



Novigrad's recipes with a taste of the sea



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CHE FINO

Choose Health and Eat
Fish In NOvigrad

NOVIGRAD'S RECIPES WITH A TASTE OF THE SEA



Operativni program
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I RIBARSTVO**



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Charming Istria

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NOVIGRAD'S RECIPES WITH A TASTE OF THE SEA



Novigrad's long fishing tradition and culinary heritage reflects in every corner of this modern tourist town. Recipes for seafood dishes prepared by local fishermen, housewives and caterers for many decades have been saved from oblivion, and their specialities now inspire creative menus of top chefs promoting healthy and balanced Mediterranean diet. See for yourselves why the saying CHE FINO comes naturally when dining and wining in Novigrad!

NOVIGRAD'S CULINARY TRADITION

The Novigrad littoral in Istria is part of the unique Northern Adriatic ecosystem that significantly differs from the rest of the coastal regions by its oceanographic and biological features. Due to a freshwater inflow, specific current cycles alternating over the course of the year, and a large ichthyofauna biomass, Northern Adriatic is deemed one of the most productive Mediterranean regions. On their way to the sea, the Italian rivers winding through the fertile Po Valley, Po in particular, bring nutrients that the sea currents carry all the way to the western coast of Istria, boosting the proliferation of plankton communities that make a basis of the area's food web. The emerald sea, typical of the northern coast of Istria, is abundant in plankton, which serves as a food for many aquatic organisms, including feeder fish. The survival of coastal communities would be unimaginable without them, and this impressive fish biomass greatly contributes to Istria's culinary identity.

HEALTH BENEFITS OF THE MEDITERRANEAN DIET

One of the key features of Northern Adriatic is its seasonality, characterised by a specific temperature regime, with the presence of cold water in winter and early spring. Such conditions place Northern Adriatic among the so-called boreal seas, typical of areas closer to the poles. They enable the survival and growth of marine species that prefer cold waters, such as flatfish, scallops and crabs (spider crabs in particular). It comes as no surprise that they are found and hunted for in greater quantities in Northern Adriatic only.

A diet based on seafood was a necessity in this area for quite some time, given the scarcity of other food sources. Without even knowing it, our ancestors ate much healthier than today's generations. In fact, the benefits of seafood, one of the basic principles of the healthy and balanced Mediterranean diet, have been scientifically corroborated only in the past couple of decades.



ABUNDANCE OF FISH IN NOVIGRAD

There has never been a scarcity of fish in Istria; it has always been accessible to all. Seafood is valuable primarily for its nutrients and high digestibility, high content of omega-3 fatty acids and important biogenic elements necessary for the optimal functioning of the organism. Given their anti-inflammatory properties, omega-3 fatty acids play a fundamental role in keeping us healthy. Since they cannot be synthesised in our body, it is crucial to consume them through food. Fatty acids in the sea are produced exclusively by plants, especially microalgae, which belong to phytoplankton. Small oily fish that thrives on plankton, and other fish that feed on it in turn, is the greatest source of omega-3 fatty acids in human diet.

Fat content and distribution is the basic criterion for classifying fish into oily or white. The former has a higher content of fat, stored mostly in the muscles, while with the latter it is mostly accumulated in the liver. In the Novigrad area, the most caught oily fish includes pilchards, sardines, mackerel, bonito and bluefin tuna. As for whitefish, those are primarily flatfish (sole, turbot and flounder), numerous species of the Sparidae family, such as gilthead bream, dentex, two-banded seabream, white seabream and pandora, and other species such as seabass, red mullet, conger, red scorpionfish, john dory, monkfish, etc. Both fish groups, as well as crabs, cephalopods, shellfish, gastropods, and echinoids, are an important source of valuable fatty acids and thus the basis of the Mediterranean diet.

Besides health benefits, freshly caught and prepared seafood tastes just wonderfully. Unfortunately, the pace of life today is such that we eat too little of this treasure food that provided subsistence to a number of generations. Given its numerous nutritional values and health benefits, it definitely deserves more respect.

Neven Iveša, PhD

Seafood is valuable primarily for its nutrients and high digestibility, high content of omega-3 fatty acids and important biogenic elements necessary for the optimal functioning of the organism.



