

I FEEL
SLOVENIA



TASTE GORENJSKA



SLOVENIAN ALPS
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The cellar at Kunstelj Inn in Radovljica



SLOVENIAN ALPS
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Beautiful ... and delicious			
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A view of the Kamnik-Savinja Alps

Beautiful ... and delicious Gorenjska

The world-famous Avsenik Brothers Ensemble has dedicated many songs to its home region, Gorenjska, but one of them stands out in particular because of its opening lines “Prelepa Gorenjska” (Beautiful Gorenjska). Hearing the song, one cannot but wonder what makes this alpine region so beautiful? Beauty is an evasive concept in itself, especially if limited to visual impressions and images. In this respect, the beauty of a landscape may be just the sum of its qualities, such as the diversity of the natural environment and the forms which the inhabitants of this landscape have created and shaped through various historical stages of economic, social and spiritual development and creative self-expression. Gorenjska has all that, and more.

The creative energy of local people, in harmony with nature, can also be expressed through food, taste and flavours. A varied and vibrant alpine region, Gorenjska is rich in mountain pastures where cattle, sheep and goats graze in the summer and milk is processed into cheese and other dairy products. Unique among them is *mohant*, a cheese variety from Bohinj whose distinctive smell and piquant taste is a challenge for even the most creative among culinary innovators.

In many parts of the region, arable land is planted with buckwheat, barley and millet. Flatland fields provide optimal growth conditions for potato production, and Bohinj is famous for its tasty reddish-brown flint corn. Clear alpine rivers, streams and lakes abound in fish, including the typical Bohinj lake char, a type of trout. Forests are full of mushrooms, berries and animals. The landscape is scattered with high-stem orchards featuring many different fruit trees. In recent years, *tepka*, a rare variety of pear, has found its way back into the local cuisine. Many farms have specialised in the production of fruit juices, distillation of spirits, and the making of herbal and fruit-flavoured alcoholic beverages. At higher elevations, hay meadows and grasslands can be harvested for herbs, whereas lower-lying gardens and fields are a mosaic of lettuce, cabbage, turnip, potato, beans, carrot, kohlrabi, beetroot and radish, which are some of

the essential ingredients of the culinary traditions of Gorenjska. These are also characterised by the fact that the local inhabitants have preserved and adapted many of the region's staple foods and festive dishes.

Žganci, a polenta resembling dish made with buckwheat, corn or barley flour; hot pockets and fritters stuffed with fillings; dishes containing dairy products; buckwheat, barley and millet groats cooked in several different ways, meat stews, and *koline* (pork and sausage products made from the winter pig slaughter), sauerkraut and pickled turnip dishes; trout rolled in corn flour and fried; salty or sweet *štruklji* rolled dough dumplings and mouth-watering *potica* cakes are just a few select culinary delights of Gorenjska which are included in menus offered by restaurants and tourist farms, forming part of the wonderfully varied and delicious diet of the region's inhabitants.

Gorenjska built the foundations of Slovenian and European apiculture. Beekeepers' offerings include several types of honey and other apicultural products. Some beekeepers still make mead using the oldest written recipe available, which was published in Janez Valvasor's 'The Glory of the Duchy of Carniola' in 1689. The development of tourism and mountaineering in Gorenjska ran in parallel with European trends, and resulted in the creation of local tourist centres, e.g. Bled, Bohinj and Kranjska Gora. In terms of historical development, which is reflected in the area's culinary character, Gorenjska was more than just a meeting point between Slovenia and the rest of the Alpine region; thanks to its traffic and transport routes and trading practices, the region was at the forefront of development and progress. In the 18th century, for example, traders from Bohinj would sell melted butter to Trieste, and also Venice, and even had their own representative in these parts, which serves to illustrate the character and scale of the region's economic and commercial activity in past centuries.

In cooking, as well as in many other fields, the experience acquired in the Alpine and Mediterranean areas has blended seamlessly with the knowledge and innovative capacity of local inhabitants. Various foods have acquired their characteristic uses, which, to the present day, continue to form locally and regionally specific culinary traditions. Rather than attempting to compile an all-inclusive list of the region's dishes, this catalogue presents the foods and beverages typically associated with the 17 municipalities in the region of Gorenjska along with their contemporary culinary traditions and the main highlights of their culinary heritage. These dishes, however, are not museum exhibits. To this day, they form part of daily food and festive menus, at inns as well as top-notch restaurants, but most importantly they continue to inspire new interpretations and fusions of local and regional flavours.

A few years ago, the municipality of Škofja Loka compiled a list of the area's signature dishes and recipes, which were adapted to suit the contemporary taste and eating habits and are now available in the town's pubs and restaurants under a common name 'Okusi loškega podeželja' (Taste the Škofja Loka Countryside). More importantly, restaurants and inns now purchase locally-sourced seasonal foods for their menus. 'Okusi Radol'ce' (Taste Radol'ca) is another new and increasingly popular culinary brand in Gorenjska. The ten restaurants united under this brand offer a combination of genuine homemade food prepared using superior innovative methods, and the finest local ingredients. Taste Radol'ca restaurants can be identified by special stickers; Taste Radol'ca dishes on the menu are marked with the logo depicting the Carniolan bee. In Bled, several restaurants, inns and hotels have united under the project of 'Okusi Bleda' (Taste Bled), committed to developing a recognizable culinary brand that reflects contemporary trends and connects local providers in their effort to offer tourists the best of Bled's cuisine. The brand 'Bohinjsko' (From Bohinj) identifies dishes and foods qualifying for a geographical indications and ensures high quality of preparation and service. In addition to culinary highlights, the brand is also used for certain foodstuffs, arts and crafts products, and events.





Škofja Loka from Hribec

Škofja Loka

The long and distinguished history of Škofja Loka and its surroundings is reflected in the local culinary tradition which is more than just the sum of its influences; it is a creative synthesis of dishes that have shaped the area's dietary patterns through centuries marked by cycles of feast and famine. Some of these dishes are so typical of Škofja Loka that they have deservedly been awarded a geographical indication. These include: **loška mešta** (potatoes and corn meal cooked with white flour and seasoned with fried onions), **loška medla** or **midla**, as locals call it, as well as **loška mešanca**, a tasty stew of beans, turnips, cabbage and barley that used to be cooked for the town beggars and paupers at the local Capuchin monastery every Friday, and **loška smojka**

(a dish of turnips and millet groats). A characteristic food of this area is also **walnut štruklji**, a honey-seasoned staple food which used to be eaten on holidays, special occasions and when hard work had to be done in the winter time. Several farms in the area were well-known for their sweet **terják** or **trják**, a thick elderberry extract reputed to be one of the best natural foods which can be used to make healing tea to treat the common cold, or simply poured over desserts and ice cream.



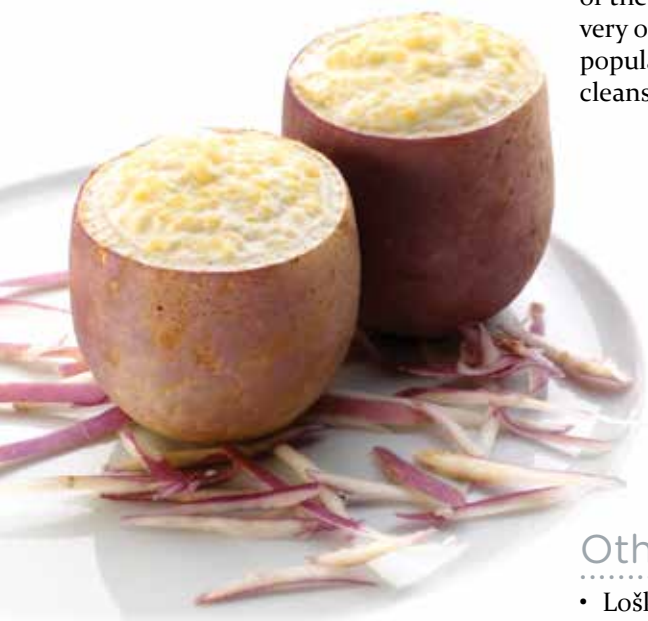


Loška medla or midla

One of the earliest dishes in the region, the ingredients of thick dressed hot-pot meal include millet groats or flour, sauerkraut, turnip, beans and, since the 19th century, potato. Originally, this delicious dish was only seasoned with a bit of lard.

Loška smojka

In autumn, when turnips are ready to be harvested, small roots are taken away and peeled. They are stacked into a pot and boiling salted water is poured over them. Millet groats are added, and the mixture is cooked slowly in the oven. The dish was named **smojka** (smoditi is Slovene for burn) because while cooking in the oven, turnips around the edges of the pot often burned. This is a very old dish and in the past it was popular for fasting, and great for cleansing the kidney and bladder.



