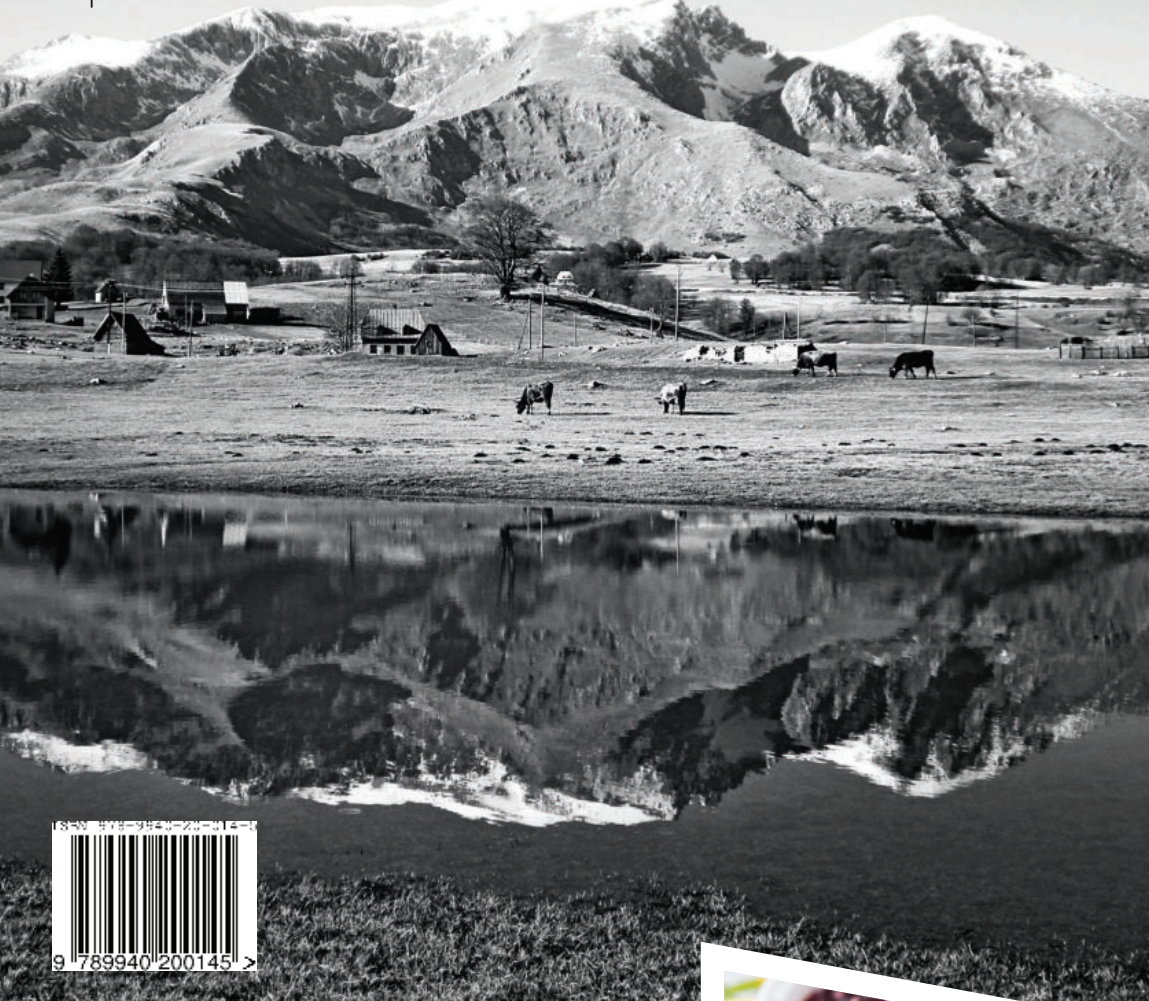


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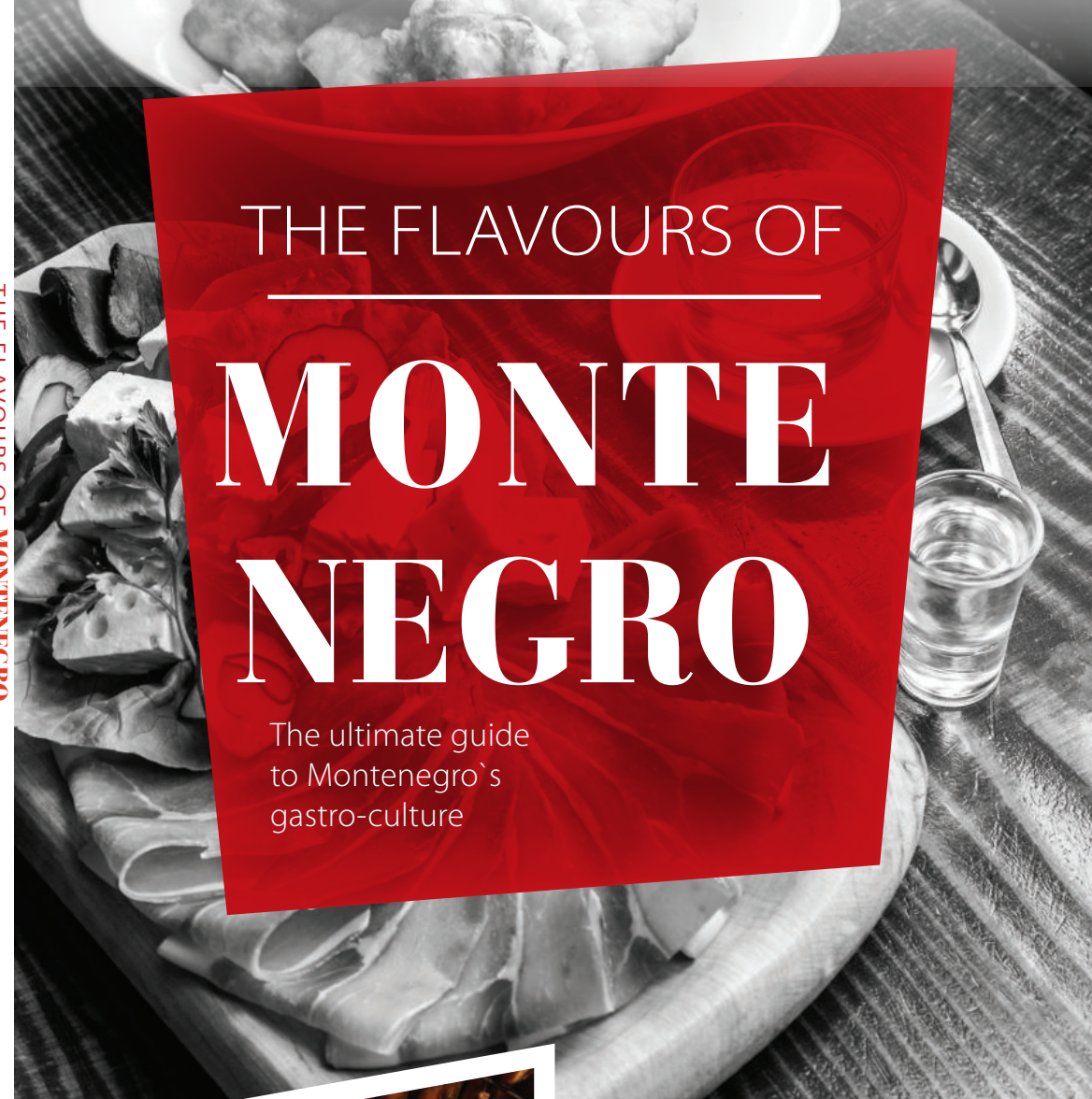


Wild beauty



MONTENEGRO

THE FLAVOURS OF MONTENEGRO



THE FLAVOURS OF

MONTE NEGRO

The ultimate guide
to Montenegro's
gastro-culture



STRATEGIC PARTNERS OF TOURISM OF MONTENEGRO



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THE FLAV





OURS

OF MONTENEGRO



This is an interesting country in every respect. In only one hour of driving you can experience the incredible differences in its nature, people, and culture.

On one hand you have the sleek modern coastal inhabitants, while on the other, you meet the proud highlanders, and the best way to communicate with either of them is through friendly eye contact and a warm smile.

Experience the beautiful seductive sandy beaches of the south and the rugged mountains and romantic lakes of the north.

The most modern nightclubs throb with the sounds of world-famous stars visiting the Adriatic coast, yet campfires and the deep silence of nature await you during a weekend rafting in the deepest canyon in Europe...

Shakespeare's "Hamlet" is performed at the theatres of the south and the traditional Montenegrin folk national dance, the "Oro", is on display in the hills of the north.

Montenegro is a country of very strong contrasts. Be prepared for that!

These contrasts will begin to reveal themselves as soon as you decide to leave the comfort of your hotel and set out to explore.

These differences and contrasts, sometimes even dramatic, have also become very apparent at the dining table. One can find the best of fine dining in the restaurants in Budva, or eat in a simple hut in Žabljak offering the best of nature just boiled and baked, without complex techniques of preparation and with the smallest possible amount of spices. Both are wonderful and will stick in your memory for a long time!

The flavours, aromas and tastes you experience at any destination become a part of you and, like a kind of alarm clock, ring in your head from time to time, to remind you that it's time to travel back there!

The taste of the tender Njeguši prosciutto and the aroma of the red wine called "Vranac" by the "Plantaže" winery will stay with every foreigner who has ever set foot in this country. This is why they have both become, quite rightly, the gastronomic symbols of Montenegro.

This small country has a lot to offer, from the sea and the mountains, its rivers and lakes, villages and cities, cafes and restaurants, and modern eateries and simple huts. This publication aims to reveal to its readers all the flavours of Montenegro.

Would you care for rustic oven roasted potatoes, slightly warmed pieces of "coscetto" or a monkfish fillet wrapped in a two-year-old Njeguši prosciutto, with a local potato from Grbalj and extra virgin olive oil from Bar, in a wild orange sauce?

If that is the case, you have come to the right place!



TASTES TO REMEMBER



By Radmilo Tadić, Journalist and publisher





SOMETHING FOR EVERYONE

Due to its geographical contrasts, Montenegro can certainly offer something to everyone. There is always something on offer that will satisfy both hedonists and vegans and the range of local drinks is sure to appeal to those fans of a “good drop”. The geographical diversity and natural conditions of the different parts of the country have dictated the types of agricultural production, available foodstuffs, and the diet of the people. Nature has endeavoured to give us top quality kid, lamb, and veal meats and the rivers and lakes provide fish which can satisfy the pallet of even the most demanding of gastronomes. In this article we describe the products primarily to be found in the inland and northern parts of the country, which are all worth a try and from which hundreds of delicacies are created, following recipes which date back a long time.



FISH FROM MONTENEGRIN RIVERS AND LAKES

Smoked carp (autochthonous carp from Lake Skadar) – a supreme delicacy that is cooked and served both as an appetizer and as a main course, with various side dishes and salads. In addition to smoked carp, the most popular ways of preparing carp are “on the griddle” with dried plums, apples and quinces, or carp baked with onion.

Trout is equally popular both in the north and in central Montenegro, and the traditional Podgorica method of preparation includes trout marinated in oil and lemon juice, fried in vegetable oil and dressed with sour milk, finely chopped garlic, pepper, parsley, and salt.

Eel – a favourite delicacy particularly popular when baked with rice and dried plums.

Bleak – an indigenous small fish from Lake Skadar, a real delicacy after being smoke dried. It is not cleaned but fried fresh or smoke dried or prepared “on a salad”.

Smoked bleak, small fish from Lake Skadar



Traditional carp smoking



MEAT DELICACIES AND DISHES



The most famous Montenegrin specialty, **Njeguši prosciutto**, which has been prepared for centuries in the village of Njeguši (900m above sea level) on the slopes of Mount Lovćen above Cetinje, undoubtedly claims the first place among the country's delicacies. It has a unique and easily recognizable taste, due to the way it is prepared, as well as, to the micro-climate of the place, where the cold mountain air and the warm sea air collide and mix. It is made from a pig's hind leg. This was the first Montenegrin product to be protected by national legislation (2016), which means that the genuine ham carries a quality label and can only be produced in the village of Njeguši.

Njeguška kobasica (Sausage from Njeguši) – is of a unique and strong taste. It is made of quality pork and hard-back bacon seasoned with salt, pepper, garlic and pepper. After drying, it can be eaten after a month of curing, and in the right conditions, it can be stored for up to six months.

Košet (ital. coscetto) – a dried sheep leg of a very strong aroma, served only as cold cuts or slightly warmed.

Sausage from Njeguši of a unique flavor



*Lamb
cooked in
milk*





The widely-known Njeguši prosciutto, a protected national product



The interior of a traditional Montenegrin house

Kastradina – dried mutton, usually cooked with white cabbage throughout Montenegro.

Dried beef – most popular in the north of Montenegro and best served either as an appetizer with various cheeses or cooked with sour cabbage.

Kid – meat that cannot be bought at the butcher's because of the huge demand for it, so can only be bought at farms or ordered in restaurants. A particular speciality is kid and potatoes roasted under the bell ("ispod sača"), a method of slow cooking.

Lamb – popular both in the north and the other inland parts of the country. The national speciality is lamb cooked in milk, and the most common way of preparation in restaurants is roasting on a spit or slowly roasted "under the bell".

THE BEST KEPT SECRET – MONTENEGRIN CHEESES

Cheese from Pljevlja – this is the second legally protected produce of Montenegro that received an official quality label in 2017, and it may only be produced in the Pljevlja region. It is a type of white brine, semi-hard to soft, ripened cheese. This cheese, with an average fat content of 25%, is placed uncut in barrels.

Cheese from Njeguši – according to some sources, this cheese entered the anthology of world cheeses in the 17th century. It is kept in a cold and airy space for up to three months before consumption. It is a group of fat to full fat, semi-solid to hard cheeses. It is dry and rich in dairy fat. Simply delicious.

Lisnati (leafy) cheese – “listana”, as local people call this cheese, is a type of cheese produced in the territories of the municipalities of Kolašin and Mojkovac and it is a combination of skimmed and whole milk, with recognizable layered slices as thin as leaves.

Prljo – a low-fat hard cheese made of skimmed milk. It is placed in barrels or sheepskin to ripen for up to ninety days.

Skorup (kajmak) – made of sheep`s milk, cow`s milk or a variety of milks and produced in the north of Montenegro in Piva, Kuči, Durmitor, Sinjajevina and Bjelasica. The basis of this produce is milk and salt; after cooking the milk, the fat on the surface that separates from the milk is collected and put into a sheepskin sack. It ripens for at least two months. It can be served as a main course with potatoes, although it is more popular as an appetizer, in both private homes and restaurants.