A PEEK INTO NOVIGRAD'S TRADITIONAL CUISINE: SEARCHING FOR FORGOTTEN RECIPES

The Adriatic Sea, on whose coast Novigrad was built centuries ago, has always been a source of food for its inhabitants. Back then, the sea was richer in fish, but fishing tools were rather primitive, and governors had a restrictive policy as far as fishing rights were concerned. Since fishermen were forced to sell or give away top-quality catch, they had to come up with all sorts of ideas on how to get not only fish, but also seafood. Anything that comes from the sea can be used for food – even sea stones can be made into soup. If we keep in mind that not so long ago the people of Novigrad were mostly farmers and fishermen who had to work hard to survive, we will better understand their need to get from the sea everything they could eat: shells, cephalopods and fish.

Novigrad fishermen would go fishing every day, but the best catch would never reach their tables. They would sell it on the market or to wealthy people, and bring lower-quality fish to their numerous families. This was no obstacle to their resourceful wives, who knew how to prepare tasty dishes and over the years developed a distinctive local cuisine. Some dishes have been forgotten or relegated to the background and left to those who like to experiment, while some are still served in many local homes, and some have become an essential item on the town's restaurant menus.

The locals would often catch and prepare: bogue, seabass, mullet, Mediterranean sand smelt, garfish, anchovies, urchins, squid, black seabream, sole, picarel, sand steenbras, shark, gilt-head sea bream, flounder, limpet, sea snails, shrimps, crabs (warty crabs and spider crabs), common pandora, cuttlefish, mackerel, sardines, anchovies, horse mackerel, red scorpionfish, annular seabream, red mullet, dentex... Brought from Venice in the 15th century, dried cod is today considered part of our culinary tradition.

In an attempt to rediscover forgotten recipes of Novigrad's traditional cuisine, we have asked Novigrad restaurateurs and cooks for help and found a true gastronomic treasure. Thanks to their recollections and the knowledge passed down from generation to generation, we have compiled traditional fish and seafood recipes for you to try out and enjoy.

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ISTRIAN-STYLE FISH STEW

INGREDIENTS:

500 g red scorpionfish, 250 g monkfish, 250 g conger, 150 g calamari, 5 crabs, 1 onion, 3 cloves of garlic, 300 g fresh tomatoes, 40 g flour, 100 ml white wine, a bunch of parsley, bay leaf, olive oil, whole peppercorns, salt

METHOD:

Thoroughly clean and wash all the fish. If large, cut them into slices. Clean and wash the calamari, then cut them into large rings. Wash and clean the crabs. Coat the prepared, sliced, and washed fish with flour

and fry in oil. Then, clean and chop the onion, peel the garlic, wash the parsley, and chop it together with the garlic. Wash the tomatoes and roughly chop them.

Put the calamari into a pan, then add the crab meat, onion, chopped garlic, and parsley. Season with salt and pepper. Pour enough water to cover the fish and let it simmer over medium heat. After about half an hour, pour in the wine and continue cooking for another 30 minutes, shaking the pan from time to time without stirring. Fish stew is typically served with polenta.

(ROMANITA MAKIN)

MIXED FISH STEW

INGREDIENTS:

500 g mixed common fish, 400 g scorpionfish, 300 g mantis shrimp, 300 g cuttlefish, 1 onion, 3 cloves of garlic, 200 g tomato purée, 50 ml white wine, 40 g flour, a bunch of parsley, 1 tbsp vinegar, olive oil, salt, pepper

METHOD:

Cut the larger fish into pieces, lightly dust them with flour, and fry for 15 minutes. In a large and wide pot, add sufficient olive oil to cover the bottom. Sauté the finely chopped onion, garlic, and parsley in some olive oil until fragrant and add 200 g of tomato purée diluted with water. Add the mantis shrimp, cuttlefish, and fried fish, then allow everything to simmer on low heat for about 40 minutes. While cooking, incorporate 50 ml of wine, 1 tbsp vinegar, salt, and pepper. Do not stir the stew while cooking. Instead, gently shake the pot to ensure the fish remains intact and the bones stay in place. Once cooked, garnish it with a sprinkle of chopped parsley.

(CRISTINA FATTORI)

SHARK STEW

INGREDIENTS:

1 kg shark, 200 g coarse wheat flour, 1 onion, 3 cloves of garlic, 50 g tomato purée, 50 ml white wine, 40 g coarse wheat flour, 1 tbsp of wine vinegar, a pinch of parsley, olive oil, salt, pepper

METHOD:

Cut the shark meat into steaks or larger, evenly sized pieces. Pat them dry and season with salt and pepper. Fry the flour-coated steaks until golden brown, then set them aside. Sauté the finely chopped onion along with chopped garlic and pepper, then pour in the white wine. Once the wine has evaporated, add the tomato purée and wine vinegar, and bring to a boil. Arrange the fried shark steaks over the sautéed vegetables, pour in the water, and simmer on low heat for about 20 minutes.

