

I FEEL
SLOVENIA

 SLOVENIA
EUROPEAN REGION OF GASTRONOMY
AWARDED 2021

TASTE SLOVENIA

MY WAY OF TASTING DIVERSITY.

#ifeelsLOVEnia
#myway
#tasteslovenia

www.slovenia.info



SLOVENIA

A GREEN STAR OF THE CULINARY WORLD

Slovenia, **one of the greenest and most sustainably oriented countries in the world**, is a true paradise for gourmets, as it connects so many distinct dishes within relatively short distances – a truly rare occurrence in the world. Its green character is evident in its original unique experiences, which include learning about special gastronomic features.

Everything is close together in the only European country in which **the Alps, the Mediterranean, the Karst and the Pannonian Plain** meet. It is only about a two-hour drive from the capital city of Ljubljana and Central Slovenia to even the most remote corners of Slovenia. This means that in this part of the world you can experience four different worlds in a single day. In each of these, you will be surprised by the hospitality and creativity of the people, who are inspired by the wonders of nature and their incredible heritage when creating unique experiences for their guests. By tasting diversity, you will learn how green, active, and healthy Slovenia is – the European Region of Gastronomy 2021.

Alpine Slovenia not only takes the visitor's breath away with its tall mountains and clean waters, but also delights them with its delicious herdsmen's dishes from mountain pastures. In addition to the Adriatic Sea and karst caves, the **Mediterranean & Karst Slovenia** also offers salt and fleur de sel produced in traditional salt pans and meat products cured in the *burja* wind. In addition to healthy waters and world-renowned wines, **Thermal Pannonian Slovenia** is also known for thousands of farinaceous dishes and bread. Not only does **Central Slovenia & Ljubljana** show you the thousand faces of urban culture, but also introduces you to new tastes, created in a place where influences from all over Europe meet.

Slovenia is a green star of the culinary world, and one which can be easily reached from all over the world, exciting visitors with its typical dishes and world-renowned top-class wines and other drinks. This is also proved by Slovenia being declared the **European Region of Gastronomy 2021**.

BON APPETIT AND CHEERS!

Choose your own way of discovering the tastes of Slovenia and let an exciting gastronomic journey begin.

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Also be sure to find inspiration to discover Slovenia's diversity among the free publications available through the Explore Slovenia Travel Guides mobile application:





EXPERIENCES OF NATURAL TASTES AND AUTHENTIC PEOPLE

No matter where you are, you can enjoy good food. However, excellence can only be experienced in places where the best ingredients can be found close to the kitchen, where the master chef or home cook personally know an organic farmer, a costermonger who brings lettuce from their garden in the countryside, a beekeeper who pours honey from their own hive, and a winemaker who observes centuries-old traditions in their cellar. Excellent dishes are even better if you experience their environment, their story, and meet the people who made them. Don't just select dishes. Choose your culinary experience.



Ana Roš, Hiša Franko

World's Best Female Chef 2017, as selected by the World's 50 Best Restaurants Academy,
Ambassador of the European Region of Gastronomy 2021.

“I love green in a green way.”

Slovenian forests are green.

Slovenian rivers are green.

Slovenian perception of life is green.

And this is why Slovenian food is green, too. Gardens, meadows, and forests are at the very heart of who we are.

“I went where the day is longer, where the urban world ends, where only a path replaces asphalt roads, ...” My home, my country. It is so small that you can drive across it in less than a day.

It is so diverse that you can spice a Dover sole with smoked venison heart or place an oyster on a beef

tongue. It is so beautiful that I do not even need to speak about it anymore.

I recently met a Columbian girl in Mexico, who had travelled around the entire world with her family, and she told me: “Oh, Triglav (she meant Triglav National Park)! I gazed upon the blue Adriatic Sea from snow-capped peaks. Your entire essence was hidden in this view. The magnificence of the mountains, which slowly turn into gentle wine-growing hills, and finally into the endlessly blue Mediterranean Sea.”

This is what Slovenia is like. Diverse, colourful, and interesting.



The Soča River Valley

Our food is like this, too. Diverse, colourful, and interesting.

Green.

Slovenia is a land of gardens, meadows, and forests. Here, people have lived in harmony with the rhythm of nature for a long time. The culture of foraging for wild food, producing food in gardens, finding it in forests, on meadows, in rivers, and the sea has not just been a fashion trend of the modern world here, but our tradition, culture, and, I hope, our future as well. Once elder is in bloom, everyone goes hiking to collect its flowers.

When wild raspberries and blueberries are ripe, we take our woven-wood baskets and hike on the sides of mountains, such as Mt Matajur and Mt Kolovrat near where I live, and gather the ingredients for the most delicious jam in the world.

Stories told by mushroom pickers are true fairy tales! Are they real?

Check for yourself.

Last October, the menu at Hiša Franko contained 16 different varieties of wild mushrooms!

We like to taste what is close to us.

Drežnica billy goats. Lamb from mountain pastures.

Fermented 'skuta' curd cheese is the very essence of unforgettable 'čompe s skuto' (potatoes and curd cheese).

The Soča trout and its story of survival, all of the stories of the mythical krivopete women from the Livško region; Anka Lipušček from Zatoľmin and her life devoted to Tolmin cheese, and thousands of stories from the Slovenian Karst, Brda Hills, Prekmurje, Slovenian Istria, Dolenjska, Štajerska, and Gorenjska.

Where to start and where to end?

Would you prefer olive or pumpkin-seed oil?

Butter made from milk produced in the mountains?

Why not all of it?

Welcome to Slovenia.

Welcome to the European Region of Gastronomy 2021!

NATURE PROVIDES ONLY THE BEST

SUSTAINABLE CUISINE, THE SLOVENIAN WAY

Practically every Slovenian kitchen has spices and aromatic herbs from the nearest garden or meadow – this is true whether the cooking is for family and friends or for the guests in a fine restaurant. Lettuce and potatoes, which are typical for all parts of Slovenia, are grown

Luka Košir, Gostišče Grič

A chef who swears by sustainable culinary approaches, Ambassador of the project Slovenia – European Region of Gastronomy 2021.



“The advantage of Slovenian cuisine is the unique tradition that is rooted in Slovenian gastronomy. The key to the development of our gastronomy is promoting awareness of all of the things that we already have!”

more or less just around the corner. Mushrooms and the fruits of the forest come from the forest that you can see from the table. Milk comes from mountain pastures. Honey comes from the apiaries of numerous Slovenian beekeepers. Fish comes from the sea, rivers, and lakes next to which you just took a walk. Oil enriching the flavour of the dish comes from the local oil producer, and salt from traditional salt pans on the Slovenian coast.

Prepared according to traditional recipes or created in an original way, but always with a tinge of local colour, the dishes highlight the sustainable orientation of Slovenian tourism. We offer our guests what we produce ourselves. Most food comes from nearby and has a small carbon footprint. We advocate the principle ‘from the garden, field, and forest to the table’. This is why we eat such good food and contribute to a sustainable future.



Home-grown produce



WITH FOOD FROM THE LOCAL MARKET

Most towns and cities in Slovenia have marketplaces offering produce by local producers of organic vegetables, fruit, homemade meat products, cheese, oil, herbs, and handicraft items. Most marketplaces have small shops offering speciality products. Some of the best chefs come to the marketplaces, among which Plečnik's Marketplace in Ljubljana holds a special place, to buy fresh and local ingredients. Some of them have ensured their own supplies by growing ingredients in gardens and fields.

Chef Janez Bratovž at Ljubljana's Central Market

CLEAN DRINKING WATER EVERYWHERE!

Slovenia is a land rich in water. It is one of the few countries in the world to enshrine the right to drinking water in its Constitution. This is why Slovenia preserves the quality of its water sources with ever greater vigour. Operators all over Slovenia have even pledged to protect water in a special Water Commitment! No matter where you are, you can quench your thirst by drinking high-quality drinking water straight from the tap and, in many places, even from a town drinking fountain. In the country of therapeutic water, you can enjoy the refreshment provided by mineral water at its very source; such examples include Donat Mg in Rogaška Slatina – the water with the richest magnesium content in the world – and Radenska water in Radenci.

PROTECTED SOURCES OF GOOD TASTES

Slovenian 'gostilnas', restaurants, and people's kitchens particularly value food with a protected designation of origin and a protected geographical indication provided by the European Commission. In Slovenia, dishes are seasoned with **Piran salt** and people also like using **Ptuj onions** and **eggs from the foot of the Kamnik mountain pastures**, they value the bitterness of **Štajerska hops** and the sweetness and nutritional goodness of **Slovenian honey**, especially Kočevje forest honey and Karst honey. Among the food with a protected designation of origin, the **extra virgin olive oil from Slovenian Istria** impresses connoisseurs, while the **Štajerska and Prekmurje pumpkin-seed oil** stands out among products with a protected geographical indication. It is used by Slovenians to season salads, while the oil produced using centuries-old procedures is used in many restaurants, 'gostilnas', or on farms to enrich the flavour or marinades, sauces, soups, desserts, and even – vanilla ice cream!



The delicacies presented on the following pages bear the labels of Protected Designation of Origin, Protected Geographical Indication and Traditional Speciality Guaranteed.

THE PEOPLE MAKE GREAT FOOD TASTE EVEN BETTER

ENJOY THE CREATIONS OF MASTER CHEFS

Explore boutique five-star gastronomic experiences in Slovenian restaurants and the creativity of their chefs, who are among the best that European cuisine has to offer. You can rely on the recommendations of The Slovenia Restaurant Awards, which offer a prestigious selection of the top 100 gastronomic locations in four Slovenian regions. You can find the quality required by the members of the JRE – Jeunes Restaurateurs and Chaîne des Rôtisseurs associations. You can also trust the reviews of international culinary guides, such as Gault & Millau.

JB Restavracija, Ljubljana



Janez Bratovž, JB Restavracija

He is a master chef, recipient of a special award titled 'Contribution to the Progress of Slovenian Contemporary Cuisine' as chosen by Gault & Millau 2019.

"Five years ago, I told an American journalist that Slovenia would become the next great culinary destination. This is now becoming a reality, but we are far from reaching the end of the journey. Everyone is doing their very best to help Slovenia get even better. I know that we can do it!"



David Vračko, Restavracija Mak

The 'Chef of the Future' as chosen by Gault & Millau 2019.

"Slovenian cuisine has been and must remain based on our tradition. In our environment – from the Adriatic Sea to the plains of Prekmurje – we can find absolutely everything that we need. We remain true to ourselves and our roots. We respect land as the source of water, food, and dignity. On these foundations, we are creating dishes that will speak to international gourmets."

 si.gaultmillau.com

 the-slovenia.com

 jre.eu

 chaine.si



TASTE EXCELLENCE IN SLOVENIAN 'GOSTILNAS'

When looking for various hospitality establishments in Slovenia, look for a – 'gostilna'! A 'gostilna' is usually an establishment with many years of family tradition, house dishes, regional dishes, and a selection of Slovenian wines and other drinks. In 'gostilnas', you can taste delicious dishes made from local ingredients, you can enjoy typical Slovenian Sunday lunches, and an atmosphere created by traditional inns.

Gostilna Repovž, Šentjanž



Mojmir Marko Šiftar, Restavracija Evergreen
'Young Talent' as chosen by Gault & Millau 2019.

"In our little country, I am mostly inspired by historical facts; how, through time, we continued to adopt the cuisine of our neighbouring or ruling countries and changed it, adapted it in our own unique way. Although we are a young country, our culinary roots go back to the time of the Reformer Trubar and even further. I like to draw inspiration from history and to create the new image of Slovenian cuisine with the help of tradition and the knowledge of our forebears. We must never forget our foundations, in culture and in cuisine."



Meta Repovž, Gostilna Repovž
The 'Traditional Cuisine Chef' as chosen by Gault & Millau 2019.

"Tradition, experience, social gatherings, thick walls, family, joy, tasty food, history, hard work, adventures, the 'bar', village, countryside. These are all words that remind me of a true Slovenian 'gostilna'.

It is certainly a true gem as well as the foundation for Slovenian cuisine. Slovenians are proud of their 'gostilnas', as they are an important part of our culinary identity.

ORIGINAL VENUES ENRICH THE TASTE

Typical Slovenian dishes made according to proven recipes can be prepared in any kitchen, anywhere in the world. However, true gourmets know that culinary specialities taste best when accompanied by views of their original landscape and personal contact with their creators. Numerous Slovenian restaurants and 'gostilnas', castle or mountain kitchens, are known for terraces and gardens with incredible views of the green landscape. Various hospitality establishments can be found in places where the ingredients for the typical dishes of individual areas have been produced.

The Slovenian coast



Ptuj

DIVERSITY OF TOWNS

The tourist attractions in Slovenia's historic towns are complemented by their regions' culinary heritage. You can get a taste of the everyday hustle and bustle at the markets, sample popular local dishes at various events and visit the finest restaurants to experience cuisine that combines urban traditions with the characteristics of the surrounding countryside. Learning about history while discovering a town's typical dishes, drinks and desserts teaches you volumes about its culture.

www.slovenia-historic-towns.com

BON APPÉTIT IN THE STREET

In addition to well-established social and culinary events in Slovenia, be sure to catch the various festivals – burger and beer, chocolate and gin, or other trendy foods and drinks festivals – that spice up street and market life. You can always liven up your day with a bite of street food that throws a modern twist on traditional Slovenian specialities, while also flirting with dishes from the neighbouring Balkan countries. Taste the diversity!



