Sestavine za jabolčni gel:**

75 g jabolčnega soka  
4 g sladkorja  
1,5 g agar  
2,5 g limoninega soka

**Sestavine za celo jabolko:**

1 jabolko  
20 ml limetnega soka  
lupina 1 limete

**Sestavine za pečena jabolka:**

150 g jabolk  
15 g sladkorja  
2,5 ml olivnega olja  
jabolčni gel

**Sestavine za orehe:**

grobo nasekljani orehi

**Sestavine za jabolčno peno:**

160 g jabolčnega pireja  
40 ml limoninega soka  
15 ml jabolčnega kisa  
14 g albumina (beljaki v prahu)  
95 g sladkorja

**Sestavine za vaniljevo omako:**

240 g mleka  
160 g smetane  
88 g sladkorja  
128 g rumenjakov  
(pasteriziranih, nesladkanih)  
½ žličke vaniljeve paste  
26 g koruznega škroba

- Vse sestavine za ingverjev drobljenec damo v posodo in jih zgnetemo, da se lepo povežejo. Zavijemo v folijo in ohladimo. Ohlajeno maso naribamo in pečemo na 170 °C cca. 20 minut. Med peko večkrat premešamo.
- Za jabolčni gel segrejemo sok. V posodi posebej zmešamo sladkor z agarjem in maso nato vmešamo v sok. Dodamo limonin sok, ohladimo in hladno zmiksamo.
- Za celo jabolko sadež najprej olupimo, narežemo na kocke (0,5 x 0,5 cm) in zmešamo z ostalimi sestavinami.
- Za pečena jabolka najprej jabolka olupimo in narežemo na kocke (1 x 1 cm), nato pa jim dodamo olje in sladkor. Položimo na peki papir in pečemo 20 minut na 180 °C. Ohladimo in zmešamo s prej pripravljenim gelom ter narezanimi surovimi jabolki.
- Za jabolčno peno damo v posodo mešalnika jabolčni pire, limonin sok, kis, albumino in polovico sladkorja. Zmešamo in med mešanjem dodajamo še preostali sladkor. Mešamo tako dolgo, da dobimo lepo napihnjeno, obstojno jabolčno maso.
- Vaniljevo omako naredimo tako, da mleko in smetano zavremo ter dodamo vaniljo. Sladkor, koruzni škrob in rumenjake zmešamo ročno. Počasi jih vlijemo v vroče mleko s smetano. Kuhamo na majhnem ognju do zgostitve ter pri tem ves čas mešamo. Pazimo, da se omaka ne zgrudi ali prime na posodo.
- Na krožnik postavimo obroček, ki nam bo pomagal oblikovati sladico. V obroček najprej nadevamo ingverjev drobljenec, nato jabolčni nadev. Na vrh z žlico dodamo jabolčno peno, ki jo malo opečemo z brenerjem. Okoli sladice dodamo malo vaniljeve omake, posujemo s praženimi nasekljanimi orehi in okrasimo s cveticami.



# Jabolka z orehi

*Apples with walnuts*

**Ingredients for the ginger crumble:**

50 g melted butter  
62 g dark brown sugar  
75 g oatmeal  
50 g flour  
½ teaspoon ground ginger  
1 teaspoon grated sweet ginger stalk

**Ingredients for apple gel:**

75 g apple juice  
4 g sugar  
1,5 g agar  
2,5 g lemon juice

**Ingredients for a whole apple:**

1 apple  
20 ml lime juice  
peel of 1 lime

**Ingredients for baked apples:**

150 g apples  
15 g sugar  
2,5 ml olive oil  
apple gel

**Ingredients for the walnuts:**

coarsely chopped walnuts

**Ingredients for the apple foam:**

160 g apple puree  
40 ml lemon juice  
15 ml apple cider vinegar  
14 g albumin (powdered egg whites)  
95 g sugar

**Ingredients for the vanilla sauce:**

240 g milk  
160 g cream  
88 g sugar  
128 g egg yolks (pasteurised, unsweetened)  
½ teaspoon vanilla paste  
26 g corn starch

- Put all the ingredients for the ginger crumble in a bowl and knead them together until well combined. Wrap in cling film and chill. Grate the cooled mixture and bake at 170 °C for approx. 20 minutes. Stir several times during baking.
- For the apple gel, heat the apple juice. In a separate bowl, mix the sugar with the agar and then stir the mixture into the juice. Add lemon juice, cool and blend cold.
- For the whole apple, first peel the fruit, cut it into cubes (0,5 x 0,5 cm) and mix with the other ingredients.
- For the baked apples, first peel and dice the apples (1 x 1 cm), then add the oil and sugar. Place on baking paper and bake at 180 °C for 20 minutes. Cool and mix with the gel prepared earlier and sliced raw apples.
- For the apple foam, put apple puree, lemon juice, vinegar, albumin and half the sugar in the bowl of a food processor. Blend, adding the remaining sugar as you go. Blend until you have a nice, fluffy, stable apple mixture.
- To make the vanilla sauce, bring the milk and cream to the boil and add the vanilla. Mix the sugar, corn starch and egg yolks by hand. Slowly pour them into the hot milk and cream. Cook over a low heat until thickened, stirring all the time. Make sure that the sauce does not clump or stick to the pan.
- Place a ring on the plate to help shape the dessert. Stuff the ring first with the ginger crumble, then with apple filling. Spoon the apple foam on top and caramelize it a little with the cooking torch. Add vanilla sauce around the dessert, sprinkle with roasted chopped walnuts and decorate with flowers.

# LAS VIPAVSKA DOLINA

Območje LAS Vipavska dolina je pomemben sestavni del krovne znamke prostora in destinacije Vipavska dolina. Zaokrožuje zgornji del Vipavske doline, občini Ajdovščina in Vipava. Oblikujejo ga Vipavski griči in flišno nižinsko dno Vipavske doline, ki se na severu prek strmih robov dviga na območje Trnovske in Nanoške planote. Geografska lega in specifični relief ustvarjata zanimivo kombinacijo, ki vpliva na podnebne razmere in ustvarja nekatere posebnosti, kot je na primer daljša vegetacijska doba. Podnebje zaznamujejo vroča poletja, mile zime in veliko sončnih dni, povprečno 2100 sončnih ur v letu, kar je največ v Sloveniji.

Je pomembno vinogradniško-vinarsko območje, kjer je ohranjenih tudi največ avtohtonih vinskih sort v vsej Sloveniji – tukaj so doma zelen, pinela in klarnica. Za večja mesta velja Vipavska dolina od nekdaj za vrt Slovenije, saj že v prvih pomladnih dneh ponuja slastno berivko, nato prve češnje, marelice, breskve in raznoliko zelenjavo, v pozni jeseni kakije, v mrzlih zimskih dneh pa radič.