(MARIZA DOBRIVOJEVIĆ)



CODFISH STEW

INGREDIENTS:

800 g codfish, 1 kg potatoes, 100 ml olive oil, 1 onion, 2 cloves of garlic, a bunch of parsley, salt, pepper

METHOD:

Soak the codfish in water at least a day in advance. After soaking, remove the skin and bones, and cook the meat until tender. Keep the cooking water for the stew. Chop the onion into small pieces and sauté it in olive oil until translucent. Slice the potatoes and arrange them at the bottom of a pot. Layer the cooked codfish over the potatoes. Sprinkle it with chopped garlic and parsley, and drizzle with olive oil and sautéed onion. Arrange the remaining sliced potatoes on top and pour in the water you've set aside after cooking the codfish. Add enough water to cover everything. Simmer the stew over low heat for approximately 45 minutes, or until the potatoes have softened. Shake the pot occasionally during cooking instead of stirring to prevent the fish from falling apart. Season with salt and pepper to taste before serving. (MARIO BOLČIĆ)

FISH SOUP

INGREDIENTS:

750 g mixed fish, 300 g rice, 2 carrots, celery stalk, bay leaf, rosemary spring, olive oil, 1 tbsp lemon juice, salt, pepper

METHOD:

Clean and wash the fish, then cook it for 40 minutes along with olive oil, bay leaf, rosemary, lemon, salt, pepper, carrots, celery, and rice. (MARIO BOLČIĆ)

BOILED CALAMARI

INGREDIENTS:

750 g calamari, 300 g potatoes, 3 medium-sized carrots, celery stalk, olive oil, 3 cloves of garlic, a pinch of parsley, salt, pepper

METHOD:

Wash and clean the larger calamari, and place them in a pot with potatoes, carrots, celery, and salt. Cook in salted water for about 20 minutes. Once the calamari and vegetables are cooked, season with olive oil, garlic, parsley, and a little pepper.

(MARIZA DOBRIVOJEVIĆ)





BOILED CRABS

Place live crabs into boiling water and cook for about 20 minutes until they change colour and turn bright red. Crack or break the shell to extract the meat. Break and separate the legs, then extract the cooked meat by sucking it out. Enjoy it without adding any seasoning. (ROMANITA MAKIN)

CRAB SALAD

INGREDIENTS:

1 kg crabs, 3 cloves of garlic, olive oil, lemon juice, salt, pepper

METHOD:

Place live crabs into boiling water and cook for about 20 minutes until they change colour and turn bright red. Drain the crabs, remove the shell and extract the meat. Serve it as a salad seasoned with chopped garlic, salt, pepper, olive oil, and lemon juice.

(ROMANITA MAKIN)

CRAB SAUCE

INGREDIENTS:

1 kg crabs, 250 g fresh tomato, 50 ml white wine, 1 onion, 3 cloves of garlic, bay leaf, olive oil

METHOD:

Sauté the finely chopped onion in olive oil until translucent. Add the crabs and continue frying while gradually adding water to create a sauce. Add the garlic and bay leaf to the sauce. Incorporate peeled and chopped tomatoes, along with white wine. Bring it to a boil to allow the alcohol to evaporate. Serve the crab sauce with polenta or use it as a topping for pasta.

(MARIO BOLČIĆ)

MUSSEL SAUCE

INGREDIENTS:

1.5 kg mussels, 100 ml white wine, 50 g tomato purée, 1 onion, 3 cloves of garlic, a bunch of parsley, flour or breadcrumbs, salt, pepper

METHOD:

Remove the mussels from their shells and wash them in seawater. Heat olive oil in a pan and sauté the onion until it becomes translucent. Add the mussels and simmer for 15 minutes. Add chopped garlic, flour or breadcrumbs, tomato purée, salt, pepper, and wine. Cook for about 15 minutes. While cooking, add fish broth as needed and, finally, sprinkle everything with chopped parsley. (BRUNA KNAPIĆ)

CALAMARI SAUCE

INGREDIENTS:

600 g calamari, 50 ml white wine, 1 onion, 3 cloves of garlic, breadcrumbs, a bunch of parsley, salt, pepper

METHOD:

Finely chop the onion and fry it until golden brown. Add cleaned calamari cut into slightly larger pieces, and sauté until they are just tender. Add chopped garlic, parsley, salt, pepper, and white wine. Cook for approximately 30 minutes, adding fish broth or hot water as needed. Towards the end, add a sprinkle of breadcrumbs to thicken the sauce. If desired, potatoes can also be added to the sauce, in which case breadcrumbs are not necessary. Serve the sauce as a topping for fuži pasta, tagliatelle, or polenta.

