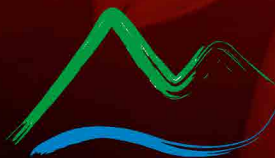




TERRA
PUTEVI MEDA
KROZ DURMITOR
I HERCEGOVINU

MEDENI MENU

HONEY MENU



IPA Cross-border Cooperation Programme
Bosnia and Herzegovina - Montenegro

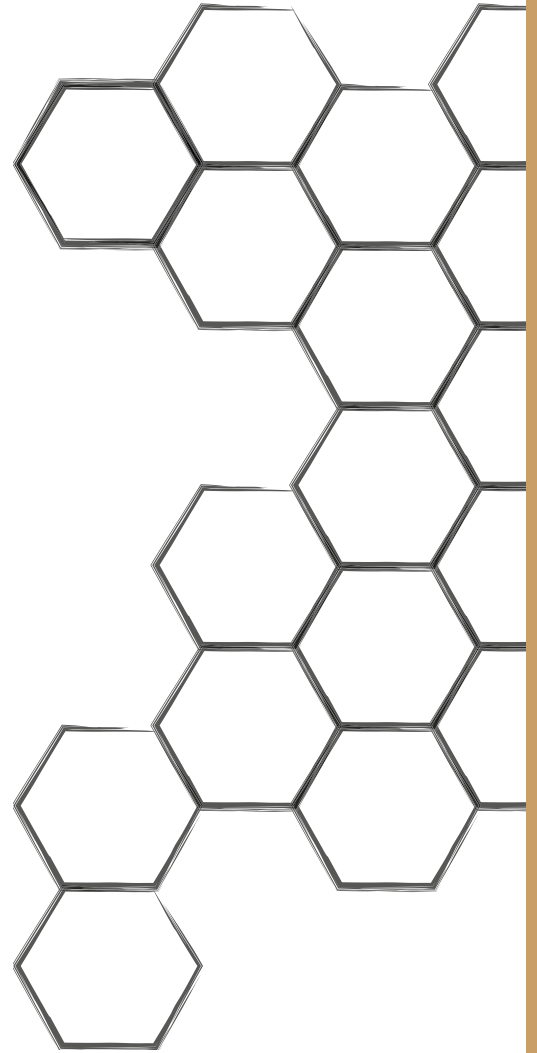


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MEDENI MENU

HONEY MENU





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UVOD

Par informacija o projektu: Projekat „Tipični proizvodi kao pokretač razvoja ruralnih područja – TERRA – Putevi meda kroz Durmitor i Hercegovinu“ finansira Europska unija u okviru IPA Programa prekogranične saradnje Bosna i Hercegovina – Crna Gora 2007-2013. Nositelji projekta su:

Udruženje za poduzetništvo i posao LiNK Mostar, BiH i Savez pčelarskih organizacija Crne Gore u saradnji sa partnerima

Udruženjem „Okusi Hercegovinu“ Mostar, BiH i Centrom za inicijative iz oblasti održivog turizma, Crna Gora.

Opšti cilj projekta je unaprijediti životne standarde kroz podršku i promociju ruralnog razvoja i turizma te promocijom tipičnih proizvoda radi generiranja prihoda i zapošljavanja. Valorizacijom i komercijalizacijom meda kao tipičnog proizvoda omogućuje se daljnji razvoj drugih tipičnih proizvoda na ciljnom području u skladu sa primjerima dobre prakse u EU. Jedan od rezultata projekta je uspostavljanje novog turističkog proizvoda „Ruta meda“ koja se proteže kroz gradove Mostar i Trebinje i opštine Nevesinje, Gacko, Bileća, Berkovići, Ravno, Stolac i Ljubinje (BiH) te opštine Žabljak, Plužine, Šavnik, Nikšić, Mojkovac i Kolašin (Crna Gora). Projekat traje 22 mjeseca. Ukupna vrijednost projekta je 412.464 € od čega 84,70% finansira EU.

Dragi čitaoc,

Mnogo lijepoga je već rečeno o medu ali da li ste znali da je povijest upotrebe meda u prehrani stara koliko i povijest čovječanstva? Dokazi o njegovom korištenju se mogu naći u skoro svakoj kulturi a najstariji je prapovijesna slika nastala prije 15.000 godina na zidu pećine u Španjolskoj. Još u davnoj prošlosti med je bio jedan od najranijih izvora hrane ali se koristio i za liječenje a danas se radi svojih povoljnih učinaka na zdravlje smatra izrazito vrijednom namirnicom i u terapijskom i u nutritivnom smislu. Nadamo se da će zbirka recepata „Medeni menu“ potaknuti Vašu maštu i povesti Vas „putevima meda“ ka novim gurmanskim otkrićima.

INTRODUCTION

About the Project: „Typical products as engine of development in rural areas – TERRA - Honey routes through Durmitor Mountain and Herzegovina” is financed by the European Union in the framework of the IPA Cross-border Programme Bosnia and Herzegovina – Montenegro 2007-2013. Lead implementing organisations are:

Entrepreneurship and Business Association LiNK, BiH and the Union of Associations of Bee-keepers of Montenegro in partnership with

Association „Okusi Hercegovinu” Mostar, BiH and the Centre for Sustainable Initiatives in Tourism, Montenegro.

General objective of the project is improvement of the living standards through support and promotion of rural development and tourism and the promotion of typical products as income and employment generators. Valorisation and commercialisation of honey as typical product will encourage further development of other typical products in target areas, in line with the examples of the good practice in EU. One of the project results is creation of the new tourism product “Honey Route” stretching through cities Mostar and Trebinje and the Municipalities Nevesinje, Gacko, Bileća, Berkovići, Ravno, Stolac and Ljubinje (BiH) and the Municipalities Žabljak, Plužine, Šavnik, Nikšić, Mojkovac and Kolašin (Montenegro). Project duration is 22 months. Total value of the project is 412.464 € out of which 84,70% is financed by EU.