VISIT WELCOMING FARMS TO EXPERIENCE THE TASTE OF THE COUNTRYSIDE

You can find tourist and excursion farms where you will be served homemade dishes made from local ingredients in every region of Slovenia. In addition to enjoying good snacks or lunches, tourist farms are ideal for tastings, culinary workshops, picnics in nature, and more.

On farms, you will eat the same things as the locals, including whatever grows in the garden by the house or in their fields. In many places, housewives prepare dishes in the same way their grandmothers did, and in other places the excellent culinary reputation is only made stronger with the new generation of chefs and through the innovative use of traditional food products. Meals are accompanied by drinks from house cellars and pantries. In addition to wine, you will be able to taste homemade apple juice and other juices as well as spirits.

You will be offered the typical fruit brandy, but also 'medica' (honey-based alcoholic drink), blueberry brandy, herbal brandy, Teran wine liquor, and other drinks.



Farms with supplementary tourism activities

468

Tourist farms offering accommodation

479

excursion farms

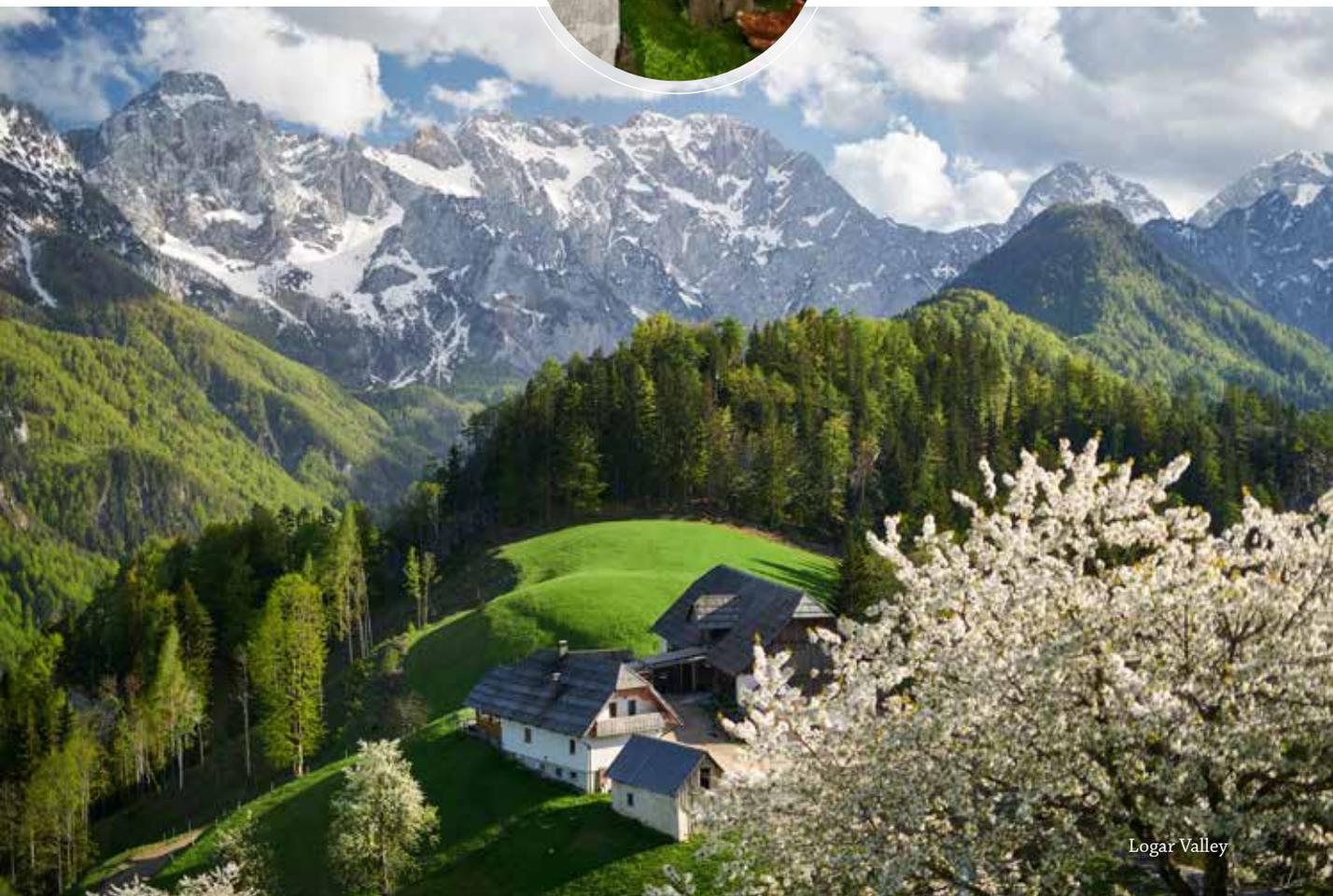
95

wineries

32

Osmice wine bars

www.farmtourism.si



VISIT BEEKEEPERS TO BOOST YOUR HEALTH AND ENJOY SWEETNESS

Listening to Slovenian bees, the Carniolan honeybees, taking care of your health and beauty using bee products, breathing the air from a beehive and experiencing apitherapy, tasting the protected Slovenian honey and its varieties, discovering the stories from painted beehive panels, learning about the production of gingerbread and gingerbread hearts, making a toast with 'medica', a honey-based alcoholic drink – all this and much more can be experienced in Slovenia. Slovenia, which is fulfilling its commitment to sustainable development with the help of its beekeepers and its concern for bees, initiated the declaration of 20 May as World Bee Day.

www.apiturizem.si

> *More on page: 7*



Beekeeping tradition in Slovenia

VISIT THE MOUNTAINS TO TASTE MOUNTAIN NATURE

Slovenia is home to mountaineering enthusiasts, who expect an excellent snack when they make a stop at a mountain cabin. Among more than 150 mountain cabins, there are some that are not only famous for their distinctive hotpots (goulash, 'jota' (potato and turnip/sauerkraut hotpot), 'ričet' (barley mush hotpot), mushroom soup, minestrone), but also for dishes such as 'štruklji' (filled dumplings), rolled pastry with various fillings (strudels), 'žganci' (mush), and sausages. In many cabins, you can enjoy sweet dishes, such as crepes, 'flancati' (fried dough triangles), and other sweet snacks. Dishes are often seasoned with indigenous plants from the mountains.

In Slovenia, you can easily discover mountain pastures where cheese with a protected designation of origin is made. In the vicinity of the emerald River Soča, the Bovec cheese and Tolminc cheese are made, while the spicy Bohinjski Mohant cheese is made in the shelter of Triglav National Park. Trnič cheese is made on the Velika Planina plateau above the town of Kamnik. This cheese always comes in pairs, signifying the longing of the herdsmen for the girls in the valley.



A meal in the mountains

VISIT HEALTH RESORTS TO TRY DISHES THAT CONTRIBUTE TO YOUR WELL-BEING

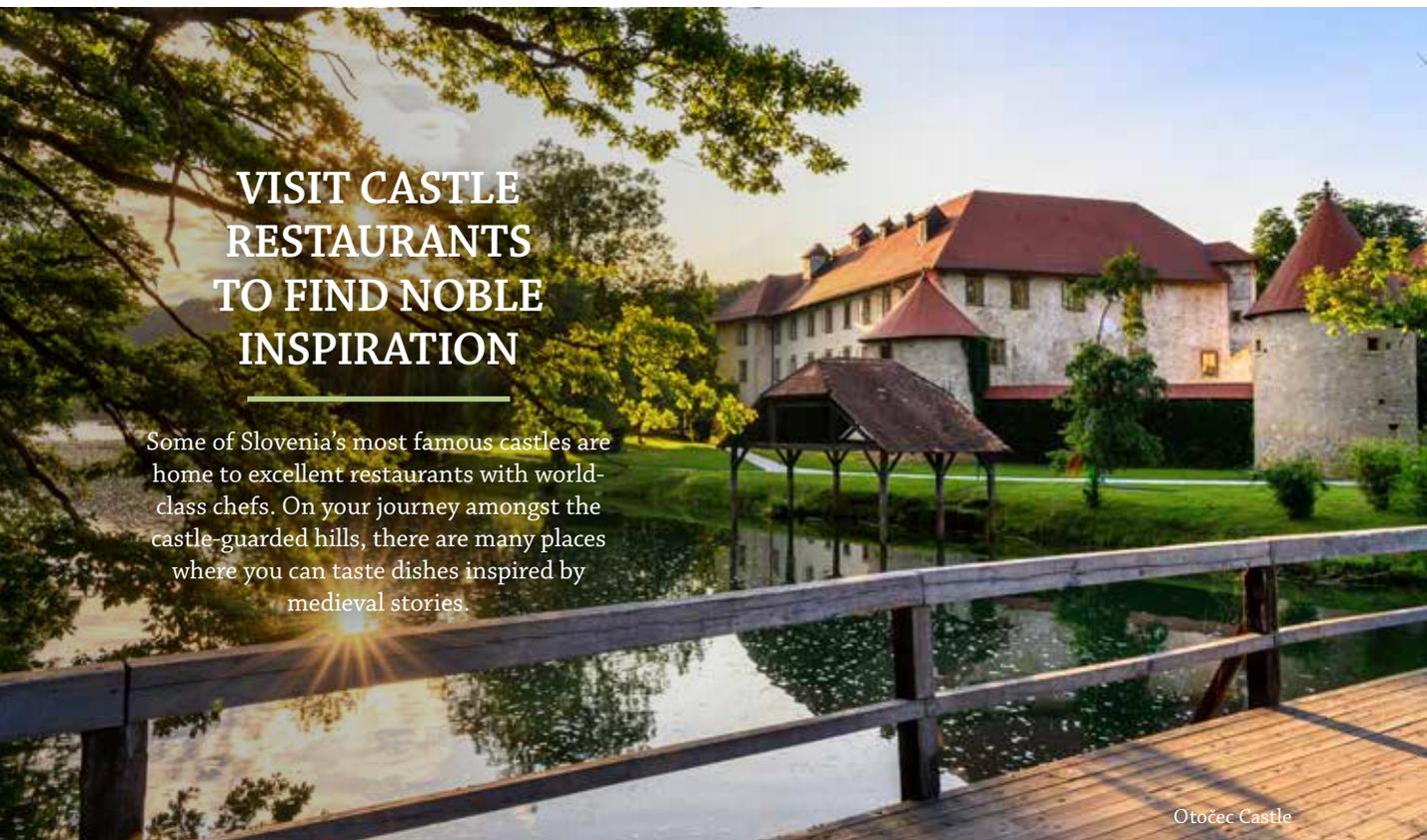
In 15 of Slovenia's natural health resorts, special attention is paid to menus, as food is seen as an important part of health and well-being. In addition to typical dishes, you will also be able to experience surprising flavours which find inspiration in traditional holistic approaches to health. When selecting food products, these health resorts make sure that the supply chain is short and that the dishes are prepared using fresh ingredients from the immediate vicinity. This is why diet menus are simply tastier!

www.slovenia-terme.si



VISIT CASTLE RESTAURANTS TO FIND NOBLE INSPIRATION

Some of Slovenia's most famous castles are home to excellent restaurants with world-class chefs. On your journey amongst the castle-guarded hills, there are many places where you can taste dishes inspired by medieval stories.





VISIT WINEMAKERS TO EXPERIENCE WINE

In three Slovenian wine-growing regions, visitors can enjoy exciting guided tastings and unique experiences in age-old cellars, while new wine stories are being written in modern cellars about the special achievements attracting the attention of connoisseurs from around the world, and visitors will find pop-up wine bars known as 'osmice' ('eights') irresistibly inviting. If you visit vineyards in Slovenia, you will find cellars with open doors, where you will not only be able to taste wine, but also learn about the secrets of its production.

➤ *More on page: 68*

Wine degustation, Čotar Wines, Komen

VISIT BREWERS TO DISCOVER SPECIAL SLOVENIAN PRODUCTS

Slovenia is also green due to its special green gold – hops! Štajerska hops with a protected designation of origin, which is the source of the distinctive aroma and the pleasantly bitter flavour of many beer varieties, are grown in the Savinja Valley, which is considered to be the fifth largest producer of hops in the world. In the town of Žalec, which is surrounded by hop gardens, you can find a unique beer fountain, where you can taste, among others, beers produced by Slovenian micro-breweries.

Slovenian boutique beers will surprise you with their new flavours, which are not only based on hops. Slovenian micro-brewers are known for experimenting with natural ingredients from the local environment.



The Green Gold Beer Fountain, Žalec

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MY WAY OF PARTNERING FOR THE FUTURE.

As a proud holder of the European Region of Gastronomy 2021 title, Slovenia promotes the development of green supply chains to give you an authentic experience of Slovenian gastronomy.

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#myway
#tasteslovenia

www.slovenia.info

TYPICAL DISHES FROM DISTINCTIVE SLOVENIAN REGIONS

People eat different food on the coast than they do when surrounded by tall, snow-capped Alpine peaks. The wheat fields of the Pannonian Plain provide a different inspiration than the indigenous plants growing among the rocks of the Karst region. No matter where you go, you will discover how nature and culture go hand in hand right before your eyes – on a table laden with distinctive local dishes. Chefs blend all of these different ingredients growing near each other into delicious creations with flavours that will surely make you remember Slovenia!



Dr. Janez Bogataj

Internationally renowned ethnologist, Ambassador of the European Region of Gastronomy 2021.