Other typical dishes

- Loška mešta
- Loška mešanca
- Buckwheat groats with rabbit ragout
- Braised wether with corn flour žganci
- Curd cheese dumplings with walnuts and cheese
- Walnut štruklji with honey
- Apple and tarragon štruklji
- Terják or trják
- Dairy products from local farms
- Alcoholic beverages sourced from local farms

AVAILABLE FROM

GOSTILNA KAŠČA

Spodnji trg 1, SI-4220 Škofja Loka
T: +386 (0)4 512 43 00
E: kasca-plevna@siol.net
W: www.kasca-plevna.com

- Loška medla or midla, loška smojka, loška mešta, loška mešanca, walnut štruklji with honey, alcoholic beverages from local farms

GOSTILNA PRI BOŠTJANU

Križna Gora 8a, SI-4220 Škofja Loka
T: +386 (0)4 510 33 20
E: gostilnapribostjanu@gmail.com

- Walnut štruklji with honey, dairy products and alcoholic beverages sourced from local farms
- By order only: loška medla or midla, loška mešanca

GOSTILNA PRI DANILU

Reteče 48, SI-4220 Škofja Loka
T: +386 (0)4 515 34 44
E: gostilna@pridanilu.com
W: www.pridanilu.com

- Loška midla, loška mešta, dairy products from local farms
- Summer: tarragon štruklji
- Autumn: štruklji with dried-fruit filling
- Winter: loška mešanca, loška smojka
- St Nicholas' season: carob štruklji
- Easter: walnut štruklji

GOSTILNA PR' STARMAN

Stara Loka 22, SI-4220 Škofja Loka
T: +386 (0)4 512 64 91
E: starman22@siol.net
W: www.gostilnastarman.si

- Walnut štruklji with honey, loška medla or midla, dairy products from local farms
- Typical dishes from Žiri, Poljanska dolina and other parts of Gorenjska
- By order only: loška smojka



The making of Dražgoše honeybreads

Železniki

Železniki, a former ironworking centre in the Selška dolina valley, boasts a number of outstanding features connected with the heritage and modern forms of the culinary culture. In addition to traces of the former ironworking tradition, Železniki has also preserved the local art of lace making, and hand-made **honeybreads** are still made in Dražgoše. The Selška dolina valley is set deeply into the surrounding hills which the Bishops of Freising, the then lords of the area, colonised with German settlers in the Middle Ages. Several of Slovenia's highest-lying villages, e.g. Sorica, Zgornje Danje and Torca, continue to bear evidence of this settlement. Through the centuries, the coexistence of original inhabitants and foreign settlers has created a unique cultural identity,

also shown in its food and cooking. According to documents from Davča, fish were wrapped in paper and then cooked on an open fire or in the oven, a technique which is also challenging in contemporary cookery.

Drobkova jed

This savoury dish, which is seasoned with a browned flour mix, is a mixture of corn flour žganci, boiled sheep's or goat's blood, and thinly sliced sheep's or goat's stomach. The dish, which is commonly known under its abbreviated name, **drobkova**, is a vivid reflection on the culinary heritage and a challenge for even the most modern culinary innovators.



Jetrova jed

Jetrova jed, or jetrova, is closely connected with the customs associated with winter pig slaughter, when the liver of the pig or, more seldom, calf was used soon after the animal was slaughtered. To make jetrova, a sauce is made from liver and poured over corn žganci.

Dražgoše honeybreads

These hand-made figurative and ornamental honey breads were a traditional gift presented on several occasions as a token of affection and love or as a means to prevent hunger. The earliest honey biscuits were heart- or crescent-shaped. **Dražgoše honeybreads** are famous for the variety of their intricate designs.



Davča stomach

In Davča, pork stomach is prepared with a filling made from chopped pork, buckwheat flour, bacon, garlic and seasoning. It is cooked thoroughly, then sliced and served with sauerkraut or pickled turnips.

Other typical dishes

- Prešce (bread rolls)
- Bakery products from Selce farms

CIRILA ŠMID

Na Kresu 8, SI-4228 Železniki
T: +386 (0)41 952 688
E: drazgoski.kruhki@gmail.com

- Dražgoše honeybreads

GOSTIŠČE MACESEN

Spodnja Sorica 16, SI-4229 Sorica
T: +386 (0)41 521 138
E: primoz.pintar@gmail.com
W: www.macesen.si

- Autumn: Davča stomach

GOSTIŠČE PRI ZALOGARJU

Dolenja vas 1a, SI-4227 Selca
T: +386 (0)4 500 50 00
E: gostisce.zalogar@siol.net
W: www.zalogar.si

- Jetrova jed, Davča stomach, prešce
- By order only: buckwheat groats with hare ragout, venison stew, trouts in marinade



Tavčar County Manor, Visoko in the Poljanska dolina valley

Gorenja vas – Poljane

The Poljanska dolina, with its lonely farms and isolated villages flanking the hillsides of the valley, is a cluster of creative individuals and families who translate the rich legacy of their ancestors into modern culinary techniques and forms. Farms produce organic juices from the fruits grown in high-stem orchards, process milk into cheese and other dairy products, and display mastery at processing meat into meat products. Sauerkraut and pickled (lacto-fermented) turnips are made using traditional recipes. Flour and dough products complete the culinary identity of this municipality with its impressive group of families whose collective creative efforts co-create the culinary identity and offers of Slovenia, as well as many areas beyond its borders. A typical

local dish is **slepa žonta**, a popular sauce poured over *žganci*. Fresh and soured milk is mixed with sour cream and cooked slowly. During cooking, a flour and water mix is added to the mixture and cooked into the sauce for buckwheat or corn *žganci*. Another signature dish is **poštengana kaša**, which gets its name from a cone-shaped pile of boiled millet groats, into which holes are made with a spoon and then filled with a seasoning made from onion-roasted bacon cubes.



Visoko-style roast pork

The Kalan family have had a farm at Visoko in the Poljanska dolina valley for nearly 300 years. Their family legacy includes accounts of everyday and festive dishes. One of these is the mouth-watering **Visoko-style roast pork**, a dish of carrot-filled pork cutlets normally served on Palm Sunday.

Poljanska dolina cheeses

Lush meadows provide ample grazing for cattle. Milk is processed into cheese and other dairy products at several small and large dairy farms, many of whom have built their own brands and created household names.

AVAILABLE FROM

GOSTILNA NA VIDMU

Poljane 27, SI-4223 Poljane
T: +386 (0)4 510 96 10
E: bostjan.poljansek@gmail.com

- Visoko-style roast pork

KMETIJA LOJZ

Fužine 10, SI-4224 Gorenja vas
T: +386 (0)41 414 702, +386 (0)41 436 702
E: info@kmetijalojz.com
W: www.kmetijalojz.com

- Sauerkraut and pickled turnips

KMETIJA MARTINUC

Milena Miklavčič
Dolenja Ravan 2,
SI-4223 Poljane nad Škofjo Loko
T: +386 (0)4 510 91 29
E: franc.miklavcic@gmail.com

- Natural fruit juices, distilled spirits and liqueurs

KMETIJA MATIC

Danilo Jezeršek
Hotavlje 3, SI-4224 Gorenja vas
T: +386 (0)41 424 789
E: i825@kmetija-matic.com
W: www.kmetija-matic.com

- Natural fruit juices, distilled spirits and liqueurs

KMETIJA PR REJCU

Marinka Rejc
Krnice pri Novakih 8,
SI-4224 Gorenja vas
T: +386 (0)31 775 091
E: rejcmmary@gmail.com

- November-March: sauerkraut and pickled turnips

KMETIJA PUSTOTNIK

Poljanska cesta 19, SI-4224 Gorenja vas
T: +386 (0)4 510 73 10
E: info@kmetijapustotnik.si
W: www.kmetijapustotnik.si

- Poljanska dolina cheeses

KMETIJA - SIRARNA BOGATAJ

Poljanska cesta 18, SI-4224 Gorenja vas
T: +386 (0)4 518 13 82
E: sirarnabogataj@gmail.com

- Poljanska dolina cheeses





Sauerkraut and pickled turnips

Traditional fermentation in special tubs whereby salted cabbage is turned into sauerkraut, and salted turnips into pickled turnips, are examples of contemporary organically grown and processed foods. Some farms use only the salt and the *fleur de sel* from the Piran salt pans.

Natural fruit juices, distilled spirits and liqueurs

The fame of fruit juices from the Poljanska dolina valley has spread to, and beyond, Slovenia's borders. The quality of local fruit juices is based on a state-of-the-art technological process during which healthy fruits from the valley's high-stem orchards are made into juices without using preservatives or artificial additives. Some farms make several different types of fruit-based distilled spirits, as well as walnut, caraway, and blueberry liqueurs.



Other typical dishes

- Poštengana kaša
- Bakery products from local farms
- Slepa žonta (with žganci)



Preparing štruklji with chives

Žiri

The Municipality of Žiri is best-known for its footwear industry and lace-making tradition. Žiri, where a Lace School was established in 1906, is one of the main centres of lace-making in Slovenia.

Štruklji is a traditional dish eaten in most parts of Slovenia, but Žiri and the Poljanska dolina valley are particularly famous for their **štruklji with chives**, which is typically eaten in late spring and summer when distinctively-flavoured fresh chives are abundant in fields and gardens.

Štruklji with chives

Štruklji (rolled and filled dumplings), which are also common in the areas around Logatec and Vrhnika, originate from Žiri and its surroundings, more precisely from

the Poljanska dolina valley. Although there have always been many techniques of preparing štruklji, three are considered particularly popular: štruklji can be cooked in salted boiling water and served with the water in which they are cooked; cooked in salted boiling water and seasoned with butter, breadcrumbs or pork scratchings; or cooked and then roasted.

Other typical dishes

- Barley soup
- Brown beans with dried fruit
- Sauerkraut with potatoes
- Frog or hen stew with buckwheat žganci
- Meat products from Žiri farms
- Šabesa

AVAILABLE FROM

RESTAVRACIJA SKLEDNIK

Strojarska ulica 16, SI-4226 Žiri

T: +386 (0)5 996 83 36, +386 (0)41 375 370

E: restavracija@sklednik.si

W: www.sklednik.si

- Chicken stew with buckwheat žganci
- Spring: štruklji with chives
- Winter: sauerkraut with potatoes





Smoking of Carniolan sausages



Kranj

Located on a rocky prominence above the confluence of the Sava and Kokra rivers, Kranj is the administrative and commercial centre of the region. In the 19th century, the town's development was closely associated with several renowned Slovenes, including the country's greatest poet, Dr. France Prešeren, and the inventor Janez Puhar, one of the early innovators of European photography. Craft and industry were the main driving forces of the town's economic growth and development in which industry still continues to play an important role. The town and municipality of Kranj have preserved their culinary culture, in particular **kranjski štrukelj** (Kranj štruklji cake) and **kranjska klobasa** (Carniolan sausage). The latter derives its name from the

former Austro-Hungarian province of Carniola (*Kranjska* in Slovene). Although Kranj is not the originator of the sausage name, it is the Kranj-based **Arvaj butcher's shop** that has received several awards for the best Carniolan sausage from a panel of professional judges. The Pr Matičku Inn makes delicious house-style **Matiček sausages** which contribute to the culinary tradition of sausages in the Kranj area. The area's other culinary highlights include **barley groats soup** and a delicious sauerkraut-potato mix dish. **Šabesa**, a fizzy drink made from elder blossoms is prepared in many households and then used as a refreshing summer drink.