In prav številne vrste kakovostnih pridelkov, ki dobro uspevajo v Vipavski dolini, so osnova okusnih domačih jedi. Vodilo »z vrta na mizo« je v lokalni kulinariki ohranilo stare navade in mnoge tradicionalne sezonske jedi. Staro znanje in sodobni pristopi postavljajo vipavsko kulinariko v sam svetovni vrh, vipavski kuharski mojstri ustvarjajo kreacije v poklon dediščini, večkrat tudi v moderni preobleki. Vedno več kmetov z območja se odloča za naravi prijazne načine kmetovanja, tako si tudi ekološke lokalne surovine počasi utirajo poti na jedilnike znanih restavracij. S projektom EKO okusi Slovenije se bodo ustvarile nove povezave med ekološkimi kmeti in kuharskimi mojstri, obstoječe pa zagotovo še bolj utrdile in dvignile na še višji nivo.

*The region of LAG Vipavska dolina/Vipava Valley covers an important part of the Vipava Valley destination. It encircles the upper Vipava Valley, including the municipalities of Ajdovščina and Vipava. It is shaped by the Vipava Hills and the lowland floor of the Vipava Valley, which climbs over steep sides to the Trnovo and Nanos Plateau area on the north. The geographical position and specific terrain combine to form an intriguing mix that influences climatic conditions and creates certain unique characteristics, such as a longer growing season. The climate is distinguished by hot summers, mild winters, and numerous days of sunshine, with an annual average of 2100 hours of sunshine, the highest in Slovenia.*

*It is also an important wine-growing region, with the most indigenous wine varieties remaining in Slovenia - it is home to Zelen, Pinela, and Klarnica. The Vipava Valley has long been regarded as Slovenia's garden, providing young lettuce in the early spring, then cherries, apricots, peaches, and a variety of vegetables, followed by kakis in late October and radicchio in the chilly winter months.*

*And it is the many varieties of high-quality food that grow in the Vipava Valley that serve as the foundation for delectable home-cooked meals. The tagline "from garden to table" has preserved old customs and various seasonal delicacies in local cuisine. Vipava cuisine is at the top of the globe thanks to old knowledge and current ideas, with Vipava chefs crafting delicacies that pay homage to their legacy, often in a modern style. As more farmers in the area select environmentally friendly farming methods, organic local products are gradually making their way onto the menus of well-known restaurants. The ECO Flavours of Slovenia project will forge new relationships between organic farmers and chefs, as well as reinforce existing ones.*

## Gostilna pri Lojzetu, Dvorec Zemono

Dobavitelji sestavin:

Peter Studen, Brevkina svežina - Eko kmetija z Vipavskih gričev  
Mitja Ipavec, Eko kmetija Ipavec, Šmarje  
Jaka Klemenc, Eko kmetija in glamping Zarja, Podkraj  
Irena Rovtar, Dvorec Favetti, Skrilje  
Primož Lavrenčič, Posestvo Burja, Orehovica  
Zmagoslav Petrič, Posestvo Guerila, Planina  
Kristijan Vidmar, Farming turizem Vidmar, d. o. o., Sinji vrh, Kovk

Ingredient suppliers:

Peter Studen, Brevkina svežina - Eko kmetija z Vipavskih gričev  
Mitja Ipavec, Eko kmetija Ipavec, Šmarje  
Jaka Klemenc, Eko kmetija in glamping Zarja, Podkraj  
Irena Rovtar, Dvorec Favetti, Skrilje  
Primož Lavrenčič, Posestvo Burja, Orehovica  
Zmagoslav Petrič, Posestvo Guerila, Planina  
Kristijan Vidmar, Farming turizem Vidmar, d. o. o., Sinji vrh, Kovk



# Goveji ragu s krompirjevo kremo

*Beef ragu with  
potato cream*

## Sestavine:

500 g govedine (bočnik)  
5 čebul (šalotka)  
3 korenčki  
1 manjši gomolj zelene  
0,5 l rdečega vina barbera  
lovorov list  
brinove jagode  
sol  
poper  
timijan  
rožmarin  
maslo  
300 g krompirja  
150 g mladega vipavskega sira  
1 dl mleka  
150 g peteršilja  
200 g stebila blitve  
zelenjavna osnova  
1,5 dl rdečega vina  
1 pomaranča  
1 limona  
50 g sladkorja  
1 cimetova palčka  
klinčki  
sladkor

- 01.** Meso sesekljamo na majhne koščke. Korenje in gomolj zelene dobro sesekljamo in pražimo na maslu, dodamo meso in dobro prepražimo. V papirnato gazo damo zelišča in brinove jagode, zvežemo in dodamo mesu. Prilijemo barbero in dušimo na nizkem ognju dobre tri ure. Na koncu po potrebi solimo in popramo.
- 02.** Krompir olupimo in operemo, narežemo na manjše kose in ga skuhamo v osoljeni vodi. Kuhanega odcedimo, dodamo mladi vipavski sir in mleko ter zmiksamo, da dobimo gladko kremo.
- 03.** Peteršilj osmukamo in liste blanširamo v slanem kropu. Takoj šokiramo (lahko tudi z ledom), da peteršilj ohrani barvo. Zmiksamo in precedimo.
- 04.** Stebla blitve operemo in skuhamo v zelenjavni osnovi, zmiksamo in precedimo.
- 05.** V kozico nalijemo rdeče vino in prevremo, da alkohol izpari. Dodamo limono, pomarančo, cimet, klinčke in sladkor ter reduciramo do željene gostote. Omako precedimo.
- 06.** V skodelico za cappuccino damo goveji ragu, prelijemo s kremo iz krompirja in vipavskega sira, s tremi zgoraj opisanimi omakami na vrhu naredimo vzorec, lahko si pomagamo z leseno palčko.

## Ingredients:

500 g beef (flank)  
5 onions (shallots)  
3 carrots  
1 small celery tuber  
0,5 l red wine Barbera  
bay leaf  
juniper berries  
salt  
pepper

thyme  
rosemary  
butter  
300 g potatoes  
150 g young Vipava cheese  
1 dl milk  
150 g parsley  
200 g chard stems

vegetable base  
1,5 dl red wine  
1 orange  
1 lemon  
50 g sugar  
1 cinnamon stick  
cloves  
sugar

- 01.** Chop the meat into small pieces. Chop the carrots and celery tuber well and fry in butter, add the meat and fry well. Place the herbs and juniper berries in cheesecloth, tie and add to the meat. Pour in the Barbera and simmer for at least three hours on low heat. Finally, season with salt and pepper, if necessary.
- 02.** Peel and wash the potatoes, cut them into small pieces and boil them in salted water. Drain the cooked potatoes, add the young Vipava cheese and milk and blend until smooth and creamy.
- 03.** Strip the parsley and blanch the leaves in salted water. Shock immediately (can also be done with ice) to preserve the colour of the parsley. Blend and strain.
- 04.** Wash and cook the chard stems in the vegetable stock, blend and strain.
- 05.** Pour the red wine into a saucepan and bring to the boil to evaporate the alcohol. Add the lemon, orange, cinnamon, cloves and sugar and reduce to the desired thickness. Strain the sauce.
- 06.** Place the beef ragu in a cappuccino cup, top with the cream of potato and Vipava cheese, make a pattern on top with the three sauces described above, using a wooden stick.