“We eat to live, not live to eat!”

If we ask ourselves about the characteristics of the contemporary gastronomic identity of Slovenia, we will find that it is the result of our incredible European crossroads of distinctive gastronomic features. Slovenia has shaped its cuisine for centuries under the influence of the Germanic Alpine world to its north, the Romance Mediterranean world to its west, the Pannonian world to its northeast and, since World War I, the Balkan world to its south. People from local and regional environments have created innovative culinary solutions, the originality of which is based on the diversity of the natural world and the constant development of culinary knowledge. There have

been plenty of opportunities for this, as the area of today's Slovenia offers virtually everything that forms the basis for the growth and development of contemporary gastronomy.

Fields yield produce and meadows provide excellent pasture for livestock. Slovenia is one of the most forested countries in Europe, where numerous mushroom varieties and fruits of the forest grow. The view from tall mountain tops, which are surrounded by mountain pastures, reaches all the way to the Adriatic Sea. However, fish do not only swim in the sea, but in Slovenia's abundance of clean rivers, streams, and lakes. Springs with medicinal mineral water are

particularly important – some of these were held in high regard as far back as the days of antiquity.

Indigenous bees can be heard buzzing in the air in Slovenia, as they collect honey and make other bee products. Excellent sea salt and fleur de sel are produced in the northern-most salt pans in the Adriatic Sea. Grapevines grow in three wine-growing regions, and there are some original varieties that impress even the most demanding connoisseurs. The spreading of culinary knowledge has been important for the development and distinctive character of contemporary Slovenian cuisine.



“The culinary wealth of Slovenia can be found in a relatively small area consisting of 24 gastronomic regions and 3 wine-growing regions, with 401 typical local and regional foodstuffs, dishes and drinks.”

Traditional culinary delights

The first cookbook in the Slovenian language was printed in 1799. This book is excellent proof that, even in the late 18th century, the Slovenian language was able to define all the basic and special terms used in the culinary world of the time. The foundation of Slovenia’s gastronomic pyramid, which determines our culinary and gastronomic recognisability, are

the **‘kranjska klobasa’** – a delicious sausage that has been protected since 1896, **sauerkraut** and **sour turnip** from the Alpine world, **ceremonial plaited bread** and **‘prekmurska gibanica’** (layer cake from Prekmurje) from the Pannonian world, while Central Slovenia gives us **‘skutni štruklji’** (dumplings with skuta curd cheese filling) and **‘pehtranova**

potica’ (potica with tarragon filling), and the Mediterranean world is represented by **‘klapavice’** (Mediterranean mussels), **calamari**, and **Piran branzino**. Take a seat at the diverse and healthy Slovenian table rich in various flavours.

Enjoy your meal, God bless, and cheers!



‘Kranjska klobasa’ (Carniolan sausage)



Sauerkraut and sour turnip



‘Prekmurska gibanica’ (Prekmurje layer cake)



‘Štruklji’ (dumplings with various fillings)



Slovenian ‘Potica’



‘Bosman’ (wedding bread)



‘Klapavice’ or ‘pedoci’ (Mediterranean mussels)



Piran branzino



Calamari



ALPINE SLOVENIA

WHERE GOOD DISHES COME FROM MOUNTAIN PASTURES

If you would like to conquer panoramic peaks, you will need a piece of bread with 'zaseka' (pork mash spread), a bite of excellent cheese, and a spoon of honey. Be energized for your hike with 'žganci' (mush) or 'kaša' (porridge). When you return, we will surprise you with some venison, river fish, and special sweet delights.



Uroš Štefelin, Chef, Vila Podvin
co-creator of the culinary stories of Alpine Slovenia

“Here, we cook using the best that the mountains have to offer and specialities from the valleys.”

We enjoy milk and mush

The landscape known for the tallest mountains tastes of excellent cheeses made from the milk of cows and sheep that graze on mountain pastures. Among them, special attention should be paid to Mohant cheese. Due to its spicy flavour, it can be used as a seasoning that complements dishes nicely. ‘Koruzni žganci’ (maize mush) has always gone well with milk from the mountains. A local Bohinj maize variety, known as ‘trdinka’, has a unique flavour and is an inspiration for new dishes.

Dried meat products made in our own way

Alpine Slovenia is an area known for farinaceous, meat, and dairy dishes, but also for fish from rivers and lakes. Locals like to eat ‘gorenjski želodec’ – a dried meat product with millet porridge and the indispensable ‘zaseka’ (pork mash spread).

We are inspired by old trees

‘Tepka’ pear trees, an old pear variety, can grow up to 20 metres tall, and dried pears can keep their mouth-watering aroma up to 25 years! During the reign of Maria Theresa, it was ordered that these pear trees be planted on farms, and today their fruit provides new inspiration for world-class cuisine. In addition to ‘tepka’ must, compote, juice, jam, and brandy, we are happy to now also offer ‘gorenjska klobasa’ (sausage) with ‘tepka’ pears, tepka pasta, rateški krapi – dough pockets with ‘tepka’ pears, ‘tepka’ pralines, and much more. The new culinary story of Alpine Slovenia is being written in our cuisine with the help of this pear and its timber, used to produce the famous Gorjuše pipes.



ALPINE SLOVENIA

typical dishes

'Čompe s skuto' (potatoes and curd cheese) •

'Čompe' is just one of the 132 names for potatoes in Slovenia. As 'čompe', potatoes have been cooked in abundance in the Soča Valley since the 19th century, complemented with delicious 'skuta' curd cheese. Every year, the Čompe Night (Čomparska noč) tourist event is held in Bovec.



'Tepkin kompot' (Tepka pear compote) •

The once widespread pear variety used to cook delicious compote also enriches snacks with cheese and 'skuta' curd cheese, 'štruklji' (traditional dumpling) fillings, and many other dishes. Their reputation has also been kept alive due to 'Gorenjski Tepkovec', a natural Tepka brandy with a protected geographical indication.





'Blejska kremšnita' (Bled Cream Slice) •

A special feature of Bled cuisine since 1953. This dessert consists of filo dough with vanilla cream, a thinner layer of whipped cream, and another layer of filo dough with caster sugar on top. By the autumn of 2019, fifteen million original Bled Cream Slices had already been prepared at the Hotel Park in Bled.



'Srna po bohinjsko' (Bohinj-style roe deer) • The vast forests in Triglav National Park provide a habitat for numerous wild animals. This is why venison is often represented in the locals' food culture.



'Ajdovi in koruzni žganci' (buckwheat and maize mush) • The most widespread everyday dish in Alpine and Central Slovenia used to be 'žganci' (mush). It was said in the 19th century that this was the 'pillar of the Land of Carniola'. 'Žganci', also known as 'drobljenci', can be the main course or a side dish to hotpots, sweet or sour milk, or yoghurt. They also taste great with eggs, sauerkraut, and turnip.



'Bohinjski mohant' (Bohinj Mohant cheese)

• A special type of spicy 'skuta' curd cheese or sour milk curd cheese, which matures in wooden firkins known as 'deža'. Maturing is faster in the summer months, so 'Mohant' is full-fat during this season, while in the winter skimmed milk is used. This incredible Slovenian delicacy has a European protected designation of origin.



'Bohinjska zaseka s suho klobaso' (Bohinj pork mash with dry sausage) • A special type of 'zaseka' or pork mash is made in Bohinj – this is a spread made from ground smoked bacon. Dry sausage and pieces of meat are conserved in 'zaseka'. Dry sausage with 'zaseka' is an incredibly tasty snack and smoked 'zaseka' gives amazing flavour to dishes if used as a lard.



‘Tolminska frika’ (Tolmin omelette) • Carnia is the home of ‘frika’ or fried cheese. From there, the dish spread to the Bovec region, where it is prepared using potatoes, cheese, and bacon. In the Trenta Valley area, it’s prepared using cheese, polenta, bacon, and eggs, while potatoes, cheese, bacon, eggs, and onions are used on the Alpine dairy farms of the Soča Valley.



‘Tolminc’ cheese and ‘Bovec’ cheese • The tall mountains towering above the River Soča have been home to cows and indigenous Bovec sheep for centuries. The ‘Tolminc’ and ‘Bovec’ sheep cheeses, which have a European protected designation of origin, are made from extremely high-quality milk.



Soča trout in buckwheat or maize flour •

The crystal-clear River Soča is home to the indigenous Soča trout (*Salmo trutta marmoratus*), an incredible culinary delicacy. This is prepared by rolling it in buckwheat or maize flour and then frying; it is also very delicious if enjoyed with dried ‘pršut’ ham.



'Kobariški štruklji' (Kobarid filled dumplings) • These cooked flour dumplings or pockets with a filling made of bread crumbs, raw butter, walnuts, raisins, and aromatic herbs is a typical holiday dish. A similar dish was mentioned by the cook of the Bishop of Aquileia as early as in the 15th century.



'Rateški kocovi krapci' and 'špresovi krapci' (Rateče pastry pockets with pear filling and pastry pockets with curd filling) • There are two types of pastry pockets or dumplings in Rateče. The first one ('kocovi krapci') has a filling made of cooked and ground dried pears, some honey, and cinnamon. The second one ('špresovi krapci') has a 'skuta' curd cheese or 'špres' and cornmeal filling. Some home cooks also add millet groats, fried onions, 'zaseka' pork mash, cinnamon, and chives to their filling. The Gorenjska region offers 'ajdovi krapci', buckwheat dough pockets filled with 'skuta' curd cheese or colostrum.

'Zgornjesavinjski želodec' (stuffed pig's stomach from the Upper Savinja Valley) • The Upper Savinja Valley is home to a typical dried meat delicacy made from high-quality meat and bacon. A suitably salted and seasoned filling is stuffed into a natural wrapping. Pig stomachs were typically used in the past. This popular meat product has a European protected geographical indication.





‘Kranjska klobasa’, a delicious sausage protected since 1896 • The most well-known Slovenian food product in the world, this originates from the rich heritage of pork processing to make semi-durable meat products. The oldest mention of this sausage, calling it ‘kranjska klobasa’, dates back to the second half of the 18th century.



‘Pohorski lonec’ (Pohorje hotpot) • ‘Pohorski lonec’ is a tasty vegetable and meat hotpot created by Chef Darinka Orlačnik in 1996 in the Zreče Pohorje Hills. Every year at the end of July, a culinary event called ‘Praznik pohorskega lonca’ or the Pohorje Hotpot Festival is held in the Zreče Pohorje Hills.

Sauerkraut and sour turnip • Traditional natural sauerkraut and sour turnip are held in high regard in all of Slovenia’s gastronomic regions. Particularly in the winter, these foodstuffs enrich everyday dishes and holiday dishes alike – as a side dish or as an ingredient in main dishes. Due to their pleasant acidity, they are considered to aid digestive health.





CULINARY EXPERIENCES IN ALPINE SLOVENIA

When searching for typical ingredients and dishes prepared by excellent and highly creative chefs, be sure to visit the country's finest restaurants. But if you long for more than just exceptional taste, opt for an experience where you can test your skills, scour for ingredients, and play a part in unique stories tinted with a culinary hue.

Gingerbread-making workshop, Radovljica

GARDENING UNDER A TREE HOUSE

An active holiday in treetops,
Garden Village Bled, Bled,
www.gardenvillagebled.com

Your holiday stay at the luxurious lodge among treetops includes access to the nearby garden. You can even try your hand at gardening. Sample produce at a restaurant with grass-covered table tops and a stream running through it. Or cook nature's wonders to your own taste over an open fire.



SLOVENIA UNIQUE EXPERIENCES

is a label for the most unique 5-star tourist experiences. Every holder of the Slovenia Unique Experiences label, awarded by the Slovenian Tourist Board,

ensures that their products are local, authentic, unique, experiential, boutique, sustainably green, of premium quality. Find out more at:
www.slovenia.info/en/slovenia-unique-experiences



Garden Village Bled



Heart-shaped road among vineyards, Špičnik



FOR PASSIONATE WINE LOVERS

Big guy's wine highlights with the World's Oldest Vine, Maribor–Pohorje Tourist Board, Maribor, www.visitmaribor.si

If you'd like to pamper your taste buds with premium wines made from grapes grown between the Alps and the Pannonian Plain, join an experienced sommelier on a guided tour of one of Slovenia's most interesting wine roads. On the road that runs between the centre of Maribor and the nearby hills, you can explore the underground tunnels of the Vinag Wine Cellar, visit the oldest grapevine in the world and take a stroll around Svečina – admire the heart-shaped road among vineyards – one of the most beautiful and most photographed views in Slovenia. On top of that, you can also meet the biodynamic winemakers, who are at the forefront of the European wine-growing industry.

HOME OF THE TRDINKA CORN

Certified culinary experiences, Bohinj, www.bohinj.si

At the foot of the mountains stretching into Triglav National Park lies a region that has much more to offer than just unique types of cheese. Discover the taste of the Bohinj corn cultivar trdinka and learn how to make traditional Bohinj žganci (corn mush). Among all experiences certified as Bohinjsko/From Bohinj, make sure not to miss the Cooking Art from Bohinj workshops, as well as tastings of brandy from the Alpine region and chocolate made with local ingredients from Bohinj – even with the spicy Mohant cheese.



