

MONTENEGRO

GASTRO



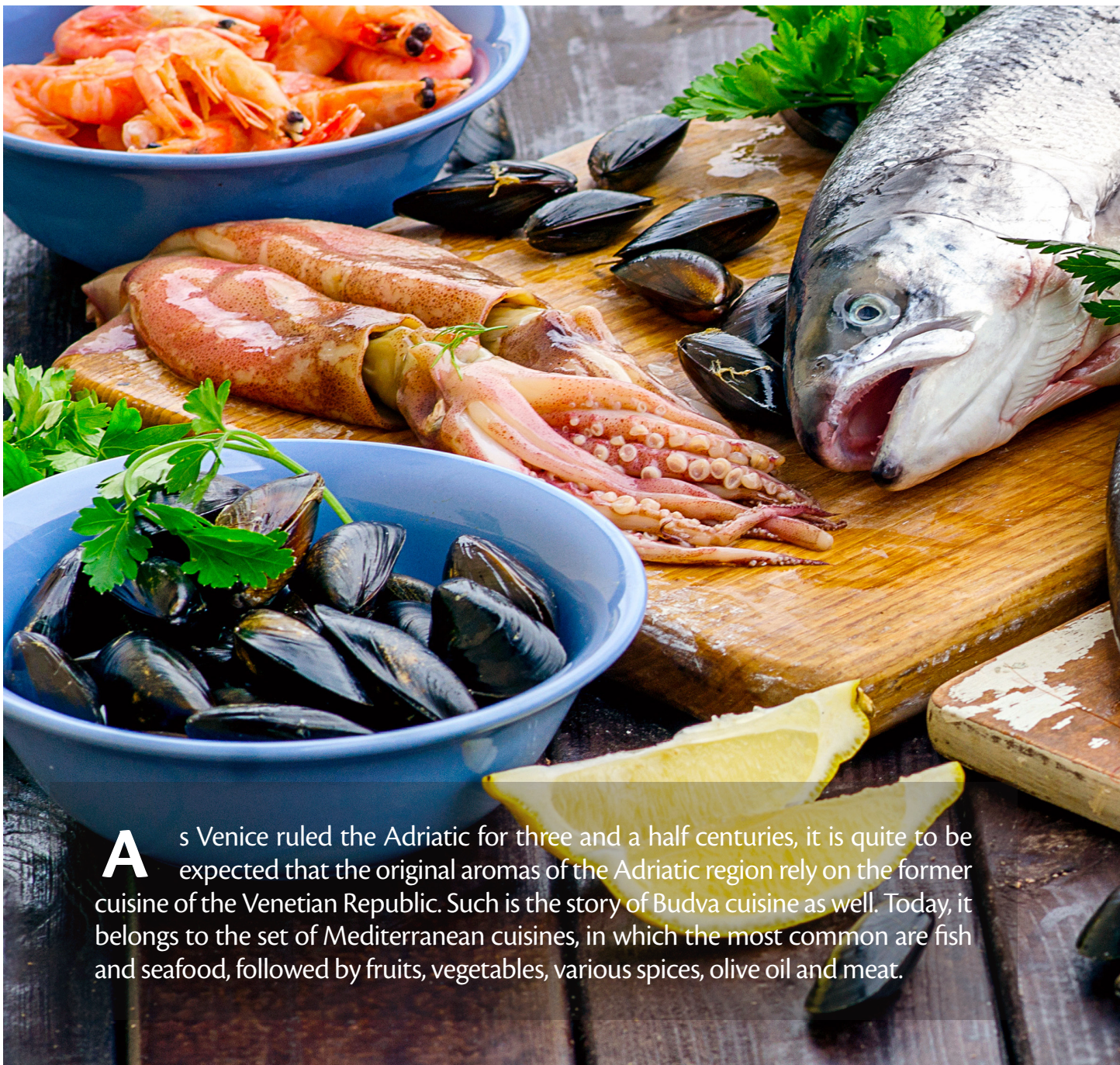
Budva



What we will notice first when we get the opportunity to try some of the dishes of the traditional Montenegrin cuisine are the simplicity and fullness of taste, which permeate through a rich array of recipes, both indigenous and adapted. The fact is that an indispensable part of the traditional menu are many dishes that were originally created in other countries, but are locally further adapted and are now part of our gastronomic offer.