# Trije prijatelji: vipavski šparglji, jajce in krompir

*Three friends:  
Vipava asparagus,  
egg, and potato*

## Sestavine:

4 jajca  
15 dag masla  
5 dag kremnega vipavskega sira  
3 dag riževe moke  
1 srednje velik kuhan krompir  
sol  
1 beli špargelj  
1 zeleni špargelj  
divji špargelj  
2 rdeči čebuli  
15 dag pancete  
2 dl belega vina  
3 dl jušne osnove  
1 gomolj koromača  
1 srednje velika rdeča pesa  
1 žlička gorčice  
1 žlička medu  
15 dag korenja  
15 dag masla

01. Ločimo rumenjake od beljakov, rumenjake in maslo penasto umešamo, dodamo nariban krompir, sir in presejano moko ter dobro premešamo, da dobimo gladko maso. Beljake stepemo v trd sneg in jih nežno umešamo v gladko maso. Solimo. Maso damo v pekač, obložen s peki papirjem, in pečemo v pečici 15 minut na 180 °C.
02. Beli špargelj olupimo in blanširamo v osoljeni vodi. Zeleni špargelj zrežemo na majhne koščke in ga skuhamo na sopari, da ostane čvrst in hrustljav.
03. Prepražimo na drobno narezano čebulo in tanke rezine pancete, zalijemo z belim vinom. Ko vino povre, prilijemo jušno osnovo in počasi dušimo še 45 minut. Vse skupaj dobro zmiksamo, da dobimo gladko omako.
04. Gomolj koromača operemo in narežemo na manjše kocke. Glaziramo na maslu, solimo in prilijemo malo vode. Kuhan koromač zmiksamo in precedimo. Rdečo peso olupimo in narežemo na manjše kose. Glaziramo na medu skoraj do karamela, dodamo gorčico, prilijemo malo vode in jo skuhamo. Skuhano zmiksamo in precedimo. Korenje olupimo, zrežemo na manjše kose in skuhamo v zelenjavni osnovi in maslu. Zmiksamo in precedimo.
05. Na sredino krožnika damo žlico omake, na omako koščke zelenega šparglja, ob strani trak jajčnega sufleja, na sredino položimo beli špargelj in prelijemo s tremi omakami.

## Ingredients:

|                              |                   |                         |
|------------------------------|-------------------|-------------------------|
| 4 eggs                       | 1 green asparagus | 1 medium-sized beetroot |
| 15 dag butter                | wild asparagus    | 1 tsp mustard           |
| 5 dag of Vipava cream cheese | 2 red onions      | 1 tsp honey             |
| 3 dag rice flour             | 15 dag pancetta   | 15 dag carrots          |
| 1 medium-sized boiled potato | 2 dl white wine   | 15 dag butter           |
| salt                         | 3 dl stock base   |                         |
| 1 white asparagus            | 1 fennel tuber    |                         |

01. Separate egg yolks from the whites, whisk the egg yolks with butter, add grated potato, cheese and sifted flour and mix well to make a smooth mixture. Whisk the egg whites until stiff and gently fold them into the smooth mixture. Season with salt. Place the mixture in a baking tray lined with baking paper and bake in the oven for 15 minutes at 180 °C.
02. Peel the white asparagus and blanch them in salted water. Cut the green asparagus into small pieces and cook over a steaming heat to keep it firm and crisp.
03. Fry the finely chopped onion and thinly sliced pancetta, and pour over the white wine. When the wine boils, add the stock and simmer gently for another 45 minutes. Blend everything well to make a smooth sauce.
04. Wash the fennel tuber and cut into small cubes. Glaze with butter, salt and a little water. Blend the cooked fennel and strain. Peel the beetroot and cut into small pieces. Glaze in honey until almost caramel, add mustard, add a little water and cook. Blend the cooked beetroot and strain. Peel the carrots, cut into small pieces and cook in the vegetable base and butter. Blend and strain.
05. Place a spoonful of the sauce in the centre of the plate, place the pieces of green asparagus on top of the sauce, a strip of egg soufflé on the side, place the white asparagus in the centre and pour the three sauces over the top.

# LAS GORENJSKA KOŠARICA

Območje LAS Gorenjska košarica je slikovita, razgibana gorska pokrajina s planinami, na katerih se v poletnem času pase govedo in drobnica, iz mleka pa pridobivajo sire in številne druge mlečne izdelke. Marsikje na Gorenjskem sejejo ajdo, ječmen in proso, na ravninskih predelih so izvrstni pogoji za pridelavo krompirja, v Bohinju pa raste rdečerjava in nadvse okusna koruza trdinka. V bistrih alpskih rekah, potokih in jezerih švigajo ribe; med njimi je tudi izvirna bohinjska zlatovčica. V gozdovih domuje divjad, tod rastejo gobe in gozdni sadeži, veliko je visokostebelnih sadovnjakov z različnim sadjem. Zadnja leta se v kulturo prehrane spet vrača hruška tepka.

Prebivalci Gorenjske so ne le ohranili, ampak predvsem tudi v sodobni čas prenesli številne posebnosti prehrane svojih prednikov. Žganci iz ajdove, koruzne ali ječmenove moke, testeni žepki ali krapi z različnimi nadevi, kranjska klobasa, jedi iz mlečnih izdelkov, na različne načine pripravljena ajdova, ječmenova ali prosena kaša, mesne enolončnice, v zimskem času okusne koline, zelje in repa, v koruzni moki povaljane in ocvrte postrvi, slani ali sladki štruklji in izvrstne potice predstavljajo samo nekaj izbranih posebnosti kulinarne palete Gorenjske, ki je ne srečamo le v ponudbi gostinskih lokalov ali turističnih kmetij, ampak pomembno sooblikuje pestrost sodobnega prehranjevanja njenih prebivalcev.

Pomembna tržna znamka kulinarne ponudbe Gorenjske so Okusi Radol'ce, ki gostom in domačinom pod skupno blagovno znamko predstavlja raznoliko kulinarčno ponudbo Radovljice. Okusi Radol'ce, ki veljajo za enega prvih primerov destinacijskega povezovanja gostinskih obratov v Sloveniji, so dokaz, da lahko gostinski obrati s skupnim delom, povezovanjem in redno komunikacijo postanejo dobri partnerji in sodelavci.