Dear reader,

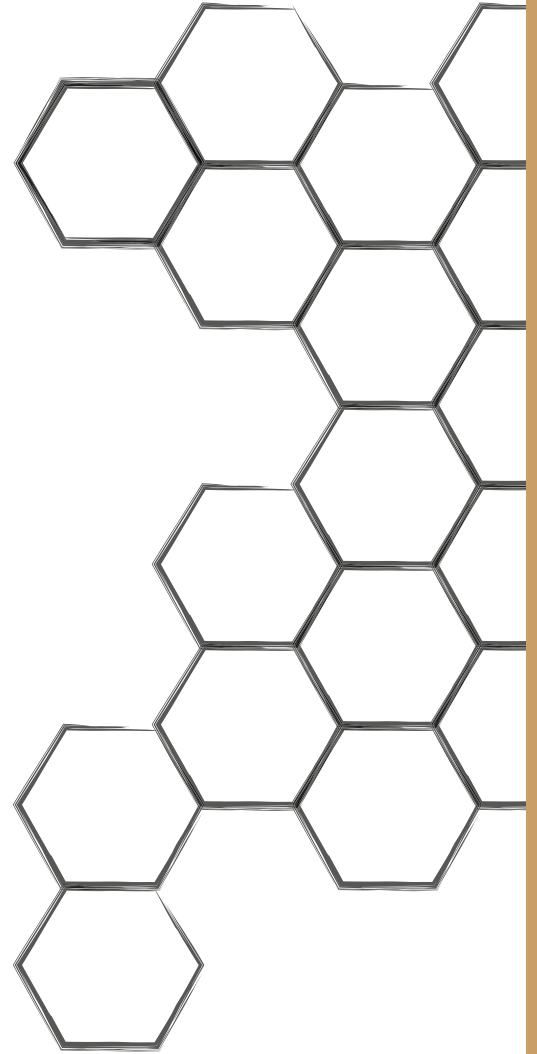
So many nice words were said about the honey but did you know that history of honey being used as the food is as old as history of mankind? Proofs could be found in almost every culture while oldest proof is 15.000 years old Palaeolithic art found on the walls of the cave in Spain. In ancient times honey was one of the principle sources of nutrients but it was also used for medicinal purposes. Now days, thanks to its beneficial effects on our health it is considered a highly valuable ingredient, both in therapeutic and dietary sense. We hope that this Cookbook “Honey Menu” will ignite your imagination and lead you down the “Honey Routes” towards new culinary discoveries.



Zahvaljujemo Ivoni Nikolić, Vuksanu Mitroviću i Elmi Stranjak na izvanrednom doprinosu implementaciji projekta „Tipični proizvodi kao pokretač razvoja ruralnih područja – TERRA – Putevi meda kroz Durmitor i Hercegovinu“ i na saradnji u realizaciji zbirke recepata „Medeni menu“.

Project team wishes to thank Ivona Nikolić, Vuksan Mitrović and Elma Stranjak on their extraordinary contribution to implementation of the Project „Typical products as engine of development in rural areas – TERRA - Honey routes through Durmitor Mountain and Herzegovina“ and cooperation in creating the Cookbook “Honey Menu“.

RECEPTI RECIPES



PILETINA SA MOZZARELLOM NA PODLOZI OD POVRĆA SA MEDOM I GORGONZOLOM

CHICKEN WITH MOZZARELLA ON THE VEGETABLE BASE WITH HONEY AND GORGONZOLA

Sastojci:

250 g piletine
80 g tikvice
80 g mrkve
70 g rajčice
30 g luka
10 g maslaca
2 žlice meda
20 g mozzarele
20 g gorgonzole
svježi timijan



Priprema:

Piletinu začinimo i ispečemo na roštilju do pola.

Mozzarelu narežemo 1 cm debelo, posložimo na piletinu i nastavimo peći dok se mozzarella potpuno ne istopi.

Povrće pirjamo na maslinovom ulju (luk, mrva, tikvica, rajčica), začinimo te sve skupa glaziramo sa medom i maslacem. Maknemo s vatre i pospemo gorgonzolom.

Pečenu piletinu poslužimo na podlozi od povrća, dekoriramo sa timijanom.

Ingredients:

250 g chicken
80 g zucchini
80 g carrots
70 g tomatoes
30 g onion
10 g butter
2 spoons honey
20 g mozzarella
20 g gorgonzola
Fresh thyme

Preparation:

Marinate the chicken and grill until half roasted

Cut mozzarella into 1 cm thick slices, place on the chicken and continue baking until mozzarella melts completely. Sauté the vegetables in olive oil (onion, carrot, zucchini, tomato). Add spices and glaze everything with honey and butter. Remove from heat and sprinkle with gorgonzola.

Grilled chicken serve on the vegetable base, decorate with thyme.

SVINJSKI FILE U KOŽICI OD MEDA I SENFA

PORK FILLET WITH THE HONEY AND MUSTARD COATING

Sastojci:

crno vino 0,5 l
klinčić
papar u zrnu
lovorov listopad
200 g suhih smokava
1.2 kg svinjskog filea
sol
ulje
1 žlica senfa
100 g meda



Priprema:

Vino , začine i suhe smokve kuhajte 15-20 min.
Medaljone začinite i zapecite na tavi.
Stavite u vatrostalnu posudu premažite mješavinom senfa i meda.
Stavite da se peče u pećnicu zagrijanu za gril 10 min.
Nekoliko puta premažite pastom od meda i senfa.
Poslužite sa umakom od suhih smokava i vina

Ingredients:

red wine 0,5 l
 clove
 peppercorns
 bay leaf
200 g dry figs
1.2 kg pork fillet
 salt
 oil
1 spoon mustard
 100 g honey

Preparation:

Cook wine, spices and dry figs together
 for 15-20 min.
Season and bake the fillets in the pan.
Place in ovenproof dish, brush with the
 mustard and honey mixture.
Bake in the preheated oven for 10 min.
Glaze with the honey and mustard
 paste several times while baking.
Serve with the dry figs and wine sauce.

MESNE KORPICE PUNJENE POVRĆEM

MEAT BASKETS FILLED WITH VEGETABLES

Sastojci:

1 kg mljevene puretine
200 g mozarele
300 g mix povrća
200 g sesama
100 g meda
1 manji luk
2-3 češnja češnjaka
sol
papar
Vegeta

Priprema:

U meso dodati češnjak, sol, papar, Vegetu i luk.
Izmijesiti smjesu, praviti korpice i uvaljati ih u susam.
Peći u rerni 20 minuta na 180°.
Povrće isjeci na kockice, dinstati lagano na tavi.
Dodati na kraju kockice mozarele i 2 kašike meda.
Pečene korpice puniti dinstanim povrćem.

Ingredients:

1 kg minced turkey meat
200 g mozzarella
300 g mix vegetables
200 g sesame
100 g honey
1 small onion
2-3 garlic cloves
salt
pepper
Vegeta (all-purpose spice)

Preparation:

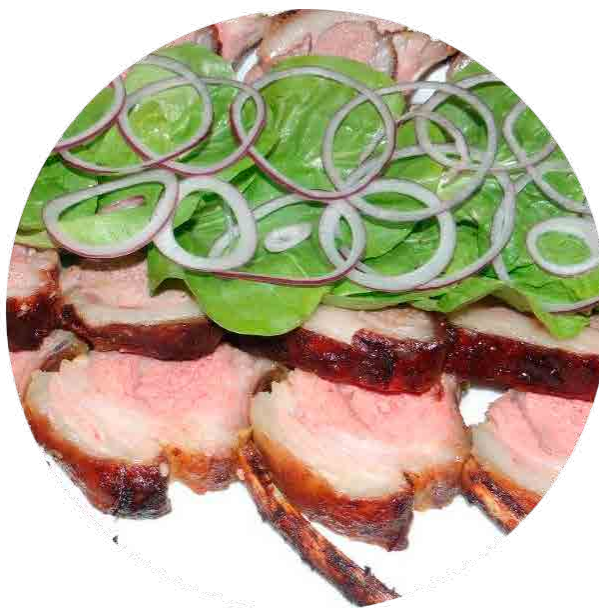
Add garlic, salt, pepper, vegeta and onion to the minced meat.
Stir the mixture, create baskets and roll them into sesame.
Bake in the oven for 20 minutes on 180° Celsius.
Cut vegetables into cubes and slowly sauté on the pan.
Add the mozzarella cubes and 2 spoons of honey.
Stuff baked baskets with sautéed vegetables.