Culinary experiences, Bohinj



MEAL OF PEACE AT THE FRONT

The story of a soldier from the Soča Front, the Kobarid Museum, The Walk of Peace, Planika Dairy, Kobarid, www.kobariski-muzej.si

Combine cultural and culinary experiences. Accompanied by a soldier from the Soča Front, head up to the mountain pastures above the Soča River to meet the cheesemakers. Take a trip to the past and visit the Kobarid Museum, the Kolovrat outdoor museum, and the Planika Dairy's cheese-making museum where you can enjoy a traditional cheesemaker's meal made from the finest Alpine milk.



Tolminc cheese

TASTE AND EXPERIENCE EVEN MORE!

When wandering around Bled, treat yourself to a **Bled cream cake** or, as the locals call it, *kremšnita*. Head to the nearby village of Zasip for a **brandy made from dried tepka pears**, which are also known as prge. These pears are the main ingredient of a wide range of sweet and savoury dishes. Travel to Radovljica to discover honeybread hearts and other specialties related to **beekeeping**. Visit the Logar Valley and sample culinary delights from the **highest-lying Slovenian farm stays** along the Solčava panoramic road. When in the Koroška region, explore the underground of Mount Peca and enjoy a traditional **miner's meal** inside a mine shaft. In Kranjska Gora, be sure to try the **dinner of the three lands** (Slovenia, Italy and Austria) that share a border close by. On the local culinary trail get to know the authentic dishes of the Upper Sava Valley. Taste the delicacies of Rogla and the Zreče Pohorje on the wood-fired oven and forest trails, as well as many other **culinary trails**. Countless similar trails can be found throughout Slovenia.

RENDEZVOUS WITH POTICA AT BLEED ISLAND

Potičnica, Bled Island,
www.blejskiotok.si/poticnica

Journey to the island in Bled, Slovenia's most popular tourist destination, to taste the traditional Slovenian potica (nut roll). The Potičnica boutique invites visitors to try one of their many varieties of potica, while groups that announce their visit in advance can see first-hand how the experts bake the most typical Slovenian festive dessert.

Bled Island



THE BEST RESTAURANTS

as selected by the Gault & Millau
2019 guide

HIŠA FRANKO,
Kobarid
Chef Ana Roš
www.hisafranko.com

RESTAVRACIJA MAK,
Maribor
Chef David Vračko
www.restavracija-mak.si

RESTAVRACIJA JULIJANA,
Bled
Chef Simon Bertoneclj
www.sava-hotels-resorts.com

VILA PODVIN,
Mošnje
Chef Uroš Štefelin
www.vilapodvin.si

GOSTILNA KRIŠTOF,
Predoslje near Kranj
Chef Uroš Gorjanc
www.gostilnakristof.si
also Gostilna Slovenija

GOSTILNA SLOVENIJA TITLE

Holders of the title

GOSTILNA ANČKA,
Šenčur
www.ancka.si

GOSTILNA GASTUŽ,
Žiže
www.penzion-kracun.si

GOSTILNA ARVAJ,
Kranj
www.gostilna-arvaj.si

GOSTILNA PRI LEŠNIKU,
Maribor
www.prilesniku.com

GOSTILNA PRI LIPI - TAŠNER,
Maribor

GOSTILNA VERNIK,
Ruše
www.vernik.si

GOSTILNA DELALUT,
Dobja vas
www.delalut.si

GOSTILNA MURKO,
Slovenj Gradec
www.gostilnamurko.com

THE 'GOSTILNA SLOVENIJA'

The "Gostilna Slovenija" label is given by the Tourism and Catering Section of the Chamber of Craft and Small Businesses of Slovenia. The criteria for conferring this label include observing sustainable development principles, using natural and traceable food, culinary knowledge, recognisability, hospitality, and linking heritage with family traditions.

> *More on page: 43, 55, 67*

MEDITERRANEAN & KARST SLOVENIA

WHERE FISH ARE THE BOUNTY OF THE SEA AND 'PRŠUT' HAM IS CURED IN THE 'BURJA' WIND

As you gaze upon the sea, a special wind will often touch your face; without this wind, there would not be the flavour of the 'kraški pršut' (Karst 'pršut' ham). The 'Burja' wind reaches far inland, into the land which enriches its pasta, omelettes, and hotpots with wild aromatic herbs and Piran salt.





Tomaz Kavcic, Chef, Gostilna pri Lojzetu,
Dvorec Zemono

co-creator of the culinary stories of Mediterranean
& Karst Slovenia

“In the kitchen, we depend on our resourcefulness and what nature provides us!”

We choose to make what our forebears already knew about

The best that the Mediterranean & Karst Slovenia has to offer is made from simple, fresh, and local ingredients with traceable origins; ingredients that our forebears knew about through the ages. They had to be very resourceful to be able to feed their large families in difficult times using only locally accessible ingredients.

Keeping their creativity in mind, olive oil, turnip fermented in pomace, indigenous ‘guštenca’ maize, wild asparagus gathered in nature, salami and ‘pršut’ ham dried in the Burja wind, and, of course, the salt and fleur de sel from the Piran salt pans are now the main ingredients in the best kitchens of this region.

We love ‘pršut’ ham, but we never forget dishes eaten with a spoon!

Taste the Karst ‘pršut’ or Vipava ‘pršut’ in an original way. These connect the flavours of the entire region. Sear a slice of ‘pršut’ ham in vinegar and serve it with maize polenta. In addition to ‘pršut’ ham, other local meat products are also much loved – salamis, sausages, pork crackling, pancetta, neck meat, and ‘špehovke’ (savory pies with bacon). We love to enjoy dishes eaten with a spoon, such as beef soup with home-made noodles or semolina dumplings, ‘jota’ – a typical hotpot with potatoes and turnip/sauerkraut, ‘fižolovka’ – a bean minestrone, ‘šelinka’ – a vegetable soup made from celery, and ‘ješprenjek’ – a dish featuring the ever-popular barley.

We toast with typical drinks

The white and red wines produced in Mediterranean & Karst Slovenia from indigenous and international grape varieties are well-known and held in high regard globally due to their high quality. In addition to wines, traditional brandy is also very good. Try the local ‘tropinovec’ brandy (a strong spirit made from half-dried grapes) and the ‘kraški brinjevec’ (juniper berry brandy from the Karst region) and ‘brkinski slivovec’ (Brkini plum brandy) with a protected geographical indication, as well as enjoying non-alcoholic drinks. ‘Bezgovce’ is also very popular – this is an elderflower syrup mixed with water.





MEDITERRANEAN & KARST SLOVENIA

typical dishes



'Fritole and kroštole' • 'Fritole' are fried dough balls, also known as 'miške', a typical Christmas dish. In some places, raisins are added to the dough, too. 'Kroštole' or 'hroštole' are a fried brittle pastry, also known as 'flancati'. This is a typical holiday dessert that was most typically enjoyed during the Shrovetide period in Istria.



Piran branzino • The branzino that meets the highest food standards, and which is farmed in Piran Bay using world-class expert knowledge, has become a staple in many world-class cuisines outside of Slovenia, too.



'Kraška šelínka' (a celery hotpot from the Karst region) • 'Šelín' is the name for aromatic celery in the Karst dialect. This is one of the staples in the vegetable dishes of Karst cuisine. The leaves and the tuber are used to prepare soups, sauces, hotpots, and salads. The most popular hotpot is called 'šelínka'. Celery leaves are also dried and used as a seasoning.



Polenta • Historically, polenta spread to the area of Mediterranean Slovenia from the neighbouring region of Friuli in the 18th century. Maize polenta is of younger origin, as older polentas were made from millet, sorghum, and buckwheat, and they were cooked as early as the days of antiquity. Today, yellow and white polenta are most frequently made, and as of 1991 a Polenta Festival has been held in Ozeljan.



Calamari • The Italian word 'calamari' is often used for different squid dishes made in Slovenia. Due to their various fillings, these dishes represent a wide array of different flavours. The most common method for preparing calamari with different fillings is grilling.

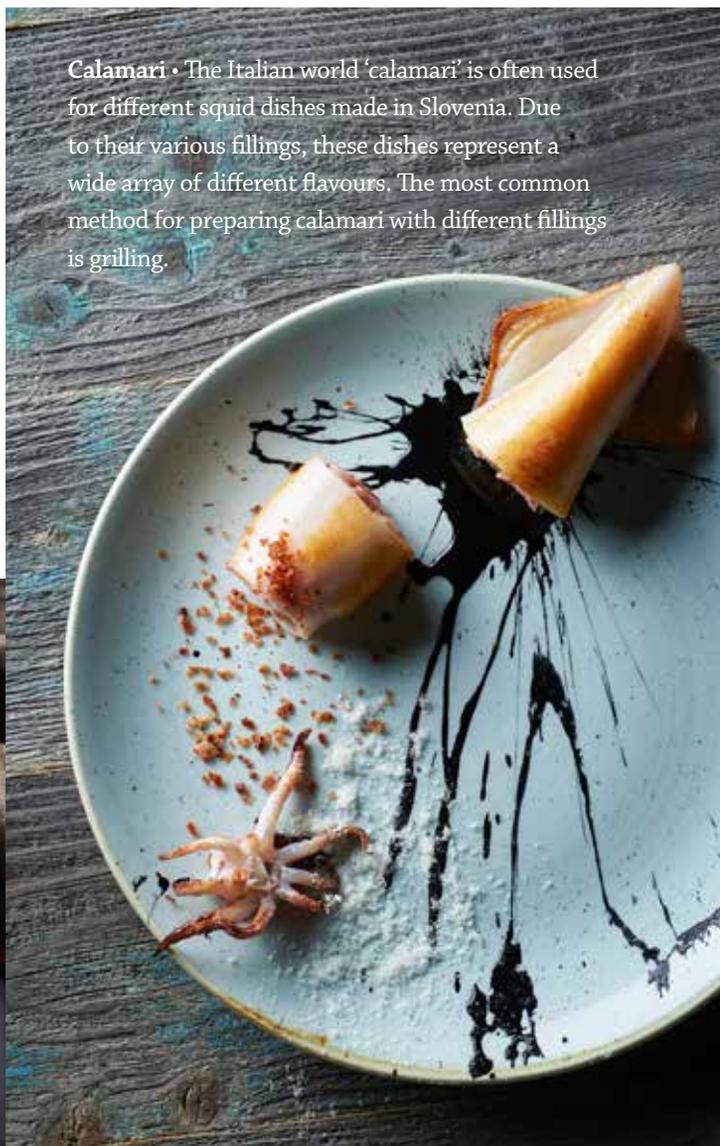


Fig loaf • One of the culinary traditions in Istria is making loaves from dried figs. Figs are cut up and kneaded into a thick dough together with grape juice. This dough is then formed into loaves and dried in the sun, covered in bay leaves, for at least a week. The loaves can then be stored and enjoyed for months.





Minestrone • This is a name for the most common dishes, hotpots in Istria, which differ from one another depending on the ingredients used and on the season of the year. The most important thing when preparing minestrone is the duration of cooking on moderate heat and adding pieces of pork or pršut ham bones, which enhances the flavours. Minestrone became a diet staple in the early 20th century. The most typical minestrone include 'bobići' (bean, potato, and maize minestrone) and 'paštafažoj' (bean and pasta minestrone).



'Jota' (a sauerkraut/turnip hotpot from the Karst, Vipava, and Istria regions) • There are three types of this hotpot, which is originally from Carnia, but has since been adapted to the dietary needs of locals from the Karst, the Vipava Valley, and the Slovenian Istria. 'Kraška jota' is made from sauerkraut and potatoes, 'vipavska jota' from sour turnip, also from sauerkraut, Savoy cabbage or beet leaves, and 'istrska jota' is made without potatoes.

'Kraški pršut', 'kraški zašink', and 'kraška panceta' (Karst 'pršut' ham, Karst air-dried pork neck, Karst pancetta) • These famous dried meat products with a European protected geographical indication are made through salting and drying procedures in the typical Karst 'Burja' wind. Traditionally preserved pork legs and other meat products are paired with excellent cheeses and red wines.





'Bakala na belo ali rdeče' (dried codfish, white and red) • A delicious cold dish, spread, or a dish commonly served with polenta. The basis for this dish is dried cod. This is a typical Christmas Eve dish and a dish served when tasting new olive oil. The dish is called 'na rdeče' if the codfish is prepared in tomato sauce.



'Goriška gubánca' (potica made from sweet dough) • A typical holiday dessert from Mediterranean Slovenia and the neighbouring Friuli-Venezia Giulia region. It is an older 'relative' of the Slovenian 'potica'; however, it differs in how it is made and shaped, as it does not have a hole in the middle but is snail-like in shape. The first written record about the 'gubanca' dates back to the second half of the 16th century. 'Gubanca' is made in the Gorica region from filo dough, while it is made from leavened dough in the Vipava Valley.

'Frtalja or fritaja' (omelette) • An omelette typical of Istria and Mediterranean cuisine in general in Slovenia. It is particularly common in the spring when there are many fresh young plants, herbs, and vegetables available. Throughout the year, other ingredients are also added to the eggs, such as mushrooms, 'pršut' ham, sausages, bacon, and white and red wine.





‘Klapavice or pedoči’ (Mediterranean mussels) •

A popular type of seafood, which can be found in the sea off the Slovenian coast. They are prepared in various ways, e.g. in a ‘na belo’ sauce or ‘na tržaški način’ (Trieste-style), in a soup, grilled, or in delicious risottos.