(ROMANITA MAKIN)

CUTTLEFISH RISOTTO

INGREDIENTS:

700 g cuttlefish, 350 g rice, 1 onion, 100 ml white wine, 3 cloves of garlic, bay leaf, a bunch of parsley, lemon juice, salt, pepper

METHOD:

Sauté the onion in olive oil until it becomes translucent. Add cleaned and washed cuttlefish cut into pieces. Season with salt, pepper, bay leaf, lemon juice, and white wine. After 15 minutes, add rice and gradually pour in the broth until the rice is cooked. Towards the end, add chopped garlic and parsley.

(ROMANITA MAKIN)

FRIED ANNULAR/WHITE SEABREAM OR SOLE FISH

INGREDIENTS:

1 kg fish, 2 tbsp olive oil, some coarse wheat flour, salt

METHOD:

Clean, wash, and thoroughly dry the fish. Season with salt. Coat the fish in coarse wheat flour and fry it in a pan with olive oil for about two to three minutes on each side. Carefully turn it with a spatula to prevent it from falling apart. Serve the fried white seabream, annular seabream, or sole fish with boiled potatoes, potato salad, savoy cabbage with potatoes and olive oil, or alongside polenta.

(MARIZA DOBRIVOJEVIĆ)

OCTOPUS SALAD

INGREDIENTS:

1 kg octopus, olive oil, wine vinegar, salt, pepper

METHOD

Thoroughly rinse and clean the octopus, then simmer it in salted water, making sure it is fully submerged. The octopus is cooked once it reaches a tender consistency that allows a fork to easily pierce through it, which typically takes around two hours. Let it cool down, then dice it and season with olive oil, salt, pepper, and a splash of wine vinegar. Allow the prepared dish to rest for a while before serving. (CRISTINA FATTORI)

LIMPETS

Limpets, which are abundant on the rocky shores, can be eaten raw with a squeeze of lemon juice, or they can be prepared in a sauce.

(ROMANITA MAKIN)

SEA SNAILS

Clean the snails and extract them from their shells with a needle. Cook the snail meat until tender, then let it cool.

Serve the cooked snails seasoned with salt, pepper, and lemon.

(ROMANITA MAKIN)



SEA URCHIN

The meat is extracted from the spiky shell and consumed fresh, sometimes with a squeeze of lemon juice. Alternatively, after removing it from the shell, it can be fried with eggs, and seasoned only with salt. (ROMANITA MAKIN)

BREADED SHARK

INGREDIENTS:

1 kg shark meat, 4 eggs, flour, breadcrumbs, 20 ml white wine, olive oil

METHOD:

Remove the skin from the shark and cut the meat into approximately two-centimetre-thick steaks. Dip the steaks into a mixture of beaten eggs, flour, breadcrumbs, and white wine or beer. Fry the breaded steaks until golden brown.

(MARIZA DOBRIVOJEVIĆ)

SARDINE BALLS

INGREDIENTS:

1 kg sardines, 2 eggs, 20 ml milk, 4 cloves of garlic, a bunch of parsley, a slice of stale bread, olive oil

METHOD:

Remove heads, scales, guts, and bones from the sardines. Chop the flesh into small pieces and combine it with eggs, parsley,

salt, pepper, garlic, and the stale bread soaked in milk. Combine the ingredients well and shape them into balls to be fried in oil.

(MARIZA DOBRIVOJEVIĆ)

SARDINES IN SAVOR

INGREDIENTS:

800 g sardines, 250 ml olive oil, 150 ml white wine, 2 onions, 4 cloves of garlic, a bunch of parsley, 4 bay leaves, rosemary spring, lemon balm spring, lemon

METHOD:

Clean the sardines by removing the scales, heads, and guts. Lightly fry them in olive oil for a few minutes, just before they turn golden brown.

Arrange the sardines in a baking dish or a larger container.

In the remaining oil, sauté the onions cut into rings until translucent. Add chopped garlic, parsley, bay leaves, rosemary, lemon balm, lemon juice, and white wine to the pan.