JANJEĆI KOTLET

LAMB CHOPS

Sastojci:

2 kg janjećih kotleta
2 češnja češnjaka
1 glavica luka
2 dcl vina
med
senf
sol
papar
ulje



Priprema:

Meso peći u tavi sa svih strana i dodati 2 glavice češnjaka i pola glavice luka. Pečene kotlete staviti u toplu rernu 10 minuta. U masnoću od pečenja dodati med, senf, sol, papar, sjeckano svježe bilje i zaliti vinom. U dijelu ovog umaka možete skuhati leću kao prilog kotletima.

Ingredients:

2 kg lamb chops
2 garlic cloves
1 onion
2 dcl wine
honey
mustard
salt
pepper
oil

Preparation:

Fry meat in the pan on all sides then add two garlic cloves and half of the finely chopped onion. Place fried chops in the oven for 10 minutes; chops will release its juices and create a sauce. Add honey, mustard, salt, pepper, chopped fresh herbs and wine into the sauce to create gravy. You can use a portion of this gravy to cook lentil as a side dish for the lamb chops.

SIR SA ORASIMA I MEDOM

CHEESE WITH HONEY AND WALNUTS

Sastojci:

250 g sira
2 jaja
1 kašika mljevene crvene paprike
1 kašika mljevenog papra
80-100 g brašna
100 g oraha
4 kašike meda

Ingredients:

250 g cheese
2 eggs
1 spoon of ground red paprika
1 spoon of ground black pepper
80-100 g flour
100 g walnuts
4 spoons of honey

Priprema:

Sir izrežite na kriške debljine 2 cm.
Umutite jaja, papar i papriku.
Sir uvaljati u brašno, smjesu od jaja i oraha.
Peći na tavi na srednje zagrijanom ulju.
Prije serviranja posuti sa medom i orasima.

Preparation:

Cut the cheese into pieces 2 cm thick.
Mix eggs, pepper and paprika.
Sprinkle cheese slices with flour and dip it in the egg and walnut mixture.
Fry on the pan on the medium heat.
Before serving sprinkle with honey and walnuts.

BEGOVA ČORBA

BEY'S SOUP

Sastojci:

1 cijela koka
1/2 kg mrkve
30 dag bamije
vrhnje za kuhanje
1 limun
lovorov list
sol
papar
vegeta
svežanj peršina

Priprema:

Iskuhati piletinu i mrkvu u 2l vode.
Očistiti meso od kosti.
U fond od pileline dodati meso, bamiju, mrkvu.
Kuhati sve još 10 minuta.
Na kraju dodati vrhnje, limun, sol, papar, lovor i peršun.

Ingredients:

1 whole chicken
1/2 kg carrot
30 dag okra
heavy whipped cream
1 lemon
bay leaf
salt
pepper
Vegeta (all-purpose spice)
parsley

Preparation:

Cook chicken and carrot in 2l of water.
Remove meat off the bones
and chop in fine pieces.
Add meat, okra, carrot to the chicken broth.
Cook everything for 10 more minutes.
At the end add cream,
lemon, salt, pepper and bay leaf.

JOGURT SA TOSTIRANIM ORASIMA

YOGHURT WITH TOASTED WALNUTS

Sastojci:

50 g oraha
50 g lješnjaka
vanilin šećer
800 g grčkog jogurta
sok od pola limuna
4 žlice meda

Priprema:

Orahe tostirajte i nasjeckajte (ohladite).
Izmiješajte jogurt, vanilin šećer i limunov sok.
Jogurt razdijelite u 4 čaše i u nekoliko slojeva
stavite malo oraha i meda.
Na vrh stavite orahe i med.

Ingredients:

50 g walnuts
50 g hazelnuts
vanilla sugar
800 g Greek yogurt
lemon juice
4 spoons of honey

Preparation:

Toast and cut the walnuts, let them
cool to room temperature.
Mix yogurt, vanilla sugar and lemon
juice.
Split yogurt into 4 cups and add some
walnuts and honey in a few layers.
Put walnuts and honey on top.

MEDENA TORTA

HONEY CAKE

Sastojci:

4 jaja
1 šolja šećera
1 šolja ulja
1/2 meda
1 šolja kore od naranče
5 šolja brasna
3 žlice praska za pecivo
1/2 žice sode bikarbone
2 žlice cimeta
1/2 šalice hladne kave
1/2 šalice soka od naranče
1/2 šalice badema
1/2 šalice groždica

Priprema:

Umutiti jaja, šećer, dodati med i ulje. Dodati kavu, sok od naranče i koru od naranče. Bademe usitniti, groždice i po želji dodati suhe šljive i suhe smokve izrezano na male komade. U smjesu lagano dodati brašno, prasak za pecivo, sodu bikarbon, cimet. Ručno sve zamutiti i izliti u kalup od torte. Peci na 180° 30 minuta.



Ingredients:

4 eggs
1 cup sugar
1 cup oil
1/2 honey
1 cup orange peel
5 cups flour
3 spoons of baking powder
1/2 spoons of baking soda
2 spoons of cinnamon
1/2 cup cold coffee
1/2 cups orange juice
1/2 cup almonds
1/2 cup raisins

Preparation:

Mix eggs and sugar, add honey and oil to the mixture. Add coffee, orange juice and orange peel. Crush almonds, raisins, and if you like you may also add dry plums and figs cut into small pieces. Slowly add flour into the mixture, add baking powder, baking soda, cinnamon. Mix everything by spade and pour into the cake mold. Bake on 180° Celsius for 30 minutes.

PEČENI SIR SA MEDOM I ORASIMA

GRILLED CHEESE WITH WALNUTS AND HONEY

Sastojci:

250 g sira
2 jaja
1 kašika mljevene crvene paprike
1 kašika mljevenog papra
80-100 g brašna
100 g oraha
4 kašike meda



Priprema:

Sir izrežite na kriške debljine 2 cm.
Umutiti jaja, papar i papriku, samljeti orahe.
Sir uvaljati u brašno, onda u smjesu od jaja i na kraju u mljevene orahe.
Peci na tavi na srednje zagrijanom ulju.
Prije serviranja posuti sa medom i orasima.

Ingredients:

250 g cheese
2 eggs
1 spoon ground red paprika
1 spoon ground black pepper
80-100 g flour
100 g walnuts
4 spoons of honey

Preparation:

Cut the cheese into 2 cm thick slices.
Mix eggs, pepper and paprika, ground walnuts. Sprinkle cheese with flour, dip it into egg mixture and finally in grounded walnuts. Bake on pan on medium heated oil. Before serving sprinkle with honey and walnuts.