CULINARY EXPERIENCES IN COASTAL SLOVENIA AND THE KARST

Besides highly rated restaurants, included in the renowned international culinary guide, and Gostilna Slovenija restaurants, which preserve the gastronomic heritage of this regions, prepare yourself for a variety of unique experiences featuring the salt pans, the sea, the olive groves, vineyards and orchards, as well as wildly growing goodies that can only be found in Slovenian Istria.

Fonda Fish Farm, Seča



An unforgettable day at the Fonda Fish Farm

A BOAT RIDE TO THE SUSTAINABLE FISH-FARM WITH THE BEST SEA BASS

An unforgettable day at the Fonda Fish Farm, Fonda Fish Farm, Seča,
www.fonda.si

Explore the northern-most fish farm in the Adriatic, located in the Sečovlje Salt pans Landscape Park, in the company of experts who want to grow the world's best-tasting saltwater fish. Have a taste of Fonda Piran sea bass with fleur de sel and Istrian olive oil. Rise a glass of Malvazija to another sunny day!



Vintage Gourmet Tour

TAKING AN OLD-TIMER TO DISCOVER THE STORY OF ISTRIAN OLIVE TREES

Vintage Gourmet Tour, Lisjak Olive Mill, Slovenian Istria,
www.lisjak.com

Where does the famous olive oil come from? The one that gives just the right flavour to dishes and ensures the effectiveness of luxury cosmetics? From Slovenian Istria and its picturesque oil groves, which you can explore during a nostalgic ride in an old-timer. The tour is guided by an experienced oil producer. Enjoying some of the best views of the Slovenian coastline, you can even make your own oil combination with his help.

TO BRDA REGION VISITING WORLD RENOWNED WINE MAKERS

Wine and Food Experience, Goriška brda,
www.brda.si

Experts agree this to be a region that grows some of the best wines in the world, and beside food tours you can also enjoy wine, honey, and oil tastings, as well as other specialties at local farms without prior reservations. The Wine Safari is another special experience, combining panoramic views of perched vineyards and intriguing local stories about the border area between Slovenia and Italy.

Experiences of Goriška brda



Vipavski Križ

DISCOVER THE UNIQUE FLAVOURS OF THE VIPAVA VALLEY

Wine and Food Experience, Vipava, Ajdovščina and Nova Gorica, www.vipavskadolina.si, www.novagorica-turizem.com

In the Vipava Valley, which is home to the largest number of indigenous wine varieties producing special local wines, guided tours can walk you through the region's great wines, teaching you about the local culture and unique traditional dishes. Your guided tour may also include a workshop where you learn how to prepare a selected dish. The offer also included guided tours by bike!



Karst cuisine

THE HOSPITALITY OF VILLAGES AND CELLARS OF THE KARST

Wine and food experiences, Karst,
www.visitkras.info

Karst prosciutto and the dark ruby Teran wine are definitely not the only excuse to discover the terra rossa – the red soil of the Karst. The guided tours include a jam academy, grape harvesting, degustation of wine, dried meat and spirits, visits to the beehives and much more.

HEAD TO THE SLOVENIAN ISTRIA FOR THE BURIED TREASURES

Truffle hunting, Slovenian Istria,
www.portoroz.si

The hills over the Adriatic are known for the hidden delicate wild tubers called truffles! Look for them with experienced truffle hunters, get to know their methods and preparation, and have a taste of the local pasta style fuži, spreads and other truffle delicacies. This special flavour may also be included in your e-bike guided tour of Istrian food spots.

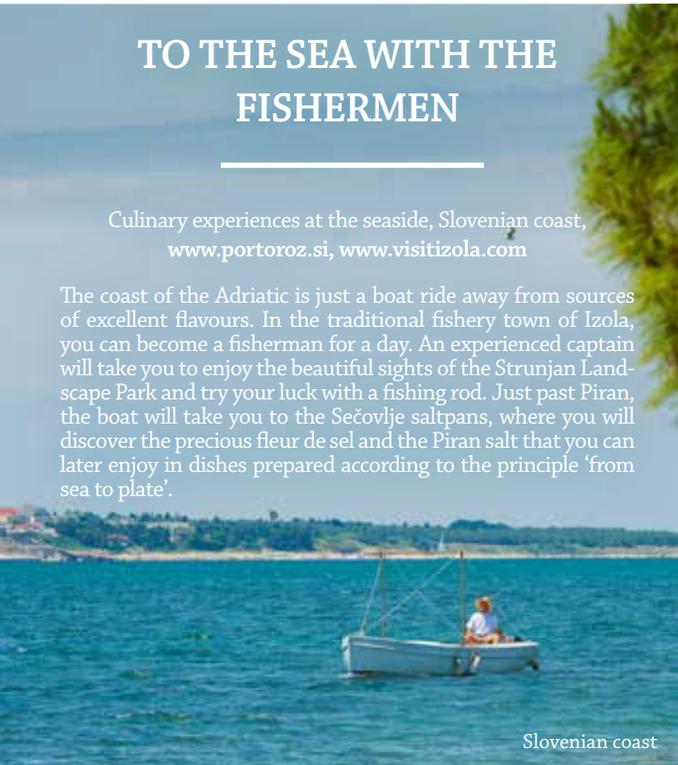
Truffles



TO THE SEA WITH THE FISHERMEN

Culinary experiences at the seaside, Slovenian coast,
www.portoroz.si, www.visitizola.com

The coast of the Adriatic is just a boat ride away from sources of excellent flavours. In the traditional fishery town of Izola, you can become a fisherman for a day. An experienced captain will take you to enjoy the beautiful sights of the Strunjan Landscape Park and try your luck with a fishing rod. Just past Piran, the boat will take you to the Sečovlje salt pans, where you will discover the precious fleur de sel and the Piran salt that you can later enjoy in dishes prepared according to the principle 'from sea to plate'.



Slovenian coast

TASTE AND EXPERIENCE EVEN MORE!

Enjoy the panoramic views of the walk above the Adriatic sea and stop by Marezige, which is **home to the first wine fountain in Slovenia**. Admiring the best views over Koper, you can taste different wines from the Slovenian Istria region, including the winner of the annual Refoš Festival. If you happen to visit Strunjan in autumn, look for **persimmons** and don't miss the annual local feast dedicated to the fruit. From November until June, the regions of Istria, Karst and the Vipava Valley are famous for **Osmice** – the local pop-up wine bars. You can usually identify the spots where wine is being sold this traditional way by a wooden signpost decorated by ivy. Your stroll along the Slovenian coast ends at the Piran salt pans, where you will learn of the ancient method of harvesting salt and visit the Museum of Salt Making.



THE BEST RESTAURANTS

as selected by the Gault & Millau
2019 guide

GOSTILNA PRI LOJZETU, Dvorec Zemono

Chef Tomaž Kavčič

www.prilojzetu.si

also *Gostilna Slovenija*

RESTAVRACIJA CALYPSO, Nova Gorica

Chef Matjaž Šinigoj,

Chef Dalibor Janačkovič

www.thecasinoperla.com

DAM RESTAVRACIJA IN VINSKI BAR,

Nova Gorica

Chef Uroš Fakuč

www.restavracija-dam.si

ŠPACAPANOVA HIŠA, Komen

Chef Ago Špacapan,

Chef Boštjan Sanabor

www.spacapan.si

GOSTILNA MAHORČIČ, Rodik

Chef Ksenija Krajšek Mahorčič

www.rundictes.si

RESTAVRACIJA PIKOL, Nova Gorica

Chef Tadej Gašparin

www.pikol.si

RESTAVRACIJA RIZIBIZI, Portorož

Chef Tomaž Bevčič

www.rizibizi.si

MAJERIJA, Slap

Chef Matej Tomažič

www.majerija.si

HIŠA TORKLA, Korte

Chef Ivica Evačić - Ivek

www.hisa-torkla.si

GOSTILNA SLOVENIJA TITLE

Holders of the title

GOSTILNA ŠKORPION,
Rečica near Ilirska Bistrica

GOSTILNA BRIC,
Miren near Gorica

GOSTILNA SKOK,
Štorje

www.gostilna-skok.com

GOSTILNA RAVBAR,
Dol pri Vogljah

www.gostilnaravbar.com

GOSTILNA MOHOREČ,
Kubed

www.mohorec.si

GOSTILNA JAKOMIN,
Kubed

GOSTILNA RAŽMAN,
Gračišče

www.razman.si

GOSTILNA TRIJE LOVCI,
Šmarje

GOSTILNA POTOK,
Dolenje pri Jelšanah

www.gostilna-potok.si

GOSTILNA DOMAČIJA ŠAJNA,
Šepulje pri Sežani

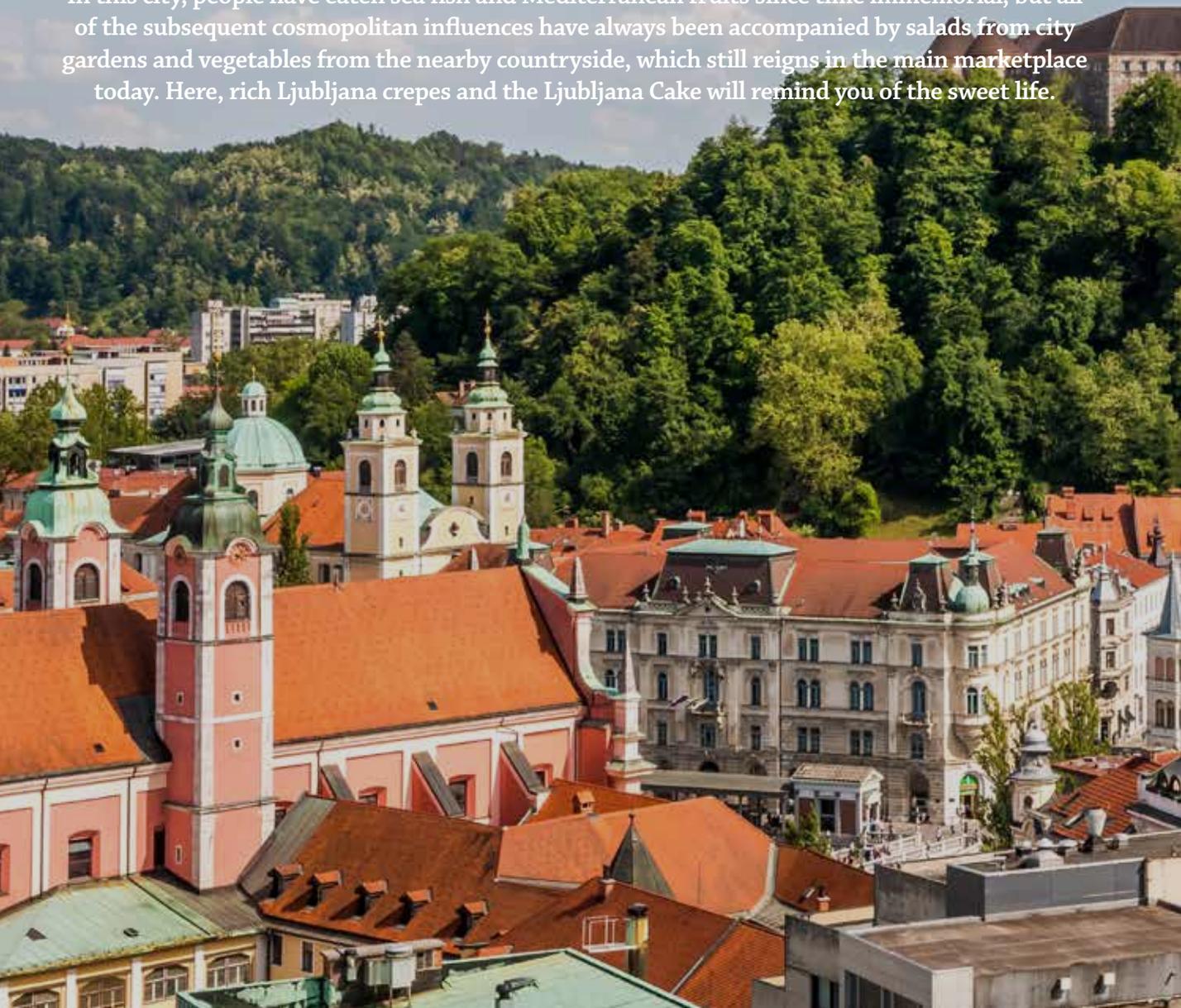
www.sajna.si

GOSTILNA OŠTARIJA,
Portorož

LJUBLJANA & CENTRAL SLOVENIA

WHERE NORTH, SOUTH, EAST, AND WEST MEET TO CREATE SOMETHING COMPLETELY NEW

In this city, people have eaten sea fish and Mediterranean fruits since time immemorial, but all of the subsequent cosmopolitan influences have always been accompanied by salads from city gardens and vegetables from the nearby countryside, which still reigns in the main marketplace today. Here, rich Ljubljana crepes and the Ljubljana Cake will remind you of the sweet life.





Igor Jagodic, Chef, Restavracija Strelec
co-creator of the culinary stories of Ljubljana & Central Slovenia

**“We respect what is good
around the world and
create what is distinctive
locally.”**

We love our Ljubljana Marshes.

Ljubljana connects people from all Slovenian regions, and this is where their flavours intertwine. However, Ljubljana & Central Slovenia also have a lot to offer in terms of their own cuisine. A delicacy that originates from where the capital city meets the marshes is fried frog legs.

There is nothing like a typical lunch.