Bring the mixture to a boil and let it cool. Then, pour the marinade over the sardines. The sardines will be more flavourful if they are allowed to marinate in a cool place. They can be stored for an extended period in such conditions.

(MARIO BOLČIĆ)



SALTED SARDINES OR ANCHOVIES

INGREDIENTS:

5 kg sardines or anchovies,
3 kg coarse sea salt

METHOD:

Clean, wash, and dry the sardines or anchovies. Arrange them raw in a tin container with a layer of coarse sea salt at the bottom. Sprinkle a thin layer of coarse sea salt over each layer of fish, just enough to cover them. Continue layering the fish and salt until the container is filled to the top. Depending on the size of the container opening, cover it with a wooden lid and place a heavy stone on top to create a barrier that protects the fish from being exposed to air during the salting process. Allow the fish to mature in the salt for at least two months. After that, it can be served. Typically, the fish is salted in autumn to be consumed throughout the winter. When removing the sardines or anchovies from the salt, there is no need to wash them. Simply wipe off the excess salt and consume them raw. (ROMANITA MAKIN)

HOMEMADE TAGLIATELLE WITH SALTED SARDINES

INGREDIENTS:

250 g salted sardines,
500 g tagliatelle pasta, olive oil

METHOD:

Sauté the salted sardines over low heat. Once they soften, pour them over the cooked homemade tagliatelle pasta, and drizzle with olive oil.

(CRISTINA FATTORI)

MUSSEL BUZARA

INGREDIENTS:

1 kg mussels, 5 cloves of garlic,
a bunch of parsley, 150 ml white wine, olive oil, breadcrumbs

METHOD:

Rinse the mussels in running water, scrub and remove the beard that anchored them. Cook them in a large pot until the shells begin to open. Place olive oil at the bottom of a separate dish, add mussels, chopped garlic and parsley, sprinkle with breadcrumbs, pour in the wine and cook until all the shells are fully open. (CRISTINA FATTORI)



OVEN-BAKED SARDINES

INGREDIENTS:

1 kg sardines, 3 cloves of garlic, lemon, salt, pepper

METHOD:

Wash the sardines, remove their heads, and clean them by removing the scales and entrails. Arrange them in a baking dish to cover the bottom. Sprinkle with salt, pepper, breadcrumbs, chopped garlic, and parsley. Squeeze lemon juice over the sardines and add some water to the dish. Cover the dish and bake in the oven at 180°C for 30 minutes. Then remove the cover and bake for an additional 15 minutes.

(MARIA FATORIĆ)

SALTED SARDINE SALAD

INGREDIENTS:

500 g salted sardines, onion, oil, vinegar

METHOD:

Arrange the salted sardines on a serving plate. Sprinkle with onion cut into rings, season with vinegar and oil, then let it rest for half an hour before serving. (MARIA FATORIĆ)

BRAISED CUTTLFISH

INGREDIENTS:

800 g cuttlefish, 1 onion, 100 ml white wine, 1 tbsp tomato purée, salt, pepper, a bunch of parsley, olive oil

METHOD:

Sauté the onion in a pan with olive oil until it turns translucent, then add the cleaned and washed cuttlefish. Add the broth, white wine, and tomato paste, then simmer on low heat for about 30 minutes. Towards the end, add chopped garlic and finely chopped parsley. Braised cuttlefish are typically served with polenta.

(VITTORIA NADAL)

CREAMY CODFISH SPREAD

INGREDIENTS:

Approximately 500 g dried codfish, 300 ml olive oil, a clove of garlic, salt, pepper

METHOD:

Beat the dried codfish with a meat mallet to soften it, then let it soak for a day. The next morning, place the codfish in clean water and cook until it becomes tender. Once the codfish is cooked, discard the bones and skin, keeping only the white meat. In a wide bowl, pound the codfish while gradually adding extra virgin olive oil. The amount of olive oil needed to achieve a creamy consistency will depend on the type of codfish. Finally, add garlic, salt, and pepper to taste. Serve with polenta or on slices of bread. (CRISTINA FATTORI)

Mirjan Rimanić





CHEFS COOK FOR YOU: IMPRESSIVE, YET SIMPLE DISHES INSPIRED BY NOVIGRAD'S TRADITION

Renowned chefs have prepared amazing dishes within the CHE FINO project, aimed at promoting healthy and delicious ingredients from the Adriatic Sea. The fact that the project presents tradition-infused dishes that anybody can prepare is surely an added value. Their creative recipes show how to combine healthy, high-quality ingredients from the Adriatic Sea into hassle-free meals, all with the aim of promoting the consumption of fish and seafood.