JUNEĆA MESNA ROLADA

BEEF MEAT ROLLS

Sastojci:

1 kg mljevene junetine
dvaput premljevene
2 glavice luka
3-4 češnja češnjaka
100 g krušnih mrvica
8 jaja
Vegeta
sol
papar



Priprema:

U meso dodati luk, češnjak, sol, biber, prezlu i 2 jaja.
Sjediniti i smjesu dobro izraditi.
Skuhati ostatak jaja.
Od mesa napraviti roladu u koju ćemo staviti oguljena kuhana jaja (može umjesto jaja i povrće po vašoj želji).
Peći 30 minuta na temperaturi 180°.

Ingredients:

1 kg twice-minced beef
2 onions
3-4 garlic cloves
100 g bread crumbs
8 eggs
Vegeta (all-purpose spice)
salt
pepper

Preparation:

Add finely chopped onion, garlic, salt, pepper, bread crumbs and two eggs in the meat.
Mix them well.
Boil the rest of eggs, cool, remove shell.
Flatten the meat mixture with the roll, place hard boiled eggs in the middle and roll it together (instead of the eggs you can use mix of vegetables to your taste).
Bake for 30 minutes at 180° Celsius.
Let cool. Cut across to get slices.

ŠAŠLIK OD PILEĆIH OKRUGLICA

SHASHLIK OF CHICKEN DUMPLINGS

Sastojci:

1 kg mljevene piletine
1 i 1/4 šalice krušnih mrvica
3/4 šalice mlijeka
1/2 šalice luka
2 jaja
1/4 žlice papra
2 žlice soli
1 žlica maslaca
4-5 češnja češnjaka
3/4 šalice ketchupa
1/2 šalice meda
1/4 šalice soje



Ingredients:

1 kg minced chicken meat
1 and 1/4 cup bread crumbs
3/4 cups milk
1/2 cup onion
2 eggs
1/4 spoons pepper
2 spoons salt
1 spoon butter
4-5 garlic cloves
3/4 cup ketchup
1/2 cup honey
1/4 cup soy

Priprema:

U mljeveno meso dodati sjeckani luk, mrvice, jaja, papar, sol i češnjak. Smjesu dobro izraditi, praviti male loptice i peći ih u tavi. Pečene zaliti sa medom i soja sosom. Praviti saslik na drvenom štapiću:
-komad sherry paradajza rezan na pola
-komad pečene okruglice rezati na pola
-komad mozzarele
Napomena : slijed ponoviti dva puta

Preparation:

Add chopped onion, bread crumbs, eggs, pepper, salt and garlic into the minced beef. Mix the mixture well, make small balls and fry in the pan. Pour honey and soy sauce over the baked balls. Make the shashlik on the wooden stick:
-piece of sherry tomato cut in half
-piece of baked ball cut in half
-piece of mozzarella
Note: repeat the course twice

PILEĆI STEAK NA PEČENOJ LEĆI S RIŽOM

CHICKEN STEAK ON BAKED LENTIL WITH RICE

Sastojci:

1 kg pilećeg steaka
450 g leće
3/4 šalice meda
1/2 soja sosa
2 žlice senfa
1 žlica papra
1/2 žlice đumbira
1/2 šalice luka
1/2 šalice mrkve
1/2 šalice celera
3 žlice ulja
kuhana riža

Priprema:

Pileća prsa dan prije marinirati u medu, senfu i soja sosu.

Izvaditi filete i peći na tavi ili grilu dok ne dobiju zlatnu boju.

Na tavi prodinstati luk, mrkvu, celer.

Filete složiti u zdjelu, zaliti sa marinadom, din-stanim povrćem.

Naribati malo đumbira.

Peći u pećnici na 200° 15 minuta.

Ingredients:

1 kg chicken steak
(breast)
450 g lentil
3/4 cups honey
1/2 soy sauce
2 spoons honey
1 spoon pepper
1/2 spoon ginger
1/2 cup onion
1/2 cup carrot
1/2 cup celery
3 spoons oil
cooked rice

Preparation:

Marinate chicken breast in honey, mustard and soy sauce a day earlier. Take out the fillets and fry on the pan or grill until they turn golden.

Sauté onions, carrot and celery on the pan. Arrange fillets into the oven-proof bowl; pour marinade and sautéed vegetables over fillets. Sprinkle with grounded ginger (to taste).

Bake in the oven at 200° Celsius for 15 minutes.

JUHA OD BUNDEVE SA NARANČOM I MEDOM

PUMPKIN SOUP WITH HONEY AND ORANGE

Sastojci:

600 g bundeve
2 luka
250 ml soka od naranče
4 grančice kadulje
2 naranče
400 g krumpira
Ulje
500 ml temeljca ud povrća
Prstohvat soli i papra
100 vrhnja
20 g maslaca

Ingredients:

600 g pumpkin
2 onions
250 ml orange juice
4 springs of sage
2 oranges
400 g potatoes
oil
500 ml vegetable broth
salt and pepper
100 cream
20 g butter

Priprema:

Očistite krumpir i bundevu i narežite na kockice.
Luk očistite i narežite na rezance i pirjajte na ulju.
Dodajte luk i bundevu i još malo pirjajte.
Dodajte sok od naranče i temeljac i jednu sitno sjeckanu grančicu kadulje.
Juhu začinite dodajte jednu žlicu meda i kuhajte 20-25 min. Izvadite nekoliko kockica bundeve i nasjeckajte na sitne kockice. Juhu propasirajte, dodajte vrhnje, začinite i dajte još meda.
Naranče filirajte i dodajte u juhu sa kockicama bundeve. Ostatak listova kadulje zapecite na maslacu i dodajte u juhu.

Preparation:

Clean the potatoes and cut into cubes. Clean the onion and cut into strips and sauté on oil. Add onion and pumpkin and sauté for a while. Add orange juice and broth and sage (to taste) cut into small pieces. Add spices to the soup, add honey and cook for 20-25 min. Take out a few cubes of pumpkin and cut them into smaller cubes. Puree the soup to get creamy texture; add cream, spices and more honey. Fillet the orange and add to the soup with pumpkin cubes. Fry the rest of the sage on butter and add to the soup before serving.

PUREĆA ROLADA

TURKEY ROLL

Sastojci:

1 kg purećeg filea
1/2kg mladog sira
1/2kg špinata
4 jaja
sol
biber
med
orasi

Priprema:

Filet rasjeći na pola i lagano istući da omekša.
Filovati sa mladim sirom ili špinatom i praviti rolade.
Umutiti jaja, sol i brašno.
Pohovati rolade i peći na tavi.
Sijeći ih na prstenčiće.
Posuti medom i orasima.