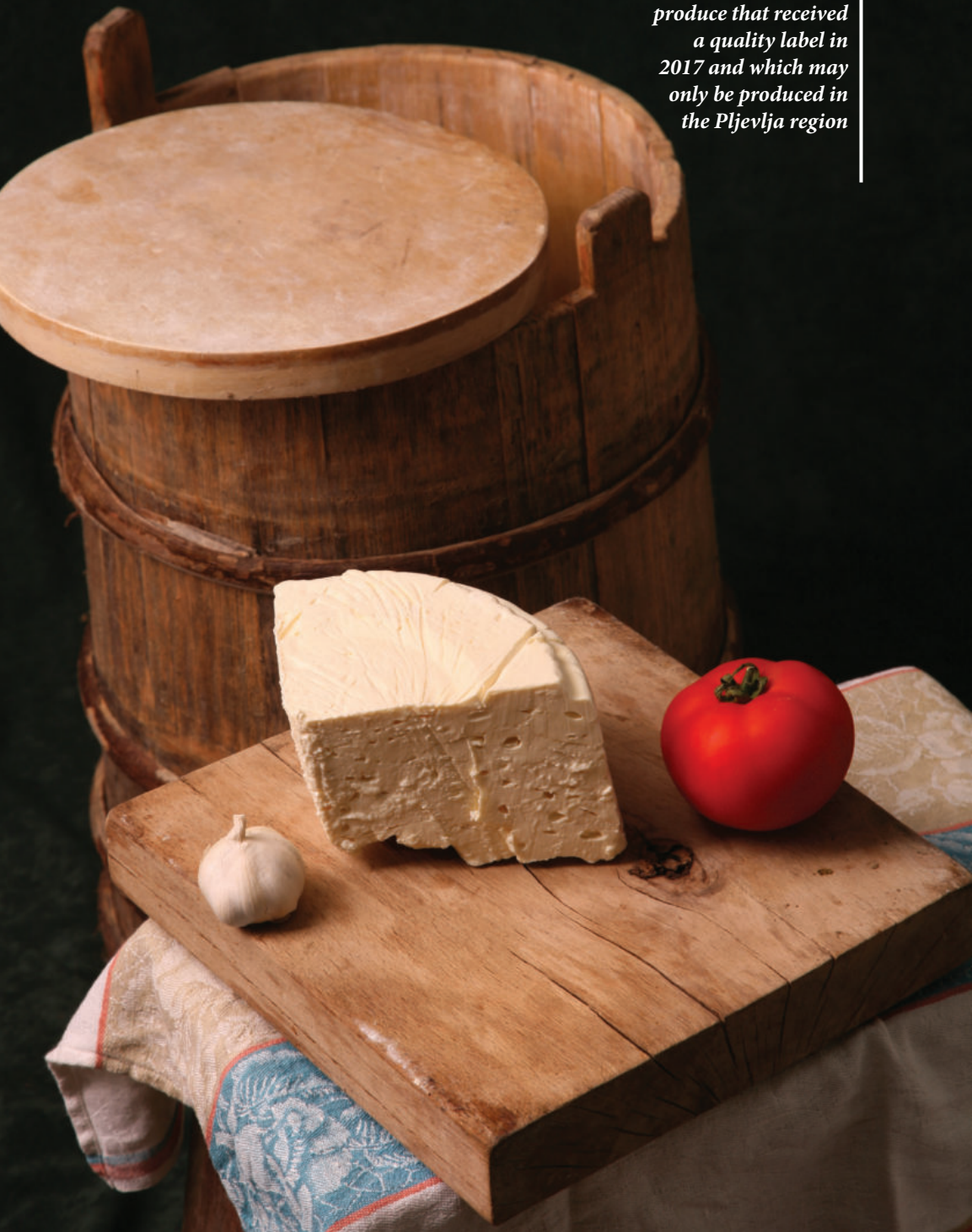


Cheese in oil

Cut dried cheese into pieces and put them into a jar, pour over a mixture of olive and sunflower oils, cover the jar and let stand in a cool place. Leave to mature for sixty days.



*Cheese from
Pljevlja, a protected
Montenegrin
produce that received
a quality label in
2017 and which may
only be produced in
the Pljevlja region*



DAIRY AND FLOUR SPECIALITIES

Smočani kačamak



Smočani kačamak (fatty porridge) – a dish made of cooked potatoes and wheat and corn flour. When the potatoes are almost completely cooked, put the flour in the pot, make a hole in the middle of it with a *tucanj* or *kačamaš* (a wooden pestle) and cook for about half an hour on a medium heat. When cooked, drain the excess water, remove the pot from the heat and start mashing the mixture with the *kačamaš*, returning it back to the heat from time to time until the potato becomes a paste without any lumps. Put the resulting *kačamak* into a bowl and pour some kajmak and grated cheese over it. The dish is best served with sour milk.

Cicvara (gruel) – a thick high-calorie dish that is prepared with full fat cheese, kajmak, and corn flour. The cheese is cooked at a high temperature while constantly stirred. Once brought to the boil, add the kajmak, stir for around ten minutes and then add the corn flour. In the north of Montenegro it is served with honey.

Pies – whatever pizza means to Italy, these pies mean the same for Montenegro. The main ingredient is a dough into which you can add cheese, meat, spinach and nettles.

Cicvara a traditional high-calorie Montenegrin dish



HONEY AND MEAD

Honey is produced all over the country and there are dozens of species of bees. You can find excellent honey on the coast, in the hinterland and in the north of Montenegro. The most common types of honey you can find are meadow, linden, acacia, pine, and heather. In ancient times, honey was produced in the hollows of oak trees, so it was not extracted separately, but harvested together with the beeswax.

Mead is the drink of the old Slavs, and it is honey wine. In addition to brandy (honey brandy), it is widely considered to be one of the oldest of alcoholic beverages. It is prepared by immersing honey in water and leaving it to ferment.



Mead

MONTENEGRIN OLIVES AND OLIVE OIL



Two thousand years ago, at the time of the domination of the Roman Empire, olives were first grown in the vicinity of today's towns of Bar and Ulcinj. Since then, people in this part of the Montenegrin coast have cultivated an indigenous variety of olives called "*Barska žutica*" out of which they have been making one of the best olive oils in the Mediterranean for many generations.

Olive oil is a basic characteristic of the coastal cuisine, and the healthiest oil is that obtained through cold pressing. The finest oil is extra virgin olive oil, which is produced from the first pressing of healthy olives. The level of acidity never exceeds 1%.



Olives

There are over 400,000 olive trees along the Montenegrin coastline. The most famous is a tree located in the village of Mirovica, near to the ancient city of “Old Bar” which was planted in 225 BC. A group of international experts have officially recorded another ten olive trees that are more than a thousand years old.



*The old olive tree
in Bar*

FIGS, BLUEBERRIES, AND WHY THE LOCALS SAY “HEALTHY AS A CORNELIAN CHERRY”

Numerous species of **figs** are grown in Montenegro such as the Adriatic, the Black mission or *lipovka*, the large *Petrovača* figs. Dried figs are to be found in every Montenegrin household.


In the north of Montenegro, the mountain slopes are covered with **blueberries** and their picking or collecting is seen as a form of recreation by the local population. In the region of Plav it has now grown into a special event called the “Blueberry Days”.

Cornelian cherries, small, sour red berries, enjoy a similar popularity. They are rarely eaten fresh, although the juice and jam made from this fruit are favourite foods. They are a symbol of health, and that is why local people usually say as “healthy as a cornelian cherry” (as fit as a fiddle).



*The Cornelian cherry,
a symbol of health*





*Raštan, wild
cabbage which truly
depicts the strength
and pride of the
Montenegrins*

IT'S ALL ABOUT THE INGREDIENTS



Dušan Mitrović, a Chef at the “Adria Hotel”, Budva

Stories about national cuisines are primarily the stories of dishes, the way they are prepared and their specific features. The strength and originality of the Montenegrin cuisine probably lies in the authentic ingredients and the simplicity of the dishes, rather than in any elaborative techniques of cooking. That is why many Montenegrin recipes, which you will maybe try out after returning from your summer holiday, will not give you the same taste as you get in Montenegro.

The ingredients from the **Adriatic coast** that I would like to single out are:

- macaroni from Paštrovići (*makarule*), handmade hollow pasta made of whole wheat flour;
- monkfish, a fish of the deep that is best described by saying that it is as delicious as it is frighteningly ugly;
- sardines from the Bay of Kotor, small blue sea fish of delicate taste, caught in the Bay of Kotor;
- potatoes from Grbalj, big bright yellow full-flavoured potatoes, a real treasure of the nation;
- *The Žutica olive*, the queen of the Montenegrin national cuisine.



Monkfish fillet wrapped in two-year-old Njeguši prosciutto, crushed potato from Grbalj with extra virgin olive oil from Bar in the wild orange sauce



Young Durmitor veal stuffed with dried apricots and almonds, corn cream, baby carrots and morel sautéed in butter, served with “kajmak”

Trout from the Tara River roasted with cheese from Pljevlja, served with medallions of ground wheat with walnuts, celery purée, and a roasted spring onion

From the **central part of Montenegro**, I would like to single out:

- carp from Lake Skadar, a fish endowed with a rich taste;
- *raštan* (collard green), wild cabbage, which truly depicts the strength and pride of the Montenegrins;
- Vranac grapes, from which the famous wine of the same name is prepared;
- *Njeguši* prosciutto with its delicate and characteristic taste, with which we can create wonders in the kitchen.

The **north of Montenegro** is characterized by:

- kajmak and cheese from Pljevlja;
- trout from the river Tara, a fish that lives in one of the most beautiful and cleanest rivers in Europe;
- morel, a wild mushroom, a delicacy of our cuisine that offers unimaginable opportunities for creating new dishes.

I like to introduce people to the national cuisine through dishes made from only authentic Montenegrin ingredients, although prepared using new culinary techniques in line with the latest trends in matching taste. I believe that at least one of the three dishes that I present here will become a part of the national cuisine of Montenegro.



WHAT TO DRINK IN --- MONTENEGRO





By dr Svetozar Savić



THE LAND OF WINES

The best way to learn about any country you visit is through its hospitality industry. Those who want to distinguish between the delicate subtleties in Montenegro's winegrowing have to try the wines prepared from the local **Montenegrin wine grape varieties**. There are ardent debates in scientific circles about their number, origin and genesis. However, we are not interested in science here but in the spirit of the Mediterranean wine that comes from the secrets accumulated in their grapes. But what you need to know is that the Montenegrin wine called "Kratošija" is identical to the Californian "Zinfandel".

After years of fermenting in wooden barrels and bottles, the special "**Vranac Reserve**" from "Plantaže" is waiting for you. A careful selection of grapes picked at the best locations from the region of "Čemovsko polje", gives the wine a special fullness and splendour. Vranac Reserve is a great combination of what winemakers dream about, the fullness and ripeness of the grapes that resists the effects of time.

If you want to taste wine produced using traditional methods, but which enhances the content of "proanthocyanidol", a substance which protects against heart problems to be found in wine, then do not waste any more time, sample "**Pro corde**" or "wine for the heart". The 2011 vintage, will have a very beneficial effect on your cardiovascular system. Many generations of experience culminated in this wine, creating an incredible harmony between the personality of the variety and the gentle Mediterranean climate.





The Wine cellar "Šipčanik"

Nowadays it is difficult to find the "Kratošija" wine in Montenegro. It seems that hardly anyone among family winemakers dares to break the traditional combination of "Vranac", "Kratošija", and "Lisičina". Only the great wine lovers produce this wine in a few special series. One of these is the *Zenta Vučinić* winery from Podgorica. If you come across the **2015 Kratošija** wine, taste it and you will be surprised with its unusual smell and taste; therein lies a thousand years of history.

A wine which uses the indigenous grape variety of "**Čubrica**" is to be found in the "Braća Rajković" winery in the Kuči region, in the village of Ubli. This mystical wine is produced and preserved in a traditional way, in wooden barrels stored in an old stone basement. If the variety is kept for longer than usual, it becomes even more unique in its flavour.

Krstač is another indigenous white wine variety. Its production starts in the vineyards of "Plantaže", where all the grapes are picked by hand in the famous "Ćemovsko polje". These grapes are made into a yellowish white wine of fruity bouquet and pleasant taste that reminds one of mulberry. It tastes best when cooled to about 10°C.

Arhonto rose is a pleasant surprise from the family winery "*Krgović*". It is a clear wine of an irresistibly attractive salmon colour created by adding the pericarp fruit and its juice. It leaves a very refreshing fruity aroma and has a noble character on the palate.

There are also sweet white wines produced in the family wineries of Montenegro. **Žižak** is an indigenous Montenegrin variety and the winery "**Obrađović**" from Herceg Novi still makes it, thus preserving the tradition of the Bay of Kotor producers. You will fall in love with this wine after the first sip because it features the aromas of ripe pears and elderflowers. The wine is enjoyable, and easily recognizable because of its menthol and citrus taste and pleasant bouquet. The growing popularity of the Žižak variety has been confirmed by the "**Nikaljević**" winery from Crmnica. The winemakers in that region use these grapes to create a dry high-quality wine called "**Jaz**".



MONTENEGRIN GRAPE BRANDY

“Brandy baking” is the local expression for the distillation ritual that has been practiced for centuries in Montenegro in autumn. The distillation process involves the use of a partially decanted “Vranac” and “Kratošija” wine mash.

“**Kraljevska kruna**” (The Royal Crown) is another pearl from “Plantaže”. A careful selection of the distillate obtained in the traditional manner, allows the consumers to recognize the qualities of this drink coming from the semi-arid climate of the “Čemovsko polje” region.

“**Crnogorski prvijenac**” is not far behind “Kraljevska kruna”. The “Plantaže” company has preserved the best traditions of a careful distillation of the wine mash which then spends at least one year in wooden barrels. It mesmerizes and stimulates with its scent, potency and taste.



The “**Grape brandy**” made by the family Đonović from Crmnice (the village of Tomići) represents a true blessing made by a traditional approach in distilling brandy from the mash of the indigenous grape variety “Vranac”. Drinking this brandy with its pleasant aroma and harmonious taste makes you want to come back to Tomići again and again.

MEAD

If you have not had the chance to try real mead, then the “**Rex Montis**” is an excellent way to finally enter the world of, perhaps, the oldest alcoholic beverage resulting from the fermentation of honey. The producer and innovator, Goran Mijušković, from Podgorica, produces mead using the traditional method of making champagne. Of course, instead of sugar, first-class honey is added. He makes two products, “**Rex Montis**” (sparkling mead) and “**Classique**” (classic mead).