Carniolan sausage – Tied and tasty since 1896

The sausage which has been given EU protected origin status is at or near the top of the list of the country's best-known foods. Today the certified recipe for Carniolan sausage has been taken up by 11 certified producers, including the Arvaj butchery from Britof near Kranj, which has so far collected the highest number of Best Carniolan Sausage Awards.



Prata or búdl

Prata is a typical festive dish, usually served at Easter. A deliciously seasoned mixture of bread and meat is wrapped into beef or pork caul, boiled and served hot or cold with horse radish or sauerkraut. The dish is popular throughout Gorenjska in several local varieties.



Kranjski štrukelj

The recipe for this dessert was first published in 1868 in the cookery book by Magdalena Knafelj Pleiweis and is one of the earliest dishes in Europe to have been characterised by a geographical designation. The dish comprises little rolled pancakes with a filling of flour-based mixture, eggs, butter, cream and plum or apricot jam. The rolled pancakes are cut into pieces, placed into the baking tin with their cut-off side facing up, covered with cream-and-egg sauce and baked in the oven. The area's other culinary highlights include barley groats soup and a delicious sauerkraut-potato mix dish. Šabesa, a fizzy drink made from elder blossoms is prepared in many households and then used as a refreshing summer drink.



Steamed walnut štruklji

One of the many varieties of *štruklji* with a delicious walnut filling. Unlike other popular *štruklji* dishes in Gorenjska and Slovenia, these *štruklji na sap* are steamed rather than boiled.



Other typical dishes

- Matiček sausage

AVAILABLE FROM

GOSTILNA ARVAJ KRANJ

Kajuhova 2, SI-4000 Kranj
T: +386 (0)4 280 01 00, +386 (0)40 277 276
E: matjaz.resman@arvaj.com
W: www.gostilna-arvaj.si

- Carniolan sausage

GOSTILNA KOT

Maistrov trg 4, SI-4000 Kranj
T: +386 (0)4 202 61 05
E: info@gostilnakot.si
W: www.gostilnakot.si

- Carniolan sausage
- By order only: prata or búdl, kranjski štrukelj, walnut štruklji (*na sap*)

GOSTILNA KRIŠTOF

Predoslje 22, SI-4000 Kranj
T: +386 (0)4 234 10 30
E: kristof@siol.net
W: www.gostilnakristof.si

- Carniolan sausage
- Easter: prata or búdl
- Winter: walnut štruklji (*na sap*)
- By order only: kranjski štrukelj

GOSTILNA PR' MATIČKU

Jezerska cesta 41, SI-4000 Kranj
T: +386 (0)4 234 33 60
E: prmaticku@gmail.com
W: www.prmaticku.si

- Matiček sausage
- Easter: prata or búdl
- By order only: kranjski štrukelj

GOSTILNA STARI MAYR

Glavni trg 16, SI-4000 Kranj
T: +386 (0)41 768 767
E: mayr.doo@siol.net
W: www.stari-mayr.si

- Carniolan sausage, walnut štruklji (*na sap*)

KMETIJA ODPRTIH VRAT PR' KONČOVČ

Javornik 10, SI-4000 Kranj
T: +386 (0)4 231 03 36, +386 (0)41 242 388
E: ales_kristan@yahoo.com
W: http://koncovc.si

- Walnut štruklji, home-made sausage
- at Easter or by order: prata or búdl

PIZZERIA NJAMY - DOSTAVA HRANE

Šorlijeva 12, SI-4000 Kranj
T: +386 (0)4 236 90 00
E: njamy.njamy@gmail.com
W: www.pizzeria-njamy.si

- Carniolan sausage



A flowering potato field

Šenčur

The town and the municipality named after St. George boast at least three local culinary specialties. **Godla**, a traditional thick soup cooked at the time of the winter pig slaughter from left-over black pudding filling, is a humble dish but so popular in the area that it lent its name to the local carnival group, Godlarji, which organise one of Slovenia's most spectacular carnival processions. It is also impossible to talk about Šenčur without mentioning the potato. A monument has been built in this town in honour of potato and in memory of Empress Maria Theresa, who ordered that potatoes be planted throughout the land. It is therefore logical that potatoes are the star of many local dishes, such as **potato soup**, **potato goulash** and **potato dumplings**. Šenčur's third culinary feature, after *godla* and potatoes, are the **štruklji** of the local Ančka Inn.



Godla with potatoes

This black pudding soup can be served on its own or with potatoes. The base for this soup is the water in which the sausages were boiled. The soup already contains some black pudding from sausage which have burst. To make *godla*, some more black pudding is added and cooked until the soup is sufficiently thick and ready to be served.

Štruklji Ančka-style

Sweet or salty *štruklji*, stuffed with different fillings and then wrapped in a cloth, boiled in salted water and garnished, can be served as a main or side dish. Most importantly, *štruklji*, one of the most popular authentic Slovenian dishes, is at its finest at Ančka Inn.



Other typical dishes

- Potato soup
- Potato goulash
- Potato dumplings
- Carob potica

PONUĐNIK

GOSTILNA ANČKA

Delavska cesta 18, SI-4208 Šenčur
 T: +386 (0)4 251 52 00
 E: gostilna@ancka.si
 W: <http://ancka.si/>

- Ančka-style štruklji
- By order only: godla with potatoes, potato soup, potato goulash, potato dumplings, carob potica



Lake Črnava in Preddvor

Preddvor

The food served at Turn Castle, the home of Josipina Turnograjska, was different from the villagers' diet. However, Josipina was also fond of **močnik**, a farmers' staple. Preddvor is also famous for its local-style tripe dish called **preddvorski vampi**, which is made of thinly sliced tripe cooked with many spices and herbs, including summer savoury, bay leaf, marjoram, thyme, rosemary and nutmeg, and a glass of red wine. Before serving, the tripe is sprinkled with grated cheese. Another culinary feature is **snarska malica** eaten by the farmers harvesting hay from Zaplata. The signature cake of the Preddvor area is **posmodúla**.



Posmodúla

The typical Preddvor cake was a side-product of bread baking: dough leftovers were kneaded into a round or rectangular shape, spread with a mixture of cream, herbs and minced bacon, and baked in an oven.

Other typical dishes

- Preddvorski vampi
- Močnik Josipine Turnograjske
- Snarska malica



AVAILABLE FROM

GOSTILNA MAJČ

Šolska ulica 2, SI-4205 Preddvor
T: +386 (0)4 255 10 75
E: lojzka.arnez@gmail.com

- Preddvorski vampi, snarska malica
- By order only: močnik Josipine Turnograjske

PENZION ZAPLATA

Tupaliče 32, SI-4205 Preddvor
T: +386 (0)4 255 62 50
E: pension.zaplata@siol.net
W: www.pension-zaplata.com

- By order only: tripe

PICERIJA GORSKI PRIVEZ

Dvorski trg 1, SI-4205 Preddvor
T: +386 (0)4 255 60 51
E: gorski.privez@gmail.com
W: www.gorski-privez.si

- By prior order and first weekend in July (St Peter's Fair): posmodúla



A millet field

Cerklje na Gorenjskem

As in other Slovenian towns that were built around monasteries, the Dominican convent in Velesovo near Cerklje has greatly influenced the local food culture. The Dominican Sisters passed on to the local people basic cookery skills as well as the art of making salty and sweet pretzels. For many women from the area of Velesovo, Adergas and Trata, pretzel-making became an additional source of household income up until the end of World War I, when local pretzel production was discontinued. The second feature of Cerklje's culinary tradition is its dependency on a particular cereal crop - millet. Millet was ground into flour or used as groats in a variety of delicious dishes. Dough pockets or *krap*i are filled with millet groats. **Millet** or **barley groats** are added to the meat

mixture and then wrapped into pork caul to make special meatballs or **maželni**. Millet flour can also be used to make **žganci**, while millet groats are still served "the traditional way", with eggs and *tropince*, the delicious substance that remains when butter is produced. Sometimes, **žganci** is also eaten with **apple sauce**.



AVAILABLE FROM

DOMAČIJA VODNIK

Adergas 27,
SI-4207 Cerklje na Gorenjskem
T: +386 (0)4 292 72 60
E: info@domacija-vodnik.si
W: www.domacija-vodnik.si

- Pretzels

DVOR JEZERŠEK

Zgornji Brnik 63,
SI-4207 Cerklje na Gorenjskem
T: + 386 (0)4 252 94 00
E: gostinstvo@jezersek.si
W: www.jezersek.si

- Millet groats with prunes or stuffed apple with plum mash and vanilla sauce, beef soup with noodles or dough squares

HOTEL KRVAVEC

Ambrož pod Krvavcem 50,
SI-4207 Cerklje na Gorenjskem
T: +386 (0)51 350 830
E: booking@rtc-krvavec.si
W: www.hotel-krvavec.si

- Burkaša, beef and pork soup with noodles or dough squares

Burkaša

Burkaša is another popular dish made with millet groats. The groats are cooked into sauerkraut or pickled turnips, and garnished before serving.

Millet groats with prunes

Millet groats with prunes is a simple but extremely tasty dish typically served in winter and early spring. In many other Gorenjska towns, cooked prunes were a welcome addition to barley groats or pearl barley dishes.

Beef and pork soup with noodles or dough squares

Two soups, both very popular, the first eaten on holidays and the second normally cooked at the time of winter pig slaughter, at Shrovetide and at Easter.

Pretzels

Doughy pretzels are rolled, twisted, boiled and then baked. Traditionally, pretzel production was highest during Advent and Lent, when baskets of pretzels were sold across Gorenjska and in Ljubljana.