Ingredients:

1 kg turkey fillet
1/2kg cottage cheese
1/2kg spinach
4 eggs
salt
pepper
honey
walnuts

Preparation:

Cut the fillet in half and beat to soften.
Fill with cottage cheese or spinach and make rolls.
Mix eggs, salt and flour.
Dip rolls into mixed eggs and fry on the pan.
When finished frying, cut rolls across to get slices.
Sprinkle with honey and walnuts.

MEDNA ROSA

HONEY DEW

Sastojci za tijesto:

Margarin 6 dag
Šećer 5 dag
Jaje 1 kom
Prašak za pecivo ½
Brašno 15 dag

Sastojci za kuhane jabuke:

Šećer 50dag
Voda 0.5l
Vanilin šećer 1 kom
Limun 3 šajbe
Jabuke (zlatni delišes) 2 kom

Šećerna otopina (šerbet):

Šećer 40 dag
Limun 2 šajbe
Vanilin šećer 1 kom

Sastojci za nadjev:

Orasi
Groždice
Suhe smokve
Med
Malo vode u kojoj su
se jabuke kuhale

Priprema tijesto:

Napravite masno tijesto od navedenih sastojaka. Oblikujte 16 loptica, malo ih spljoštite i prslonite na ribež da ostane otisak. Poredajte ih u tepsiju sa razmakom. Stavite peću hladnu pećnicu na 200°C dok ne dobiju zlatnožutu boju. Pečene podloge zalijte prokuhanim šerbetom.

Priprema jabuke:

Jabukama izvadite sredinu, ogulite i izrežite na 2-4 ploške, ovisno o veličini jabuke. U prokuhanu šećernu otopinu dodajte jabuke. Po jabukama pospite šećer i kuhajte poklopljeno 2 do 7 min. skinite s vatre i poklopljeno hladite.

Priprema nadjev:

Groždice, smokve i orahe grubo nasjeckajte i pomiješajte sa malo šećerne otopine od jabuka i medom. Smjesu dobro izmiješajte i njome puniti jabuke.

Serviranje:

Na desertni tanjur stavite podlogu od tijesta za mednu rosu, zatim na tijesto stavite kuhanu jabuku, šuplinu u sredini jabuke napunite sa nadjevom i okolo napravite dekorativan vijenac od tučenog slatkog vrhnja. Nadjev se mora vidjeti. Lagano ukasite kapljicama meda u vidu rose.

MEDNA ROSA

HONEY DEW

Ingredients for dough:

Margarine 6 dag
Sugar 5 dag
Egg 1 piece
Baking powder ½
Flour 15 dag

Ingredients for cooked apples:

Sugar 50 dag
Water 0.5l
Vanilla sugar 1 piece
Lemon 3
Apples (Golden Delicious) 2 pieces

Sugar syrup (sherbet):

Sugar 40 dag
Lemon 2
Vanilla sugar 1 piece

Ingredients for the fill:

Walnuts
Raisins
Dried figs
Honey
Water in which apples
were cooked

Preparing the dough:

Make the heavy dough with the listed ingredients. Make 16 balls, flatten them to get flat round shapes and press on the grater to leave a print. This will be the bases of the cake. Arrange them into the pan leaving a bit of space between them to allow them to grow. Put the pan in the oven and bake at 200°C until they turn golden brown. Pour sherbet over baked bases and let cool.

Apple preparation:

Remove apple cores, peel and cut apples across into 2-4 slices, depending of the apple size. Add sliced apples to the simmering sherbet. Cook submerged 2 to 7 min. Try them with fork making sure that apples are not over cooked. Take off the heat and cool covered.

Filling preparation:

Raisins, figs and walnuts cut roughly and mix with some apple sherbet and honey to get the fill. Mix well.

Serving:

Put the dough base on the dessert plate, then place the boiled apple slice on top, fill the hole in the middle of apple slice with the fill and create a decorative wreath with whipped cream. Fill has to be left visible. Decorate with honey drops to make it look like a dew.

FLAMBIRANE PUNJENE SMOKVE

FLAMBÉED STUFFED FIGS

Sastojci:

180 g meda
130 ml šerija
¼ čajne žlice cimeta
18 suhih smokava
čokolada za kuhanje
20g maslaca
slatko vrhnje



Ingredients:

180 g honey
130 ml sherry
¼ tea spoons cinnamon
18 dried figs
70% cacao chocolate
20g butter
Sweet cream

Priprema:

Prokuhajte med, šeri, cimet, 380 ml vode i smokve i kuhajte 10 min. Nakon toga sklonite sa štednjaka i ocjedite smokve a tekućinu ukuhajte još 5 min. Vrhove smokava otkinute škarama i u otvor stavite po jedan badem i malo čokolade. Smokve stavite na zagrijanu tavu na 20g maslaca i flambirajte sa 100ml šerija. Dodajte vodu u kojoj ste kuhali smokve i dodajte dvije žlice meda. Umak sjedinite i poslužite.

Preparation:

Boil honey, sherry, cinnamon and figs in 380 ml water for 10 min. Take figs out of the syrup. Keep syrup on the heat to simmer for another 5 min. Cut the tops off the figs with scissors and fill each fig with one peeled almond and a little bit of chocolate. Place figs on preheated pan on 20g of butter and flambé with 100ml of sherry. Add syrup in which figs were cooked and add two spoons of honey. Join the sauce and serve.

SALATA SA MOZZARELLOM I NARANČOM

ORANGE AND MOZZARELLA SALAD

Sastojci:

300 g rukole
200 g mozzarele
200 g cherry rajčica
2 naranče
100 g crnih maslina
0,5 dcl maslinovog ulja
1 kašika meda
1 kašika senfa
Sol

Priprema:

Oprati rukolu i posušiti.
Nasjeći mozzarelu na kockice.
Cherry rezati na pola.
Napraviti preljev od ulja,
senfa, meda i soka naranče.
Rukolu, cherry, mozzarelu
izmješati i preliti po salati.
Ukrasiti kriškama naranče.

Ingredients:

300 g arugula
200 g mozzarella
200 g cherry tomatoes
2 oranges
100 g black olives
0,5 dcl olive oil
1 spoon honey
1 spoon mustard
salt

Preparation:

Wash arugula and dry.
Cut mozzarella into cubes.
Cherry cut in half.
Make dressing with oil,
mustard, honey and orange juice.
Mix arugula, cherry, mozzarella
and pour over the salad.
Decorate with orange slices.

SVINJSKI FILE PUNJEN MEDOM I ORASIMA

PORK FILLET WITH HONEY AND WALNUTS

Sastojci:

1 kg krumpira (prepolovljen)
Sol
4 kruške (prepolovljene)
100 g oraha (grubo sjeckanih)
6 grančica ružmarina
Ulje
Med
2 svinjska filea
papar
15 kriška špeka
20 g maslaca
400 g poriluka (narezano na kolutiće)
400 g tikve (kriške)
75 ml Aceto balsamico
Prstohvat soli
30 g maslaca
Krupna sol

Priprema:

Krumpire skuhaite. Kruške stavite peći na (175°C 45 min.) Grubo sjeckane orahe tostirajte, dodajte malo ružmarina skinite sa ploče i dodajte med, pustite da se ohladi. Meso uzduž prerežite i napunite pripremljenim nadjevom i umotajte u špek. Meso zapecite u tavi. U posudu u kojoj su se pekle kruške stavite povrće i meso i pecite još oko 30-45min. Krumpir zapecite na maslacu. Pečeno izvadite iz pećnice i poslužite dekorirajte sa ružmarinom i servirajte sa krumpirom.