LIQUERS

Liqueurs, as well as homemade juices, can be found in almost every house in Montenegro. One of these can be found at the entrance to the village of Godinje, right next to the local road. The owner is Nenad Leković. In addition to wine and brandy, this hardworking producer makes several liqueurs and it is hard to say which one is better: walnut, cherry, pear or raspberry. They intertwine a number of natural aromas that are slowly falling into oblivion. Our suggestion - try them all!



BEER



“Nikšičko Dark” is the best dark beer in Montenegro and is of world-class quality. The use of only specific types of malt and local spring water makes it special. It features a distinctive foam, a prevailing malt aroma and a very strong flavour.

You can order **locally made beer** in some Montenegrin cafes. The cafe “Zlatni papagaj” in Žabljak brews and serves its own beer. Try it! It will surprise you with its potency and aromas that will captivate all your senses. For top beer connoisseurs, there is the “PG Academy” in Podgorica. There you will be pleasantly surprised with the range of innovative beer recipes used to make the many different types on offer.

*The local
“House
Beer”*

HOMEMADE JUICES

Nearly every Montenegrin household make juices from cornelian cherries, blueberries, pomegranates and many other fruits. Not one of them can be singled out from the others and we recommend them all!

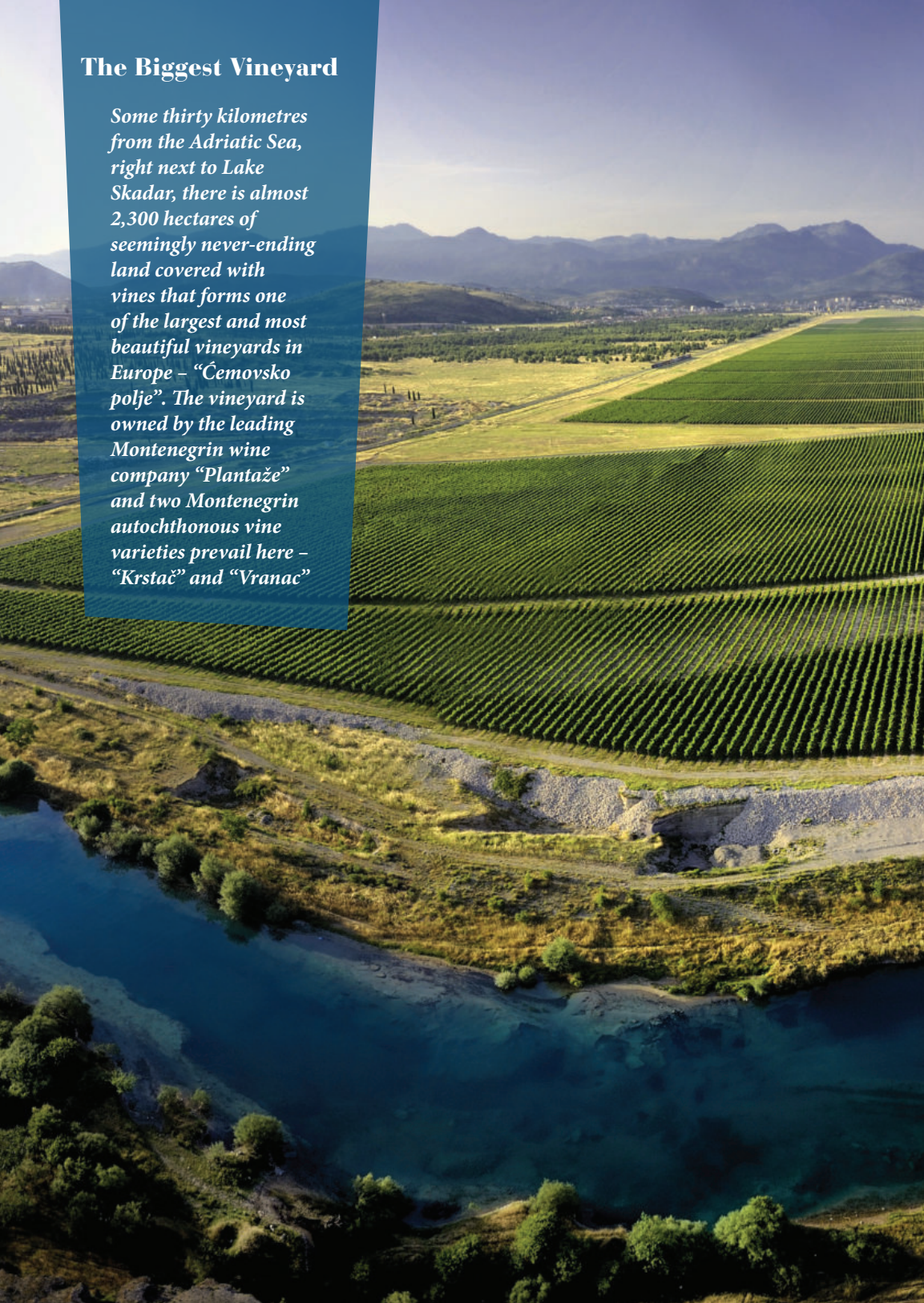
Cornelian cherry juice wins you over with its bittersweet flavour, blueberry juice by its special piquancy, and pomegranate juice, especially if made from wild pomegranates, is almost indescribable with its bittersweet combination of taste and fragrance. We dare you to try to find a better one than this somewhere else! You can dilute them with soda water and this will definitely quench your thirst. Those who do not taste them do not know what natural beverages really can be. They are sold at the markets in Stari Bar, Podgorica, Kotor, Nikšić, and all the towns in the north.

*Homemade juice
made from wild
pomegranates*



The Biggest Vineyard

Some thirty kilometres from the Adriatic Sea, right next to Lake Skadar, there is almost 2,300 hectares of seemingly never-ending land covered with vines that forms one of the largest and most beautiful vineyards in Europe – “Ćemovsko polje”. The vineyard is owned by the leading Montenegrin wine company “Plantaže” and two Montenegrin autochthonous vine varieties prevail here – “Krstac” and “Vranac”





MONTENEGRIN



If you did not know which country you are in, the three meals would make you believe that you were in three diametrically opposite sides of the world. That sums up the Montenegrin cuisine, just like the country itself, diverse from place to place and from the sea to the mountains.

RIN CUISINE



By Sanja Golubović, a journalist and the Chief Editor of the "Caffe Montenegro" magazine



WHAT NATURE HAS TO OFFER

You can feel the tastes of Montenegro in only one day - in three meals. Not because they are similar or simple, but by just having breakfast at the seaside, lunch by a river in the inland part of the country, and dinner in the mountains near a lake. If you did not know which country you are in, the three meals would make you believe that you were in three diametrically opposite sides of the world. That sums up the Montenegrin cuisine, just like the country itself, diverse from place to place and from the sea to the mountains. It has everything that rivers, lakes, the sea, mountains, meadows, forests, and fertile plains have to offer. Everything that is consumed is basically home-grown, organically grown, sown and picked by hand, watered in the garden...

Healthy foods and well established methods of breeding and preparation are a tradition in Montenegro. It cannot be more natural than that. Therefore, when a stranger comes to our green markets, they smell the fruit in disbelief, because it smells and tastes just as real fruit should.

Prljo, a low-fat hard cheese made of skimmed milk

A mountain view above Petrovac. Montenegro is a country where the cold mountain air and the warm sea air collide and mix



CUSTOMS

*Priganice,
a sweet
offering
served with
homemade
jam or honey*



*Homemade
brandy. When
they offer their
brandy, hosts
usually say
that it is not
a drink but a
medicine*

The most beautiful Montenegrin custom is the people's **hospitality**. It is still customary nowadays, especially in the villages, not to lock houses at night and doors to the entrance are always open as a welcome sign to friends and travellers during the day. Please remember, when a Montenegrin invites you to their house, do not refuse because it is also a custom, he really does want to welcome you and be friends with you. He or she does not need much to invite you to their house - he will do that as soon as you get to know him. It is also a characteristic of the Montenegrin people, their easy acceptance and intimacy. They will welcome you with equal warmth whether you come announced or if you were just in the neighbourhood.



*The traditional
way of drying
Njeguši
prosciutto*

They will bring out onto the table the best food they have to offer you and these are almost always products that are characteristic of the region where they live and the traditions they keep.

In the north and central Montenegro, if you are paying an official visit, you will be welcomed with bread and salt, then with *priganice* (fried dough balls) and honey, and then with a *crnogorsko meze* (**Montenegrin finger food**). This is basically the same everywhere: homemade bread, Njeguši cheese and prosciutto, olives are offered on the coast, and in the north (where beef prosciutto is served instead of Njeguši prosciutto) you will be served kajmak. In restaurants it is usually called the Crnogorski pjat (The Montenegrin Plate).

Bread

Bread has always been the most important staple food in Montenegro. The Montenegrins even swear by it and say, "I swear by all the salt and bread I've eaten with you." When they invite a guest to their home they say: "Come on, let's eat a little bread" meaning to share a meal.

The bread is usually made of wheat, buckwheat, rye, or corn.

In the past, it was baked under the bell ("ispod sača"). This custom has found its way back to the national restaurants because such baked bread, served hot and with its crunchy crust and seductive aroma, also has an unforgettable taste.



The traditional bread, baked "under the bell"

Homemade bread and brandy, made by the host himself, are mandatory. The most common brandies are wine, plum, pear, apricot, and quince varieties. These homemade brandies usually contain high levels of alcohol, but they are enjoyable and made using very old recipes. When they offer you their brandy, the hosts will say that it is not a drink, but a medicine. Then you are offered sweets such as *slatko* (preserved fruit) in a compote often prepared by the hostesses from the fruits characteristic of that region. The same type of fruits are also used to make homemade juices, with very little sugar, and lots and lots of fruit.

On the coast, they will prepare Montenegrin finger food made up of cheese in oil, prosciutto (from Luštice, if any, or from Njeguši, and this is mandatory), with olives and homemade red and white wine, and pickled or salted sardines. Bowls with seasonal fruit, fresh or dry figs, tangerines and oranges are also mandatory on the table. Do not forget to try the figs, they will surely offer you some. The coastal inhabitants prefer to drink "*bevanda*" - a mixture of half water, half wine. This drink appears to be weaker in alcohol than wine, but they say that one can end up drinking so much more wine like this. Try it for yourself.

In the area around Lake Skadar and Rijeka Crnojevića, they will offer you their own wine, most often red wine from Crmnica. They are extremely proud of this wine so they will wait for you to try it and then say what you think of it. Besides the usual Montenegrin snacks, you will also be offered smoked carp and dried bleak.

The menu of all the Montenegrin people in the entire country is based on organic, seasonal, and local ingredients. The Montenegrins love their national dishes that follow the traditions that are still respected. That is why old recipes have been preserved and, despite modern restaurants and the expected abundant variety of international cuisines in this tourist country, wherever you are in Montenegro, we advise you to try out what the hosts eat: locally and traditionally. That is the best thing to do.



Corn bread



THE COASTAL

CUISINE



The basic virtue of the Montenegrin coastal cuisine is Mediterranean moderation. It is based on cereals, fish, and, above all olives, that are picked in September. There are also tomatoes and peaches from Grbalj and watermelons from Ulcinj.

Fishermen catch all the fish they need in the coastal belt in their small boats, not venturing into deeper waters. The most common fish one can find in a fisherman's net is red mullet, a very tasty small red fish, and with some luck, there would also be a heavier dentex, striped red mullet, common Pandora, or a gilthead bream. The best time for the fishermen begins in mid-summer. At this time they come across a wide range of migratory fish, from small greater amberjack, to grey mullet, tuna, leer-fish, the greater amberjack and dolphin, then at the end of summer they fish for large shoals of horse mackerel and pilchards. The king of the fish, the sea bass, is hard to catch and it is usually fished by hook and line or by spear fishing at night.

Kid meat, cheese and milk are the usual foodstuffs in this region. A typical dessert is *rožata* (custard), that looks like pudding and it is prepared with eggs, milk, and caramel.



*Cooked
bream*



*The popular
“Saint”, the
town-hotel,
Sveti Stefan*

FISH PREPARATION

Fish is mainly prepared by grilling („na gradele“), boiling („lešo“), stewing (brodet) or fried.

“Riba na gradele” is prepared on a barbecue. During grilling, it is sprinkled with aromatic herbs, usually rosemary. It is served with a dressing made of garlic, parsley and olive oil, with vegetables and lettuce. Dentex, gilthead bream or Saint-Pierre fish when prepared like this are a true gastronomic spectacle.

“Riba lešo” is prepared in water with added oil, wine, wine vinegar, onion, a bay leaf and other spices. It is served with boiled potatoes or chard and is an ideal choice for dinner.



*Grilled fish
- gilthead
bream*

“Brodet” (stew) is prepared from several kinds of fish (dusky grouper, scorpion fish, moray eel, grey mullet, and cuttlefish). It is served with polenta, which is a hard corn mush. It is a real challenge for housewives. The creativity they show in preparing brodet is a measure of their culinary skills. This dish is considered to be food from God.

MASTER FISH STEW

One of the best fish stews is the Bay of Kotor Brodet although, contrary to the rules of preparing a fish stew, it is made exclusively of one kind of fish: anchovy, sprat or a similar small blue fish. It originated in Mu, a fishing village in the Bay of Kotor. The larger fish in the catch was mostly sold in the market, so fishermen used to leave the smaller fish for themselves. That is how the sprat became the trademark of the Bay of Kotor fish stew.

» Bay of Kotor brodet «

1 – 1.5 kg of cleaned sprat or anchovy, 0.5 - 1 kg of onions, fish soup, olive oil, white wine, celery, parsley, garlic, salt, pepper, and prepared seasoning

Chop the onions and put in a slightly heated pan with 1 dl of olive oil. Add the celery and parsley, the prepared seasoning, sweet paprika, and garlic. Add the fish. Place the remaining onions, celery and other ingredients over the fish. Pour over white wine or fish soup, and then add some more oil so that the pan is almost full. Leave to boil and then cook on a low heat for a minimum of 2 hours. The longer the better!





*Paštica with
makaruli*

» Paštrovski makaruli « (Macaroni from Paštrovići) (Homemade pasta)

Integral wheat flour 500 gr, 1 spoon of oil, a little salt and water.