MATTEA BELETIĆ applied her fascinating filleting and cutting skills on squids and seabass to show how to prepare raw fish and cephalopods. She made a two-course family meal from a kilo of seabass and suggested a supreme dish from a well-known Novigrad restaurant for a special family lunch.

MARKO BOTIĆ loves to experiment with ingredients and blend together traditional and fusion cuisine. Ingredients must be fresh, natural and not-so-usual. Since he likes to combine dishes of the coastal and continental regions, this time he prepared a "meat steak

from the sea": a tuna steak with roasted fennel, and ricotta and rocket creamy sauce. Botić also showed an easy way to prepare delicious octopus at home.

IVAN ERGOVIĆ taught us how to prepare shark and red mullet, tasty and healthy fish common in the Adriatic Sea, yet rarely found on our tables. Inspired by the local tradition, Ergović presented two modern fish dishes with seasonal vegetables to promote the consumption of these species.

MARINA GAŠI is a widely renowned chef and a huge source of inspiration for many. Sardine, the queen of the sea as Gaši calls it, is the main star of her culinary story, and she likes to prepare it raw or cooked. She showed us how to make affordable, yet superb sauce for homemade tagliatelle as well as a tartar sauce infused with delightful sea flavours.

DAVID SKOKO is the son of a fisherman, a famous chef and long-time mentor to Novigrad cooks, and probably the most influential promoter of fish and seafood dishes. He loves to cook in Novigrad, and for this project he prepared two simple but impressive original meals with soles, queen scallops and Mediterranean scallops.



1.

Mattea Beletić

Raw and grilled calamari with herbed polenta

WINE Dry Muscat

HERBED POLENTA

INGREDIENTS:

- 0.5 l water
- 2 bay leaves
- 60 g polenta
- 40 g Parmigiano Reggiano cheese,
- 1 tsp salt
- 5 g butter

METHOD:

Put butter in salted water and bring it to a boil. Add salt and bay leaves in a disposable tea bag. Gradually pour in the polenta and cook on low heat for 20 minutes. Towards the end, add the cheese and stir for another two minutes. Once the polenta is cooked, remove the bay leaf tea bag. Allow the polenta to cool in a wide and shallow dish so that it can be cut into cubes.

Raw calamari

INGREDIENTS:

- 250-300 g squid (2 pieces)
- 100 ml olive oil
- 1-2 tsp salt
- pepper to taste
- juice of half a lemon

METHOD:

Clean the squid and cut it into thin rings. Season with salt, pepper, olive oil, and lemon juice. Mix well and serve with polenta.

Grilled calamari

INGREDIENTS:

- 250-300 g calamari (2 pieces)
- a few drops of olive oil
- salt to taste

METHOD:

Clean the calamari and slice them into thin rings. Grill the calamari in a preheated pan or on a grill for four minutes. Serve with polenta.





TWO DISHES WITH ONE KILOGRAM OF SEA BASS

WINE Malvasia

Raw sea bass with wild asparagus

INGREDIENTS:

1 kg sea bass, half a lemon
0.05 l olive oil, 20 g salt, 5 g pepper

METHOD:

Fillet the sea bass, keeping only the white meat. Set aside the rest of the fish for the next dish with gnocchi. Slice the filleted fish into thin pieces and season with pepper, salt, olive oil, and lemon juice. As a side dish, prepare the wild asparagus by cleaning and breaking the tender parts. Season with salt, olive oil, and a little water, then blanch them, as for the omelette preparation.



NUTRITIONAL ANALYSIS

B VITAMINS

POTASSIUM

PHOSPHORUS

MAGNESIUM

SELENIUM

VITAMIN D



Gnocchi with sea bass fillet

INGREDIENTS FOR THE GNOCCHI:

100 g potatoes
1 egg
35 g flour
0.02 l olive oil
1 tbsp salt
5 g butter
10 g Parmigiano
Reggiano cheese

INGREDIENTS FOR SEA BASS SAUCE:

200 ml vegetable broth
bay leaf
sage leaf
rosemary spring
100 ml Malvasia wine
chilli pepper
salt to taste
100 ml olive oil
4 tbsp grated cheese

METHOD:

Place whole potatoes with the skin in the oven, spread them with olive oil and bake at 180°C for 40 minutes, depending on the oven. Once the potatoes are done, peel and mash them. Leave them to cool for a while. Add salt, egg, butter, olive oil, flour, and cheese. Mix together until it begins to stick to your fingers. Shape the dough and cut it into gnocchi of your desired size. Cook the gnocchi in boiling water until they float to the surface.