Locals love ‘leteči žganci’ – fried chicken thighs and wings. But the most typical dish is the ‘Ljubljana lunch’: beef soup with noodles, beef and roasted potatoes, and Ljubljana ‘skuta’ curd cheese crepes. There are many drinks that accompany Ljubljana life, but the locals most frequently order Union beer.

My way of including three special ingredients.

Oxtail is excellent meat that is appreciated in Ljubljana. Tarragon is a herb that is a must when making Ljubljana crepes, but it is also used in other contemporary culinary creations. Ljubljana lamb’s lettuce is an excellent lettuce that grows in local gardens and which reminds me of my childhood, so I gladly include it on the menus for culinary explorers of Ljubljana.



LJUBLJANA & CENTRAL SLOVENIA

typical dishes





Ljubljana lunch: cooked beef tongue, beef soup, oxtail from the soup, roasted potatoes, Ljubljana 'skuta' curd cheese crepes with tarragon • In the 19th century, the Ljubljana lunch became a staple in people's lives. Some locals prepared these dishes at home, while others started frequenting 'gostilnas' (traditional restaurants) near the city on the weekends. This type of lunch is still enjoyed today, and it often represents the classic picture of family life on weekends.



‘Leteči žganci’ (‘flying mush’: fried chicken thighs and wings) • A humorous, perhaps even ironic name for a dish once enjoyed by workers at the former town port on the River Ljubljanica in the 17th century. This dish consists of fried chicken thighs and wings, and its name is connected with the most common and widespread dish called ‘žganci’ (mush), which was often a symbol of poverty and even survival.



Fried frog legs • The abundance of frogs living in Ljubljana’s surrounding area was the basis for this delicious dish. Frog legs were once breaded and pan-fried or baked. They are still a delicacy in this city, and they continue to be served at the Pri Žabarju ‘gostilna’ (traditional restaurant).

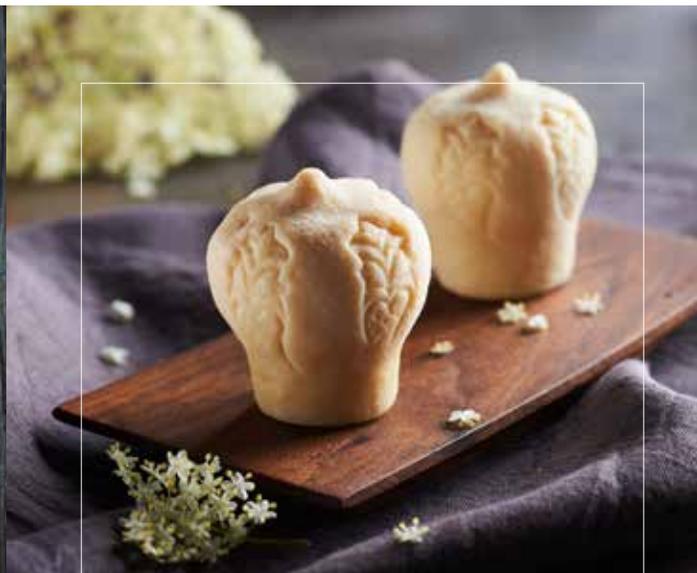


‘Štruklji’ (cooked dumplings with curd cheese, apple, tarragon, and walnut fillings) • These dumplings made from filo or leavened dough with various fillings, cooked in boiling water, baked or steamed, have been a staple in Ljubljana’s cuisine since the 17th century. In the culinary culture of modern Slovenia, ‘štruklji’ dumplings are one of the most recognisable dishes. They are made with some 80 different sweet or savoury fillings.





‘Idrijski žlikrofi z bákalco’ (flour dumplings with sauce) • Flour dumplings filled with potatoes, onions, pork crackling, and seasoning are a typical dish once enjoyed by miners in Idrija from the turn of the 19th to the 20th century. They are prepared with a sauce called ‘bákalca’ made from ram or hare meat, buttered or with goulash.



‘Velikoplaninski trnič’ (Trnič cheese from Velika Planina) • These decorated cheese buns made from the remains of curd are traditional gifts given by herdsmen from the Velika Planina plateau to their girlfriends, female friends, and wives after they came down from summer pasture on the Kamnik mountain pastures. They would give them two buns of cheese, which symbolised female breasts.

‘Šmarnogorski ričet’ (barley mush from Šmarna Gora Hill) • Cooked barley mush with vegetables and smoked pork is a famous dish served in the ‘gostilna’ (traditional restaurant) on top of Šmarna Gora Hill (669 m), a popular day-trip destination on the outskirts of Ljubljana. In general, ‘ričet’ or ‘ječmen’ is considered to be one of the most widespread dishes in Slovenia.





Vodnik's salad • Lamb's lettuce seasoned with oil and vinegar in a symmetrical arrangement, accompanied by finely chopped hard-boiled eggs, pickled beets, and an entire head of cauliflower. This salad with a pleasant appearance is made according to a recipe from the first cookbook written in Slovenian, published by Valentin Vodnik in 1799.



Ljubljana Cake • As the story goes, a cook created an incredible dessert to impress the daughter of the lord of the Ljubljana Castle so she would marry him. During the wedding feast, only this cake was eaten for seven days and seven nights, and it is still one of the main delicacies served in Ljubljana.

'Belokranjska pogača' (Bela krajina flatbread) •

This dish is never cut, but broken up by hand; it is salted and sprinkled with caraway. This delicious flatbread with a European traditional specialties guaranteed designation was invented centuries ago uniting cultural diversity in the area of Bela krajina.





Slovenian 'potica' • The symbol of Slovenian cuisine is a roll cake made with various fillings; it is currently being considered for 'traditional specialities guaranteed' protection from the European Commission. This original dessert, which has been taken to all parts of the world by Slovenian immigrants, is a true ambassador of Slovenia. The first mentions of this dessert, which was once mostly eaten on holidays, date back to the 16th century. Various sweet and savoury fillings are used in the 'potica' to adapt it to various seasons of the year and holidays. The most widespread and popular is the Slovenian 'potica' with walnut filling, while 'potica' with walnut and raisin filling, with raisin filling, with tarragon filling, and with tarragon and 'skuta' curd cheese filling is also protected.

Follow the recipe and try making 'potica':



CULINARY EXPERIENCES IN LJUBLJANA AND CENTRAL SLOVENIA

In addition to a number of restaurants featured in the renowned world food guide and the Gostilna Slovenija restaurants linked to the title of the European Region of Gastronomy, make sure to experience the Ljubljana central market, the weekly Open Kitchen festival or a variety of thematic food tours. In Central Slovenia, you can even look for amazing tastes a few steps higher. As high as in a cable car!

Open Kitchen, Ljubljana



Delicious breakfast in Ljubljana

MORNING SHOWS THE DAY, BREAKFAST SHOWS THE CITY!

Visit to the Ljubljana central market with breakfast, Ljubljana,
www.visitljubljana.com

See it for yourself by exploring Plecnik's central market and indulging in a typical Ljubljana breakfast. Walk around food stalls with local produce and feel the true pulse of Ljubljana. During the tour, you will get a taste of seasonal products from several local producers, concluding the adventure with a delicious, locally sourced breakfast in one of the breakfast bars near the marketplace. Are you ready for a tasty start to your day in Ljubljana?



HIGH-END DINING HIGH ABOVE THE GROUND

Dinner in a cable car, Cerklje na Gorenjskem, Krvavec,
www.jezersek.si

Here and there above the Krvavec Ski Resort, surrounded by the mighty Kamnik and Savinja Alps, cable cars turn into high-end mobile restaurants. In the privacy of their own cable car, a maximum of four persons can enjoy their dinner during two rides up and down the slopes. The third ride stops by the slopes with a sweet surprise, and you can extend your experience further by moving to the nearby chalet.



Dinner in a cable car

Gastronomic experiences at Open Kitchen



SOCIALISING AROUND FOOD IN THE STREETS AND SQUARES

Open Kitchen, Ljubljana and other cities,
www.odprtakuhna.si

From spring to autumn, Ljubljana and several other Slovenian cities open the door to an innovative food experience called Open Kitchen. One day a week (in Ljubljana, on Fridays), you can get together and enjoy street food from around the globe alongside regional dishes representing various tourist destinations in Slovenia.



Ljubljana Wine Experience

A FUNICULAR RIDE TO THE CASTLE VINEYARD

Ljubljana Wine Experience, Ljubljana,
www.visitljubljana.com

The capital of Slovenia Ljubljana lies at the crossroads of three wine regions. Indulge in a 3-hour long oenological journey through the Podravje, Posavje and Primorska wine regions through tastings with an expert guide. The Ljubljana Castle, accessible among other ways by a funicular, is home to a descendant of the oldest grapevine in the world. Strolls through the castle vineyard are simply charming.

TASTE AND EXPERIENCE EVEN MORE!

Discover Ljubljana through unique **thematic food tours** featuring the **Ljubljana's best dishes**, traditional Slovenian tastes and **folkloric traditions**, urban **beekeeping**, Slovenian **beer** pubs and micro-breweries, **locally produced gin**, and much more. If you take the **Cooking Class Ljubljana**, you will learn to cook the Slovenian traditional three-course menu. A special foodie experience awaits for you between Ljubljana and the hills around Polhov Gradec, starting with a visit to a family-run dairy farm, followed by a **tea party with Count Blagaj** and lunch cooked by a top chef. You will definitely return with a bag of local goodies. When you visit Škofja Loka, make sure to attend the artisanal **workshop for baking the local specialty bread**, a traditional honey pastry shaped in wooden moulds. Idrija is a town you will always remember for its mercury mine and exceptional lace tradition, but make sure also to try their typical **žlikrofi** dumplings, maybe even during their dedicated annual feast. Explore the local culinary delights at the Kendov Dvorec Hotel, a member of **Relais & Châteaux**. If you are a beer lover, head to **Kamnik, which is home to as much as four microbreweries**. You can also explore the region's typical dishes and tastes on the Velika Planina plateau, where you will learn the **story of trnič cheese**. When you visit Bela krajina, accompany the local dishes with a glass of **Metliška Črnina** wine or other local wines.



THE BEST RESTAURANTS

as selected by the Gault & Millau
2019 guide

RESTAVRACIJA STRELEC,
Ljubljana
Chef Igor Jagodic
www.kaval-group.si

JB RESTAVRACIJA,
Ljubljana
Chef Janez Bratovž
www.jb-slo.com

RESTAVRACIJA MAXIM,
Ljubljana
Chef Peter Kovač
www.maxi.si

RESTAVRACIJA ATELJE,
Ljubljana
Chef Jorg Zupan
www.restavracijaatelje.com

RESTAVRACIJA EVERGREEN,
Smlednik
Chef Mojmir Marko Šiftar
www.kaval-group.si

DANILO – GOSTILNA IN VINOTEKA,
Reteče
Chef Boris Bergant
www.danilogostilna.si

GOSTILNA AS,
Ljubljana
Chef Svetozar Raspopović
www.gostilnaas.si

GOSTIŠČE GRIČ,
Šentjošt nad Horjulom
Chef Luka Košir
www.gric.si

RESTAVRACIJA CUBO,
Ljubljana
Chef Borut Pugelj
www.cubo.si

GOSTILNA SLOVENIJA TITLE

Holders of the title

GOSTILNA LEDINEK,
Šmarna gora
www.smarnagora.com

GOSTILNA MIHOVEC,
Zgornje Pirniče

GOSTILNA BELŠAK,
Slavkov dom, Medvode
www.gostilna-belsak.si

PENZION GOSTILNA KEBER,
Domžale

GOSTILNA ČOP,
Podkum
www.gostilnacop.si

GOSTILNA DOBNIKAR,
Katarina nad Ljubljano
www.gostilna-dobnikar.com

GOSTILNA PRI KUKLJU,
Velike Lašče
www.prikuklju.si

GOSTILNA NA "DVORU JEZERŠEK 1768",
Zgornji Brnik
www.jezersek.si

GOSTIŠČE PRI PLANINSKEM ORLU,
Stahovica
www.priorlu.si

GOSTILNA REPNIK,
Vrhpolje pri Kamniku
www.gostilna-repnik.si

THERMAL PANNONIAN SLOVENIA

WHERE GRAINS GROW AMONG THE HOT SPRINGS AND THEIR HEALTHY WATERS

Among vast fields and thermal water hot springs, you can taste special dishes made from grains and various types of flour that are used to prepare many different 'pogače' (flatbreads), 'gibanice' (layer cakes), 'kvasenice' (leavened cakes), 'postržjače' (bread topped with pork crackling and 'zaseka' pork mash), 'zlejvanke' (breads made from liquid dough), and other dishes made of dough, covered with various toppings. These lavish dishes additionally bring out the rich flavours of 'bograč', a local goulash-like hotpot.

A large field of sunflowers under a cloudy sky. The sunflowers are in full bloom, with bright yellow petals and dark brown centers. The field extends to the horizon, with a line of trees visible in the distance. The sky is overcast with grey clouds.



Leon Pintarič, Chef, Gostilna Rajh

co-creator of the culinary stories of Thermal & Pannonian Slovenia

“When a guest comes to visit us, they will certainly never leave hungry!”

These once hearty dishes are transformed and made lighter.

The people from this region of vast fields needed hearty meals to give them the energy for everything they needed to do there. However, the dishes that they used to prepare are now developing into lighter, yet still interesting, versions. The work – as well as many other things – has changed over time, but the proverbial hospitality of the people has remained the same. We are proud of making sure that the guests who visit our homes do not leave hungry.