A traditional coastal dish that originated in Venice and which is also prepared in Dalmatia, the Bay of Kotor and the Paštrovići region, varying only in thickness and length and the type of flour used. Sieve 250 grams of integral wheat flour, add 250 grams of white flour, a spoon of olive oil, salt, water (add an egg as well). Make a hole in the heap of sieved flour by hand, add the salt and a little water and then knead. While kneading, sprinkle some flour so that it does not stick to the table or the cooking board. The dough can be considered as being done only when it starts separating from the hands and the table and its surface becomes smooth. It must not be too hard or too soft. When ready, leave it for half an hour. Then make makaruli with special needles (*zungas*, made of a Mediterranean plant). Leave them to dry. Boil in salted water until they lose the fresh dough smell, around 15 minutes. Sieve the makaruli and serve them in a bowl, sprinkle over it grated mature cheese and hot olive oil, add some rosemary or serve with paštica (stewed chunks of beef or game with vegetables and seasoning). Makarule should be served hot and never left to sit in the water.

Paštica

(Beef stew)

Salt 1 kg of boneless beef (or game meat) and stuff it with garlic and well smoked bacon. Heat some olive oil and add the meat. Fry and turn the meat until golden brown (you may add a bit of sugar). Slowly add a few red onions, carrots, bay leaves, garlic cloves, and unground black pepper, a splash of cinnamon, mint, and parsley. Some add a sour apple or prunes. Leave it to braise, adding water and good wine from time to time. When the meat is tender, take it out and cut into smaller pieces. The cooking sauce should then be blended and poured over the meat. Let it simmer. You should be patient and cook the dish on a low heat for at least two hours. Be patient – the longer it simmers, the better it will be! Paštica is served with homemade makaruli, gnocchi or rice, and it can be stored by freezing, to be served later.

*Raw
makaruli*





COOKING

ON THE HEARTH



Branko-Diki Kažanegra, a tourism industry professional



When I enter the kitchen of a hotel or a restaurant, I cannot even conceive how much imagination and effort our grandmothers needed to cook at the hearth using only *bronzin* (a bronze cauldron), *sač* (the bell), *prosulja* (a pan) and *gradele* (a grill roaster) to make all those dishes of unique taste and scent, which make my mouth water when I think about them.

*“Makarulača”
– long green
beans*

The relationship with food, especially with bread, was special. It was inconceivable to throw anything away. As a child, if I accidentally dropped a piece of bread on the floor, I would have to lift it, kiss it, and put it aside to feed an animal or throw it to the fish in the sea.

Everything was used – olive oil sludge was used to make soap, the salt from sardines was reused for fish food, all parts of the pig, except for its hair, were used, cheese and wine sacks were made from sheep and goat skins. Glass bottles were preserved as precious items. Each edible plant was consumed. Today, endive is regaining popularity, although nettles, greater burdock, and little hogweed have been almost forgotten. Was it because we were poor? I would say not, it was because we were then part of the natural world. Whereas, today we are a consumer society.

All the dishes were made in a bronze cauldron that was hung on metal chains above the hearth, including my favourites:



*Greater
burdock, a
plant that
has become
popular again
and is once
more served on
our tables*

“A cat does not eat the head of red mullet because it never has the chance to do so” – red mullet is eaten in its entirety!

Makarulača ka’ makarule

Makarulača is made from long round green beans. Today, if they can be found in the market, they are called pencil beans. Boil some ham in water and add the green beans and a few potatoes cut into quarters. Remove the ham and cut it into smaller pieces. When the makarulača and potatoes are cooked, they are then sieved. On the bottom of an oval platter on which the food will be served, sprinkle on it some dry homemade cheese, then add the macarulača and potatoes with ham and sprinkle with cheese; repeat until everything has been used. Grate cheese on top. Warm some olive oil in the pan and pour it over the platter. It would be best if you had a bottle of “Vranac” or “Kratošija” to serve with the dish.



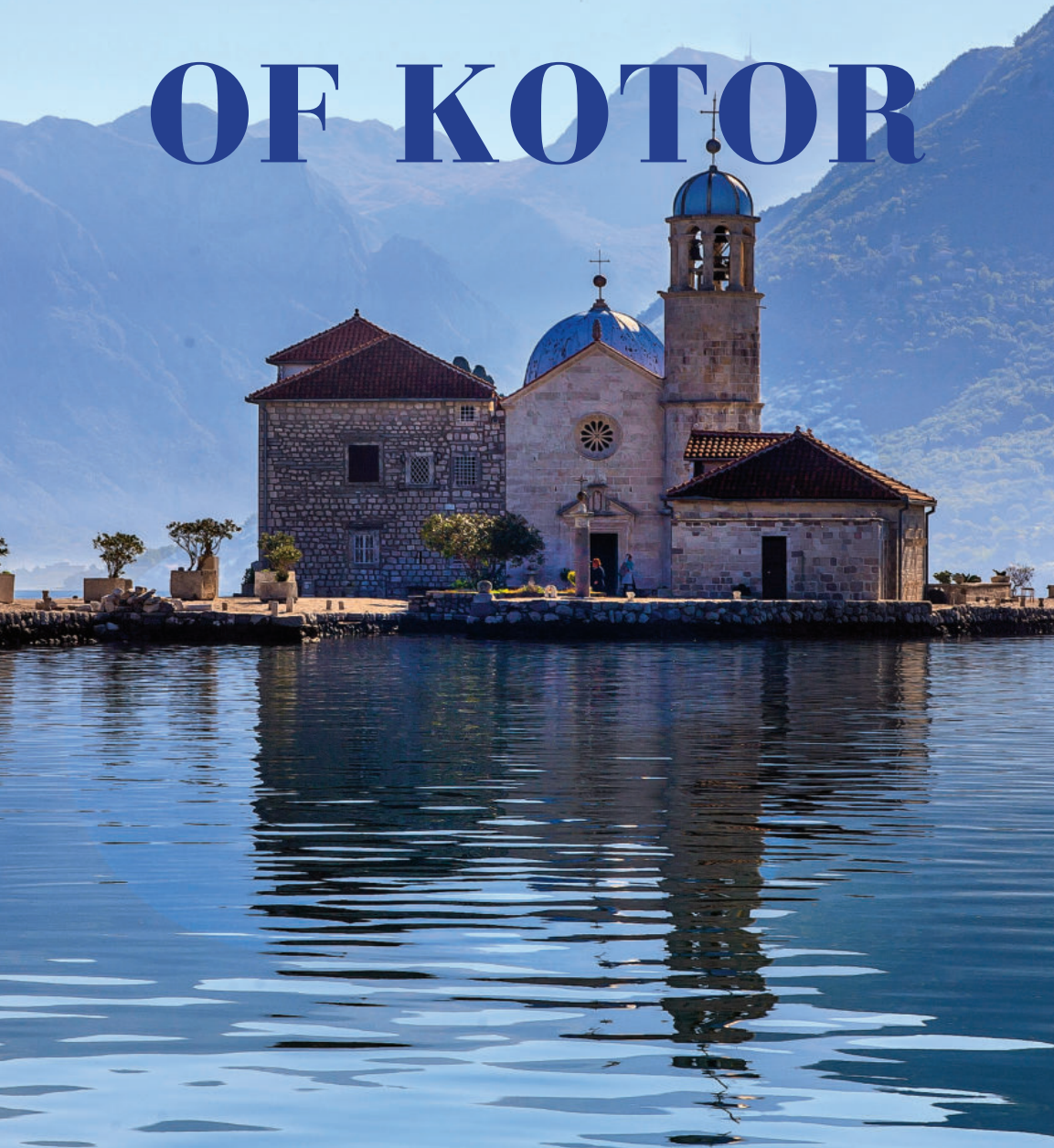
Squid served in the oil from red mullet

Red mullet is one of the most popular fish, especially with fishermen. It is said that a cat does not eat the head of red mullet because it never has the chance to do so. As soon as the fish is pulled out of the net, it is important that it is cleaned immediately, especially the black part along the spine, which is rich in iodine. Because of this chemical, if left untreated, this fish produces an unpleasant odour and taste. Rolled in corn-flour, the red mullet is fried in a pan with hot olive oil. The oil in which the red mullet is cooked turns red and due to its extraordinary flavour and smell it was kept as gravy for a variety of other dishes. One of these is squid. In the heated red mullet oil, add cleaned squid in small pieces, not the whole squid) and fry them for ten minutes on a high heat. In the meantime, chop some garlic, parsley, ground pepper and salt (and some cayenne pepper if you prefer). Mix it all in one or two decilitres of white wine. The mixture is added to the pan with the squid and left to cook for a few more minutes. The best way to serve it is with young goat cheese, corn bread and the red wine “Lisičina”.

Squid served in the oil from fried red mullet served with corn bread



THE CUISINE OF THE BAY OF KOTOR





Vlasta Mandić, architect, the author of the book „Bokeška kuhina“

THE GASTRONOMIC IDENTITY OF THE BAY OF KOTOR

The gastronomic identity of the Bay of Kotor was created through centuries of contact with the different nations that came and left, although some of them stayed and assimilated with the locals. From the time of the Greeks and the Illyrians to the present day, the Bay of Kotor's cuisine has been under various gastronomic influences which it has infused with local skills. The local culture has given the original recipes its personal touch, while always retaining the main characteristics of the dish.

At the foot of the mountains above the bay, by the sea, the climate is mild, while in the hinterland, behind the mountains, it is harsher, with cold snowy winters. Owing to such conditions, fishermen catch fish, plant vines, olives, and tropical fruit by the sea, and in the untouched nature of the mountains, the people grow vegetables and breed livestock of outstanding quality.

This variety of food products in a relatively small area has created **two types of local gastronomy – coastal and mountain** which complement each other in the best culinary combination, depending on the season and the many festivities held in the Bay of Kotor.

This gastronomic combination has resulted in the following dishes: cooked beef with homemade tomato sauce, macaroni spiced with salty cheese, roast veal, lamb under the bell (lamb roast) with potatoes and various vegetables, “*kastradina*” (dried mutton) with black or white monk's rhubarb, “*bumbari*” (dry sausages stuffed with corn flour and spices) from dried pork, monk's rhubarb and potatoes, lamb with beans, tripe, goulash, various kinds of dumplings, “*paštica*das”, risottos, and the like.

There are also various **sea delicacies**. In addition to the various larger fish, there are small fish: sardine, European pilchard, the Mediterranean sand smelt, striped red mullet, and others. The Bay of Kotor is also known for its top quality mussels, which grow naturally along the coast or are cultivated by local people. The sea is clean and contains the ideal savoury-sweet ratio for these delicious mussels due to the inflow of mountain waters that spring out along the coast of the bay. There are also tasty oysters. It is difficult to resist dishes such as: grilled sea bass, cooked grouper, marinated or grilled pilchards, mussels from Gurdići, “*risotto a la maca*”, a “Bay of Kotor brodet” from sardines, cod goulash or “*bakalar žgvacet*”, black risotto, “*Providur*’s palamida”, “carnival gnocchi”, and so on.

As for sweets, the most famous are **Dobrota cake** and **Kotor pasta**. There are other typical sweets from this area: kroštule, paradizet, strudel, *priganice*, *peraški bobi*, mandolate, *narančini*, *savijače*, etc.

The Bay of Kotor is known for its top quality mussels. The photo shows mussels served with Parmesan cheese

“Providur`s palamida”

One palamida of 1 kg, around ten olives, 5-6 garlic cloves, parsley, 2 spoons of bread crumbs, pepper, olive oil, 2 tomatoes, red wine, and salt

Remove the fins of the palamida, raise its gills and cut it into fillets of 2.5 cm thick. This is done like this: slice the stomach vertically and go all the way to the spine, cut it, and go a few more centimetres. Stop there to keep the palamida in one piece. Remove the stomach from each fillet, lightly salt each of them, and gently spread the palamida as a fan. Crush the garlic, chop a few olives, mix the salt, bread crumbs, and pepper together with olive oil and spread the compound onto each fillet and put an olive, and some parsley between the fillets. Place the palamida in a baking tray. Sprinkle with olive oil and some red wine and bake in a hot oven at 180° C until cooked. If the famous Kotor celebrity, Jeronim Pisani, enjoyed this meal, you will surely lick your fingers. You can enjoy this dish even more with a glass of good red wine!





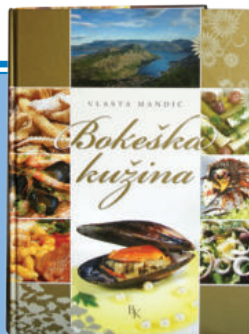
“Sardines a la Bisernice”

1 kg of large sardines, bread crumbs, lemon, pepper, Parmesan cheese, egg white, béchamel, garlic, capers, oregano, seasoning, olive oil, tomato sauce – a bit of everything, and a glass of white wine

Remove the head, main bone, and tail of each sardine and make fillets; salt them, drizzle with lemon juice and sprinkle with some pepper. Spread: bread crumbs, grated Parmesan, parsley, seasoning, garlic, oregano, capers, then chop up and mix everything, add some olive oil, whisked egg white, add some béchamel and stir everything to make it creamy. Put the spread on every sardine fillet, make rolls, and arrange on ovenproof cookware. Pour over hot olive oil and bake at 180°C. When nearly done, pour over some tomato sauce with added white wine and parsley. Sprinkle some bread crumbs over the dish.

SOUVENIRS

If you want to take a Montenegrin gastronomic souvenir with you, there is the book “Bokeška kužina” by the author Ms Vlasta Mandić. The book has 101 recipes spiced up with photos and stories about the natural beauty, historical and cultural values of Kotor and the Bay of Kotor.



The Bay of Kotor, like a Nordic fjord in the Mediterranean, one of the most beautiful bays in the world, celebrated and praised, unique and unusual, penetrates a total of 28 kilometres into the harsh Montenegrin mountains. The beauty of the bay has attracted great minds like Lord Byron, George Bernard Shaw, Margaret Jursenar, to name but a few. The Kotor-Risan Bay, as a part of the world's natural and cultural heritage, was enlisted as a UNESCO world heritage site in 1979.







THE CUISINE OF CENTRAL MONTENEGRO

Sanja Golubović, journalist and the Chief Editor of the “Caffe Montenegro” magazine



The cuisine of central Montenegro brings with it a richness of taste based on its geographical diversity and traditional heritage. It has been spiced up by the influences of foreign cuisines, such as the dishes adopted from the Turks who were occupiers here through numerous wars. As you move further north, the climate becomes harsher and the food stronger.