Cook the remaining sea bass (not used for the raw dish) in foil with a sprinkle of salt and an assortment of herbs such as bay leaf, sage, and rosemary. Bake it in the oven at 180°C for about 20 minutes, or grill for about 10 minutes on each side. Once the fish is cooked, remove any bones.

Put the vegetable broth, olive oil, herbs, chili pepper, Malvasia wine, and salt in a pot, and simmer for 10 minutes. Once the wine has evaporated, add the cooked gnocchi, roasted and deboned fish, and cheese to the sauce, which will give the dish a creamy texture. Cook for an additional 5 minutes.



2.

Marko Botić

Tuna steak with roasted fennel and ricotta & rocket cream

WINE Teran

INGREDIENTS:

500 g fresh tuna steak
1 kg fennel bulbs
300 g ricotta cheese
100 g rocket salad
salt, pepper
olive oil

METHOD:

Slice the tuna into steaks and season with salt and olive oil. Cut the fennel into equal parts and roast over low heat. Process the ricotta cheese and rocket salad in a blender until creamy, and season with salt and pepper. Sear the tuna on all sides and slice it into tagliata-style pieces. To serve, place the roasted fennel on top of the ricotta-rocket cream, and then place the tuna on top.

SOURCE OF

**VITAMIN
D**





Purple octopus marinated in purple cabbage and red wine

WINE Malvasia

INGREDIENTS:

1.5 kg fresh octopus
300 g purple cabbage
300 ml red wine
100 ml wine vinegar
garlic clove
3 egg yolks
300 ml olive oil
salt, pepper

METHOD:

Clean and wash the octopus, then cook it with lemon, salt, and olive oil. While the octopus is cooking, prepare the marinade. Grate the purple cabbage and mix it with red wine and wine vinegar. Drain the cooked octopus, pour the marinade over it, and let it marinate for a few hours.

In a separate bowl, whisk egg yolks and gradually add olive oil and chopped garlic to make mayonnaise. Slice the cooled octopus into smaller pieces and serve with garlic mayonnaise and a drizzle of olive oil.

SOURCE

B12

VITAMIN
D



3.

Ivan Ergović

Red mullet in polenta with courgette spaghetti

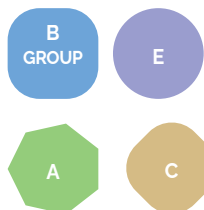
WINE White Pinot

INGREDIENTS:

1 kg red mullet
 1 kg courgettes
 30 g polenta
 20 g breadcrumbs
 2-3 chilli peppers
 100 g shallots
 200 ml olive oil
 20 g butter
 4 g salt
 2 g pepper
 cooking oil

SOURCE OF

VITAMIN



METHOD:

Clean the mullet, fillet it, and remove the bones. Marinate it with salt, pepper, and olive oil. Wash the courgettes well and use a mandolin to cut the green part into spaghetti-like shapes. Cut the white part of the courgettes into cubes and sauté them with the shallots. Season with salt and pepper, then blend the mixture using a hand blender, adding butter to create a creamy consistency, and breadcrumbs to thicken it. Quickly sauté the courgette spaghetti in olive oil, then add finely chopped chilli peppers (without seeds). Coat the mullet fillets in polenta and lightly fry them in oil. To serve, spread the courgette cream at the bottom of the plate, then layer the courgette spaghetti and top it with the fried mullet.

Crispy shark with cauliflower duet

WINE Merlot

FISH IS ALSO A
RICH SOURCE OF
TAURINE



INGREDIENTS:

1.2 kg shark
1 kg cauliflower
200 g spinach
2 eggs
100 g cornflakes
20 g sesame seeds
40 g flour
200 ml olive oil
20 g butter
6 g salt
2 g pepper
2 g turmeric
1.4 l milk

METHOD:

Cut the cauliflower in half, then cut a 1.5 cm thick piece from each side (4 pieces). Season them with spices and olive oil, place on a baking tray lined with parchment paper, and bake in the oven at 220°C until golden brown. Brush with oil occasionally. Cook the remaining cauliflower in a mixture of milk and water. Clean and cut the shark into strips. Dip in flour, eggs, and a mixture of cornflakes and sesame seeds. Arrange the strips on a baking tray lined with parchment paper and bake in the oven at 180°C until golden brown. Drain the cooked cauliflower and blend it with a stick blender, adding salt and butter. Heat olive oil in a pan and briefly sauté the spinach leaves. To serve, place a portion of roasted cauliflower at the bottom, followed by the cauliflower cream, spinach, and breaded baked shark.