*The LAG Gorenjska basket area is a picturesque, rugged mountain landscape with mountain pastures where cattle and small livestock graze in summer and milk is used to make cheese and many other dairy products. Buckwheat, barley and millet are sown in many parts of Gorenjska, the plains offer excellent conditions for potato production, and Bohinj grows red-brown and delicious maize "trdinka". Fish frolic in the clear Alpine rivers, streams and lakes, including the original Bohinj fish Zlatovčica. The forests are home to wild game, mushrooms and wild berries, and there are many orchards with a wide variety of fruit. Tepka pear has made a reappearance in food culture in recent years.*

*The inhabitants of Gorenjska have not only preserved, but also, and above all, brought many of the special features of their ancestors' diet into modern times. They have also preserved the region's pastoral heritage and their own specialties: Žganci or mush of buckwheat, corn, or barley flour, Krapi or dough pockets with various fillings, Kranjska sausage, dairy products, buckwheat, barley, or millet porridge prepared in various ways, meat stews, and, in the winter, delicious Koline (slaughtered meat with cabbage and turnip) are just a few selected specialties. There are also trout folded and fried in cornmeal, savoury or sweet strudels, and of course, delectable Potica, which can be obtained not only in restaurants or tourist farms but also plays a significant part in developing the diversity of its inhabitants' modern diet.*

*Taste Radol'ca, which displays Radovljica's diversified culinary offer to guests and locals under a single name, is an important marketing brand of Gorenjska's culinary offer. Taste Radol'ca, considered one of the first examples of destination-based culinary establishment networking in Slovenia, demonstrates that by working together, networking, and communicating regularly, caterers may become good partners and collaborators.*



Dobavitelji sestavin:

**Eko kmetija Vegerila** - jagnje, mlada čebula, buča  
**Eko kmetija Šlibar** - polenta, moka, korenje, krompir  
**Eko kmetija Žgajnar** - ovčji sir  
**Eko kmetija pri Vodiškarju** - jajca  
**Ekološka kmetija Repovž** - jabolčni kis  
**Čebelarstvo Luznar** - med  
**Eko kmetija Kukenberger** - maslo

Ingredient suppliers:

**Eko kmetija Vegerila** - lamb, spring onion, butternut squash  
**Eko kmetija Šlibar** - polenta, flour, carrots, potatoes  
**Eko kmetija Žgajnar** - goat cheese  
**Eko kmetija pri Vodiškarju** - eggs  
**Ekološka kmetija Repovž** - apple cider vinegar  
**Čebelarstvo Luznar** - honey  
**Eko kmetija Kukenberger** - butter

# Jagnje v maslu in buča

*Lamb in butter and pumpkin*



- 01.** Vse sestavine zgnemo v testo.
- 02.** Nadev pripravimo tako, da drobno nariban sir stopimo v polenti in solimo. Nato iz testa oblikujemo kroge, jih obložimo z nadevom in oblikujemo v krapce. Kuhamo v vreli vodi cca 5 minut.
- 03.** Narezano bučo zalijemo z vrelo mešanico kisa, vode in sladkorja.
- 04.** Zelenjavo požgemo na vroči plošči.
- 05.** V ponvi stopimo maslo, dodamo med in zalijemo s piščančjo osnovo, porediciramo za 1/3, dodamo zelenjavo in pokuhamo.
- 06.** Bučo zavijemo v alufolijo, 45 minut pečemo pri 220 °C, zmiksamo, solimo, popramo.
- 07.** Jagnje solimo, popramo, natremo s timijanom. Jagnje skupaj z maslom v vakuumu 12 ur kuhamo na 72 °C.

- 01.** *Knead all the ingredients into a dough.*
- 02.** *Prepare the stuffing by melting the finely grated cheese in polenta and seasoning with salt. Then form the dough into circles, cover with stuffing and shape into dumplings. Cook for roughly 5 minutes in boiling water.*
- 03.** *Pour a boiling mixture of vinegar, water and sugar over the sliced squash.*
- 04.** *Char the vegetables on a hot plate.*
- 05.** *Melt the butter in a pan, add honey and pour over the chicken stock, reduce by 1/3, add the vegetables and simmer.*
- 06.** *Wrap the pumpkin in aluminium foil, bake at 220 °C for 45 minutes, blend, add salt and pepper.*
- 07.** *Sprinkle the lamb with salt, pepper and thyme. Pack the lamb and butter in a vacuum bag and cook slowly at 72 °C for 12 hours.*

## Sestavine za testo (40 krapov):

1000 g ostre moke  
500 g krompirja  
2 jajci  
100 g rjavega masla  
sol

## Sestavine za nadev (40 krapov):

1800 g polente trdinke  
420 g ovčjega sira  
sol

## Sestavine za vloženo bučo maslenko:

500 g na ploščice narezane buče  
300 g jabolčnega kisa  
200 ml vode  
100 g sladkorja

## Sestavine za pečeno marinirano mlado čebulo in korenje (4 osebe):

4 mlade čebulice  
4 manjši korenčki  
50 g masla  
50 g medu  
150 ml piščančje osnove

## Sestavine za bučno kremo:

100 g buče

## Sestavine za jagnje:

500 g jagenjčka  
150 g masla  
sol  
poper  
timijan

## Ingredients for the dough (for 40 pieces of »krapec«):

1000 g sharp flour  
500 g potatoes  
2 eggs  
100 g brown butter  
salt

## Ingredients for the stuffing (for 40 pieces of »krapec«):

1800 g of »trdinka« maize-based polenta  
420 g sheep cheese  
salt

## Ingredients for pickled butternut squash:

500 g of butternut squash, sliced  
300 g apple cider vinegar  
200 ml of water  
100 g sugar

## Ingredients for roasted marinated spring onions and carrots (4 servings):

4 spring onions  
4 small carrots  
50 g butter  
50 g honey  
150 ml chicken stock

## Ingredients for the pumpkin cream:

100 g pumpkin

## Ingredients for the lamb:

500 g lamb  
150 g butter  
salt  
pepper  
thyme

# Čista jagnječja juha

*Clear lamb broth*

## Sestavine:

1 kg jagnjetine  
200 g čebule  
1 glava česna  
sol  
koriander  
popper  
koromač  
50 g svežega koriandra  
50 g svežega peteršilja  
300 g zelene  
300 g korenja  
4 l vode

## Ingredients:

1 kg lamb  
200 g onions  
1 head of garlic  
1 tablespoon of lamb coriander  
pepper  
fennel  
50 g fresh coriander  
50 g fresh parsley  
300 g celery  
300 g carrots  
4 l of water

01. Operite jagnje, odrežite maščobo in ga razrežite na majhne kose. Prelijte z vodo in pustite stati 2 uri, nato meso ponovno sperite. Koščke jagnjeta zložite v kotliček, jih prelijte z vodo in pražite, da voda zavre in se na površini oblikuje pena. Kuhajte 10–15 minut, nato odstranite peno in zmanjšajte intenzivnost plamena. Počasi kuhajte 2 uri in pol.
02. Očistite čebulo ter jo dodajte v kotliček, kjer se kuha jagnjetina. Potresite z začimbami, solite in dodajte korenje in zeleno. Kuhanje nadaljujte še 30–40 minut.
03. Odstranite meso in zelenjavo iz juhe. Sveže začimbe drobno narežite in jih dodajte v juho, ki jo kuhajte še 5 minut.