The ‘prekmurska gibanica’ layer cake with ingredients from all seasons.

The richest dish, which you should not miss on your journey to Prekmurje, is the traditional and now protected ‘prekmurska gibanica’ layer cake. It was once prepared only on major family holidays. And home cooks collected the ingredients for it all year long! Now, the ingredients are available everywhere, but a true ‘prekmurska gibanica’ is best enjoyed in the place that is its home.

We like to serve what we eat ourselves.

People living in towns and villages along the River Mura love dishes such as ‘dödöle’ (potato mush prepared in a special way) with pork crackling and onions, ‘bograč’ goulash made from various types of meat, ‘zeljne krpice’ (cabbage pasta), buckwheat bread with walnuts, and ‘prekmurske kolone’ (pork meat and sausages) with ‘bujta repa’ (sour turnip and millet mush). Make sure not to just try ‘gibanica’, but top it all off with ‘langaš’ (fried dough snack), ‘retaš’ (rolls with various fillings), and ‘posolanka’ – our flatbreads. Local wines from the beautiful vineyards which surround the Pannonian Plain complement these dishes nicely.

Pumpkin seed oil is used in an original way

In addition to pork and buckwheat, another ingredient in my kitchen, which is indispensable when preparing original dishes, is the local world-class Prekmurje pumpkin-seed oil. I can use it to enrich anything from the amuse-bouche to the dessert!



THERMAL PANNONIAN SLOVENIA

typical dishes

'Bograč' • This is a type of goulash hotpot that has been prepared in Prekmurje since 1950. It is made from three types of meat, potatoes, and mushrooms (in autumn). The name of the dish originates from the Hungarian word for a cauldron in which shepherds used to cook meat hotpots. The largest 'bograč' cooking competition is held in Lendava.

'Prleška tünka' (meat from the lard barrel), **'zábel'** (pork mash) and black bread • There have been written testimonies about this excellent preserved pork meat in 'zaseka' pork mash since the second half of the 15th century. The name is connected to the way it is made, as high-quality pork meat pieces are topped (in a local dialect: "tünkati") with 'zaseka' pork mash, also known as 'zábel'.





'Prekmurska gibanica' (layer cake) • The most recognisable and popular Slovenian holiday cake, it has a top and bottom layer of filo dough with layers of apple, 'skuta' curd cheese, walnuts, and poppy seeds in between. Its rich fillings were introduced to Prekmurje by seasonal workers who used to go to work in Medžimurje, Slavonija and Vojvodina and brought new traditions and flavours with them.

'Dödöle' • Potato mush which was established in Prekmurje in the 19th century as an everyday dish enjoyed for lunch or dinner. The name comes from Hungarian. The mush is topped with lard, pork crackling, 'zaseka' pork mash, pumpkin seed oil, or sour cream.



'Prekmurske koline' (pork meat and sausages) • 'Koline' (pig slaughter) is one of the major autumn-winter holidays in Prekmurje. This is when buckwheat, white or millet, 'čarne' (black) or blood sausages (black pudding) and 'žemlove krvavice' (black pudding made from soaked dried bread) are made. In addition to the intestines, the pork stomach ('ded'; man in dialect) and caecum ('baba'; woman in dialect) are stuffed.

'Bujta repa' (sour turnip and millet mush) • The most popular hotpot in Prekmurje is 'bujta repa', which was initially a typical winter-time lunch dish. The name of the dish comes from the word 'bujti', which means 'to kill', so it is a dish eaten at the pig slaughter. Its main ingredients include grated turnip, the fatty parts of a pig head and neck, and cut up pig skin.



'Rajhov langaš' (fried dough with toppings, such as horseradish, chives, etc.) • This is Leon Pintarič's (Gostilna Rajh, Bakovci) interpretation of a Hungarian fried dough dish, which is also commonly served as street food. Pintarič's version introduces this dish to world-class gastronomy.



'Prleška gibánca' • 'Prleška gibánca' or 'slovenjegoriška gibánca' is a flatbread typical of two regions in north-eastern Slovenia. This flatbread consists of seven layers of filo dough with a 'skuta' curd cheese and sour cream filling between them. There are sweet and savoury versions.

Prekmurje ham • This world-class food product made by many generations is the result of high-quality smoking and drying of pork legs. It is celebrated for its mature pork meat and bacon complemented by the fine aroma of smoke and moderate saltiness.



'Vrtanek' (holiday bread) • A typical ceremonial bread which was recorded in writing as early as in the 17th century. 'Vrtanek' bread used to be a common gift given by girls to haymakers, and was also given out during maize husking and enjoyed at wedding feasts.



'Kozjanska kruhova potica' (Kozjansko bread cake) • Although it is called 'potica', this is actually a typical flatbread from filo dough, filled with three layers of white bread slices and a filling made from warmed cream, eggs, sugar (or honey), and raisins.



'Ajdov krapec' (buckwheat cake) • This is a flatbread made from thin buckwheat dough, topped with 'skuta' curd cheese and sour cream. It is a speciality from Prlekija and a part of Slovenske Gorice; another dialect name for it is 'kropec'. Locals believe that the name comes from 'krop' (boiling water), which is used to steam the buckwheat flour used for preparing this flatbread.

Kozjansko capon • This delicious poultry dish, which used to be a staple in the rich diet of castle lords and other privileged parts of society, is prepared in Kozjansko, where capons are also farmed. Capon is always available at Gostilna Kunst in Bistrica ob Sotli and in other restaurants.





St. Martin's roast duck or goose with 'mlinci' flat cakes and red cabbage • This is one of the most distinctive dishes enjoyed during St. Martin's festivities, held since the 1970's to celebrate the harvesting of wine grapes. This dish is prepared all around Slovenia and is virtually a mandatory element of these festivities that last anywhere from one day to two weeks.



'Bosman' (wedding bread) • In the past, no wedding in the region along the River Mura was complete without an ornately decorated ceremonial bread representing a happy marriage. This high-quality white bread made from many kinds of dough plaits and decorated with, among other things, paper flowers, was once also given at births and children's baptisms.



Štajerska sour broth • Only the best superlatives are used to describe this broth, as it is said to be a magical cure for both sleepless nights and the effects of alcoholic overindulgence. Most frequently, this broth is made during the pig slaughter and is enjoyed at wedding feasts when it is served to guests as a sign that the celebration is coming to an end.



CULINARY EXPERIENCES IN THERMAL PANNONIAN SLOVENIA

After enjoying in excellent dishes prepared by top chefs, visiting world-renowned wine-makers and tasting their wines, exploring local flavours in the best Gostilna Slovenija labelled restaurants, it is time to satisfy your craving for unique food adventures. Treat yourself to a dinner deep underground, raise a glass of beer among the hop fields, explore the land of wheat farms, visit the oldest wine cellar in Slovenia or discover other unusual sites with culinary adventures.



Harvesting, Šmartno ob Paki

DINNER AT 160 METRES BELOW GROUND

Velenje Underground – a food adventure 160 metres below ground level, Šalek Valley Tourist Board, Coal Mining Museum of Slovenia, Herberstein Villa, Velenje, www.velenje-tourism.si

After the usual miners' greeting Srečno!/Good luck!, take the oldest elevator in Slovenia and descend all the way to the mine and the deepest dining hall in Europe. 160 metres below ground a selection of dishes will be prepared to perfection by the award-winning chefs of Herberstein Villa. While feeling, seeing and hearing the coalmine, experience the flavours, aromas and sensations of high-end gastronomy. The underground rail ride ends with a glass of sparkling wine in the black coalminers' dressing room.



Velenje Underground



TAPPING INTO FAMILY SECRETS WITH A TASTING PASS

Gourmet over Mura, Pomurje,
www.gourmet-over-mura.si

When visiting the Mura River region, be sure to indulge in guided tours offering culinary pampering with exquisite flavours, all of which confirm the region's reputation as a foodie destination. Treat yourself to tasting sessions at Firbas farm, Marof and Steyer vineyards, the Kodila ham farm, Bevog brewery, Rajh restaurant, and the Kocbek oil mill, all tailored to your own wishes.



Mill on Mura river, Izakovci

HAVE A BEER IN THE HOPS FIELDS AND TEST YOUR SKILLS IN THE ESCAPE ROOM

The Green Gold Beer Fountain, Žalec,
www.beerfountain.eu
Escape Room Enigmarium, Laško,
www.lasko.escape-room.si

Žalec is surrounded by fields of hops, used in numerous brands of beer thanks to its distinct flavour. The town is also famous for its unique beer fountain, where you can pour yourself a pint from a variety of beers. After visiting the hops fields and getting to know the hops-growing legacy at the local museum, take a tour of the nearby Laško brewery to experience first-hand the story of beer production. You can also visit Enigmarium, the first escape room in the world dedicated to the brewing industry. Look for the brewer's gold in the very same house where the legendary Laško beer was brewed for the first time.



Beer tasting experience, Žalec

A DIFFERENT KIND OF WINE TASTING IN THE PODRAVJE WINE REGION

Food and wine experience, Ptuj and
Jeruzalemsko-Ormoške Gorice,
www.ptuj.info, www.visitjeruzalem.com
Wine tasting in pitch darkness, Ptuj,
www.tura-ptuj.si

The castle towering above Ptuj, the oldest Slovenian town, features a hidden tunnel where you can experience wine in a completely unique way. Relive the local wine stories by having a taste of local wine varieties in complete darkness and surrounded by enchanting music. Ptuj also hosts the oldest wine cellar in Slovenia, offering you a wine journey through time. Degustation covers the best vintages, and during the tour you will also learn about the oldest Slovenian wine of 1917 and discover the biggest wooden cask in the state. Not far from Ptuj lies Jeruzalem, which boasts some of the best vineyard locations in the world!



Ptuj Wine Cellar

TASTE AND EXPERIENCE EVEN MORE!

After exploring Thermal Pannonian Slovenia, it is time to focus on the range of castles with restaurants, wine cellars and boutiques with local products. At the Celje Old Castle, you can book a table for a **medieval feast**. In the Posavje region, a **special wine cellar** can be found at the Sevnica castle, where plenty of food events are held; a **chocolate shop serving chocolate wine** is located at Rajhenburg Castle above Brestanica; the Podsreda Castle in Kozjansko Regional Park features a **variety of dishes made in an open-fireplace kitchen**; and you can have a taste of **wild game, fish and other specialities** at the restaurant at the Mokrice Castle, which also offers overnight accommodation. In the Dolenjska region, the Otočec Castle, member of the luxurious group **Relais & Châteaux**, is the only “water castle” in Slovenia, located on a small island in the River Krka. The castle features an impressive hotel and restaurant experience, and also hosts luxury events.

In the Dolenjska region, you will also find fine accommodation in the small vineyard houses called **zidanice**, where you have to taste a special local wine blend **cviček**, which is low in alcohol and is said to have positive effects on your health. Wine tastings are offered by several winemakers in their cellars, **zidanice** houses or wineries.

When you visit the Posavje region, look for **repnice** – old caves dug in quartz sand which, back in the days, were used for storing turnips and today serve to age wines.



THE BEST RESTAURANTS

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OŠTERIJA DEBELUH,
Brežice
Chef Jure Tomič
www.debeluh.si

HIŠA DENK,
Zgornja Kungota
Chef Gregor Vračko
www.hisadenk.si

RESTAVRACIJA PAVUS,
Laško
Chef Marko Pavčnik
www.pavus.si

DOMAČIJA REPOVŽ,
Šentjanž
Chef Meta Repovž
www.gostilna-repovz.si
also Gostilna Slovenija

GALERIJA OKUSOV,
Petrovče
Chef Luka Gmajner,
Chef Marko Magajne
www.galerijaokusov.si

HIŠA FINK,
Novo mesto
Chef Damjan Fink
www.hisafink.si

GOSTILNA RAJH,
Bakovci pri Murski Soboti
Chef Tanja Pintarič
www.rajh.si
also Gostilna Slovenija

GOSTILNA RAKAR,
Gorenje Ponikve
Chef Boštjan Rakar
www.rakar.si

GOSTILNA SLOVENIJA TITLE

Holders of the title

GOSTILNA ŠEMPETER,
Bistrica ob Sotli
www.sem5er.com

GOSTILNA PRIVOŠNIK,
Šempeter v Savinjski dolini
www.gostilna-privosnik.si

GOSTILNA MATJAŽ,
Celje

GOSTILNA FRANCL,
Celje
www.gostilnafrancl.si

GOSTILNA RIBIČ,
Ptuj
www.pan-restavracija.si

GOSTILNA PP,
Ptuj
www.gostilnapp.eu

GOSTILNA LOVENJAK,
Polana near Murska Sobotica
www.lovenjakov-dvor.si

GOSTILNA VOVKO,
Ratež
www.gostilna-vovko.si

GOSTILNA ŽOLNIR,
Kostanjevica na Krki
www.zolnir.eu

GOSTILNA DOLINŠEK,
Boštanj
www.gostisce-dolinsek.si

LAND OF EXCELLENT EXPERIENCES OF WINE CULTURE

Grapevines have been grown in Slovenia since time immemorial, and Slovenians have a very special relationship with their vineyards. If you would like to experience Slovenian wine culture, make sure to visit during the various wine holidays, while true knowledge, discoveries, and experience are offered by the sommeliers of many restaurants and oenologists from world-class wine cellars. Famous Slovenian winemakers complement the experiences of their vineyards and cellars with exciting tourist programmes.