Meat is the cornerstone of the diet: veal, lamb, pork (Njeguši prosciutto being the most popular), beef, as well as, river and lake fish. **Carp** is the most represented lake fish, which is prepared in many ways, “*u tavi*” (in a frying pan), smoked, marinated, “on a salad”; followed by **trout**, fried or baked, and as a particular specialty, served with kajmak or in sour milk. **Bleak** is also one of the favourite fish, a small indigenous fish from Lake Skadar. It is fried whether fresh or smoked, and smoked bleak is prepared in the “on a salad” style. **Eel** “on rice” is a dish of unique taste.

A lady selling dried bleak

*Nettles a
food and a
medicine*



A view of Zeta and Lake Skadar with the Prokletije mountain range in the background



Raštan is primarily a healthy plant; the photo shows raštan prepared with bacon

A good ratio of vegetables and fruit forms a great balance in the almost all meat and fish dishes such as Podgorica carp with prunes. A common food item is the home-grown potato, which is prepared in several ways: baked as a jacket potato, mashed, boiled, served cold in a salad, cooked with spinach as a side dish with the fish, and so on.

Dried sheep leg in dough, a gastronomic rarity

Sometimes, despite the large amounts of meat in them, the dishes get their names from the vegetables that are the basis of the dish, such as dishes with **raštan** (collard greens), an extremely popular leaf vegetable in Montenegro. Raštan is primarily a healthy plant and it is prepared with various types of fresh meat, dried meat or ribs, homemade sausages, *kastradina* (dried beef), bacon, and pork knuckle. A dish of Turkish origin - **japraci** (rolled raštan and minced veal or beef) has also become commonplace in our kitchens.

Another delicacy in this part of Montenegro is considered to be **nettle soup** with kajmak, made from the nettle plant that is considered as both food and medicine. Nettle dishes have a long history in the gastronomy of Montenegro and they were originally created in the most difficult times - times of wars and poverty when the humble nettle saved many lives. One of the gastronomic rarities is a unique dish - **košet** (dried sheep leg in dough) and is characteristic of central Montenegro.





Popeci

Dairy products, such as kajmak and cheeses, are indispensable on the dinner tables and in dishes, and come from the surrounding mountains and from the north. They are often combined with meat, as in “*Popeci*” from Podgorica or in “*Njeguši*” steak.

Homemade bread, most commonly made of wheat or corn, is present with every meal. Salads are mainly seasonal, made of vegetables from the Zeta and Bjelopavlić plains, including tomatoes, the famous green peppers, lettuce, spring onions, cucumbers, leeks and so on. The vegetables are often eaten fresh in a salad or pickled (*turšija*).

The most striking and widespread influence of foreign cuisines is evident in the numerous “*Burek bars*” which actively compete with fast food, especially in Podgorica, where there are fast food outlets at every step. They sell *burek* (a phyllo-dough stuffed with meat, monk’s rhubarb, potatoes, and cheese), originally a Turkish dish (*börek*) and is extremely popular even today. The influence of Italian cuisine is also noticeable in the consumption of the favourite and adored **pizza**, which is why you will find plenty of pizzerias in all the towns and cities, as well as the numerous types of pastas that have become standard, in both home kitchens and restaurants.



Homemade plum jam

Many beekeepers live in the countryside of the central region and their **honey** is of very high quality and value. Homemade juices are also famous as they are so full of fruit, with little sugar, such as pomegranate and cornelian cherry juices.

As for jams, the most exceptional are those made from rose hips or cornelian cherries. **Plum jam** is the most favourite and most appreciated type of jam. It is cooked differently from the other jams. Apart from being used as a spread, it is also included in many desserts, cakes, and strudels. It is present in the old dessert “*Podgorica presukači*” (a special treat that looks like “*priganice*” (fried dough balls) or doughnuts, although the recipe is different, simple and unique).

If you prefer “firewater” drinks, try the homemade wines and brandy. The largest vineyards are in the central Montenegro, especially in the regions of Podgorica and Crmnica. However, if you are a beer lover, our recommendation is, of course, the famous “*Nikšićko*” beer.



Presukači from Podgorica



Top quality natural honey, a gift from nature

The influence of Italian cuisine is noticeable all over Montenegro





“Carp in a frying pan”

A carp weighing 2,5- 3 kg, 2 kg of onions, 250 gr of prunes, 1 sour apple, 1 quince, some raisins, 1 teaspoon of sweet paprika, 125 gr of tomato purée, 1 spoon of sugar, 4 spoons of wine vinegar, 3 spoons of flour, 2 glasses of water, salt as desired, half a litre of oil.

Cut into the carp on both sides, salt, and put to fry in oil. During that time, braise the chopped onions in oil. After a while, add gradually 3 spoons of flour, sweet paprika, tomato purée, 2 glasses of water, prunes (previously dipped in hot water), chopped apple and quince, 1 spoon of sugar, 4 spoons of wine vinegar. Salt to taste. When the carp is fried, pour this mixture over it and leave it to bake for half an hour until it is well done.



“Raštan prepared on smoked pork knuckle”

Raštan (collard greens) is a type of dark green cabbage. Wash the raštan well, then tear into pieces by hand and put in boiling water to cook. At the same time, cook the smoked pork knuckle, a piece of bacon and a piece of pork. When all this is cooked, put all together in a pot to cook. When half boiled, add several peeled potato halves. When finally cooked, put the raštan onto the plates and eat as stewed vegetables. The meat should be served separately, either with raštan or other vegetables.





“Japraci”

*Japraci, a dish
of Turkish
origin*

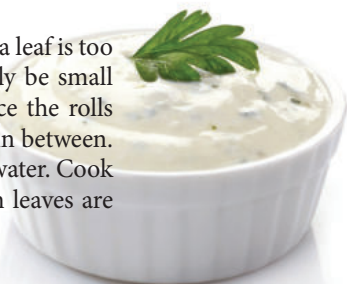
1 kg of raştan , 400 gr of veal, 2 dl of oil, 150 gr of onions, 80 gr of rice, salt, pepper and parsley as desired, 200 gr of dried meat.

Separate the fresh good young leaves of the raştan from the stem and remove the thick part of the leaf. Wash in cold water and blanch them in salted water for a couple of minutes. When the leaves are blanched, take them out and put immediately into cold water to preserve their natural colour. Keep in cold water until you use them again.

Separate the veal neck or shoulder knuckle from the bones, remove gristle and fat, and cut into small pieces. Clean, wash and chop the onions. Clean and wash the rice, and then strain well. If we add the dried meat when preparing japraci, it must be cut and put so that each portion contains one piece of it. Fry the chopped onions in a pan. Add the chopped meat to the onions and fry all together until all the water evaporates. When the onions and meat are fried, add the prepared rice and fry all together. Season the mix with a little salt, ground pepper and parsley. Let the prepared stuffing cool.

Put a tablespoon of stuffing on each leaf and roll it. If a leaf is too big, divide it into two because japraci should only be small in size. Put the leaves around the pot and place the rolls next to each other, adding pieces of meat in between.

Cover with raştan leaves and pour over water. Cook on a medium heat until the raştan leaves are tender. Serve with sour cream.



THE MOUNTAIN



CUISINE

Radmilo Tadić, a journalist and publicist



A marvellous view of the Montenegro Mountains

Owing to the rich pastures on the Durmitor, Sinjajevina and Bjelasica mountains, dairy products and meat from the Montenegrin north are the real generators of energy for life. The main dishes that are waiting for the guests to the north are mostly cooked potatoes, cabbage and mutton, as well as lamb roasted under the bell or on a spit. Dried mutton, pork, and beef are usually only eaten in winter.

The unique layered pasta "filatta" cheese from Kolašin

In the town of Kolašin, you have to try their layered cheese, *cicvara* or *kačamak* that are eaten with homemade sour milk.

In the entire region of northeast Montenegro (Bijelo Polje, Berane, Plav, Rožaje, and Petnjica) there are outstanding beef prosciutto and pies, which are hard to resist. In Pljevlja you should certainly try their protected cheese, while in Žabljak and in Šavnik you must try lamb roasted under the bell ("ispod sača").

Veal roasted under the bell and served with the famous cheese from Kuči



In Nikšić and Piva, you have to try *skorup* (ripe kajmak) and all kinds of roasts under the bell, in Danilovgrad you have to eat trout from the river Zeta, and in Kuči (northeast of Podgorica) taste the cheese from Kuči and skorup from the “katun” (the pastures in the high hills and mountains).

Katun skorup from a sheepskin sack is a must-try



The Village of Njeguši

Under the mountain peak of Lovćen lies the village of Njeguši, very well known for its numerous specialties: ham, cheese, *kastradina* (dried mutton) and sausages. Its prosciutto is made of pork, and it owes its special taste and aroma to the mixture of

the sea and mountain air and the special wood that is burned during its drying process. All the inhabitants of the “karst”, a small region near Lovćen, are involved in drying prosciutto and *kastradina*. Prosciutto and *kastradina*, together with bacon, onions and bread, are the staple foods of the local people and are used to give them energy during their strenuous working days.

RECIPES

Trout in sour milk

4 trout of 250- 300 gr, 2 litres of mild sour milk, 6-7 cloves of finely chopped garlic, a little salt.

Clean the trout, prepare a frying pan and fry the trout in a lot of oil. Put the chopped garlic and salt in the milk and stir. In a deeper pan, douse the warm fried trout with the prepared milk so that each piece of trout is covered. Pour one spoon of oil, in which the trout was fried, over the surface. Sprinkle over some black pepper. Cover the pan with aluminium foil and refrigerate for 4-5 hours.





Lamb in milk

1.5 kg of lamb shoulder knuckle or loin, 1.5 litres of milk, 3 carrots, 2 bay leaves, 5-6 unground peppers, 1 kg of potatoes, parsley, and salt.

Wash the meat, put into a pot and douse with milk, add one whole carrot, bay leaves, and pepper and salt as desired. Boil peeled whole potatoes in another pot. When the meat has boiled, take it out of the pot, put into a deeper pot and add the whole boiled potatoes and carrots. Douse it with the strained milk in which the meat was boiled and garnish with parsley.



Flatbread in a clay pot

Flatbread in a clay pot

Flatbread in a clay pot is prepared by placing a shallow clay pot (*crepulja*) on the oven until properly heated. Remove it from the heat and add the dough for the bread and covered it with the bell. In this way, the bread is baked on both sides, from below by the heated clay pot, and from the top by the embers contained in the bell.



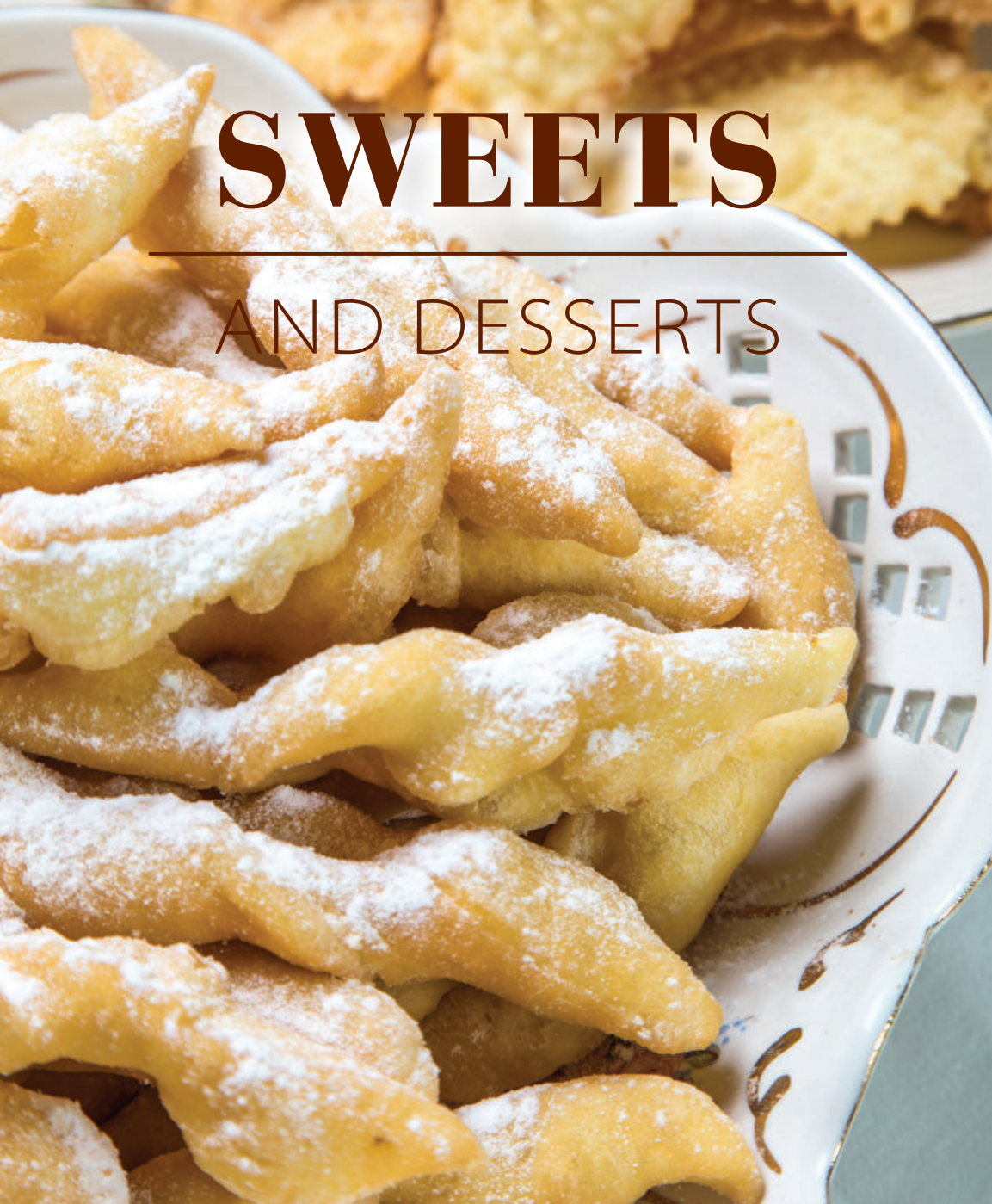
Jardum

Jardum or *grušavina* is a typical product of the mountainous part of northern Montenegro, and is made of sheep milk. It is prepared in late summer and early autumn because the grazing in these months is richer and the milk can be “curdled” more easily. The Sheep milk is salted to taste and cooked on a medium heat while being constantly stirred until the entire mass is covered in foam. Then it is removed from the heat to cool down. This milk is very dense and tasty and is served as a side dish.