01. Wash the lamb, trim off the fat and cut it into small pieces. Cover with water and leave it for 2 hours, then rinse the meat again. Place the pieces of lamb in a kettle, cover with water and braise until the water boils and foam forms on the surface. Cook for 10-15 minutes, then remove the foam and reduce the heat. Simmer slowly for 2½ hours.
02. Clean the onion and add it to the kettle where the lamb is cooking. Sprinkle with seasoning, salt and add the carrots and celery. Continue cooking for another 30-40 minutes.
03. Remove the meat and vegetables from the soup. Finely chop fresh spices and add them to the soup, which will continue to simmer for another 5 minutes.

# LAS GORIČKO 2020

Goričko je pokrajina na severu Prekmurja, ki skriva bogastvo okusov. Gostoljubnost in prijaznost domačinov ter številne gostilne in turistične kmetije vabijo k odkrivanju okusov. Tu na vsakem koraku najdemo sveže sadje in zelenjavo, pa tudi vrhunske mesnine, sir, zelišča, med in žganje. Eden največjih pridelovalcev ekoloških produktov je Eko-socialna kmetija Korenika, kjer poleg ekoloških vrtnin ponujajo tudi sokove, čajne mešanice, namaze in ekološko kozmetiko. Njihovo poslanstvo je trajnostno in družbeno odgovorno kmetovanje.

Prava posebnost Goričkega je bučno olje, ki je odličen dodatek solatam in številnim drugim jedem. Le kdo ne pozna značilne prekmurske gibanice, bujte repe ali bograča? Dobite jih v večini vaških gostiln. Med najboljšimi je vsekakor Gostilna Rajh v Bakovcih, ki združuje tradicionalno prekmursko kulinariko z modernimi pristopi. Znašli so se na slovitim Michelinovem seznamu in v najvplivnejši avstrijski gastronomski reviji Falstaff, pridobili pa so tudi trajnostni certifikat Zeleni ključ.

Vse bolj prepoznavna postaja tudi zaščitena prekmurska šunka. Šunkarna Kodila je že dolga leta vodilni proizvajalec prekmurske šunke. Šunkarno in zorilnico šunk si lahko tudi ogledate, v restavraciji pa lahko vse njihove tradicionalne suhomesne izdelke tudi poskusite.

Omeniti pa je potrebno še vrhunska gorička vina, saj so gorički hribi posejani s številnimi vinogradi z rdečimi in belimi sortami grozdja. Goričko ponuja številne kulinarične posebnosti, ki so se oblikovale skozi stoletja, zato kar vabi k odkrivanju bogastva okusov v družbi prijaznih ljudi!

*Goričko is a landscape in northern Prekmurje that hides a variety of flavours. The inhabitants' politeness and friendliness, with various taverns and tourist farms, urge you to explore the flavours. Fresh fruits and vegetables, exquisite meats, cheese, herbs, honey, and brandy are available at every turn. The Korenika Eco-Social Farm is one of the major manufacturers of organic products, offering juices, tea blends, spreads, and organic cosmetics in addition to organic crops. Their objective is to farm in a sustainable and socially responsible manner.*

*Pumpkin seed oil, a Goričko specialty, is a fantastic accompaniment to salads and many other foods. Who hasn't heard of Prekmurje Gibanica, Bujta Repa, or Bograč? They are available at most local taverns. One of the greatest is the Rajh Restaurant in Bakovci, which combines traditional Prekmurje food with modern methods. They have been listed on the prestigious Michelin list, as well as in the most renowned Austrian gastronomy journal, Falstaff, and have received the Green Key sustainability certification.*

*The protected Prekmurje ham is also becoming more and more popular. A family-owned brand Šunkarna Kodila has been a significant producer of Prekmurje ham for many years. You may tour the ham production and ham ripening rooms, as well as sample all of their traditional cured meat delicacies in the restaurant.*

*Numerous vineyards with different red and white grape varieties mark the Goričko hills. Goričko offers a variety of culinary delicacies that have evolved over time, encouraging you to enjoy a depth of flavours in the company of pleasant people!*



# Gostilna Rajh

Dobavitelji sestavin:

**Socialna kmetija Korenika, Pribinovina, d. o. o.** - krompir, korenček, sveži koprič in boreč

**Jagodni kotiček Dokležovje** - jagode

**Ekološka kmetija BeEko, Igor Paldauf** - bučno olje

**Ekološka kmetija Radikon** - šparglji

**Sirarstvo Tinka** - kozji sir, jogurt

Ingredient suppliers:

**Socialna kmetija Korenika, Pribinovina, d. o. o.** - potatoes, carrots, fresh dill and borage

**Jagodni kotiček Dokležovje** - strawberries

**Ekološka kmetija BeEko, Igor Paldauf** - pumpkin oil

**Ekološka kmetija Radikon** - asparagus

**Sirarstvo Tinka** - goat cheese, yoghurt

## Krompirjevi ocvrtki in korenček

*Potato fritters and carrots*



### Sestavine za krompirjeve ocvrtke:

2 krompirja (250 g)  
1 jajce  
2 g suhega kvasa  
2 g sode bikarbone  
ščepec soli  
150 g ostre moke  
20 g pražene čebule

### Ingredients for potato fritters:

2 potatoes (250 g)  
1 egg  
2 g dry yeast  
2 g baking soda  
pinch of salt  
150 g pungent flour  
20 g roasted onions

### Sestavine za korenčkovo kremo:

200 g korenčka  
80 g kozjega sira  
1 čebula  
80 ml belega vina  
1 žlica paradižnikove paste  
2 stroka česna  
70 g masla  
100 ml zelenjavne jušne osnove  
2 zelena šparglja  
vejica svežega kopriča in boreča

### Ingredients for the carrot cream:

200 g carrots  
80 g goat cheese  
1 onion  
80 ml white wine  
1 tablespoon tomato paste  
2 cloves of garlic  
70 g butter  
100 ml vegetable stock  
2 green asparagus  
sprig of fresh dill and borage

01. Za pripravo krompirjevih ocvrtkov najprej skuhamo krompir, nato dodamo preostale sestavine ter pretlačimo. Oblikujemo željene oblike in jih ocvremo.
02. Za korenčkovo kremo korenček in čebulo prepražimo na maslu, zalijemo z vinom in zelenjavno jušno osnovo. Kuhamo 20 minut in zmešamo s paličnim mešalnikom. Postopoma dodajamo kozji sir ter maslo, da dobimo homogeno kremo. Po potrebi solimo in popramo.
03. 2 zelena šparglja tanko narežemo in pokapljamo z bučnim oljem. Dodamo sveži koprič in sveži boreč.

01. To prepare the potato fritters, first boil the potatoes, then add the remaining ingredients and mash. Shape into desired shapes and fry.
02. For the carrot cream, fry carrots and an onion in butter, then pour over the wine and vegetable stock. Cook for 20 minutes and blend with an immersion blender. Gradually add the goat cheese and butter to make a homogeneous cream. Season with salt and pepper if necessary.
03. Thinly slice 2 green asparagus and drizzle with pumpkin oil. Add fresh dill and fresh borage.