Other typical dishes

- Krapci with millet groats
- Millet groats with tropince
- Žganci with apple sauce
- Millet flour žganci
- Maželjni with a barley or millet groats filling



Jezerko-Solčava sheep

Jezerko

Jezerko boasts a number of typical dishes related to the area's traditional activities of forestry, livestock breeding and tourism. The typical ingredient of the local meat dishes is the indigenous Jezerko-Solčava sheep, whose meat gives the famous **jezerska obara** (Jezerko stew) a special twist. To make tasty meatballs called **bule**, roast mutton is finely chopped and mixed with bread, eggs and cream. **Jezerski zos** is a signature thick sauce dish which is cooked by mixing potato mixture with a brown sauce made from browned flour, vinegar and red peppers. *Jezerski zos* is served with beef or boiled cured pork. Local housewives make a special type of dough pockets, or **žlinkrofi**, with a curd and bread filling. Pork scratchings are the key ingredient

in the filling for **ocvirkovca**, a special type of *potica*. Many visitors to Jezerko swear by **maslovník** or **másuvnjek**, which can be served on its own or as a side dish replacing a sauce. Jezerko is also known for fruit syrups and jams, as well as herbal and berry liqueurs.





Maslovnik or másuvnjek

A filling, thick dish made of white, buckwheat or corn flour, which is cooked into hot (sweet and sour) cream. The dish can be eaten on its own, spread on rye bread, or as a side dish with soured milk or žganci. *Maslovnik* ranks among the region's oldest dishes and is classified in the group of thick flour-based dishes (*močnik*) and juices.



Mutton stew

Stews are popular one-pot meals eaten in most parts of Slovenia. However, their local varieties, including the Jezerko stew, reflect locally-sourced ingredients and foods.

Jezerko jams and jellies

Delicious jams made of rowan berries, rosehip berries, spruce tips, barberry, or blueberries.



Jezerko syrups

A wide selection of amazing, fully natural fruit syrups ideal for mixing with water or adding to dishes, especially desserts.



Jezerko liqueurs and wines

Delicious, all-natural liqueurs based on herbs, mountain conifers, plums, wine, brandy and spices are given special names (e.g. Jezerka Pehta, Čedca, Jezerki raubšic, etc.). Wines are made from dandelion, acacia, and linden tree blossoms.



Other typical dishes

- Jezerki zos
- Bula
- Cottage cheese ravioli (žlinkrofi)
- Jezerko-Solčava lamb roast
- Apple and tepka pear cider
- Plum brandy

AVAILABLE FROM

HOSTEL IN KAMP STARA POŠTA

Zgornje Jezerko 124,
SI-4206 Zgornje Jezerko
T: +386 (0)70 542 123
E: reboljtanja@gmail.com
W: www.kamp-jezersko.si

- Jezerko jams, syrups, liqueurs and wines

ŠENKOVA DOMAČIJA

Zgornje Jezerko 140,
SI-4206 Zgornje Jezerko
T: +386 (0)31 777 188
E: senkova.domacija@gmail.com
W: www.senkovadomacija.si

- Maslovnik or másuvnjek, sheep or goat stew, Jezerko plum jam, Jezerko syrups, plum brandy, apple cider
- By order only: jezerki zos, cottage cheese žlinkrofi, Jezerko-Solčava lamb roast, ocvirkovca (potica with scratchings)



The making of potica cakes at Kranjski kolaček

Naklo

The most widely-known tale describing the origins of the name **kranjska klobasa** (Carniolan sausage) is closely connected with the Naklo-based Marinšek Inn. According to the legend, Emperor Franz Joseph got hungry on his way from Vienna to Trieste and decided to stop at the inn. The innkeeper, embarrassed at receiving such a distinguished guest, told him that all he had to serve was an ordinary sausage. The Emperor ordered the sausage and, having put the first bit into his mouth, exclaimed: "This is no ordinary sausage! This is the Carniolan sausage!" Admittedly, the legends starring the Carniolan sausage are as numerous as the ways of preparing it. Naklo is also well-known for another highlight of Slovenian cookery – the **potica**

cakes, made and baked by Kranjski kolaček. The inhabitants of the town and its surroundings are proud of the tales of the local bandits (*rokovnjači* or *rokomavharji*) who used to hide in the woods of Udin boršt near Duplje. In memory of these free-spirited characters who took from the wealthy to give to the poor, the people of Naklo organise an annual walk to Kriva Jelka (Crooked Fir), where *rokovnjači* held their feasts and parties. There, visitors are served the traditional **rokovnjaški golaž** (*rokovnjači* goulash) or **rokovnjaški ričet** (*rokovnjači* barley soup).

Potica cakes from Kranjski kolaček

Potica is a classic festive dish or dessert in Slovenia. The recipes for *potica* have been perfected throughout centuries of the region's development at the meeting point of the Alpine and Mediterranean influences. Today there are over 80 varieties of *potica*, both sweet and salty, with different fillings. Kranjski kolaček is famous for its *potica* cakes with a traditional walnut filling.



Rokovnjači goulash

A typical dish served at the *Pod krivo jelko*, where hikers come to celebrate the memory of the mysterious *rokovnjači* bandits.

Other typical dishes

- Carniolan sausage cooked in many different ways
- Ajmoht stew

AVAILABLE FROM

GOSTILNA IN HOTEL MARINŠEK

Glavna cesta 2, SI-4202 Naklo
T: +386 (0)5 923 44 46, +386 (0)5 923 41 00
E: info@marinsek.net
W: www.marinsek.net

- Carniolan sausage cooked in different ways, ajmoht stew

GOSTIŠČE KLUB KOVAČ

Glavna cesta 1, SI-4202 Naklo
T: +386 (0)4 257 89 55, +386 (0)31 339 003
E: mina.marinsek@gmail.com

- Rokovnjaški ričet, ajmoht stew

MERCATOR IP OBRAT KRANJSKI KOLAČEK

Cesta na Okroglo 3, SI-4202 Naklo
T: +386 (0)51 287 905
E: info@mercator-ip.si

- Potica cakes made by Kranjski kolaček are available at Easter time, on Assumption Day, in November, December and first half of January





Chamois in the mountains above Tržič

Tržič

Tržič, the former industrial centre of Gorenjska, developed along the internationally important road across the Ljubelj mountain pass. The history of Tržič is linked to Austrian general Radetzky, immortalised by Johann Strauss I's *Radetzky March*, who married Countess Francisca Romana von Strassoldo-Gräfenberg in 1798. Between the years 1807 and 1819 the couple lived at Neuhaus Castle in Tržič. These turbulent historical events have influenced the local cuisine. A dish that came with Austrian soldiers and then found its way into the diet of Tržič inhabitants is **grenadirmarš**, potato pasta with bacon and onions, which was also common in many traditional mining towns across Slovenia. However, **tržiške bržole**, a hearty lamb or mutton stew, is without doubt the

star of the local cuisine. Tržič is also one of the few places in Slovenia whose main meat dish, **tržišk kosiv**, has a geographical indication status. *Tržišk kosiv* is a meat loaf made of beef, pork, chicken breast and day-old, milk-soaked bread. This mixture is wrapped into pig's caul and then baked. The selection of local flour-based dishes includes typical dough pockets, or **krap**, filled with pork or calf lungs. In the period following the winter pig slaughter, smoked pig's head is traditionally boiled in water with apple slices, creating an enticing combination of flavours that will satisfy the most demanding gourmets. The mountains surrounding the Tržič basin are a lovely backdrop to the town and a natural habitat for chamois and other game animals. **Chamois meat**

is prepared in the Tržič style, or as **chamois minced meat roast**.

Tržiške bržole

This meat and vegetable stew is said to have evolved from a traditional dish eaten by shepherds grazing sheep on the slopes above Tržič. Sheep breeding, well developed in these parts, provided the main ingredient for the stew, the saddle of lamb or mutton. One of the earliest **tržiške bržole** recipes was published in 1902, in the 5th edition of 'Slovenska kuharica' (Slovenian Cookbook) by Magdalena Knafelj Pleiweis.

Tržišk kosív

Tržišk kosív (meaning Tržič lunch) was originally part of local festive menus. At the winter pig slaughter, as the winter pig slaughter is called in Slovenia, all parts of the animal were either processed into edible products or used otherwise. Finely-chopped braised beef, with an occasional addition of chicken breast and milk-soaked bread, was sautéed with onions and some spices, then wrapped in pig's caul and roasted in an oven.

AVAILABLE FROM

GOSTILNA PRI BAJDU

Senično 8, SI-4294 Križe
T: +386 (0)4 595 69 00
E: jani.ribnikar@gmail.com

- By order only: grenadir marš, chamois Tržič-style, tržiške bržole

GOSTIŠČE KARAVLA KOREN

Podljubelj 297, SI-4290 Tržič
T: +386 (0)41 467 459
E: damjan@stefe.si
W: www.damo-catering.si

- Tržiške bržole, taužent župa
- By order only: grenadir marš, chamois Tržič-style, chamois minced roast
- During Shoemaker's Sunday events and International Days of Minerals, Fossils and the Environment: tržišk kosív



Other typical dishes

- Grenadir marš
- Taužent župa
- Chamois Tržič-style
- Chamois minced roast
- Krapí with a lung filling
- Smoked pig's head, boiled in water with apple slices



Winter pig slaughter at the Globočnik Farm in Globoko

Radovljica

In the past few years, the town and municipality of Radovljica have forged an impressive culinary reputation, largely through its 'Taste Radol'ca' events that are quickly developing into a popular gastronomic brand. In Radovljica and in other towns in the municipality, certain traditional foods and dishes have been preserved; their inclusion into the present-day diet and catering offer is challenging. At the time of the winter pig slaughter, the inhabitants of Kropa, a town known for its nail-making production, would cook **kroparska žonta**, a thick soup or goulash cooked from pork offal. Beans were the main ingredient of another local dish, the **kroparski fižolovc** stew. Pickled beef, or **jesih flajš**, was also popular. The favourite alcoholic drink in

Kropa was wormwood brandy, known locally as **Kriščevo kopanče** (Christ's baptising water). The town of Radovljica is closely associated with the playwright Anton Tomaž Linhart, after whom Lectar Inn's signature dessert, **Linhartov cukr**, is named. Lectar Inn is famous for another classic dessert, **Lectar štrudl** (apple strudel Lectar-style), which this inn has been making since 1822. Radovljica is home to the Museum of Apiculture, and the nearby town of Lesce boasts the state-of-the-art Beekeeping Education Centre of Gorenjska, which offers a wide range of **honey and apiculture products**, including mead, honey brandy, honey liqueur, honey beer and honey-flavoured sparkling wine. The municipality is well-known for its aged vinegars

(e.g. Vipi's aged vinegar), apple and other natural fruit juices, jams, hemp products and chocolates made by **Gorenjka**. The Vila **Podvin** restaurant offers haute cuisine which combines genuine Slovenian foods and locally-sourced ingredients, including the aromatic *tepka* pears, with modern cooking techniques. In one of Vila Podvin's favourite dishes, barley is served with Gorenjska-style sausage that includes this Slovenian pear variety. *Tepka* pears are also used in potica fillings. The village of Podnart is proud of its own dessert called **podnartovšk jabuk** (Podnart apple). After the core is scooped out, the apple is filled with walnuts, honey and vanilla cream, and coated with Gorenjka chocolate.