Ingredients:

1 kg potatoes (sliced lengthwise in two pieces)
salt
4 pears (sliced lengthwise in two pieces)
100 g walnuts (chopped)
6 springs of rosemary
oil
honey
2 pork fillet
pepper
15 slices of bacon
20 g butter
400 g leek (sliced across)
400 g zucchini (slices)
75 ml Aceto balsamico
Pinch of salt
30 g butter
coarse salt

Priprema:

Boil potatoes. Place pears into oven and bake them on 175°C for 45 min. Toast chopped walnuts, add a pinch of rosemary. Remove from the heat. Add honey and let cool. Cut pork lengthwise and fill it the fill. Wrap bacon around the fillets. Fry them shortly on the pan. Add vegetables in the dish in which you baked pears and continue baking for another 30-45 min. Fry boiled potatoes shortly on the butter. When ready, take meal out of the oven, decorated it with rosemary and serve it with potatoes.

ČORBA OD KOPRIVE

NETTLE SOUP

Potrebne namirnice

Kopriva
Spanać
Crni luk
Bijeli luk
Crveni luk
Šargarepa
Celer
Krompir
So, biber
Fond od povrća



Ingredients:

Nettle
Spinach
Onion
White onion
Red onion
Carrot
Celery
Potatoes
Salt, pepper
Oil
Vegetable broth

Način pripreme

Potrebne namirnice pripremimo (očistimo, oljuštimo, operemo) Isjeckamo i izdinstamo i nalijemo fondom. Gustinu postižemo sa kroompirom. Začinimo i legiramo sa medom, sokom pomorandže i orasima i kajmakom.

Preparation

Prepare the necessary ingredients (clean, peel, wash). Cut and saute and pour the broth over. Get thickness with potatoes. Spice and glaze with honey, orange juice, walnuts and cottage cheese.

PAČJA PRSA U SOSU OD POMORANDŽE I MEDA

DUCK BREAST IN ORANGE AND HONEY SAUCE

Potrebne namirnice

2 pačja prsa
2 pomorandže crvene
2-4 kašike meda
2 cena bijelog luka
1 kašikica soja sosa
Malo djumbira
Puter
So i biber

Način pripreme

Napraviti marinadu od pomorandže, djumbira i sjeckanog bijelog luka. Prsa po ukusu začiniti i potopiti u marinadu. Ostaviti da odstoje 2 sata. Prsa popržiti sa svih strana kratko na puteru a zatim ih peći u rerni 10-15 minuta. Pečena prsa isjeći na medaljone. Dok se prsa peku, marinadu procijediti i staviti na tihu vatru da se malo zgusne. Preliti prsa i služiti toplo.

Ingredients

2 duck breasts
2 oranges (red)
2-4 spoons honey
2 garlic cloves
Ginger
Butter
Salt and pepper

Preparation

Make the orange, ginger, honey and cut up garlic marinade. Spice the breasts to taste and submerge in the marinade. Let sit for two hours. Fry the breasts on all sides, on butter, and then bake in the oven for 10-15 minutes. Cut up breasts into nuggets. While the breast is baking, put the marinade onto the pan and heat up until it thickens up. Put the sauce over the breasts and serve warm.

CARSKO PILE

CESAR CHICKEN

Potrebne namirnice ;

1 pile od oko 1,5 kg
1 kašikica suvog estragona
1 vezica majčine dušice
2 do 3 lovorova lista
2 do 3 limuna
4 do 5 reznjeva pršute ili mesnate
slanine
1 čašica brendija
8 cenova bijelog luka
2 velike kašike meda
Maslinovo ulje, so i biber

Ingredients

1 whole chicken, around 1.5 kg
1 spoon dried estragon
1 spring of thyme
2-3 bay leaves
2-3 lemons
4-5 springs of prosciutto or bacon
1 glass brandy
8 cloves of garlic
2 large spoons honey
Olive oil, salt, pepper

Način pripreme

Pile posoliti i pobiberiti iznutra. U unutrašnjost staviti majčinu dušicu, lovorov list i pola kašičice estragona, obložiti grudi pršutom ili slaninom i lovorom, pa uvezati kanapom. Uvezati i batake. Pile posoliti i pobiberiti, pa natrljati polovinom limuna. Staviti u pleh i peći u rerni na 250 stepeni oko 20 minuta. Skinuti foliju, oko oileta staviti cenoze bijelog luka, estragon i limun pa ga vratiti u reru da se peče još 20ak minuta na 220 stepeni. Pile okretati nekoliko puta, izlivati sokom od pečenja, izvaditi pile iz rerne i umotati ga u foliju, procijediti saft u kome se peklo. Dodati brendi i med te ukuvati. Pile služiti sa sosom od meda i brendija.

Preparation

Put salt and pepper on the inside of the chicken. Put thyme, bay leaf and half of spoon of estragon, wrap the breast in bacon and bay, then tie with a string. Put salt and pepper on the chicken, then rub half of the lemon in it. Put in a baking pan and bake in the oven on 250 degrees for around 20 min, under tin foil. Take off the foil, put garlic cloves, estragon, lemon and put it back in the oven for another 20 min at 220 degrees. Flip the chicken a few times and pour the baking sauce over it each time. Serve with the honey and brandy sauce.

JEGULJA U MEDU

EEL IN HONEY

Potrebne namirnice ;

Jegulja
Crni luk
Bijeli luk
Crveni luk
Kupus
Šargarepa
Peršun
Ruzmarin
Celer
So, biber
Ulje
Sirće

Način pripreme ;

Jegulju očistimo i pripremimo. Povrće pripremimo i isječemo na sitnije kocke 2x2. Sve sjedinimo u zemljanu ili keramičku posudu, dodamo jegulju i začine. Zatvorimo folijom i poklopimo i pečemo u pećnici oko 2 sata na 160 stepeni. Kada je gotovo zalijemo sa 2 do 3 kašike meda i dodamo peršun.

Ingredients

Eel
Black onion
White onion
Red onion
Cabbage
Carrot
Parsley
Rosemary
Celery
Salt, pepper
Vinegar

Preparation

Clean the eel and prepare. Prepare the vegetables and cut into small 2x2 cubes. Put all together in the ceramic bowl, add eel and spices. Close with foil and cover, bake in the oven for 2 hours at 160 degrees. When it is done, pour 2-3 spoons honey and add parsley over.