As Venice ruled the Adriatic for three and a half centuries, it is quite to be expected that the original aromas of the Adriatic region rely on the former cuisine of the Venetian Republic. Such is the story of Budva cuisine as well. Today, it belongs to the set of Mediterranean cuisines, in which the most common are fish and seafood, followed by fruits, vegetables, various spices, olive oil and meat.









FOR A GOOD MORNING

FRITTERS

Small balls of fried dough, something like doughnuts, are an airy and crunchy delicacy, ideal for breakfast. Whichever way you combine them, with homemade jam, honey or cheese – you can't go wrong.







PROSCIUTTO

We don't have to talk much about prosciutto, considering that it is gladly eaten all over Montenegro, even on the coast. It is usually served with olives, cheese and herbs, and the most well-known prosciutto is from the Njeguši region.

CHEESE

Cheese culture is extremely present in Montenegro, and you can find all kinds, different flavours, ages and colours in any area.





**FOR
A GOOD
DAY**

RISOTTO

We will agree that the real jewel of Mediterranean cuisine is risotto with seafood.







PAŠTICADA FROM PAŠTROVIĆI

This dish has been on the table of the coast inhabitants for centuries, and represents a mix of flavours of beef, pancetta, garlic, wine and tomato. What makes Paštica from Budva different is that it is served with Makaruli from Paštrovići, a special type of homemade pasta.

Recipe: PAŠTICADA FROM PAŠTROVIĆI



3-4 hours



medium hard

- 1.5 kg of beef leg
- 5 onions
- 100 ml of oil
- 200 ml of red wine
- 2 tablespoons of tomato puree
- 1 teaspoon of cloves
- 1 teaspoon of nutmegs
- 1 teaspoon of cinnamon
- salt, pepper if necessary

Preparation:

Cut the meat into slices, add salt and pepper. Sauté the chopped onions in a separate pot. Fry each slice of meat in a pan and then arrange in fried onions. Add spices and cook over low heat until the meat softens. Finally add the red wine. Sprinkle the finished dish with parsley and serve with makaruli (a special type of homemade pasta).



Recipe: MAKARULI (MACARONI)