Kroparska žonta

A rich dish made of pork offal at the time of winter pig slaughter.



Kroparski fižolovc

A bean stew.



Linhartov cukr

The house dessert of Lectar Inn in Radovljica, named after the playwright, poet and historian Anton Tomaž Linhart (1756-1795).

Honey and bee products

AVAILABLE FROM

EKOLOŠKA KMETIJA DARJA

Mošnje 18e, SI-4240 Radovljica
T: +386 (0)40 857 818
E: darja.kurner@telemach.net
W: www.ekoloskakmetijadarja.si

- Hemp products
- By order only: wholemeal hemp bread, 'hemp sin' rolls

GOSTILNA KUNSTELJ

Gorenjska cesta 9, SI-4240 Radovljica
T: +386 (0)4 531 51 78
E: gostilna@kunstelj.net
W: www.kunstelj.net

- Štruklji with honey, Vipi aged vinegar, Vipi apple juice Radol'ca, dishes from seasonal and locally-sourced ingredients

GOSTILNA, PENZION IN MUZEJ LECTAR

Linhartov trg 2, SI-4240 Radovljica
T: +386 (0)4 537 48 00
E: info@lectar.com
W: www.lectar.com

- Linhartov cukr, Lectar štrudl, jesih flajš, honey liqueur, honey beer, meat products from the winter pig slaughter (with side dishes), buckwheat štruklji with walnuts and honey

GOSTILNA PR' KOVAČ

Kropa 30, SI-4245 Kropa
T: +386 (0)40 353 839
E: gostilna.prkovac@gmail.com

- Kroparski fižolovc
- By order only: kroparska žonta

GOSTIŠČE DRAGA

Begunje na Gorenjskem 142, SI-4275 Begunje na Gorenjskem
T: +386 (0)4 530 73 10
E: info@gostisce-draga.si
W: www.gostisce-draga.si

- Honey and bee products, red deer in honey and pepper sauce with cottage cheese štruklji, Gorenjska chocolate, Vipi apple juice, Vipi vinegar
- Weekends: jesih flajš
- June: Baron strawberries

GOSTIŠČE TULIPAN

Alpska cesta 8, SI-4278 Lesce
T: +386 (0)4 537 88 00
E: info@tulipan-azman.si
W: www.tulipan-azman.si

- Honey and bee products, Gorenjska chocolate, hemp products, jesih flajš, Vipi aged vinegar, Vipi apple juice, strawberries (June), boar roast on a honey pear bed, house-style aspic

IZLETNIŠKA KMETIJA GLOBOČNIK

Globoko 9, SI-4240 Radovljica
T: +386 (0)40 736 930
E: globocnik.turizem@gmail.com
W: www.globocnik.si

- Honey and honey products, meat products from the winter pig slaughter, jesih flajš, kroparska žonta

JOŠTOV HRAM

Podnart 25a, SI-4244 Podnart
T: +386 (0)4 533 10 61
E: jostovhram@gmail.com
W: www.jostov-hram.si

- Podnartovšk jabuk



Gorenjka chocolate

Gorenjska is Slovenia's only chocolate producer with beginnings dating back to 1922.



Hemp products



Podnartovšk jabuk



Other typical dishes

- Barley served with Gorenjska sausage and tepka pears, and smoked trout
- Jams and juices of the Zgoša-based 'Baronove jagode' brand
- Wormwood brandy, known locally as Kriščevo kopanče or Christ's baptising water
- Jesih flajš
- Lectar štrudl since 1822
- Vipi aged vinegar
- Vipi apple juice

AVAILABLE FROM

KMETIJA PR RESMAN

Zgoša 22, SI-4275 Begunje na Gorenjskem
T: +386 (0)4 530 72 00, +386 (0)41 830 928
E: kmetija.pr.resman@gmail.com
W: www.kmetija-pr-resman.com

- Home-made cold-pressed hemp oil, hemp seeds, hemp flour and proteins, camelina oil; buckwheat, spelt and kamut

KMETIJA TURK 1743

Rovte 8, SI-4244 Podnart
T: +386 (0)41 608 642
E: info@kmetija-turk.si
W: www.kmetija-turk.si

- Honey, honey with spices, honey spreads, honey liqueurs, fruit brandy varieties, herbal distilled spirits and liqueurs, apple juice, apple chips, apple cider vinegar, dried fruits

LAMBERGH CHATEAU & HOTEL

Dvorska vas 37a,
SI-4275 Begunje na Gorenjskem
T: +386 (0)8 200 50 00
E: info@hotel-lambergh.com
W: www.hotel-lambergh.com

- Prešernov cylinder with Gorenjka chocolate

MEDENI DAROVI, BEESHOP

Igor Luzar, s.p.
Rožna dolina 50a, SI-4248 Lesce
T: +386 (0)8 380 39 60
E: beeshop@beeshop.si
www.beeshop.si

- Honey and bee products, mead, dark chocolate with *fleur de sal*, honey brandy, liqueur, sparkling wine, beer

RESTAVRACIJA KREK

Hraška cesta 15, SI-4248 Lesce
T: +386 (0)4 530 23 45
E: hotel@krek.si
W: www.hotel.krek.si

- Gorenjka chocolate cake, chocolate soufflé, pork tenderloin with apples from local farms and honey sauce, štruklji three ways
- June: desserts made with Baron strawberries
- Autumn, winter: pumpkin soup with honey

TIC RADOVLJICA

Linhartov trg 9, SI-4240 Radovljica
T: +386 (0)4 531 51 12
E: info@radolca.si
W: www.radolca.si

- Honey and bee products

VILA PODVIN

Mošnje 1, SI-4240 Radovljica
T: +386 (0)8 384 34 70
E: info@vilapodvin.si
W: www.vilapodvin.si

- Jesih flajš, jams and juices from Baron strawberries, hemp products, Vipi aged vinegar, Vipi apple juice, honey beer
- By order only: kroparska žonta

ŽITO GORENJKA

Rožna dolina 8, SI-4248 Lesce
T: +386 (0)4 535 32 22
E: gorenjka@zito.si
W: www.gorenjka.si

- Gorenjka chocolates



Red deer in the forests of Triglav National Park

Gorje

The Municipality of Gorje is rich in forests, which is why mushrooms and venison are common ingredients of its culinary delights. In general, the culinary offer of Gorje resembles Bled's cuisine - not so much in terms of restaurant and tourist offers but in the daily and festive foods prepared by the local inhabitants. The area's typical dishes include **chamois soup** and **mushroom soup**, **porcini** and **chanterelle mushrooms** cooked in many different ways, bread dumplings served with **venison goulash**, and **red deer medallions** served with cottage cheese *štruklji*. The area is also famous for hearty dishes with red deer and wild boar meat.



Chamois soup

For many culinary experts, chamois soup is one of the most delicious soups. In Gorje, this delicate soup is even tastier than elsewhere because the chamois actually live in this area.

Wild boar medallions

Wild boar may be bad news for humans and their agricultural efforts, but their meat has a fantastic flavour. Prepared with prunes and bread dumplings it is a real feast.



Red deer medallions

Red deer medallions are served with a porcini mushroom sauce and Slovenia's famed sautéed potatoes.

Other typical dishes

- Mushroom dishes
- Buckwheat žganci with jurjeva kapa (an egg omelette)

AVAILABLE FROM

GOSTILNA ZATRNİK - PR' JAGRU
 Zatrnik - Krnica 82, SI-4247 Zgornje Gorje
 T: +386 (0)41 616 879, +386 (0)51 414 037
 E: jozicastefe@gmail.com
 W: www.gostilna-zatrnik.si

- Chamois soup, wild boar medallions, red deer medallions, mushroom dishes



Lake Bled and Bled Island

Bled

Of all the towns and municipalities in the Gorenjska region, Bled also holds a special place when it comes to food. The development of (health) tourism and travelling has significantly shaped the town's culinary scene and offer, composed mainly of dishes served by hotel restaurants and local inns. These have helped compile a list of menu highlights that now constitute the stars of Bled's culinary offer. The uncontested winner of the best dish in Bled competition is the world-known **Bled cream cake**, or **kremšnita**, which was (re)invented in 1953 on the basis of slightly older sources from the early 20th century. **Blejska grmada**, another popular dessert, is a local adaptation of a foreign dish. As its name suggests, the Potičnica Restaurant on Bled

Island specialises in the making of various types of *potica*. Its speciality is the **hazelnut potica with figs** that are actually grown on the island. Other genuine and widely popular Bled dishes with century-long traditions include **boiled smoked beef tongue with green peas**, **ham with green pea puree**, **'royal' roast with noodles**, and **venison with cranberry sauce**. The holidaymakers and tourists' favourites were **roasted chicken**, **duck** and **capon**, and the **maraschino cream cake** and **royal pudding with chaudéau (egg-and-wine) sauce**. In the group of locally made spirits, **gorenjski tepkovec** (Gorenjska tepka pear brandy) and **blueberry brandy**, made in the nearby village of Zasip, are particularly worth mentioning (and tasting).