STARINSKI MEDENJACI

VINTAGE GINGERBREAD COOKIES

Potrebne namirnice ;

6 kašika meda
3 jaja
450 g brašna
Izmrvljenog karanfilića, cimet
1 kašičica sode bikarbone
Malo sjeckanih oraha

Način pripreme

Pjesnato umutiti 2 cijela jaja I 1
žumance (1 bjelance ostaviti za
premaz) sa šećerom
Dodati med, brašno sa Sodom
I karanfilićem I cimetom
Umijesi glatko tijesto
Rastanji I auštehuju srca.
Premaži bjelancem I pospi orahom
Peci na 165 stepeni 15-20 min
(ne prepeći)

Ingredients

6 spoons honey
3 eggs
450 g flour
ground cinnamon
1 spoon baking soda
cut up walnuts

Preparation

Mix 2 whole eggs (leave one egg
white for the glaze) with sugar
Add honey, flour with baking
soda and cinnamon
Make smooth dough
Roll out and cut out hearts.
Cover with egg white and walnuts
Bake at 165 degrees 15-20 min
(do not over bake)

MUS OD LIMUNA I MEDA

LEMON AND HONEY MOUSSE

Potrebne namirnice ;

2 čaše jogurta
Pola čaše kisele pavlake
50 ml limunovog soka
150 ml mlijeka
50 grama šećera
2 kašike meda
1 kora narendana limuna
50 grama želatina
1 kesica šlaga

Način pripreme

Želatin omekšati u hladnoj vodi. Jogurt, kiselu pavlaku, mlijeko, šećer i limunov sok dobro promiješati. Želatin staviti u šerpicu i rastopiti na laganoj vatri. Kad se rastopi sjediniti u kremu u limuna. Dobro ohladiti. Kada se mus stegne umutiti i pomiješati lopaticom da se sjedini. Mus rasporediti u posude i staviti u zamrzivač da se dobro stegne.

Ingredients

2 cups yogurt
half of cup sour cream
50 ml of lemon juice
150 ml milk
50 g sugar
2 spoons honey
1 lemon peel, shredded
50 g gelatin
1 bag whipped cream

Preparation

Soften gelatin in cold water. Mix yogurt, milk, sugar and lemon juice well. Put gelatin in a pot on light flame. When it is melted add to the lemon cream. Cool well. When the mousse cools mix whipped cream with the mousse gently. Split mousse into cups and put in the freezer to cool well.

KROFNE SA KOZIJIM SIROM

DONUTS WITH GOAT CHEESE

Potrebne namirnice ;

1 dl ulja
1 dl vode
0,100 g brašna
0,080 kg kozijeg mladog sira
So

Način pripreme

Prokuvamo vodu i ulje i dodamo začine. Dodamo brašno i dokuvamo miješanjem. Kada se masa sjedini dodamo mladi sir i formiramo krofnice. Utrljamo blago u prezlu i pržimo na zagrijanom ulju.

Ingredients

1 dl oil
1 dl water
100 g flour
0.080 kg goat cheese
salt

Preparation

Boil water and oil and add spices. Add flour and boil more while stirring. When the mixture thickens add goat cheese and form donuts. Slowly rub in the breadcrumbs and fry on hot oil.

ROLOVANA SVINJETINA SA PEČURKAMA I KONJAKOM

ROLLED PORK WITH MUSHROOMS AND COGNAC

Potrebne namirnice

1,5 kg svinjskog buta
2 kriške bijelog hleba
1 jaje
200 g mariniranih pecurki
Sjeckani peršun
Sok od jednog limuna
200 g mljevenog mese
100 g senfa
2 kašike meda
1 čašica konjaka
100 grama parmezana
So, biber

Ingredients

1.5 kg pork loin
2 slices white bread
1 egg
200 gr marinated mushrooms
diced parsley
1 lemon juice
200 g onion
200 g ground beef
100 g mustard
2 spoons honey
1 glass cognac
100 g parmesan
Salt, pepper

Način pripreme

Meso isjeći u komade i odstraniti višak masnoće, utrljati limunovim sokom. Pomiješati poprženi luk, meso i sjeckane pečurke, sredinu hleba, jaje, sir, peršun i začine da se dobije kompaktna smjesa. Meso sa unutrašnje strane premazati senfom a spolja sa senfom i medom. Začiniti. U fil dodati konjak. Ravnomjerno nanijeti na meso, dobro pritisnuti pa urolati i uvezati kanapom. Peći poklopljeno u rerni na 200 stepeni, a onda bez poklopca zapeći dok ne bude hrskavo i gotovo. Isjeći i servirati prohladjeno.

Preparation

Cut the meat into pieces and remove the grease, rub with lemon juice, mix fried onions, meat and diced mushrooms, bread, egg, cheese, parsley and spices to get a compact mixture. Glaze the meat on the inside with mustard and the outside with honey and mustard. Spice. Add cognac into the fill. Evenly glaze onto the meat, press well and roll, then tie with rope. Bake covered in the oven at 200 degrees, and then uncover and bake until it is crispy and ready, cut and serve cooled down.

ROLNICE SA POVRĆEM

VEGETABLE ROLLS

Potrebne namirnice ;

500 g srednje debelih kora
500 g povrća
500 g korjenastog povrća, kupus,
mrkva, celer, praziluk
1 cen bijelog luka
2 cm korijena svježeg đumbira
1 kisela jabuka
2 kašike soja sosa
Pola kašikice cimeta
Pola kašičice cari praha
2 kašike meda
3 kašike ulja
3 kašike tople vode
1 glavica crnog luka
So i biber

Način pripreme

Zagrijati rernu na 190 stepeni i podmazati pleh za pečenje pite. Narendati povrće i jabuku i isjeckati luk. Natiganju kratko popržiti, dati bijeli luk sjeckani, popržiti i dodati ostatak povrća. Sotirati nekoliko minuta dok se sve ne omekša pa dodati soja sos, med, začine i sve dobro izmješati. Kore za gibanicu isjeći na komade željene veličine, poprskati mješavinom ulja i vode, sipati po malo fila i uvijati kao sarmu. Poredjati u zagrijani pleh i poprskati mješavinom ulja i vode i peći u zagrijanoj rerni oko pola sata dok rolnice ne budu gotove. Služiti toplo.

Ingredients

500 g medium thick crust
500 g vegetables
500 g root vegetables (cabbage,
carrot, celery, leek)
1 clove garlic
1 green apple
2 spoons soy sauce
Half spoon cinnamon
Half spoon curry
2 spoons honey
3 spoons oil
3 spoons warm water
1 onion
Salt and pepper

Preparation

Heat the oven to 190 degrees and grease the baking pan. Shred the vegetables and the apples and dice the onion. Fry on the pan, add garlic, fry and add the rest of the vegetables. Sauté for a few minutes until everything softens then add soy sauce, honey, spices and mix well. Cut crust into pieces, spray with oil and water, put a little filling and roll. Line up in a warm baking pan and spray with the mixture of oil and water, then bake in the oven for around half an hour until the rolls are done. Serve warm.