3-4 hours

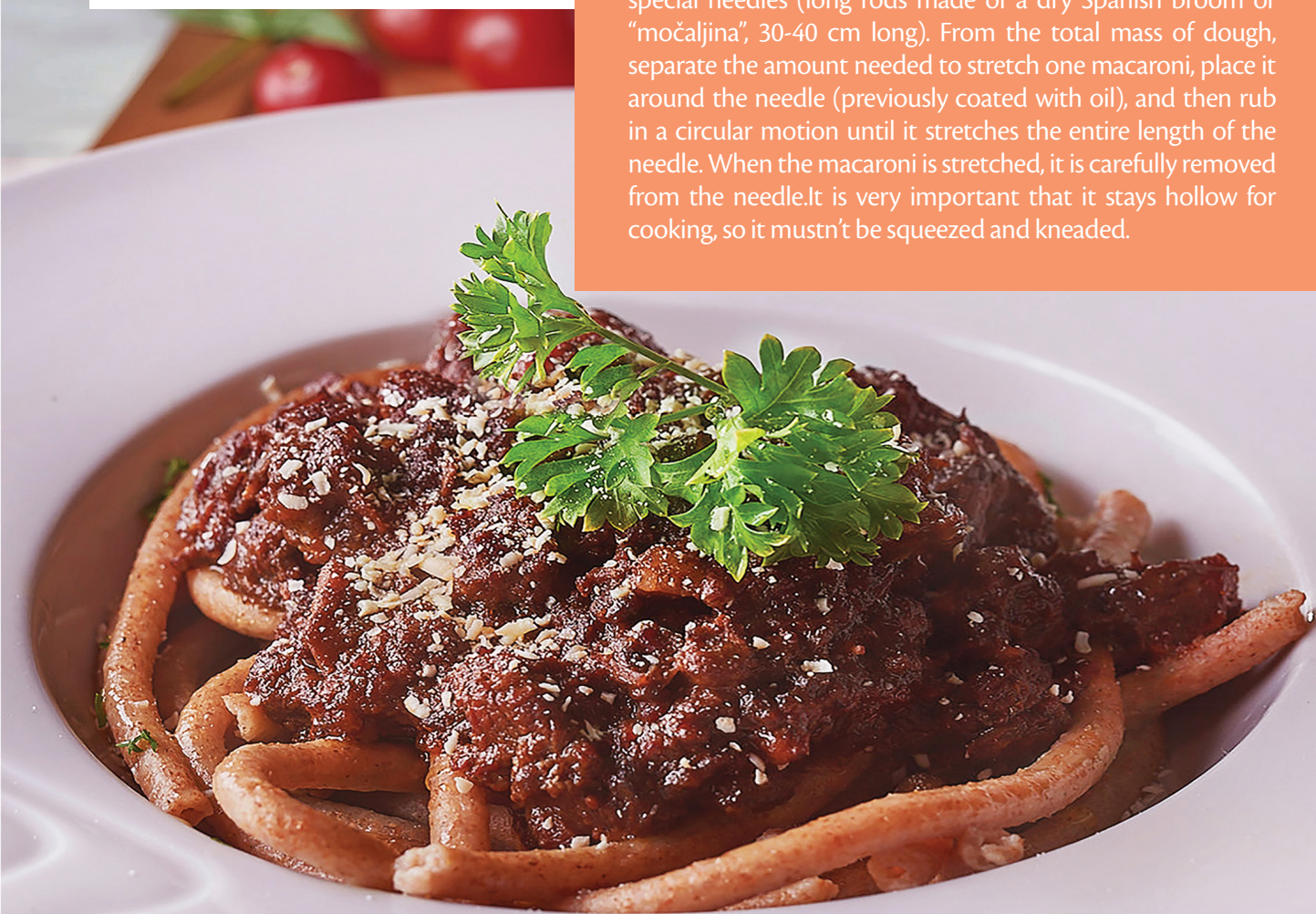


medium hard

- 1 kg of flour (soft whole wheat flour)
- 1 teaspoon of salt
- 1 cup of oil
- 1 kg of grated dry and hard cheese
- 200 g of lard or oil

Preparation:

The flour is sifted through a sieve and then mixed with cold water. Water is added so that the dough is hard (slightly harder than the bread dough). The dough is kneaded until the desired hardness is achieved. Then, it is wrapped in a cloth and dried for 2-3 hours. After the dough dries, roll it into macaroni around special needles (long rods made of a dry Spanish broom or "močaljina", 30-40 cm long). From the total mass of dough, separate the amount needed to stretch one macaroni, place it around the needle (previously coated with oil), and then rub in a circular motion until it stretches the entire length of the needle. When the macaroni is stretched, it is carefully removed from the needle. It is very important that it stays hollow for cooking, so it mustn't be squeezed and kneaded.









A close-up photograph of several small fish, likely sea bream, being grilled on a wooden stick. The fish are arranged in rows, and their skin is slightly charred. The stick is held over a fire, with bright orange flames visible at the bottom. Wisps of white smoke rise from the grill. The background is dark and out of focus.

FOR A PLEASANT EVENING

GRILLED FISH

This is a traditional way of preparing fish on the Adriatic coast that preserves the quality of food, but also the fullness of taste. It is served with chard with potatoes or grilled vegetables and, of course, "poured" with quality wine, but also with local olive oil.



BRODET

Brodet is a fish dish, and the more varied the fish, the tastier the brodet.