# Bučna tortica

*pumpkin cake*



#### Sestavine za bučni drobljenec:

55 g polnozrnatih piškotov  
22 g sesekljanih bučnih semen  
45 g masla  
bučno olje

#### Sestavine za kremo:

330 g pasirane skute  
130 g jogurta  
2 lista želatine  
30 g sladkorja v prahu

01. Vse sestavine za bučni drobljenec lepo premešamo.
02. Za kremo v hladno vodo namočimo želatino in počakamo, da nabrekne. V kozici segrejemo 2 žlici jogurta in dodamo želatino, da se raztopi. Vse sestavine zmešamo s paličnim mešalnikom.
03. Narežemo 8 lepih zrelih jagod in okrasimo.

#### *Ingredients for pumpkin crumble:*

55 g wholemeal biscuits  
22 g chopped pumpkin seeds  
45 g butter  
pumpkin seed oil

#### *Ingredients for the cream:*

330 g cottage cheese  
130 g yoghurt  
2 leaves of gelatine  
30 g powdered sugar

01. *Mix all the ingredients for the pumpkin crumble well.*
02. *For the cream, soak the gelatine leaves in cold water and allow it to bloom (expand). Heat 2 tablespoons of yoghurt in a saucepan and add the gelatine to dissolve. Mix all the ingredients with a immersion blender.*
03. *Add 8 ripe, thinly sliced strawberries to garnish.*

# Restavracija Kodila

Dobavitelji sestavin:

**Kodila, d. o. o.** - bio krškopoljec, bio mangalica  
**Socialna kmetija Korenika - Pribinovina, d. o. o.** - krompir, čebula  
**Vila natura Slavič Marko** - moka

Ingredient suppliers:

**Kodila, d. o. o.** - organic krškopolje pig, organic mangalica pig  
**Socialna kmetija Korenika - Pribinovina, d. o. o.** - potatoes, onions  
**Vila natura Slavič Marko** - flour



# Bio pršut krškopoljca na rzenih ploščatih kruhkih

*Organic prosciutto of krškopolje  
pig on rye flatbread*

Pršut nabavimo v Šunkarni Kodila, kruhke pa naredimo po spodnjem receptu.

*The prosciutto is bought at the Kodila ham shop and the bread rolls are made according to the recipe below.*

## Sestavine :

125 ml vode  
7 g suhega kvasa  
4 g soli  
150 g bele moke  
150 g ržene moke  
4 g pecilnega praška  
25 g ghee  
100 g jogurta  
50 g kisle smetane  
10 g rjavega sladkorja

## Ingredients:

125 ml of water  
7 g dry yeast  
4 g salt  
150 g white flour  
150 g rye flour  
4 g baking powder  
25 g ghee  
100 g yoghurt  
50 g sour cream  
10 g brown sugar

- 01.** V posodo nalijemo mlačno vodo, dodamo suhi kvas in 5 g rjavega sladkorja. Pustimo delovati 10–15 minut.
- 02.** V večjo posodo, v kateri bomo mesili, vsujemo moko, preostali sladkor, sol in pecilni prašek. Sestavine v posodi premešamo in na sredini naredimo jamico, kamor dodamo stopljen ghee, jogurt, kisló smetano in mešanico kvasa. Vse skupaj premešamo in nato zamesimo. Če je masa premokra, dodamo malo bele moke, če pa je presuha, dodamo malo mlačne vode. Testo mora biti mehko in primerno za oblikovanje.
- 03.** Ko smo zadovoljni s teksturo testa, ga zgnetemo tako, da se v posodi oblikuje krogla. Nato maso premestimo na dobro pomokano površino in mesimo še približno 10 minut, da dobimo lepo elastično testo. Tega ponovno oblikujemo v kroglo, ga položimo nazaj v posodo in ga pokrijemo s krpo. Posodo pustimo stati na sobni temperaturi približno 1 uro.
- 04.** Nato testo razdelimo na 12 kroglic in le-te damo na pomokano površino. Razvlečemo jih na približno 10 cm premera in jih pečemo na močno ogreti ponvi 3–4 minute na vsaki strani. Ko so kruhki pečeni, jih še tople premažemo z maščobo po svoji izbiri (mi smo izbrali mast) ter obložimo s pršutom krškopoljca. Na krožnik lahko dodamo tudi okisano zelenjavo, v našem primeru je to okisana šalotka.

- 01.** *Pour lukewarm water into a bowl, add dry yeast and 5 g of brown sugar. Leave for 10-15 minutes.*
- 02.** *Sieve the flour, remaining sugar, salt and baking powder into a larger bowl, where you will be kneading the dough. Mix the ingredients and make a well in the centre, then add the melted ghee, yoghurt, sour cream and the yeast mixture. Mix everything together and then knead. If the mixture is too wet, add some white flour, if it is too dry, add some lukewarm water. The dough should be soft and suitable for shaping.*
- 03.** *When you are happy with the texture of the dough, knead it to form a ball in the bowl. Transfer the dough to a well-floured surface and knead for about 10 minutes until you have a nice elastic dough. Form it into a ball again, place it back in the bowl and cover it with a cloth. Leave the bowl to rest at room temperature for about 1 hour.*
- 04.** *Divide the dough into 12 smaller balls and place them on a floured surface. Roll them out to about 10 cm in diameter and roast them in a heavily heated frying pan for 3-4 minutes on each side. When the bread rolls are cooked, brush them with a fat of your choice (we chose lard) while they are still warm and top with the prosciutto. You can also add pickled vegetables to the plate, in our case pickled shallots.*



# T-bone krškopoljca z dödoli

*Organic krškopolje pig  
t-bone with dödoli*

## T-BONE BIO KRŠKOPOLJCA ORGANIC KRŠKOPOLJE PIG T-BONE

| Sestavine:           | Ingredients:             |
|----------------------|--------------------------|
| 2x T-bone, cca 800 g | 2x T-bone, approx. 800 g |
| sol                  | salt                     |
| poper                | pepper                   |
| žlica masti          | 1 tbsp lard              |

01. Meso damo na sobno temperaturo in ga pustimo odležati vsaj 30 minut.
02. Na štedilniku dobro ogrejemo ponev, ki jo namastimo z mastjo. V dobro ogreto ponev (po možnosti litoželezno, ker ne izgubi dosti temperature) položimo meso, ki smo ga nasolili s ščepcem grobe soli.
03. Na vsaki strani pečemo približno 7 minut oziroma do središčne temperature 43 °C, ko ga odstavimo iz ognja.