4.

Marina Gaši

Sardine tartare

WINE Pinot Gris

INGREDIENTS:

- 1 kg sardines
- shallot
- olive oil
- curry powder, ginger powder, chilli pepper
- soy sauce

METHOD:

Clean the sardines under cold water and separate the flesh from the skin. Drain them well and finely chop using a knife. Place the chopped sardines in a bowl and season with salt, olive oil, a little bit of shallot, chilli pepper, soy sauce, curry, and ginger. Mix well with a fork and let it marinate for a while. Serve with toasted bread.

SOURCE

OF
CALCIUM





Sardine pasta

WINE Malvasia

INGREDIENTS FOR THE DOUGH:

500 g flour (80% all-purpose, 20% coarse flour)

8 egg yolks

1 whole egg

METHOD:

Mix 500 g of flour with 8 egg yolks, 1 whole egg, and a pinch of salt. Knead the dough well and let it rest in the refrigerator for an hour. Roll out the dough into the desired pasta shape, such as tagliatelle.

SAUCE INGREDIENTS:

300 g sardines

olive oil

rum

garlic

chilli pepper

butter

salt

OMEGA-3
UNSATURATED
FATTY ACIDS

METHOD:

Clean the sardines under cold water and separate the flesh from the skin (same process as in the previous recipe). Heat some olive oil in a deep pan. Add chopped garlic, cleaned fillets, and a little chilli pepper to the heated oil. Once the garlic becomes fragrant, add a splash of rum, and when the alcohol evaporates, add a little pasta cooking water and some butter. When the pasta is cooked, mix it with the sauce and serve.





5.

David Skoko

Linguine with two types of scallops

WINE Sparkling wine

INGREDIENTS:

- 1.5 kg queen scallops
- 10 Mediterranean scallops
- 50 g butter
- 150 ml olive oil
- 100 ml Malvasia wine
- fresh thyme
- 50 g breadcrumbs
- 400 g linguine pasta
- 2 chilli peppers
- a bunch of parsley
- 3-4 cloves of garlic

METHOD:

Place the queen scallops in a pot with a little water and bring to a boil until the shells open. Clean the queen scallops by removing the frills and separating the intestines to eliminate any grit that may accumulate in the shells. Set aside the cleaned meat and save about ten shells for garnishing when serving. Open a few scallops and sauté them in butter. Bring a pot of water to a boil for the pasta. Finely chop garlic and parsley and sauté them in olive oil. After a few minutes, add the white wine. Once the wine evaporates, add some thyme and some of the pasta cooking water. Add a couple of pinches of breadcrumbs to thicken the sauce. Cook the linguine and add them to the scallop sauce. Sauté until well combined, and serve garnished with the reserved shells, freshly chopped chilli peppers, parsley, and queen scallop meat.

SOURCE



Plain sole with black cabbage, almond cream, and sole fin chips

WINE Malvasia



INGREDIENTS:

1 kg sole
500 g black cabbage or kale
300 g almonds
3 cloves of garlic
100 g coarse flour
100 g spring onions
100 g cherry tomatoes
50 g butter
100 ml white wine
salt and pepper to taste
150 ml olive oil
marjoram, rosemary

RICH IN
PROTEIN

METHOD:

Remove the skin from the soles and use scissors to remove the side fins, guts, and heads. Season the side fins with salt, dust them with flour, and deep fry in oil. Cook black cabbage and potatoes, drain them, and sauté in olive oil that has been infused with garlic. In a blender, make a cream using peeled almonds, garlic, marjoram, salt, pepper, a little water, and oil. Season the cleaned and portioned sole with salt and pepper, dust them with flour, and place in a pan with heated olive oil. Fry the fillets briefly on both sides and pour in some white wine. Once the alcohol evaporates, add butter and fish stock to the pan. Add spring onions, cherry tomatoes, rosemary, and gently spoon the sauce over the fillets while they simmer. Once the fish is cooked, put the sautéed black cabbage on a deep plate, arrange sole fillets on top, add the cream using a piping bag, and garnish it with sole fin chips. Drizzle the reduced sauce over the dish and add a few drops of olive oil.

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