Bled cream cake or kremšnita

Since 1953 Bled's Park Hotel patisserie has made over 12 million cream cakes. The original Bled cream cake has been awarded protected designation of origin for the entire territory of the EU.





Royal roast with noodles

As the name suggests, this is a mouth-watering veal or pork roast with noodles and sauce.



Venison with cranberry sauce

A classic example of a game dish, with a rich sauce that contains cream as required by the original Viennese recipe. Venison is usually served with bread dumplings or cottage cheese *štruklji*.

Hazelnut potica with figs from Bled Island

The Potičnica Restaurant on Bled Island serves a delicious hazelnut potica with figs grown on the island.



AVAILABLE FROM

GOLF IGRIŠČE BLEĐ

Vrba 37a, SI-4248 Lesce
T: +386 (0)1 200 99 01
E: info@golfbled.si
W: www.golfbled.si

- Original Bled cream cake, venison with cranberry sauce

GOSTILNA UNION BLEĐ

Ljubljanska cesta 9, SI-4260 Bled
T: +386 (0)4 578 01 50
E: info@union-bled.com
W: www.union-bled.com

- Gorenjska tepka pear brandy, blueberry brandy, blejska grmada

HOTEL ASTORIA

Prešernova 44, SI-4260 Bled
T: +386 (0)4 579 44 00
E: astoria@vgs-bled.si
W: www.hotelastoria-bled.com

- Royal pudding with chaudeau (egg-and-wine) sauce, Gorenjska tepka pear brandy, blueberry brandy, blejska grmada

KMETIJA TRSEGVAV

Leopold Pogačar
Zasip, Muže 1, SI-4260 Bled
T: +386 (0)41 693 293
E: trsegvav@gmail.com

- Gorenjska tepka pear brandy, blueberry brandy

PENZION MAYER

Želeška cesta 7, SI-4260 Bled
T: +386 (0)4 576 57 40
E: penzion@mayer-sp.si
W: www.mayer-sp.si

- Gorenjska tepka pear brandy, blueberry brandy
- By order only: Original Bled cream cake
- Summer: blejska grmada

PIZZERIA GALLUS

Ljubljanska cesta 4, SI-4260 Bled
T: +386 (0)4 574 32 99
E: vinko.traven@telemach.net
W: www.pizzeriagallus.si

- Original Bled cream cake, blueberry brandy, Gorenjska tepka pear brandy
- At Easter: hazelnut potica with figs

POTIČNICA BLEĐ ISLAND

Slovenski trg 1, SI-4260 Bled
T: +386 (0)4 576 79 79
E: info@blejskiotok.si,
poticnica@blejskiotok.si
W: www.blejskiotok.si

- hazelnut potica with figs from Bled Island

RESTAVRACIJA 1906 HOTEL TRIGLAV BLEĐ

Kolodvorska cesta 33, SI-4260 Bled
T: +386 (0)4 575 26 10
E: info@hoteltriglavbled.si
W: www.hoteltriglavbled.si

- Gorenjska tepka pear brandy
- By order only: venison with cranberry sauce

Maraschino cream cake

Old recipes and restaurant menus provide ample reference to this cake which was a favourite among visitors to Bled.



Royal pudding with chaudEAU (egg-and-wine) sauce

The culinary expertise of a restaurant is demonstrated through its puddings.



Gorenjska tepka pear brandy



This spirit, with a protected designation of origin, is distilled from *tepka* pears which the local inhabitants started planting in Gorenjska and several other Slovenian regions following an ordinance by Empress Maria Theresa.



Blueberry brandy

Blueberries in brandy is a typical and highly popular aperitif or dessert companion.

Other typical dishes

- Boiled smoked beef tongue with green peas
- Ham with green pea puree
- Roasted chickens, ducks and capons
- Blejska grmada

AVAILABLE FROM

RESTAVRACIJA GRILL BEST WESTERN PREMIER HOTEL LOVEC

Ljubljanska 6, SI-4260 Bled
T: +386 (0)4 620 41 26
E: reservations@kompas-lovec.com
W: www.lovechotel.com,
www.grill-bled.com

- Venison with cranberry sauce, original Bled cream cake

RESTAVRACIJA IN KAVARNA PARK

Cesta svobode 10, SI-4260 Bled
T: +386 (0)4 579 18 18
E: amir.dizdarevic@hotelibled.com
W: www.sava-hotels-resorts.com

- Original Bled cream cake

RESTAVRACIJA BLED CASTLE GOSTINSTVO JEZERŠEK

Grajska cesta 61, SI-4260 Bled
T: +386 (0)1 361 94 16
E: gostinstvo@jezersek.si
W: www.jezersek.si

- Bled cream cake, royal roast

RESTAVRACIJA PENZION MLINO

Cesta svobode 45, SI-4260 Bled
T: +386 (0)4 574 14 04
E: mlino@mlino.si
W: www.mlino.si

- Venison with cranberry sauce, blueberry brandy, roasted chicken, blejska grmada
- Summer: Bled cream cake
- St Martin's: roasted duck

SLAŠČIČARNA ŠMON

Grajska cesta 3, SI-4260 Bled
T: +386 (0)4 574 16 16
E: info@smon.si
W: www.smon.si

- Bled cream cake, blejska grmada

VILA AJDA

Cesta svobode 27, SI-4260 Bled
T: +386 (0)4 576 83 20
E: info@vila-ajda.si
W: www.vila-ajda.si

- Royal roast with noodles, venison with cranberry sauce

VILA PREŠEREN

Veslaška promenada 14, SI-4260 Bled
T: +386 (0)4 575 25 10
E: vila.preseren@sportina-turizem.si
W: www.vilapreseren.si

- Bled cream cake, Gorenjska tepka pear brandy, blueberry brandy, blejska grmada
- By order only: royal roast with noodles, venison with cranberry sauce, hazelnut potica with figs, maraschino cream cake, royal pudding with chaudEAU (egg-and-wine) sauce, roasted chicken, duck or capon



Kids' cookery classes, Hotel Triglav, Bled

Cookery classes

Cookery classes and courses are an important way of preserving and developing culinary knowledge and skills. Cookery classes are not only intended for the young; they are also ideal for tourists who wish to benefit from extensive knowledge of their tutors, learn about the local cuisine and discover dishes they have never tasted before. Trips and holidays are a very popular way of acquiring genuine cross-cultural food experience. After all, as the old saying goes, we eat to live, but we do not live only to eat!

AVAILABLE FROM

BLED

Hotel Triglav & restavracija 1906 Bled

Kolodvorska cesta 33, SI-4260 Bled
 T: +386 (0)4 575 26 10
 E: info@hoteltriglavbled.si
 W: www.hoteltriglavbled.si

Potičnica Bled Island

Slovenski trg 1, SI-4260 Bled
 T: +386 (0)4 576 79 79
 E: info@blejskiotok.si,
poticnica@blejskiotok.si
 W: www.blejskiotok.si

CERKLJE NA GORENJSKEM

Dvor Jezeršek

Zgornji Brnik 63,
 SI-4207 Cerklje na Gorenjskem
 T: +386 (0)4 252 94 00
 E: gostinstvo@jezersek.si
 W: www.jezersek.si

KRANJSKA GORA

Dežela zabave - Pekarna Mišmaš

Elizabeta Kejžar
 Hrušica 71d, SI-4276 Hrušica
 T: +386 (0)41 955 541
 E: info@dezela-zabave.si
 W: www.dezela-zabave.si