SWEETS

AND DESSERTS





THE SWEET LIFE OF MONTENEGRO



The finest smells at home are produced when cookies and cakes are being made. Even after we have grown up and get a whiff of that smell in a pastry shop, a child-like joy awakes in us and all the memories come flooding back. There is nothing more enjoyable than the scent of cinnamon, vanilla or baked apples coming out of the kitchen...the most beautiful memories...We all have these memories. Some of them we share with everyone.

Almonds and pine nuts, essential ingredients of the "Perast cake"



We like the same tastes and smells today as our ancestors did hundreds of years ago. Ancient recipes, passed down from generation to generation, both orally and in writing, have been preserved, and this will go on, hopefully, forever. Such a magical recipe is our "**Dobrota cake**" which, due to its rich and special composition, is called the "Imperial Cake". The recipe for making this cake has the status of an intangible cultural asset of great local significance. Housewives from the Bay of Kotor have remained faithful to the old recipe and it is not unknown for them to devote two hours of their time just to make it. This cake is similar to the "Perast cake". In fact, the only ingredient that makes any difference between these two cakes is the pine nuts which, besides almonds, are added to the "Perast cake". The **Dragon cake**, a traditional cake from the Old Town of Budva, is also almost identical.

A sponge cake, a treat made with lots of eggs

Priganice with honey, something that is never forgotten in a traditional table setting

Even the simplest of Montenegrin cakes - delicacies with plenty of eggs, such as **sponge cake**, in which you can whisk up to fifteen eggs, depending on the cook preparing it, as well as the famous "**priganice**" (fried dough balls), are made from only simple ingredients. However, in combination with honey, as they are most commonly served, they have always been the favourite sweet. The recipes for *priganice* vary in the different parts of the country. On the coast, for example, raisins are put in them, a unique addition. A similar and widely prepared treat is called "**ruštule**" or "**kroštule**", a traditional simple dessert also made from dough. Crisp and sprinkled with caster sugar they always find their place on the table at any seaside festivity.





The unique and delicious corn crepes

The famous **crepes** have a special place in Montenegro's cuisine. They are made of corn flour, filled with honey and ground walnuts, or doused with prunes cooked in wine.

You can notice the influence of foreign gastronomy especially with desserts, mainly in well-known favourites which have become native to Montenegro such as *ba-klava*, *tulumba* (baked or fried dough soaked in lemony syrup), *urmašica* (biscuits soaked in sweet syrup), *tufahije* (apples poached in sugar water, and stuffed with ground walnuts). You can find the best such sweets in Ulcinj, Plav and Rožaje. Another favourite old treat is "*pinca*" or "**fu-gaca**", a typical Italian Easter cake. It is often prepared in households although slightly modified in relation to the

Krempite, a must-try in the pastry shop "Forza" in Kotor

original Italian recipe, so we might dare to call it "our own".

The menus of local restaurants are dominated by international (mostly Italian) desserts and ice creams. However, what characterizes the "sweet Montenegro" is the fact that every city and small town has an old pastry shop that is favoured by the locals. These are old family-friendly places and usually small family businesses passed down from generation to generation. Here you can find homemade cakes prepared using the old recipes.

Nothing has changed in these pastry shops for decades, or even longer, neither the interior nor the cakes. They preserve tradition and refuse to sell anything that is not handmade. Such pastry shops are "Kod Branke" in Budva, "Š.T. Hamza" in Podgorica, "Fontana" in Niksic, and "Karađuzović" in Bar.

One of the most popular pastry shops in the Bay of Kotor is "Forza" in the Old Town of Kotor. It has reserved the local bragging rights to the best "*krempita*" in Kotor and it also sells *ruštule*.

Our recommendation to foreign guests: when you are choosing a pastry shop, go where your hosts go.



Ruštule is a traditional sweet prepared in the coastal region and even every house have their own recipe





Dobrota cake

(A recipe from the book "Bokeška kužina")

This famous "*gulozeca*" (treat) was originally called the Venetian cake. Women from Perast named it the "Perast cake", and women from Dobrota call it the "Dobrota cake". I chose the name Dobrota cake. Truth be told, both are good!

Dough: 6 yolks, 6 tablespoons of sugar, 200gr of butter, 1 tablespoon of milk and flour.

Filling: 6 egg whites, 400 gr of almonds, 400 gr of sugar, 1½ dl of Maraschino cherry liqueur, lemon zest.

Dough: whisk the yolks with sugar, add softened butter and continue whisking. When all is nicely connected, pour in the milk and gradually add small amounts of flour until you get a dough that is neither hard nor soft. Form the dough on the bottom of the baking pan and around the sides, by forming small creases in the form of a sparrow's tail.

Leave a little dough aside for decoration.

Filing: whisk the egg whites with sugar. When the whites harden, add the almonds that have been blanched in hot water, peeled and finely chopped. Add Maraschino, the grated lemon zest, and stir gently. Put the filling evenly on the dough.

Take the dough that you have left aside, cut it in finger-wide stripes and place as a grid on the top of the filling. Put the cake in a hot oven and bake at 160°C for about 40 minutes.

MONTENEGR

A close-up photograph of a large pile of fresh red onions. The onions are vibrant red with some purple hues, and their roots are visible. They are piled together, creating a dense, textured appearance. The background is a solid, dark green color.

*A juicy
red onion
from
Crmnica*

IN MARKETS

Sanja Golubović, a journalist and the Chief Editor of the “Caffe Montenegro” magazine



PLACES WITH A VIVACIOUS RHYTHM

A market day was once like a holiday in Montenegro. People from the place where the marketplace was organised, those from the surrounding villages, even quite distant, the neighbouring regions, and those from near the border, would prepare for days in advance everything they were going to bring to the marketplace on the big day. From the money they earned by selling their produce, they would then buy all the things they needed. A lot of things were bartered or simply exchanged. People from the north would exchange the goods they needed with those from the south and vice versa. The locals would dress up in their best clothes for the weekly market because it was the day for meetings and chance encounters, the exchange of news, the sharing of experiences, and, above all, lots of conversations...

The marketplace was the place where young men and women who had not had many opportunities for courtship would fall in love. It would take a half day or even a day's walk or ride on horses and donkeys for people from the more distant places to come to the marketplace. This was usual when the weekly market was in the famous Rijeka Crnojevića when this place was the trading centre of Montenegro and its most important port in the 19th and early 20th centuries. People from many religions and nations would come to this opportunity for “trading in Rijeka” and there were days when no less than eight hundred people or more would come, with buyers from Dubrovnik, Italy and Albania all gathered there. A particularly appreciated product was dried bleak and wealthy Italian merchants would often pay a lot of money to have them on their dining tables.

Things look different today. Almost every settlement has its own mini-market or supermarket, but a major town's marketplace has remained the place where people continue to gather at least once a week. The **Weekly market** is still the day when vendors from distant places arrive and bring with them products that are not available every day. Going to the weekly market still has the charm of a ritual, a time when we can pick and choose, look around, smell, and evaluate. Naturally, although it does not matter, we are still happy when an elderly saleswoman gives us an apple or two for free. Maybe she reminds us of our grandmother, who is far away or has passed on.



THE FARMER'S MARKET IN PODGORICA – MONTENEGRO AT YOUR FINGERTIPS

Podgorica, the Capital City, which lies on the banks of the river Morača, near Lake Skadar and a 45-minute drive from the sea and the same distance from the mountains, has two green markets where you can find everything that people who live near the sea, the rivers, the lakes, the mountains, and the surrounding plains of Zeta and Bjelopavlići, can produce. One of them is in the shopping mall "Bazar", in the part of the town called "Preko Morače" (across the Morača river), and the second green market, a bigger one, is in the shopping mall, "The Mall of Montenegro".

Sea, lake and river fish, vegetables, kajmak, cheese, honey, olive oil, homemade wines, and juices are brought here from all parts of Montenegro. In the butchers you can find truly organic meat from the mountains. The inhabitants of Podgorica are able to enjoy any sort of Montenegrin cuisine they want. The most commonly bought fish are the river trout (a favourite Podgorica dish is trout with kajmak) and carp from Lake Skadar (it is prepared with rice or in the pan), and all kinds of meat.

The rich agricultural region of Zeta is famous for its year-round fruit and vegetables, so residents of Podgorica can enjoy lettuce and spring onion even in winter. As a city of wines and vineyards, besides the wine giant "Plantaže", Podgorica has many top quality small wineries that sell their wines at the marketplaces. Homemade pomegranate juice also has its place in the markets. Home-grown blueberries and raspberries, and wild blackberries from the mountain areas all come to be sold at the green markets. Honey producers also have their stalls in Podgorica's markets, so you can buy forest, floral or mug-wort honey from all the honey rich regions of the country.

Going to Podgorica's farmer's market is an insight into all of Montenegro. The residents of Podgorica have become much attached to their "own" market vendors and have complete confidence in them, know exactly where they come from, and have been buying cheese, kajmak, and fruit from them for years.

Marketplaces connect people.

*Vineyards
in the Zeta
plain*

*The farmer's
market in
Podgorica*





*The
colourful
farmer's
market in
Bar*

THE FARMER'S MARKET IN BAR – FRUIT FROM TWO SHORES

Bar is a town adjoining the sea on one side and Skadar Lake on the other, so food and produce from their shores, both savoury and sweet, are always available. Bar also has two marketplaces: a smaller old one in the town centre and a new one at the main crossroads, near the bus station, located in a big building – The Bar Market. The authentic experience of being in Bar is only really felt by going to one of these two markets. Here you will find numerous stalls which, besides fruits and vegetables, sell homemade olive oil, olives, tangerines, nuts, dried figs and a lot more.

The old Montenegrin saying that a fish is tasty only when it has swum three times - in the sea, in olive oil, and in wine, is confirmed right here in Bar. Bar has all three: fish, olive oil, and the numerous famous local wines from Crmnica and the region of the Skadar Basin.

Do not leave Bar without at least a bottle of wine and olive oil (the most famous local brand of olive oil is "Barsko zlato") and olives (the famous indigenous olive variety called *žutica*).



*The
famous
olives from
Bar*



How to buy top quality homemade olive oil and olives?

Experienced olive growers say you should do the following: pour little oil on the palm of your hand or in a wide cup that you warm up between your hands. The first thing you check is the smell of the olives, the same one that you get when you squash a fresh olive with your fingers. Then sip a little oil and suck it behind your teeth, so that other aromas can be noticed besides the taste. The best oils are those that are made from freshly harvested olives. Bad olives give off an oily or metallic taste. Olives that were picked a long before processing have the taste of heated grease. A heavy scent is a sign of a poor quality oil.

THE FARMER'S MARKET IN KOTOR – THE SEA AND THE MOUNTAINS



A postcard from 1908, showing the Kotor marketplace

To the right of the main gate of the ancient city of Kotor, right under the walls, there is always a crowd. Those who come here for the first time will be attracted by the tumult coming from the assembled people, the smells, and the beautiful scents of the Mediterranean, the sea, the herbs, the fish, the fruits and the flowers. This is the Kotor Market – it is called the **"Markt"**. We do not know whether this is named after the famous farmer's market in Barcelona (*Mercat de La Boqueria*), but we know that any time spent in the Kotor market is as great as that

spent in the market in Barcelona. While you can't compare the size, the range of produce on offer is definitely comparable.

The simple stalls are filled with handpicked fruit and vegetables, bottles of olive oil, jars of honey, fruit from both the north and the south of the country, bowls with olives, packs of local tea and small jars of healthy mixtures of honey, walnuts and seeds. In the dairy section you have neatly displayed kajmak and cheeses – soft, semi-hard, and hard cheeses, as well as cow, and goat (soft or hard) cheese in oil.

In addition to the usual fare, you will also find interesting plants for salads, typical of the Bay of Kotor, such as endive. It is primarily used as a salad, in polenta, during the preparation of the dish, veal in dough with endive, various pies and risottos, fish and lamb with

A string of dry figs waiting for buyers in the market



The "Kostanjada" festival in Stoliv, dedicated to chestnuts; there is a similar celebration in Ostros. Chestnuts are used by a lot by housewives from the Bay of Kotor, mostly for special treats

endive, and cakes and crepes. When it is time for *kostanj* (chestnuts), you can find them everywhere and they are used by many housewives in the bay for special desserts and snacks. (The "Kostanjada" held in the village of Stoliv is a chestnut festival).

Fresh shrimps



From the hills above Kotor, locals arrive and bring with them small amounts of everything that they sell, once their personal needs have been satisfied. That is the beauty of it. What they sow and reap for themselves, they also sell to others. That is not much of it, but it is all organic and of high quality. Everything that grows from seeds and then ripens in the sun and is watered by the rain, is to be found in the market.

"The Market" is a place that you should not miss when you come to Kotor. Kotor also has had its own marketplace and weekly market, held on a Saturday since the 15th century. At the time, the market was held inside the town on Sundays, in front of the Cathedral of Saint Tryphon. But due to the Sunday Masses and in order to avoid unnecessary crowding, the Bishop of Kotor, at the time, Marin Kontareno, set Saturday as the day for the weekly market. For the last six centuries, Saturday has been the day for the weekly market in Kotor.

You will not regret it. Wherever you are from, do not leave the market in Kotor without at least a bouquet of flowers and a bottle of olive oil, or maybe some dry figs. If you are an early bird, you should go early to the market, you will be one of the lucky ones as you will arrive in time to buy fresh fish caught that very morning and thus bring home the best that can be offered by the Adriatic. Unless you come from afar. In that case, go straight to one of the many restaurants in Kotor that offer the same fresh fish bought from the same fishermen, the same day.



The Kotor market



WEEKLY MARKETS



ANDRIJEVICA: MONDAY

KOTOR: SATURDAY

BAR: SATURDAY

MOJKOVAC: MONDAY

BERANE: SATURDAY

NIKŠIĆ: MONDAY AND FRIDAY

BIJELO POLJE: SATURDAY

PLAV: FRIDAY

BUDVA: FRIDAY

PLJEVLJA: MONDAY AND FRIDAY

CETINJE: FRIDAY

PODGORICA: SATURDAY

DANILOVGRAD: SATURDAY

ROŽAJE: FRIDAY

GUSINJE: THURSDAY

TIVAT: SATURDAY

HERCEG NOVI: WEDNESDAY AND SATURDAY

ULCINJ: TUESDAY AND FRIDAY

KOLAŠIN: MONDAY

ŽABLJAK: THURSDAY



THE RESTAURANTS OF MONTENEGRO

A rustic dining room with brick walls, wooden beams, a wooden cabinet, and a dining table with chairs. The room is warmly lit, with sunlight streaming in from a window with green curtains. The walls are made of red brick, and the ceiling features exposed wooden beams. On the left, there is a large, ornate wooden cabinet with glass doors and drawers. On top of the cabinet, there are various decorative items, including a clock and a teapot. A framed picture hangs on the wall above the cabinet. In the center, a dining table is set with plates, glasses, and a small vase. Two ornate wooden chairs with upholstered seats are tucked under the table. The floor is made of light-colored wood.