PILEĆA PRSA U SOJA SOSU

CHICKEN BREAST IN SOY SAUCE

Potrebne namirnice ;

A kg pilećih prsa
2 kašike meda
1 – 2 kašike karija u prahu
50 ml soja sosa
Pola kašičice mješavine začina
Ulje
Sok od 2 limuna

Ingredients

2 kg chicken breast
2 spoons honey
1-2 spoons curry
50 ml soy sauce
Half of spoon spice mix
Oil
2 lemon juice

Način pripreme

Meso isjeći na tanke odreske, od ostalih sastojaka napraviti marinade I ostaviti 2 do 3 sata u frižideru, meso složiti u tiganj I preliti marinadom, peći na umjerenoj vatri dok meso ne bude gotovo. Služiti uz bareno povrće.

Preparation

Cut meat into thin steaks, make the marinade with other ingredients and leave in the fridge for 2-3 hours, put the meat in the pan and cover with marinade, cook on medium heat until the meat is cooked. Serve with steamed vegetables.

PILETINA SA MEDOM I SUSAMOM

CHICKEN WITH HONEY AND SESAME

Potrebne namirnice ;

500 g pilećih grudi
4 kašike meda
50 g putera
3 kašike susamovog sjemena
Ulje
So I biber
Mljeveni cimet po ukusu

Način pripreme

Pileće grudi isjeći na jednake male filete, začiniti I staviti u posudu, dodati susam sjeme, cimet med I omeksali puter. Potom promjesati sve I ostaviti da meso odleži 15 minuta. Meso pržiti na zagrijanom ulju I služiti toplo uz kuvanu ili dinstanu rižu.

Ingredients

500 g chicken breast
4 spoons honey
50 g butter
3 spoons sesame seeds
oil
salt and pepper
ground pepper

Preparation

Cut chicken breast into small fillets, spice and put in the bowl, add sesame, cinnamon, honey and melted butter. Then mix everything and let the meat sit for 15 minutes. Fry meat on heated oil and serve warm with boiled or fried rice.

BATACI SA MEDOM I SOJA SOSOM

CHICKEN LEGS WITH HONEY AND SOY SAUCE

Potrebne namirnice ;

4 pileća bataka
Soja sos
8 kašika meda
Malo svježeg đumbira
Prstohvat cimeta
300 g raznog povrća
So i ulje

Ingredients

4 chicken legs
soy sauce
8 spoons honey
a little fresh ginger
a little cinnamon
300 g various vegetables
salt and oil

Način pripreme

Med pomiješati sa soja sosom. Dobro izmiješati i dodati malo sitno nasjeckanog đumbira i cimet. Batake posoliti i ispeći na ulju sa obje strane i dodati povrće po želji pa zatim prekriti sve polovinom pripremljenog sosa, kratko zagrijati uz miješanje i potom prekriti servirane batake sa povrćem.

Preparation

Mix honey with soy sauce. Mix well and add a little diced ginger and cinnamon, put salt on the legs and fry on oil on both sides and add vegetables as wanted, pour everything with half of the sauce, heat shortly and then pour over served legs with vegetables.

JEDNOSTAVNA PAČETINA

SIMPLE DUCK

Potrebne namirnice ;

1 veći pačji file
1 glavica crvenog luka
1 kašičica mješavine začina
4 kašike pilećeg fonda
3-4 kašičice aceto balsamica
1-2 kašičice meda
Šareni mleveni biber I so

Način pripreme

Kožice na pačjem fileu začiniti na par mjesta, malo posoliti I pobiberiti meso I peći na tiganju oko 10 minuta. Ocjediti dio masnoće pa peći meso sa druge strane. Izvaditi I držati na toplom prekriveno folijom. U tiganju na preostaloj masnoći, blago propržiti isjeckani luk, dodati začine, sirce aceto balsamico, med I pileći bujon. Miješati 2 do 3 minute dok ne provri. Peceno meso isjeći na tanke reznjeve, preliti sosom I toplo servirati.

Ingredients

1 large duck fillet
1 red onion
1 spoon spice mix
4 spoons chicken broth
3-4 spoons balsamic
1-2 spoons honey
ground pepper and salt

Preparation

Spice the duck skin on a few spots and add salt and pepper, and fry in the pan for 10 minutes. Drain a little bit of the grease and fry the meat on the other side. Take out of the pan and keep warm, covered with foil. In the pan, with the rest of the grease, fry cut up onion, add spices, vinegar, honey and chicken broth. Mix 2-3 minutes until it boils. Cut the fried meat on thin slices, cover with sauce and serve warm.

VOĆNA SALATA SA PRELIVOM OD MEDA

FRUIT SALAD WITH HONEY DRESSING

Potrebne namirnice

300 g kruški
300 g ananasa
200 g grozdja
200 g banana
150 g jagoda
50 g kajsija
2 kašike meda
100 ml vode
2 kašike soka od limuna
1 kašika javorovog sirupa
1 kašičica narendanog djumbira
Četvrtina kašičice kardamoma
Listovi nane

Ingredients

300 g pears
300 g pineapple
200 g grapes
200 g bananas
150 g strawberries
50 g peaches
2 spoons honey
100 ml water
2 spoons lemon juice
1 spoon maple syrup
1 spoon grated ginger
quarter spoon cardamom
mint leaves

Način pripreme

Voće oprati, oljuštiti i očistiti i isjeći na kockice.

Dodati grozdje. Med otopiti u toploj vodi, dodati limunov sok, javorov sirup, djumbir i kardamom.

Promiješati i preliti pripremljeno voće, dekorirati listovima nane i služiti.

Preparation

Wash fruit, peel and clean and dice into cubes. Add grapes. Melt honey in warm water, add lemon juice, maple syrup, ginger and cardamom. Mix and dress prepared fruit, decorate with mint leaves and serve.

SALATA OD MEDA I KIKIRIKIJA

SALAD WITH HONEY AND PEANUTS

Potrebne namirnice

400 g tikve
50 g mljevenog kikirikija
20 g narezanog kikirikija
20 g luka
1-2 kašike meda
100 g jogurt
2 kašike soka od limuna
malo anisa

Način pripreme

Pomiješajte med, sok od limuna i anis. Dodajte jogurt, kikiriki, narezanu tikvu i pecite u pećnici. Narežite luk na krugove i kratko pirjajte. Dadajte tikvu i luk salati i pomiješajte. Začinite po vrhu narezanim kikirikijem i servirajte.

Ingredients

400 g pumpkin
50 g ground peanuts
20 g diced peanuts
20 g onion
1-2 spoons honey
100 g yogurt
2 spoons lemon juice
sprinkle of anise

Preparation

Mix honey, lemon juice and anise well. Add yogurt, peanuts, mix, cut up pumpkin and bake in the oven. Cut up onion into circles and sauté shortly. Add pumpkin and onion to the salad and mix. Serve and sprinkle with diced peanuts.



Centre for Sustainable Tourism Initiatives



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