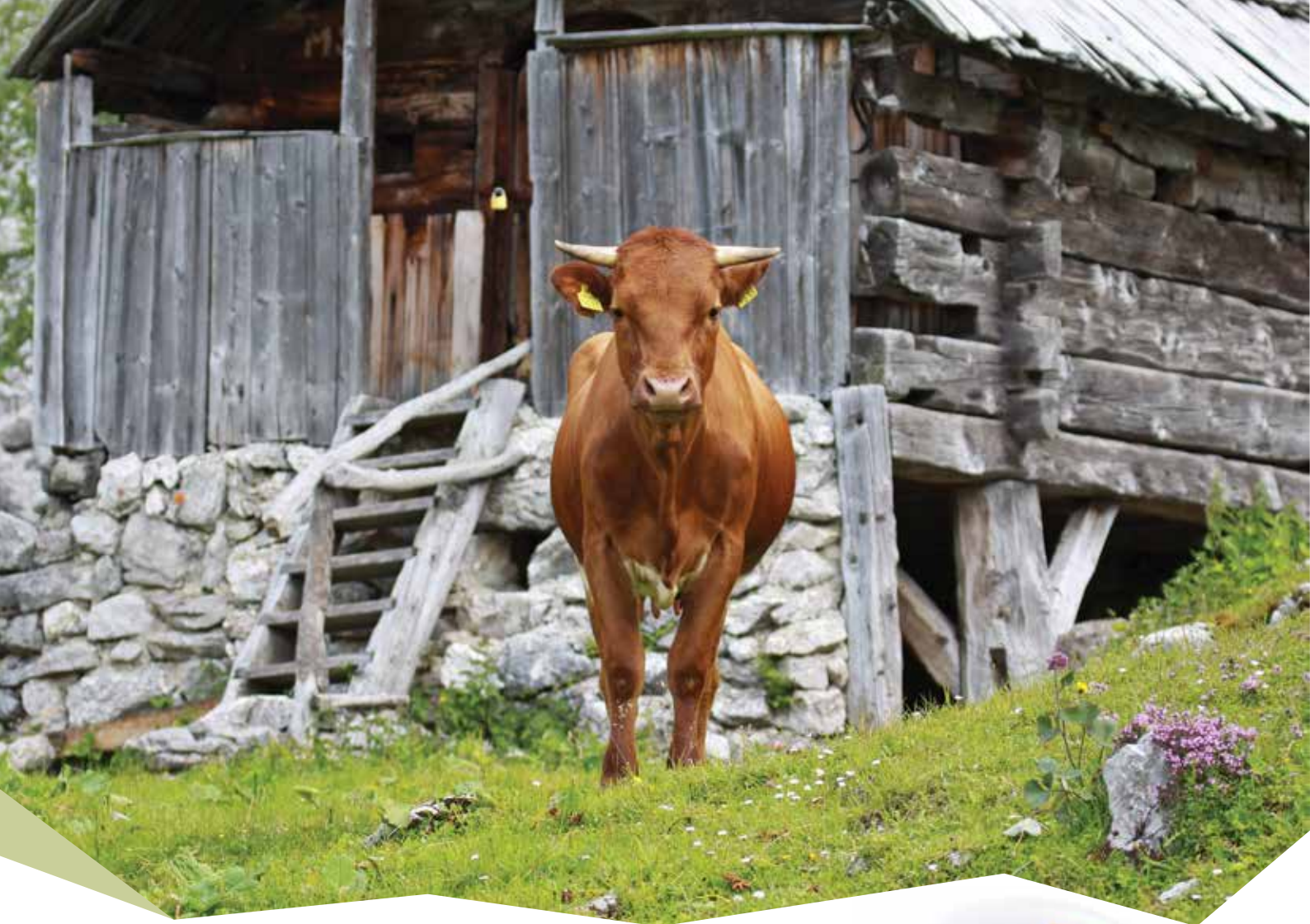
RADOVLJICA

Gostilna Kunstelj

Gorenjska cesta 9, SI - 4240 Radovljica
 T: +386 (0)4 531 51 78
 E: gostilna@kunstelj.net
 W: www.kunstelj.net

Vila Podvin

Mošnje 1, SI-4240 Radovljica
 T: +386 (0)8 384 34 70
 E: info@vilapodvin.si
 W: www.vilapodvin.si



Dairy farming on the Velo polje alp

Bohinj

Bohinj: two valleys and a breathtakingly beautiful mountain paradise with flowering meadows, grasslands and pastures for the summer grazing of cattle, a starting point for encounters with towering mountain summits. In this outstanding natural environment, man has created a variety of cultural forms that define specific lifestyles through centuries up to the present day. The king of Bohinj cheeses, **mohant**, is soft cheese which is left to ripen in wooden containers until it develops its characteristic piquant taste and smell. Mohant is an excellent spread, pairs well with meat products and features boldly in potato dishes and even desserts. Also popular are the traditional **Bohinj cheese** and other dairy products. Millet groats are added to flour to make

žganci. Bohinj is famous for its tasty reddish-brown flint corn **trdinka** which is ground into flour and used to make *žganci* and **smetenjač** or **smetenjak**, a typical cream-cooked flint corn dish traditionally eaten by dairy farmers. The name **bohinjski krap** denotes dough pockets with a variety of fillings. A typical meat product made at the time of the winter pig slaughter is lightly smoked **zaseka** (minced bacon) with sausage, which can also be used as a dressing for other dishes. The clear waters of the Sava Bohinjka, Lake Bohinj and small rivers and brooks are home to two trout species: **Bohinj trout** and **Arctic char**. The latter was introduced to these waters during World War II. Several cooking methods are used to prepare both trout species, but the locals like



their fish to be rolled in corn flour and then fried. During summer mowing, **barley soup with dried tepka pears** is cooked. For **venison Bohinj-style**, venison leg or loin is dressed with bacon, placed on top of fried vegetables and herbs and put into the oven to roast. When the meat browns it is basted with sour cream, and braised with cranberries and some stock until tender. The meat is then cut into slices, and the liquid from the braising is used to make a sauce. Venison is usually served with dumplings, boiled potatoes, home-made tagliatelli or buckwheat *žganci*. **Bohinj cake** has been a popular dessert since at least the start of the 19th century.



Mohant



Semi-soft cheese, or ripened curd, with a tangy taste and a pungent smell. The cheese has been awarded geographic designation of origin and is a special culinary treat.



Bohinj zaseka

Desalted, cold smoked, minced bacon in which sausages are immersed for conservation. *Zaseka* is excellent spread on bread or used as dressing for numerous dishes.



Flint corn žganci

Typical Bohinj variety of *žganci*, also known as **smetenjaki**.



Arctic char rolled in flint corn flour and fried

Arctic char is at its best when fried. Before frying, the trout is rolled in flint flour corn.



Bohinj cake

The first records of Bohinj cake (*Wochainer Torte*) originate from a handwritten recipe book from the late 18th or early 19th century. The recipes are written in German.

Other typical dishes

- Maslovník or smetenjáč
- Buckwheat žganci with millet groats Bohinj-style
- Barley with dried tepka pears
- Trout Bohinj-style
- Bohinjski krapci
- Mavžlji with mohant cheese
- Potato pie with mohant cheese
- Venison Bohinj-style

AVAILABLE FROM

GOSTILNICA ŠTRUD'L

Triglavska cesta 23,
SI-4264 Bohinjska Bistrica
T: +386 (0)41 541 877
E: drago.cvetek@gmail.com
W: www.strudl.si

- Mohant, zaseka, flint corn žganci, žganci Bohinj-style

GOSTILNA DANICA

Triglavska cesta 60, SI-4264 Bohinjska Bistrica
T: +386 (0)4 575 16 19
E: gostilna.danica@bohinj-info.com
W: www.camp-danica.si

- Mohant, zaseka, Bohinj cake
- Winter: flint corn žganci, Arctic char rolled in flint corn flour and fried
- By order only: trout Bohinj-style, bohinjski krapci, venison Bohinj-style

GOSTILNA MIHOVC

Stara Fužina 118, SI-4265 Bohinjsko jezero
T: +386 (0)51 811 829
E: info@gostilna-mihovc.si
W: www.gostilna-mihovc.si

- Mohant, zaseka, žganci Bohinj-style, trout Bohinj-style, bohinjski krapci, venison Bohinj-style

GOSTILNA PR HRVATU

Srednja vas v Bohinju 76,
SI-4267 Srednja vas v Bohinju
T: +386 (0)31 234 300
E: bsllamar@gmail.com

- Mohant, zaseka, Arctic char rolled in flint corn flour and fried, bohinjski krapci, venison Bohinj-style
- September-November: flint corn žganci

HOTEL IN RESTAVRACIJA TRIPIČ

Triglavska cesta 13,
SI-4264 Bohinjska Bistrica
T: +386 (0)4 828 01 20
E: info@hotel-tripic.si
W: www.hotel-bohinj.si

- Mohant, zaseka, bohinjski krapci

PLANINSKA KOČA MERJASEC

Smučišče Vogel
T: +386(0)4 576 87 90
E: info@vogel.si
W: www.vogel.si

- Ajmoht (veal stew)
- Summer: mohant, zaseka, flint corn žganci



A flowering buckwheat field

Žirovnica

At the foot of mighty Mt Stol lies an area whose local name Kašarija (*kaša* is Slovene for groats) speaks of the historical importance of groats in the local diet. **Millet groats with prunes, buckwheat groats with creamed mushrooms and pearl barley with sage** were among the most popular dishes. Millet groats are also an essential ingredient in filled pork intestine called **danka**. Buckwheat dough is used to make **krap** with a *colostrum* and egg filling. Another delicious combination of foods is boiled and dressed brown beans with mushrooms. **Govnač**, also popular in other parts of Gorenjska, is a stew made of fresh chopped cabbage and creamed potato, sometimes mixed with millet for a thicker consistency. Another buckwheat dish, **ajdova**

mešta, is cooked like *žganci*, but less cooking water is poured away and the remainder is mixed into a thicker consistency, and garnished with pork scratchings or *zaseka*.

Špehova sovata is of more recent origin. As the name suggests (*špeh* is Slovene for bacon), the bacon is fried briefly and then sprinkled over the salad. Numerous orchards that are an inseparable part of farms in the municipality of Žirovnica, provide their owners with apples to make apple-filled *potica*. In the holiday season, kitchens are filled with the pleasant smell of flaky fried pastry, referred to by locals as **zmedeni flancati**.



AVAILABLE FROM

GOSTIŠČE OSVALD

Selo pri Žirovnici 17,
SI-4274 Selo pri Žirovnici
T: +386 (0)51 749 537
E: korbar.ane8@gmail.com

- Buckwheat groats with creamed mushrooms, buckwheat krapci
- By order only: govnač, plum mash
- In winter or by prior order: pork intestine with millet groats

Buckwheat groats with creamed mushrooms

A harmony of taste and flavour.



Pork intestine with millet groats

Pig's intestines and stomach are traditionally filled with a mixture made of millet groats and minced pork. The final, fatty section of the pig's intestine is the tastiest, and locals often say that the best sausages are the ones on which the sun shines.



Govnač

Govnač or *glavnjač* (*glava* is Slovene for head) is a filling, tasty dish made of finely chopped heads of cabbage. The stew can be eaten on its own or as a side dish with meat and potatoes.



Other typical dishes

- Plum mash
- Stewed plums
- Ajdova mešta
- Beans with mushrooms
- Buckwheat krapci with colostrum filling
- Pearl barley with sage
- Špehova sovata
- Apple potica
- Zmedeni flancati



Daffodils in full bloom, Planina pod Golico

Jesenice

The industrial town of Jesenice, as well as the entire Municipality of Jesenice, has seen many changes in its population since World War II and its present-day local cuisine is a fusion of different cultures and a reflection of the changing population patterns. In spring, **elder blossoms** are dressed in batter and fried. Traditional dishes that have not lost their appeal to the people of Jesenice include **buckwheat and corn žganci with pickled turnips, barley soup with meat, pasta with cottage cheese, apple sauce with brown beans, and dough pockets with chives.** During Shrovetide and other holidays, kitchens are filled with the smell of **miške** (fried-dough fritters) and **fáuncuti** (fried pastry). The signature dish of the area is

Titova torta, or **Tito's cake**, which is named after Josip Broz Tito, the legendary President of the Yugoslav Republic. The cake consists of several layers of corn flour dough lavishly spread with reddish plum jam. The jam also covers the outside of the cake. In certain parts, the term *Titova torta* was used to denote corn bread.