The selection of restaurants was brought to you by:

Velibor Zolak, a marketing manager, a publisher and publicist, **Sanja Golubović**, a journalist and editor, and **Saša Radović**, a tourism manager.

As you may have noticed, in many introductions by various juries, committees, selectors and those who seek to justify a certain choice they have made, almost as a rule, they state that they "had a difficult and thankless task". Well, in the case of the three of us (Velibor Zolak, Sanja Golubović and myself), who are behind the recommendations of restaurants which deserve your special attention and time (and time is money), that cannot be said. It could actually be said that we did not have a difficult time at all. We simply compared our individual lists, shared experiences, peeked online and, well, we also did some tasting. We shared our dilemmas with friends whose opinions matters to us and – *voilà!* I forgot to mention that we also asked the editor to further extend our list of recommendations. However, we were unsuccessful. The reality is that no matter how many additional choices we were allowed, our request would always have been the same.

In our evaluations we were guided by international standards and employed the criteria used by the biggest and most important gastronomic guide in the world - *Michelin*. In those criteria there is no space for an official number of restaurant stars (because they are meaningless for the product that is delivered), atmosphere, interior, and so on. People go to restaurants for the food and it alone defines the restaurants' quality and success.

There is an air of relaxation in Montenegrin restaurants, unburdened by any long traditions that have been passed down through the generations. There are no norms that require training or connection to any prestigious international cuisine or culinary school. There is no proud glorification of the local dishes. A gorgeously decorated space and often a glamorous feel, a number of fine people around you, the feeling of improvisation and creativity in the preparation of the food, the quality of the ingredients and the abundant portions at a reasonable price, are going to win you over immediately. A friendly atmosphere and natural hospitality will make sure that you become a regular guest and help you to overlook any tiny flaw. You will enjoy socialising with the local people, you will live their lives, whether you are in Montenegro on holiday or on business.

Finally, we hope that you will discover your own favourite restaurant in our country and enjoy it at least as much as we enjoyed the ones we recommend here.



10 RESTAURANTS

that deserve special attention

FOREST, PODGORICA

Without getting into an argument about whether *Beef Wellington* is of British or New Zealand origin, what is certain is that you can order it in the restaurant, "Forest" in the "City kvart" district of Podgorica. Its distinctively international menu offers a walk through the most famous European cuisines, so besides the aforementioned dish, you can order an Italian *ossobuco*, a nice sweet duck dish called *Duo of Duck* or a sea bass filled with olive tapenade. The experienced waiters will happily recommend a wine that goes nicely with every dish. We recommend that you finish your meal with a dessert of either a triple chocolate cake or a delicious warm plum crumble with a scoop of vanilla ice cream.



HEMERA, PODGORICA

The "Hemera", located in the city centre on Njegoševa Street is a Mediterranean restaurant offering classic seafood specialties which stand out through their imaginative creation, such as light rolls filled with shrimps, a triple cheese mousse with fresh spinach or a joyful and colourful combination in saffron, the seafood risotto. The menu includes some exotic dishes as well, such as Asian chicken made with soy sauce, curry, honey and jasmine. A refreshing arugula salad with blueberries, caramelised walnuts and a Greek cheese *manure* is always a good choice for a light meal. For red meat lovers, we recommend the veal fillet "Hemerin" in combination with truffles and porcini mushrooms or perhaps a *tomahawk rib-eye steak* – meat of extraordinary succulence, texture and flavour, which has gone through the process of dry ripening and is specially prepared in *Josper Grill* ovens. Hemera's desserts are among the favourites in the city, so you can happily make your selection from: soufflé, chocolate brownies, forest fruit cheesecake, fruit waffles, and the list goes on.



www.hotelhemera.com



PER SEMPRE, PODGORICA

"Per Sempre" offers a taste of the Mediterranean and the spirit of the Apennines to Podgorica. All their pasta is homemade, prepared in-house in a traditional Italian way. Tagliatelle, gnocchi, ravioli, spaghetti, pizza, seafood specialties are all masterly paired with appropriate seasonings and vegetables. Truffles, porcini mushrooms, cherry tomatoes, pecorino, onion, garlic, olives, basil, dried tomatoes, aromatic herbs, sage, rosemary and arugula give the dishes their authentic flavour.

www.restoranpersempre.me

Just a few steps away from the restaurant "Per Sempre" is its equivalent for those who prefer meat; the restaurant the "**Meat, Steak & Wine Bar**", with its carefully designed concept, is a step forward in today's gastro and wine scene. It skilfully connects both wine connoisseurs and lovers of well-chosen and prepared meat dishes. Both restaurants are located in the "City kvart" district.



KOD MIŠKA, ULCINJ

The oldest restaurant situated on the estuary of the river Bojana, opened in 1991, is a family business owned by two generations of fishermen and caterers, whose entire families work in the restaurant. The fish broth that is served in small pots for each guest is an appetizer you should not miss. The fish dishes are prepared only from the fresh daily catch. You get to choose your own fish and the way it is to be prepared: on the grill, in salt, with vegetables, fruit (apples, prunes, pineapple), baked in the oven or in a crock. Any sunset seen from the restaurant's terrace is unforgettable.

www.restoranmisko.com



DEMIŽANA, BUDVA

The local word “Demižana” means a big glass bottle wrapped in wicker and often used for storing homemade wine and brandy. That archaic word symbolises the rustic atmosphere of this

well-known Budva tavern of the same name. The real taste of the Mediterranean has been living in this restaurant, a stone house on the right side of the entrance to the Old town of Budva, for decades. In the summer months it enjoys the shade of a grapevine, and the warmth of a fireplace in the winter. This is a real home of fish and seafood and whatever you choose, you cannot go wrong. People frequently come to Budva just for lunch in the “Demižana”. In the tourist season, because of its popularity, you should make a reservation one day ahead.



JADRAN KOD KRSTA, BUDVA

Like a tall boat mast in the Budva marina, in this town full of clustered restaurants, the one that stands out is “Jadran”, to this name one has to add “kod Krsta” (at Krsto’s), because almost every guest will meet the owner, Krsto, who makes everyone feel as if they are coming to a friend’s house to eat. Krsto’s cooks skilfully prepare everything the sea has to offer. Their selection of meat is also extensive and the pizzas are baked in a wood burning oven. Right behind this oldest restaurant in Budva, opened in 1976, is a famous haven of modern pop culture, the biggest rock club in the region, the “**Beer and Bike Club**”, in which rock bands perform 365 days a year. After you have finished a delicious fish dinner in the “Jadran” just go over to “Beer and Bike” and have a great time!

www.restaurantjadran.com



MAKARUL, POP-UP RESTAURANT, BUDVA

On the first floor of the “Mogren” hotel, a part of the Hotel Group, “Budvanska rivijera”, the first fine “pop-up” restaurant has been opened in Montenegro. Carefully selected local foodstuffs, a modern and innovative method of food preparation although based on tradition, is the general approach to the culinary offerings of the biggest surprise in Montenegro’s food scene. Filleted fish, tartar and Carpaccio sauces, seafood, the best cuts of red meat, homemade local pasta and desserts made using local recipes, form the base of the menu. Like in all fine restaurants, the number of dishes on the menu is limited as the goal is to provide the best experience possible. The guests can choose between four types of complete menus (a four-course meal each), and we suggest this one: salmon covered in roasted almonds, homemade macaroni with octopus ragout, sea bass fillet with broccoli and carrot purée and fried parsley, and finally, a lemon cake. Enjoy your meal!



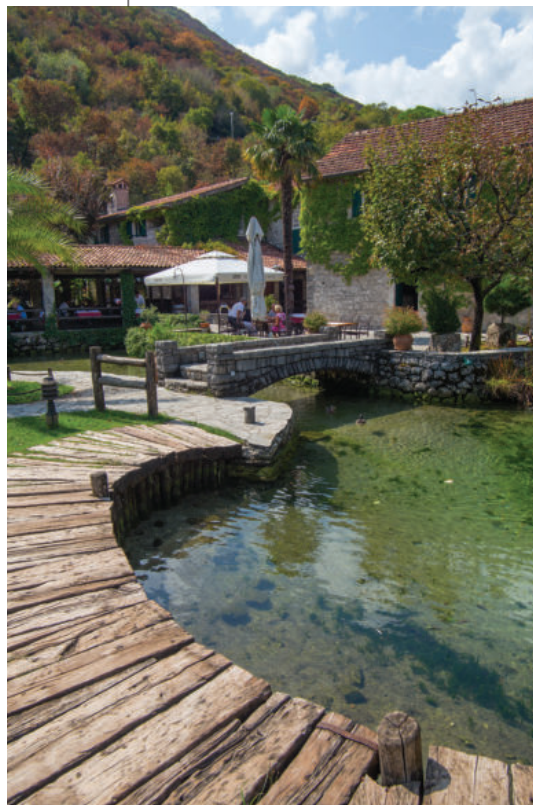
www.hgbudvanskarivijera.com

www.catovica-mlini.com



ĆATOVIĆA MLINI, MORINJ, KOTOR

On the family estate of the Ćatović family, through which a small river flows, among trees and the smell of camellias, laurels, lemons, bamboo, palm trees and olive trees, a gastronomic oasis of Montenegro has been created. The Mediterranean trinity – fish, olive oil and wine, is the main idea of this popular restaurant. For over two decades, guests from all over the world have visited this restaurant, and often book a table months in advance. Some “big shots” from all around world come here, the media around the planet talks about this renowned restaurant in a tiny country on the Adriatic Sea. Creamy shrimp soup, yellow risotto and octopus in corn flour with arugula leaves or grilled sea bass fillets, rolled and served on wild rice, covered in white truffle and shrimp sauce would be an interesting choice for any guest.



STARI MLINI, KOTOR

Next to a fast flowing subterranean river as it reaches the sea, right on the shore surrounded by exotic greenery, in an old mill, lies the family-run restaurant "Stari Mlini". Ljuta, a small hamlet next to Kotor, is now widely known through this

restaurant, which has been managed by two generations of the Đurić family for three decades. The authentic Mediterranean location serves up authentic Mediterranean food as well. The best fish and other fresh specialties of the Bay of Kotor are prepared in both a modern and an old-fashioned manner. Do not miss out on their fish or octopus dishes served with roasted vegetables, cooked "under the bell", following local tradition.



www.starimlini.com

www.portomontenegro.com/en/village/restaurants-bars/al-posto-giusto



AL POSTO GIUSTO, PORTO MONTENEGRO, TIVAT

In the heart of this mega-yacht marina, the stone interior of this restaurant creates a welcoming Italian ambience and lovers of the perfect pizza will be greeted by an open kitchen and a wood burning furnace. A series of classic Italian dishes (pizza, focaccia, risotto, pastas) is followed by a careful selection of meat and fish dishes. A beefsteak of your choice – in green pepper-sauce, truffle sauce, with gorgonzola, *diavolo*, plain served with grilled vegetables, or the "Al Posto Giusto" way: on a base of arugula and radicchio, with a Worcestershire and mustard sauce and slices of Grana Padano cheese. There is a terrace by the sea with a superb view of the yachts and the vivid sunsets of various colours. We suggest you try the Adriatic octopus carpaccio, a sea bass salad and Venus clams and local shrimps cooked *alla buzara*.



MONTENEGRIN NATIONAL RESTAURANTS

STARA KUĆA, PODGORICA

The mission of the “Stara kuća” restaurant in the district of Zagorič, according to the owner, is “to revive the spirit of old Montenegro, through the food as well as the lay out of the interior and exterior.” The resulting complex, although situated just outside of the modern capital city, is a one-of-a-kind replica of an ancient fort and old Montenegrin houses from the past of Podgorica. It shows off the recognisable symbols of the proud history of the spirit of coexistence and multiculturalism of Montenegro. A very extensive menu, with a bit of an old-fashioned concept, contains a wide range of meals, roast food, dishes prepared on the grill, and sea and lake fish. However, what people usually come to “Stara kuća” for are its national specialties from all over Montenegro.

www.starakuca.me



KONAK, CETINJE

A well-known place for gourmards and those who start feeling nostalgic for homemade cuisine, while on the Cetinje-Budva highway. The key elements of old style Montenegrin buildings, stone and wood, dominate the interior, and the menu contains Montenegrin dishes and foodstuff: homemade cheese, prosciutto (pork and beef), košet, lamb and kid roasted “under the bell”, Montenegrin sausage, homemade white or brown bread made from wheat, corn and rye flour. Other than traditional national delicacies, the extensive menu includes sea and lake specialties and grilled meals.

www.restorankonak.me



STARI MOST, RIJEKA CRNOJEVIĆA, CETINJE



One of the oldest restaurants on the banks of the river, Rijeka Crnojevića, it keeps alive the traditions of living in that area. This fish restaurant-tavern, named after the famous historic bridge nearby, only features food that comes from local suppliers: fish from the lake and rivers, plus cheese, prosciutto, and fruit and vegetables all bought from local growers. We suggest you order either smoked, marinated or “drunken” carp, dried bleak and the must-try fish broth, with a glass of homemade wine from the local area of Crmnica, of course.



KALDRMA, BAR

Located in an authentic old house in the Old Town of Bar, halfway from the car park to the main gate of the town, the restaurant “Kaldurma” cherishes the traditional cuisine of this area. All the dishes are a part of its gastronomic wealth, the well-kept traditions of the area and the old times, which you will find difficult to track down anywhere else: okra, *japraci*, eggplants in tomato sauce, peppers filled with cheese, broths, meatballs, and meat cooked with onion. For dessert, we recommend Turkish coffee and *tres leches*, or *urmašice*, an old form of Turkish delight. Alcohol is not served. The extraordinary interior and the atmosphere of an old Muslim house make this restaurant one of the most beautiful in Montenegro.



VODENICA, KOLAŠIN

This gastronomic emblem of Kolašin is located at the entrance of the city, in an old house near the river. You will find only national dishes on the menu, made from locally sourced ingredients: *kačamak*, *cicvara*, *popara*, *priganice*, meat prepared from local recipes, homemade cheese pie, pork and beef prosciutto, *kastradina*, roast veal and lamb, trout, and sauerkraut. Everything in the restaurant is homemade: blueberry, raspberry and cornelian cherry juices, apple pie made with handmade filo dough, corn and wheat bread. The restaurant also offers a vegetarian menu based on local foodstuffs.