01. *Bring the meat to room temperature and let it rest for at least 30 minutes.*
02. *Heat a frying pan (preferably cast-iron, as it retains heat well) thoroughly and coat it with lard. Season the meat with a pinch of coarse salt and put it in the preheated frying pan.*
03. *Cook for approx. 7 minutes on each side, or until it reaches the desired internal temperature of 43 °C.*

## DÖDOLI DÖDOLI

| Sestavine:      | Ingredients:   |
|-----------------|----------------|
| 600 g krompirja | 600 g potatoes |
| 400 g moke      | 400 g flour    |
| voda            | water          |
| sol             | salt           |

01. Pri pripravi dödolov je pomembno, da uporabimo star krompir, ki ga olupimo in narežemo na kocke. Krompir damo v večji lonec, da maso pozneje lažje mešamo. Prelijemo s toliko vode, da krompir prekrijemo. Vode ne pozabimo soliti s 3 ščepci soli. Kuhamo tako dolgo, da je krompir mehek. Nato odlijemo nekaj vode in jo shranimo za pozneje, če jo bomo potrebovali.
02. V loncu na treh mestih naredimo prostor s kuhalnico, vanje vsujemo moko in pokrijemo. Lonec pustimo na štedilniku, da vsebina počasi vre in se moka lepo popari (8–10 minut). Nato lonec čvrsto primemo in zmešamo krompir in moko v homogeno zmes. Po potrebi uporabimo malo prej odlite vode. Masa ne sme vsebovati nobenih grudic krompirja ali moke, ne sme biti pretrda, pa tudi ne mehka kot pire.
03. Maso za dodole razvaljamo na 1,5 cm debeline in iz nje oblikujemo kroge, ki jih nato popražimo v ponvici z oljem do zlato rumene barve.

01. *When making dödoli, it is crucial to use older potatoes, that we then peel and cut into cubes. Put them in a large pot to make it easier to stir the mixture later. Pour in enough water to cover the potatoes. Do not forget to salt the water with 3 pinches of salt. Cook until the potatoes are soft, then drain off some of the water and save it for later in case you need it.*
02. *Make three holes in the cooked potatoes with a wooden spoon, pour in the flour and cover. Leave the pot on the stove to boil slowly and let the flour steam nicely (8-10 minutes). Then firmly grip the pot and mix the potatoes and flour into a homogeneous mixture. If necessary, use a little of the previously drained water. The mixture must not contain any lumps of potato or flour, it must not be too stiff or too soft like mashed potatoes.*
03. *Roll the dödoli dough to a thickness of 1.5 cm, cut into circles, then fry them in hot oil till golden brown.*

## ZABELA ZA DÖDOLE DRESSING FOR DÖDOLI

| Sestavine:          | Ingredients:     |
|---------------------|------------------|
| 25 g svinjske masti | 25 g lard        |
| 1 čebula            | 1 onion          |
| 150 g kisle smetane | 150 g sour cream |
| sol                 | salt             |

01. Čebulo narežemo na tanke kolobarje. Pristavimo ponev in v njej segrejemo mast, dodamo čebulo in jo pražimo do temno rjave barve. Primešamo kisló smetano, posolimo, dobro premešamo in omaka je pripravljena.
02. Za dekoracijo čebulo prerežemo na polovico in jo počasi karameliziramo v ponvi (cca. 6 minut na vsaki strani).

01. *Cut the onion into thin rings. Heat the lard in a frying pan, add the onions and fry until dark brown. Then add the sour cream and salt, stir well and the sauce is ready.*
02. *For decoration, cut the onion in half and slowly caramelize it in the pan (approx. 6 minutes on each side).*

# LAS JUŽNA ISTRA

LAS Južna Istra je bila ustanovljena decembra 2012 po načelih LEADER in vključuje naslednje lokalne samouprave: Mesto Vodnjan-Dignano in Rovinj-Rovigno, Občina Barban, Svetvinčenat, Marčana Bale-Vale, Fažana-Fasana, Kanfanar in Medulin. Naš cilj je spodbujati razvoj podeželja z lokalnimi pobudami in partnerstvi ter izboljšati življenjske in delovne razmere na podeželju, omogočiti pretok informacij in prenos znanja o varovanju biotske raznovrstnosti, vrednotenju naravnih virov in lokalne dediščine, razvijati sinergije in mreže za v korist vseh, ki jih zanima trajnostni razvoj.

Oljka je najstarejše poznano drevo, posajeno na Zemlji, obstajalo bi naj že pred 6.000 leti. Je simbol sredozemskih držav in toplega podnebja, kjer je našlo svoje rastišče.

Olivno olje je del istrskega načina življenja in kuhinje, danes pa lahko uživamo v njegovih številnih različicah, uporabljenih v najrazličnejših jedeh. V mnogih istrskih restavracijah in gostilnah vas postrežejo z različnimi vrstami olivnega olja, izbirate lahko med sortami pendolino, lecciono, buza ali belica, ki jih gojijo in proizvajajo v Istri.

Da je zdravo, hranljivo in vir dobrega počutja, so domačini o olivnem olju vedeli že od davnine, danes pa vemo, da je lahko prebavljivo, dobro za kosti, sklepe, jetra in kožo ter dobra zaščita pred nastajanjem rakavih celic. Zaradi velike vsebnosti nenasičenih maščobnih kislin je olivno olje odlično za srce in ožilje; zmanjšuje raven slabega holesterola in vzdržuje raven dobrega. Medicinske ustanove po svetu priporočajo vključevanje olivnega olja v vsakodnevno prehrano. Da je sredozemska prehrana prepoznana kot najbolj zdrava, je krivo prav olivno olje kot osnovno živilo.

Učinki olivnega olja na lepoto so edinstveni: vsebuje namreč antioksidante, vitamine A, D, K in E, ki so ključni dejavniki proti staranju kože. Odlično je ne samo za neposredno nanašanje na kožo, ampak tudi kot sestavina različnih krem in pilingov za nego telesa, las in nohtov. Celo Kleopatra se je kopala v kopeli z olivnim oljem, ki je njeno kožo naredilo gladko in sijočo. Mnoge plemkinje so se zgledovale po njej in uporabljale olivno olje za sijoče in zdrave lase.

Sredozemska kuhinja slavi olivno olje, še posebej ekstra deviško olivno olje, ki je močno cenjeno zaradi visoke vsebnosti antioksidantov. Razne mesne in ribje jedi, solate in zelenjava (na žaru, kuhana ali pečena), v današnjem času pa vse pogosteje tudi sladice, kot so čokoladni posladki, so obogateni z nežnim, vendar polnim okusom olivnega olja. Istra se ponaša z nekaterimi najboljšimi olivnimi olji na svetu: okoli 40 proizvajalcev ekstra deviškega olivnega olja je na seznamu vodnika Flos Olei, biblije najboljših ekstra deviških oljčnih olj.