Recipe: BRODET



90 min



medium hard

- 5-6 pieces of different sea fish
- 4 onions
- 1 head of garlic
- half a bunch of parsley
- half a bunch of mint
- 2 dcl of peeled tomato (pelati)
- white wine, little water, salt, pepper

Preparation:

Clean, wash and cut the fish into pieces. Finely chop the onions and garlic and sauté. Then add the fish and other listed ingredients, except for the parsley. Cook everything at a low temperature, until the broth is cooked. When the broth is cooked, sprinkle it with the parsley. Serve with polenta.













FOR
ALL
SWEET
MOMENTS

PATIŠPANJ (SPONGE CAKE)

“Soft as a pillow,” a sponge cake is a cake that children especially love. This great dessert is prepared very quickly, and consists of just a few eggs, a few tablespoons of flour and sugar.





CROSTOLI (ANGEL WINGS)

Although this Mediterranean cake is prepared along the entire coast, they say that the recipe of Budva housewives is the best. Either way and wherever you try the Crostoli, you will surely like them.







FUGACA (STRUDEL)

A simple and delicious cake, a favourite of the entire coast.

A close-up photograph of a round cake, likely a Dragon Cake, resting on a dark surface. The cake's top is heavily cracked and dusted with white flour. A hand is visible on the right side, with fingers gently holding the top of the cake. A silver knife is partially visible at the bottom right, positioned to slice the cake. The background is softly blurred, showing a person wearing a light blue shirt.

DRAGON CAKE

An authentic recipe from the Budva region with a delicate look and almond taste.

Recept: DRAGON CAKE



70 min



medium hard

Dough ingredients:

- 5 egg yolks
- 250 g of sugar
- 130 g of butter
- 1 dcl of white wine
- grated rind of 2 lemons
- 2 bags of vanilla sugar
- 500-600 g of flour
- 1/2 bag of baking powder

Ingredients for the filling:

- 5 egg whites
- 250 g of sugar
- 0.3 dcl of maraschino
- 2 bags of vanilla sugar
- 500 g of ground almonds


Preparation:

Dough: Whisk with a mixer 5 egg yolks with 250 g of sugar. Add 130 g of butter, 1 dcl of white wine, grated rind of 2 lemons and 2 bags of vanilla sugar to the mixture of egg yolks and sugar. Then add flour (500 to 600 g) and half a bag of baking powder to the mixture.

Note for the filling: Boil half a kilogram of almonds in hot water, and then peel and dry them at room temperature. You can also dry them in the oven at a temperature of 100 degrees, with occasional stirring, and then grind them.

Filling: Whisk with a mixer the egg whites with 250g of sugar (whisk well), add 0.3 dcl of maraschino and 2 bags of vanilla sugar. Add half a kilogram of ground almonds to the mixture and mix gently. Roll out the dough and cut it into strips, 4 cm wide, and coat with the filling. Additionally, cut 1 cm wide strips, which are used to wrap already filled 4 cm wide strips. The strips are arranged in a tray in the shape of a dragon, circular from the middle, in circles to the end. The edges are additionally wrapped with thin strips of dough. Decorate the centre of the cake with a dragon's head, made of the same dough. Bake in the oven for 30 to 45 minutes at a temperature of 110 to 120 degrees. Sprinkle with vanilla and powdered sugar before serving.





The most fun and sweetest is to try the traditional tastes of Budva in company, when we can share impressions, but also exchange snacks. If we want to discover this treasure trove of specialties ourselves, Budva's hospitality and tastes that we will surely take with us as one of the valuable memories are what we can count on.



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Tourist organization of Budva
Meditranska 8/6

Phone: +382 (0) 33 402 814

E-mail: info@budva.travel

www.budva.travel



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Editor

Nikola Radonjić – Bada

Editing and proofreading

Jelena Nikezić

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Đorđe Živaljević

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*Meditranska 8/6
85310 Budva, Montenegro*

*phone: +382 (0) 33 402 814
e-mail: info@budva.travel
web: www.budva.travel*