MOMČILOV GRAD, ŽABLJAK

The "Momčilov grad" restaurant is situated in a location which forms the best viewpoint in Žabljak, at an altitude of 1,850 meters, and in between no less than 7 mountain tops. The restaurant serves cheese, kajmak, sour milk, milk, *priganice*, *kačamak*, *cicvara*, lamb cooked in milk, and veal and lamb roasted "under the bell." All its dairy products come from the farm owned by the restaurant, so the restaurant produces almost all the ingredients on the menu. His Royal Highness, Albert II, the Prince of Monaco, was amazed when he paid a visit to this restaurant.



INTERNATIONAL BRANDS

HARD ROCK CAFE PODGORICA

The “Hard Rock Café, Podgorica”, is located in “The Capital Plaza” building and is a part of this global brand, which has come to the Adriatic region and the Capital of Montenegro for the first time. This unique world concept gives a new energy to the city, and offers both its local and foreign guests a complete *rock’n’roll* experience. Its unique atmosphere, good music and American cuisine is instantly recognisable by its burgers of various sorts – the original Legendary burger, Cheese-burger, Roman-burger, Greek-burger, *java lava* burger, vegetarian burger and others.

www.hardrock.com/cafes/podgorica/menu.aspx



HILTON, PODGORICA

Located in the heart of the city, the “Hilton Podgorica Crna Gora” brought into their restaurant named “Crna Gora” the sort of modern luxury always promoted by this international hotel chain. Their cuisine is primarily international and designed to fit the needs and habits of guests from all over the world, while also making sure that ingredients sourced from Montenegro dominate the dishes. As for the menu, we recommend: *foie gras* with homemade strawberry jam, white risotto with shrimps, fried squid and asparagus, sea bass in lime sauce with herbs and a steak with grilled goose liver. For those of you who are keen on unusual flavours we suggest the salmon with quinoa. The restaurant’s pastry shop is extremely popular and has preserved the old Montenegrin delicacy *tulumbe* as a legacy of the old hotel “Crna Gora” which stood where the “Hilton” now stands. The “Queen Milena” cake and caramel tart are excellent choices for dessert.



www.hilton.com/en/hotels/montenegro/hilton-podgorica-crna-gora-TGDPMH1/dining/index.html

BYBLOS, PODGORICA-TIVAT

Thanks to the restaurants “Byblos” in both Tivat (Porto Montenegro) and Podgorica, Lebanese cuisine has become popular in Montenegro. The meals that are served in these restaurants are mostly based on natural, organic ingredients; the meat and seafood are bought from local suppliers, and fresh and fermented yoghurt and other dairy dressings combined with nuts and seeds with served with Middle Eastern seasonings, are also available. Of course, hummus is on offer. The oriental atmosphere is completed by *narghiles*, original Lebanese coffee and baklava, which are delicacies you should not miss out on sampling.



www.byblos.me



NOBU, BUDVA

Opposite the island of Sveti Stefan and with the most breath-taking view of the open sea, is the restaurant “Nobu”, a part of the worldwide restaurant chain of the famous Japanese chef, Nobu Matsuhisa, together with his partners, among whom Robert De Niro is the one provoking the most interest. The menu is standard for this restaurant chain and its emblematic dishes include black cod on green salad, scampi tempura with spicy cream or butter *ponzu*, black cod with *Yuzu Miso*, tuna-*sashimi* salad with *Matsuhisa* dressing, piquant Saint-Jacques and California rolls with crab meat and avocado. The best of the new-style Japanese cuisine. The restaurant is only open during the summer season.



www.noburestaurants.com



THE DINING ROOM, REGENT PORTO MONTENEGRO, TIVAT

The "Regent Porto Montenegro" has brought with it a number of innovations and has set new standards for Montenegro's restaurant scene. This is a place where experienced food experts come, aware that there is no other place where they can get a gastronomic experience quite like this, and they are ready to pay for it. The selection of meals for breakfast and lunch is wide (it is much more extensive for dinner), but what they have in common is a careful choice of world-class foodstuffs, an uncommon combination of flavours and detailed preparation. If your meal of choice is a steak, you can, for example, choose between a *fillet-mignon* made from Montenegrin beef that has matured for seven days or the best Austrian beef "*Jack's Creek*" *Black Angus rib-eye*, a perennial winner of the "World's Best Steak

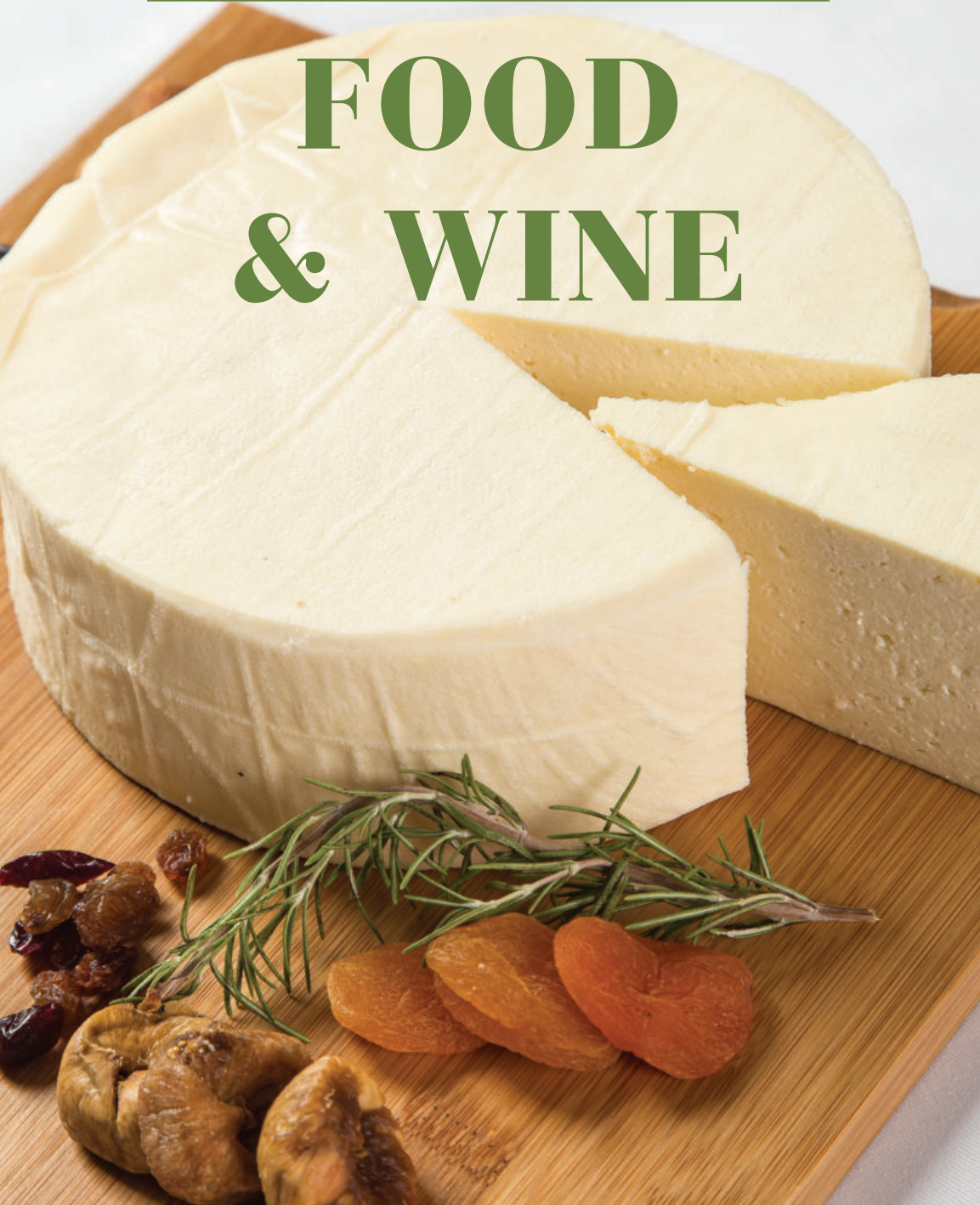
Producer" award. The menu includes a fine selection of top quality fish – monkfish, sea bass, dentex, and red mullet, and for dinner, besides fish and steak, the restaurant offers duck breasts, lamb terrine, or venison fillet. The prices are in accordance with the prices of the hotel to which the restaurant belongs.



www.regenthotels.com/regent-portomontenegro/dining/dining-room

EVENTS

**FOOD
& WINE**





“SMALL FEAST OF ORANGES”

HERCEG NOVI

JANUARY

www.hercegnovi.travel

“SPONGE CAKE DAY”

PODGORICA

APRIL

www.podgorica.travel



“DAY OF COLLARD GREENS”

PODGORICA

FEBRUARY

www.podgorica.travel

“CUISINE DAYS”

ULCINJ

APRIL/MAY

www.ulcinj.travel

“BRODET FEST”

BUDVA

**END OF MAY/
BEGINNING OF
JUNE**

www.budva.travel

“PAPALADA ALA MAKA”

KOTOR

FEBRUARY

www.kotor.travel

“PRIMAVERA FEAST”

HERCEG NOVI

MAY

www.hercegnovi.travel

“ŽUĆENICA FEST”

TIVAT

MAY/JUNE

www.tivat.travel

INTERNATIONAL WINE SHOW, “MONTEVINO”

PODGORICA

MARCH

www.podgorica.travel

“RISAN’S MAKARULI”

RISAN

MAY

www.kotor.travel

Gastro evenings “A summer of good taste”

TIVAT

**MAY/JUNE/JULY/
AUGUST**

www.tivat.travel

“EXPERIENCE THE MOST DELICIOUS MOMENTS”

BUDVA

APRIL

www.budva.travel

“TROUT DAYS”

PLUŽINE

MAY

www.montenegro.travel





“DAY OF CARP”

PODGORICA

JUNE

www.podgorica.travel

“THE SMELLS OF LINDEN AND HONEY”

CETINJE

12. JULY

www.cetinje.travel

“BLUEBERRY DAYS”

PLAV

JULY

www.plav.travel

“RASPBERRY DAYS”

ANDRIJEVICA

13. JULY

www.andrijevica.travel

“ROŽAJ TABLE”

ROŽAJE

JULY

www.rozaje.travel

Festival “Pašticada fest”

PETROVAC, BUDVA

21. JUN

www.budva.travel



“THE CAROB FESTIVAL”

TIVAT

JULY

www.tivat.travel

WINE AND TRADITIONAL PRODUCTS DAYS

TIVAT

**JUNE/JULY/
AUGUST**

www.tivat.travel

“DAYS OF HONEY”

MOJKOVAC

JULY

www.mojkovac.travel



“OLIVES OF THE BOKA”

TIVAT

**JUNE/JULY/
AUGUST**

www.tivat.travel

www.maslinaboka.org

“MOJKOVAČKA ČORBIJADA”

MOJKOVAC

JULY

www.mojkovac.travel

“DAYS OF HONEY”

PLAV

JULY

www.plav.travel



“BREATHE IN KOLAŠIN”

KOLAŠIN

JULY/AUGUST

www.kolasin.me

“PETROVAC NIGHT”

PETROVAC, BUDVA

AUGUST

www.budva.travel

“MUŠULJADA”

PRČANJ

AUGUST

www.kotor.travel

“SAINT ELIJAH’S DAY ON RUŽICA” – a fair of agri- cultural products

MOJKOVAC

2. AUGUST

www.mojkovac.me

“NJEGUŠKA TRPEZA”

CETINJE

AUGUST

www.cetinje.travel

“DAYS OF VANILICA”

ŽABLJAK

AUGUST

www.tozabljak.com

“DURMITOR HEALTHY FOOD DAYS”

ŽABLJAK

AUGUST

www.zabljak.travel



“ŠUŠANJ EVENING”

ŠUŠANJ, BAR

AUGUST

www.bar.travel

“THE WINE FAIR”

DANILOVGRAD

AUGUST

www.danilovgrad.travel

“THE FEAST OF RUŠTULE”

SVETI STEFAN, BUDVA

SEPTEMBER

www.budva.travel

“SPIČANSKO EVENING”

SUTOMORE, BAR

AUGUST

www.bar.travel

“HEALTHY FOOD FAIR”

DANILOVGRAD

AUGUST

www.danilovgrad.travel

Regional exhibition, “DAYS OF HONEY”

PLJEVLJA

SEPTEMBER

www.pljevlja.travel

“FOOD TALK”

BUDVA

**SEPTEMBER/
OCTOBER**

www.budva.travel

**“FEEL AND
TASTE MUSIC”**

TIVAT

SEPTEMBER

www.tivat.travel

“KOŠTANIJADA”

KOTOR

NOVEMBER

www.kotor.travel

**“FAIR OF HOME-
MADE TRADITI-
ONAL CUISINE”**

HERCEG NOVI

SEPTEMBER

www.hercegnovi.travel

**“THE DAY OF
ŠIRUN”**

BUDVA

OCTOBER

www.budva.travel

**“DAYS OF
PLJEVLJA
CHEESE”**

PLJEVLJA

NOVEMBER

www.pljevlja.travel

**“CORNELIAN
CHERRY DAYS”**

NIKŠIĆ

SEPTEMBER

www.niksic.travel

**“POMEGRANATE
DAY”**

ULCINJ

OCTOBER

www.ulcinj.travel

“MASLINIJADA”

BAR

DECEMBER

www.bar.travel

**“DAYS OF
HONEY”**

PODGORICA

**SEPTEMBER/
OCTOBER**

www.podgorica.travel
www.pcelarstvo.me

“KOŠTANIJADA”

OSTROS, BAR

NOVEMBER

www.bar.me

**“WINE AND
BLEAK
FESTIVAL”**

BAR, VIRPAZAR

DECEMBER

www.bar.travel

**“DAYS OF
HONEY”**

NIKŠIĆ

SEPTEMBER

www.niksic.travel

**“AUTUMN
FESTIVAL”**

HERCEG NOVI

NOVEMBER

www.hercegnovi.travel

**“BIJELO POLJE’S
BAZAAR”**

BIJELO POLJE

DECEMBER

www.tobijelopolje.me

Bon appétite!





Flocks of sheep on pastures around Kapetanovo Lake, at the foot of the “Morača” mountains, in the heart of Montenegro. The natural habitat here is perfectly preserved and untouched. A legend says that this lake was made by fairies. It’s easy to believe in such a legend as the landscape is so breath-taking and almost surreal.