The natural environment of the small hamlet Planina pod Golico, situated at 933 to 1000 m above sea level, is in stark contrast to the urban character of Jesenice. The road winding through the hamlet runs towards Mt Golica (1835 m), which is best-known for its stunning views and daffodils in the springtime. In Planina pod Golico you can sample various typical dishes of this part of Gorenjska.





Betel's yeast-leavened buckwheat krapic and walnut štruklji with honey

Two signature dishes that top the menu of the Betel Tourist Farm at Planina pod Golico along with corn and buckwheat žganci.



AVAILABLE FROM

EJGA HIŠA KULINARIKE

Cesta Maršala Tita 27, SI-4270 Jesenice
T: +386 (0)4 586 60 00
E: ejga-jesenice@siol.net
W: www.ejga-jesenice.si

- Alenkin zavoj, Edvinov plošček

KMEČKI TURIZEM BETEL

Planina pod Golico 39, SI-4270 Jesenice
T: +386 (0)4 580 04 63
E: jure.grguric@gmail.com

- Betel's yeast-leavened buckwheat krapic and walnut štruklji with honey

Alenkin zavoj (Alenka's turn) and Edvinov plošček (Edvin's puck)

Two former athletes, skier and Olympic medallist Alenka Dovžan and hockey player Edvin Karahodžić, have created original desserts and named them after the typical features of their favourite sports.



Other typical dishes

- Fried elder blossoms
- Apple sauce with brown beans
- Dough pockets with chives
- Corn flour žganci with pickled turnips
- Barley soup with meat
- Pasta with cottage cheese
- Miške (fried-dough fritters)
- Titova torta (Tito's cake)



Making dough pockets or krapci

Kranjska Gora

The number of traditional dishes which have been preserved to the present day is highest in the municipality of Kranjska Gora. Restaurants and inns have found a way to incorporate genuine local food into their menus in reply to requests from tourists who come to these beautiful parts asking for traditional local food. The first food specialty to be mentioned is dough pockets, or **krapci**, which differ across the municipality in fillings and forms. Rateče is well-known for **kocovi krapci** with its dry pear filling, and **špresovi krapci**, the filling for which consists of cottage cheese, roast onions, tarragon and salt. Buckwheat krapci filled with cottage cheese are common in Zgornja Radovna. Dovje and Podkoren have also developed their own varieties of this popular dish. **Dovški krapci** is

made from white leavened dough and a cottage cheese, millet groats and onion filling. **Podkorenški krapci** are buckwheat dough pockets with polenta filling. Other dishes show great local diversity and, as a result, the Gornjesavska dolina (Upper Sava Valley) can offer an impressive selection of local culinary specialities. Rateče housewives cook potato soup or **čompica**, and tasty lamb soups. A very old authentic dish from the Rateče area is **pwaninska mešca**, which is made from boiled corn flour, chives, tarragon and eggs cooked in soured milk and cream. **Potato mash** or **krompirjeva mešta** cooked in several parts of the area and eaten with **frika**, a potato, cheese and egg omelette originating from the Nadiža valleys. At Belca **krompirjeva mešta** is dressed with **zaseka**, and **corn**

polenta with pickled turnips is a staple in Mojstrana. Another Rateče delicacy is **budla**, which is a mixture of bread, lungs, eggs and raisins wrapped in pig's caul and roasted. Similar to this dish are **maželjni**, often cooked in Kranjska Gora and Rateče. **Maželjni** are meatballs made from pig's head meat and offal, wrapped in pig's caul and roasted, which go well with fried sauerkraut. In Martuljek and Srednji vrh cured-meat filled dumplings are eaten with cured pork soup or **suha juha**. **Dressed beans with corn juice** from Podkoren is an intriguing combination of flavours. The description of Rateče cuisine is not complete without the cheeses made at the **Hlebanja Farm** in Srednji vrh and the Rateče doughnut varieties, **hrepovci** (fried pastry) and **fantovci** (unfilled doughnuts).

AVAILABLE FROM

GOSTILNA IN PIZZERIA BOR

Borovška cesta 98,
SI-4280 Kranjska Gora
T: +386 (0)4 589 20 88
E: info@gostilna-bor.si
W: www.gostilna-bor.si

- Cheeses from Hlebanja Farm in Srednji Vrh
- Winter: maželjni with fried sauerkraut or pickled turnips, corn polenta with pickled turnips

GOSTILNA OŠTARIJA

Borovška 102b, SI-4280 Kranjska Gora
T: +386 (0)4 588 44 77
E: info@hitholidays-kg.si
www.hitholidays.si

- Rateče-style kocovi krapci and špresovi krapci

GOSTILNA PRI MARTINU

Borovška cesta 61,
SI-4280 Kranjska Gora
T: +386 (0)4 582 03 00
E: gostilnaprimartinu@gmail.com
W: www.julijana.info

- Cheeses from Hlebanja Farm in Srednji Vrh, buckwheat krapci with cottage cheese filling

GOSTIŠČE PRI ŽERJAVU

Rateče 39, SI-4283 Rateče – Planica
T: +386 (0)4 587 60 26
E: janja.dolhar@telemach.net
W: www.prizerjavu.si

- Rateče-style kocovi krapci and špresovi krapci
- Winter: maželjni with fried sauerkraut or pickled turnips
- At Shrovetide or by order: hrepovci
- By order only: potato mash with zaseka, corn polenta with pickled turnips

HIŠA PR' KATR

Dovje 31a, SI-4281 Mojstrana
T: +386 (0)41 708 793
E: franci.korazija@telemach.net

- Dovški krapci

HOTEL IN RESTAVRACIJA MIKLIČ

Vitranška ulica 13,
SI-4280 Kranjska Gora
T: +386 (0)4 588 16 35
E: hotel@hotelmiklic.com
W: www.hotelmiklic.com

- Rateče-style kocovi krapci and špresovi krapci

RESTAVRACIJA, TAVERNA IN PIZZERIA PINO

Borovška cesta 75,
SI-4280 Kranjska Gora
T: +386 (0)4 588 15 64
E: restavracija@hotel-kotnik.si
W: www.hotel-kotnik.si

- Podkorenški krapci

Rateče kocovi and špresovi krapci

The culture of making *krapci* connects this part of Gorenjska with the Austrian region of Carinthia, where similar dishes are cooked. **Špresovi krapci** get their name from *špres*, which is the local word for cottage cheese, the dry pears or pear slices that make up the filling for *kocovi krapci* are responsible for this dish's name.

Dovški krapci

In *Dovje krapci* were normally eaten during harvesting of crops or hay. Farmers' wives would cook *krapci* at home and then bring them in wicker baskets to hay meadows or fields.

Podkorenški krapci

The dish is made from a mixture of buckwheat and white flour. For the filling, corn polenta is cooked and mixed with cottage cheese and eggs. *Krapci* are dressed with *zaseka* or bacon.





Maželjni with fried sauerkraut or pickled turnips

To make this typical winter pig slaughter dish, a pig's head is cooked and all the meat is removed from the skull. The meat is then finely chopped with some offal, mixed with corn polenta and shaped into fist-sized balls that are wrapped in pig's caul and roasted.

AVAILABLE FROM

SIRARSTVO PR' HLEBANJU

Srednji Vrh 9, SI-4282 Gozd Martuljek

T: +386 (0)41 374 245

E: mojca.hlebanja@gmail.com

- Cheeses from Hlebanja Farm in Srednji Vrh

Hrepovci

Typical Rateče fried pastry, originally fried in pork lard.



Cheeses from Hlebanja Farm in Srednji Vrh

Hlebanja Farm in Srednji Vrh above Gozd Martuljek boasts one of the oldest preserved homesteads in Slovenia and the oldest dated house in Gorenjska. The year 1506, which is carved into a transverse beam in the beautiful wooden ceiling in the house's main room, 'hiša', is the brand name under which the Hlebanja cheeses are available on the market.



Other typical dishes

- Potato soup, or čompica, from Rateče
- Lamb soup
- Beans with corn juice from Podkoren
- Cured-meat filled dumplings from Martuljek
- Potato mash with zaseka from Belca
- Corn polenta with pickled turnips from Mojstrana
- Buckwheat krapci with cottage cheese from Zgornja Radovna
- Pwaninska mešca from Rateče
- Budla from Rateče
- Potato mash with frika
- Fantovci from Rateče



The Chocolate Festival in Radovljica

Culinary events

The flavours of the genuine Gorenjska cuisine are celebrated and promoted through numerous local events. Some of these events are centred around the region's specific culinary delights, for example Gorenjka chocolates, honey and bee products, Bled cream cake, potica, or tržiške bržole. Bohinj regularly holds its Cheese Festival, and Radovljica celebrates its local cuisine with the series of Taste Radol'ca events. Typical Gorenjska dishes are also served at several other events and available from street food stalls.

TOP CULINARY EVENTS IN GORENJSKA

Radovljica	Chocolate Festival - April
Naklo	'Finfranje' Rokovnjači Feast at Pod Krivo Jelko - May
Jezersko	Shepherds' Ball - August
Tržič	Tržiške Bržole Festival - September
Bohinj	Cheese Festival - September
Radovljica (Lesce)	Festival of Honey - September
Bled	Original Bled Cream Cake Festival - October
Kranj	Chestnut Picnic in Besnica - October
Radovljica	Taste Radol'ca - October, November
Gorenjska towns	St. Martin's Feasts - November
Bled	Potica Days on Bled Island - December



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Ljubljanska cesta 27, SI-4260 Bled, Slovenia

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SLOVENIAN ALPS
GORENJSKA

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