*LAG South Istria Istra was founded in December 2012 on LEADER principles and includes the following local governments: City of Vodnjan-Dignano and Rovinj-Rovigno, the Municipality of Barban, Svetvinčenat, Marčana Bale-Vale, Fažana-Fasana, Kanfanar and Medulin. Our aim is to promote rural development through local initiatives and partnerships, and improve living and working conditions in rural areas, enable the flow of information and knowledge transfer about the protection of biodiversity, valuation of natural resources and local heritage, develop synergies and networks to the benefit of all those interested in sustainable development.*

*The olive tree is the oldest known planted tree on Earth, dating back 6,000 years. It is a symbol of the Mediterranean countries, where it has made its home.*

*Olive oil is an integral component of Istrian culture and cuisine, and today you may pair it with a wide range of foods. Many restaurants and konobas in Istria sell many types of olive oil, and you can even choose between olive oil varieties grown and manufactured in Istria, such as pendolino, lecciono, buza, or bjelica, with your lunch.*

*Olive oil has long been renowned for its health, nutritional, and overall well-being benefits: it is easily digestible, healthy for the bones, joints, liver, and skin, and has a significant anti-cancer effect. Olive oil is great for one's heart and blood vessels since it has a high percentage of non-saturated fats; it lowers "bad" cholesterol while maintaining healthy cholesterol levels. It is recommended by medical authorities worldwide to use olive oil in daily nutrition; this is why the Mediterranean diet has been dubbed the healthiest because it incorporates olive oil as a basic nutrient.*

*Olive oil has remarkable aesthetic benefits: it contains anti-oxidants, vitamins A, D, K, and E, which are essential in the anti-aging process of the skin. It is beneficial not only to the skin, but it is also used in creams and body peelings, as well as treatments for the hair and nails. Cleopatra bathed in olive oil, which left her skin smooth and shining, as did many wealthy women after her who used olive oil for shiny, healthy-looking hair.*

*Olive oil, particularly extra virgin olive oil, is celebrated in Mediterranean cuisine due to its high antioxidant content. Various meat and fish dishes, salads and vegetables (grilled, boiled, or roasted), and, increasingly, desserts such as chocolate pastries are supplemented with the delicate but robust flavor of olive oil. Istria has some of the best olive oils in the world: the Flos Olei guide, a bible of the best extra virgin olive oils, lists roughly 40 extra virgin olive oil manufacturers.*



### Kako do ekoloških sestavin?

SEZNAM EKOLOŠKIH KMETIJ ZA LETO 2023 na območjih LAS Posavje, LAS Vipavska dolina, LAS Goričko 2020 in LAS Gorenjska košarica in več o projektu se nahaja tukaj:

<https://www.las-posavje.si/eko-okusi-slovenije.html>



Publikacija je del projekta sodelovanja lokalnih akcijskih skupin.

Naziv projekta: EKO okusi Slovenije

Za vsebino so odgovorni partnerji projekta:

**LAS Posavje** – vodilni partner (VP) LAS: Regionalna razvojna agencija Posavje; Center za podjetništvo in turizem Krško; Mestna občina Krško; Kmetija Repovž Jože Repovž; Kmetija Omerzu, Manca Omerzu nos. dop. dej. na kmetiji; Evrosad, d. o. o., Krško; Debeluh, d. o. o.

**LAS Vipavska dolina** – VP LAS: Regijska razvojna agencija ROD Ajdovščina; Kristijan Vidmar; OKUSI, gostinstvo in turizem, d. o. o.

**LAS Gorenjska košarica** – VP LAS: BSC, poslovno podporni center, d. o. o. Kranj; Kmetija Vegerila; Klasa, d. o. o.; Javni zavod Turizem in kultura Radovljica;

**LAS Goričko 2020** – VP LAS Bistra hiša Martjanci – Smart House Martjanci; Bistra hiša Martjanci – Smart House Martjanci (zasebni zavod); Pribinovina, d. o. o.; Kodila, d. o. o.; Tanja Pinterič s. p.; P. E. Gostilna Rajh

**LAG Južna Istra**

Organ upravljanja, določen za izvajanje Programa razvoja podeželja RS za obdobje 2014-2020: Ministrstvo za kmetijstvo, gozdarstvo in prehrano.

Vir financiranja: Evropski kmetijski sklad za razvoj podeželja (EKSRP)



Evropski kmetijski sklad za razvoj podeželja: Evropa investira v podeželje



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**LAG Vipava Valley** – LP LAG: Regional Development Agency ROD Ajdovščina; Kristijan Vidmar; OKUSI, gostinstvo in turizem, d. o. o.

**LAG Gorenjska basket** – LP LAG: BSC, Business Support Centre, d. o. o. Kranj; Kmetija Vegerila; Klasa, d.o.o.; Public Institute of Tourism and Culture Radovljica

**LAG Goričko 2020** – LP LAG: Bistra hiša – Smart house Martjanci; Bistra hiša – Smart house Martjanci; Pribinovina, d. o. o.; Kodila, d. o. o.; Tanja Pinterič s. p.; P. E. Gostilna Rajh

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### Publikacija »EKO okusi Slovenije«

predstavlja lokalna ekološka živila kot najkvalitetnejše surovine za vrhunsko kulinariko. Nastala je kot rezultat projekta sodelovanja lokalnih akcijskih skupin, v katerega se je povežalo 20 partnerjev – ekološki kmetje, vrhunski kuharji (cheffi), ekološke trgovine in nosilci lokalnega razvoja. S ciljem, da po načelih trajnostnega delovanja okrepimo medsebojno sodelovanje, promocijo in potrošnjo ekoloških surovin, ekološka živila pa predstavimo skozi vrhunsko kulinariko, je nastala knjiga, ki predstavlja delček edinstvene gastronomske ponudbe Slovenije. Odličnost okusov iz Posavja, Vipavske doline, Goričkega in Gorenjske smo v partnerskem sodelovanju dopolnili s pridihom hrvaške Istre.

*Vas pa izzivamo,  
da jih skozi recepte preizkusite!*



### The publication "ECO Flavours of Slovenia"

promotes local organic foods as the best raw ingredients for high cuisine. It is the product of a Local Action Groups cooperation project that brought together 20 partners, including organic farmers, top chefs, organic retailers, and local development promoters. The book was intended to present a piece of Slovenia's distinctive gourmet offer, with the goal of improving cooperation, promoting and consuming organic raw materials, and presenting organic food through great cuisine in a sustainable way. In partnership, we have complemented the delicious flavours of Posavje, Vipava Valley, Goričko, and Gorenjska with a touch of Croatian Istria.

*We dare you to put these flavours  
to the test by following the recipes!*





LAS POSAVJE



LAS Vipavska dolina  
LOKALNA AKCIJSKA SKUPINA



LAS  
GORENJSKA  
KOŠARICA



LAS Goričko2020  
LOKALNA AKCIJSKA SKUPINA



LOKALNA AKCIJSKA GRUPA "JUŽNA ISTRA"  
GRUPPO D'AZIONE LOCALE "ISTRIA MERIDIONALE"  
LOCAL ACTION GROUP "SOUTH ISTRIA"



PROGRAM  
RAZVOJA  
PODEŽELJA



Evropski kmetijski sklad za razvoj podeželja: Evropa investira v podeželje  
The European Agricultural Fund for Rural Development: Europe investing in rural areas

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