Mira Šemić

WSET, wine academic, Ambassador of the European Region of Gastronomy 2021

“Water is necessary for life and wine for joie de vivre.”

Slovenia, a place where the Alps, the sea, and the Pannonian Plain meet, is a land of excellent wines. Grapevines have been grown here for millennia, and Slovenia is also home to the oldest, a 400-year old grapevine from which wine has been continuously made and is still made today. Even **Zdravljica (meaning: Toast), the national anthem**, expresses love for wine. Gentle rolling hills are covered in vineyards, which, due to the unique conditions, i.e. a mixture of Mediterranean and continental influences, have significant yields.

Three distinctive ‘terroirs’ can be

found in a very small area, and these were used to define **three wine-growing regions** – Primorska, Podravska, and Posavska, which are then further divided into **nine wine-growing districts**. It is quite unique for so many international, regional, and indigenous grapevine varieties to grow in such a small area. The wines are excellent. Many are exported, but we know how to enjoy them ourselves, too. Seventy percent of the 80 million litres produced are white wines.

Being offered a glass of wine has always been a sign of friendship, joy and an open heart, and Slovenians

are known as a joyful and heartfelt nation.

In **Primorska**, you will be offered a glass of excellent, sun-kissed wine made from regional and indigenous grape varieties. The dominion of the white ‘rebula’ variety is in the Goriška brda Hills and in the Vipava Valley, where the locals will also be proud to serve you indigenous wines made from ‘Klarnica’, ‘Zelen’, ‘Pinela’, and ‘Vitovska Grganja’ grape varieties. The bright and vibrant Malvasia is the pride of the entire Primorska region. Among red varieties, ‘Barbera’, ‘Merlot’, both ‘Cabernets’, and two special



Goriška brda

varieties – ‘Refošk’ and ‘Teran’, which have different names due to the soil in which they grow, but are made from the same grape variety, are successfully produced in an area that stretches all the way to the coast.

In **Podravje**, you simply must taste the indigenous ‘Ranina’ variety. Rhine Riesling, Italian Riesling (Welschriesling), Šipon (Furmint), and Traminac (Gewürztraminer) have always been the pride of winemakers making dry or sweet wines. The prestigious title of an excellent wine among red wines is held by Modra Frankinja (Blue Franconian), which, in addition to Pinot Noir, yields great results in Podravje and Posavje.

If you visit the **Posavje** wine-growing region, you will experience great pleasure enjoying wines such as ‘Rumeni Plavec’, ‘Kraljevina’, ‘Rdeča Portugalka’ (Roter Portugieser), and ‘Žametna Črnina’. An absolute must is ‘Cviček’, a light red fresh wine that is only produced here. We’ll mention only a few of the 52 permitted varieties that grow in Slovenia. Typical Slovenian varieties allow winemakers to produce an abundance of wines with various aspects. Each wine region has its own special features, and it is a great pleasure to discover them!



Premium wines

HEAD IN THREE DIFFERENT DIRECTIONS TO DISCOVER DISTINCTIVE WINE FLAVOURS

Taste excellent wines produced in Slovenia's three wine-growing regions and visit winemakers. To help you with this, refer to the selection below compiled by the Gault & Millau 2019 culinary guide.

THE PRIMORSKA WINE-GROWING REGION

From the Adriatic Sea to the Karst, from the gentle hills of Istria to the Vipava Valley and the famous Brda Hills, you can find vineyards in which predominantly dry wines with a higher alcohol content and lower acidity are produced under the warm and dry influence of the Mediterranean.

Belica
www.belica.si

Bjana
www.bjana.si

Blažič
www.vina-blazic.si

Dolfo
www.dolfo.eu

Edi Simčič
www.edisimcic.si

Erzetič
www.vina-erzetic.com

Iaquin
www.iaquin.si

Jakončič
www.jakoncic.eu

Kabaj
www.kabaj.si

Dušan in Marko Kristančič
www.kristancic.com

Medot
www.medot-wines.com

Movia
www.movia.si

Marjan Simčič
www.simcic.si

Ščurek
www.scurek.com

Valter Sirk
www.valtersirk.com

Vinska klet Goriška Brda
www.klet-brda.si

Boris & Alen Lisjak
www.lisjak.si

Renčel
www.rencel.si

Sanabor
www.vinasanabor.si

Štoka
www.stoka.si

Vinakras Sežana
www.vinakras.si

Montemoro
www.montemoro.eu

Pucer z Vrha
www.rojac.eu

Rojac
www.rojac.eu

Santomas
www.santomas.si

Steras
www.steras.com

Vinakoper
www.vinakoper.si

Zaro
www.vinozaro.com

Burja
www.burjaestate.com

Guerila
www.guerila.si

Mlečnik
www.mlecnik.eu

Pasji rep
www.pasji-rep.si

Slavček
www.slavcek.si

Štokelj
www.stokelj.si

Tilia Estate
www.tiliaestate.si



THE PODRAVJE WINE-GROWING REGION

On the edge of the Pannonian Plain, from the border with Hungary to the foot of the Pohorje Hills and the River Sotla to the south, grapevines grow under the influence of greater temperature differences between night and day, relatively dry summers, and real winters. International white wine varieties with a fine aroma and premium sparkling wines are produced here.



Doppler
www.doppler.si

Dveri-Pax
www.dveri-pax.com

Gaube
www.vino-gaube.si

Joannes Protner
www.joannes.si

Kobal
www.kobalwines.si

Kupljen
www.vino-kupljen.com

Marof
marof.eu

Meum
www.meumwinery.si

Puklavec Family Wines
www.puklavecfamilywines.com

Radgonske gorice
www.radgonske-gorice.si

Steyer
www.steyer.si

Prekmurje

PODRAVJE

Slovenian Styria

Lower Carniola

Bizeljsko-Sremič

POSAVJE

Bela krajina

THE POSAVJE WINE-GROWING REGION

In southeastern Slovenia, in areas along the rivers Sava and Krka, grapes for lighter white and red wines grow under the influence of the colder pre-Alpine climate. This is the land of 'Cviček' – a special Slovenian wine variety. Here, predicate wines and sparkling wines are also produced in favourable microclimate conditions.

Frelih
www.frelih.si

Istenič
www.istenic.si

Šturm
www.vinasturm.si

Šuklje
www.suklje.si



NATURAL BIODYNAMIC WINES

Slovenian winemakers offer excellent natural wines, too. The basis for these wines is organic or biodynamic winegrowing followed by spontaneous vinification without adding selected yeasts and chemical preparations, without adding or eliminating tannins, acids, and sugar, and without filtration. In the European Union, organic wine has had the 'EU Organic' label since 2012. These wines include some excellent wines presented at the Orange Wine Festival in Izola, the Festival of Biodynamic Wines in Ljubljana, and at other events.



THE OLDEST GRAPEVINE IN THE WORLD

The Old Vine, the oldest grapevine in the world and the symbol of wine culture in Slovenia, has been growing in Maribor for nearly half a millennium. Up to a maximum of 100 quarter-of-a-litre wine bottles are made from its grapes every year. Its heritage is kept at the Old Vine House.



A LAND OF HONEY OF GLOBAL SIGNIFICANCE

With no fewer than five beekeepers per 1000 people, Slovenia is at the very top of EU countries by number of beekeepers. Based on Slovenia's initiative, 20 May has become World Bee Day! The Carniolan honeybee is a bee species without which a future with food safety cannot be imagined, and it is held in very high regard due to its gentle behaviour. Slovenia was the first country to systematically verify its beekeeping tourism and provide a certificate of excellence. If you are excited to discover the honey delights offered in Slovenia, make sure to find a bee when you visit and follow it to its home in a distinctive Slovenian hive with painted panels and to its beekeeper.



In Slovenia, beekeeping has been an important branch of agriculture for centuries. It is based on the **indigenous Slovenian bee, known as the Carniolan honeybee**. This bee holds a special place in the Slovenian identity – in part because it is known for being hard-working and diligent. Since the mid-18th century, some Slovenian beekeepers were important beekeeping experts in Europe and authors of expert manuals. The beekeeper **Anton Janša** (1734–1773) was the first beekeeping teacher at the beekeeping school in Augarten near Vienna. In 2017, the United Nations declared 20 May World Bee Day at Slovenia's initiative and thus highlighted the awareness of the incredible importance of bees for human survival.



Beekeeping preserves ecosystems and natural biodiversity. Due to their pollinating role, bees are essential for the food safety of people all around the world. Their incredible role and respect for tradition are reasons why beekeeping has been preserved in Slovenia and developed everywhere – both in traditional natural environments as well as in urban centres. Beekeeping in cities – on the terraces and roofs of schools and of the largest cultural centre in the country – is a part of Slovenia's focus on the sustainable development of cities, in which an increasing number of honey plants are being systematically planted.

In Slovenia, you can learn about the special traditional Slovenian beekeeping methods as well as about modern approaches to urban beekeeping.

Honey and other bee products don't just have a nutritional significance, but they also successfully contribute to the development of **apitherapy** – special health and wellness experiences involving practices such as inhaling air in apiaries and using various bee produce and products.

Slovenian honey has a **protected geographical indication** at the level of the European Union. This indication is given to honey which is typical of Slovenia, such as acacia, flower, linden, chestnut, spruce, fir, and forest honey. The **Kočevje forest honey** and **Karst honey** also have a protected designation of origin. The former comes from an area of mighty unspoiled forest, while the latter hails from the Karst, an area with unique plant communities and an abundance of medicinal herbs. The diversity of Slovenian honey is also complemented by buckwheat, dandelion, and rapeseed honey.

The traditionally delicious honey plays a role in distinctive Slovenian dishes, desserts, and culinary creations for special occasions. Many people prefer 'potica' that is prepared using honey filling. **Dražgoše** and **Loka small breads** – special heart-shaped sweet delights – and their decorations are a

symbol of affection for the person to whom they are given. The same applies to **gingerbread products**, which are now mostly given as souvenirs. They have carried various messages through their decoration and additional elements since the Middle Ages. You can learn about the stories told by these honey gingerbread masterpieces at the Lectar Workshop and Museum in Radovljica or at the Honey Paradise (Medeni Raj) Museum and Gallery in Slovenj Gradec.

Honey is also used in the preparation of **alcoholic beverages**, among which 'medica' (made from fermented honey and water) is the most famous. It is prepared following a recipe that was first recorded in 1689. In addition to 'medica', Slovenian beekeepers also make honey liqueur, honey brandy, honey beer, and honey sparkling wine.

If you wish to boost your health, **pollen, propolis, royal jelly, bee poison**, and various types of honey with natural medicinal additives, vitamins, and aromatic herbs are essential. Honey is not just one of the oldest sweeteners, but also a constant high-quality ingredient of healthy breakfasts.

In Slovenia, schools and kindergartens have a **Traditional Slovenian Breakfast** once a year, which also includes honey, and Slovenian beekeepers are making efforts to introduce a European Honey Breakfast.

HONEY FACTS



There are more than **10 thousand** beekeepers in Slovenia, who take care of more than **200 thousand bee families**.



There are already about 40 certified **apitherapy** providers in Slovenia – they are beekeepers who, in addition to their products, also invite you to enjoy therapeutic experiences in their apiaries.



To make one kilogram of honey, bees must visit **four million flowers**.



There are approximately **60 thousand bees** in a single hive.



A single bee gathers a **quarter of a teaspoon of honey** per month.

SLOVENIAN-STYLE HOLIDAYS

Slovenian holidays are accompanied by slightly different dishes in each of Slovenia's gastronomic regions. Even the dishes on the table indicate when Shrovetide masks chase away winter, when the time is ripe for Easter celebrations, when young wine turns into a noble drink, and when it's time to change our calendars. Just like everyday dishes, holiday dishes in Slovenia reflect what nature provides in a given season.



As winter transitions into spring, various delights are offered, such as Shrovetide dishes.

Particularly on Shrove Saturday, Sunday, and Tuesday, tables are laden with various fried dough dishes, such as 'krofi' (doughnut-like pastry with a filling), 'bobi', 'flancati' (fried dough triangles), and 'miške' (fried dough balls), dishes from smoked or dried pork, and various flatbreads.

Spring traditionally comes with the Lent period, when there is no meat on the table, but rather a predominance of cabbage, turnip, beans, and 'žganci' (mush). 'Aleluja' (or Hallelujah) is a typical dish made from dried and slightly smoked turnip peel that is regaining its reputation in *haute cuisine*.

When the Lent period ends, Easter arrives with its lavish dishes and special dishes from the basket taken to church to receive a blessing. These include ham, 'potica', and Easter eggs – coloured eggs and eggs decorated differently from region to region.

Summer holiday tables are laden with 'štruklji' dumplings. The most typical ones have 'skuta' curd cheese filling to which tarragon is added. These are served as a savoury side dish or as an independent dessert.



Autumn is harvest time. The storing of the produce from the fields and vineyards is concluded with the Feast of St Martin ('martinovanje'), which used to be a day of thanksgiving, but is now associated with celebrating young wine. Typical St Martin's celebration dishes include roast poultry, especially goose and duck, red cabbage, 'mlin-ci' (flat cakes), chestnuts, and various types of sweet and savoury 'pogače' (flat-breads).

The winter is the time for important holidays. The merry month of December is known for baking cookies, breads, and 'potica'.

Although the cuisine boasts numerous sweet delights, people in many places in Slovenia still fast, which means that only healthy dishes are served until Christmas, including legumes, gruels, cod with polenta, and potato soup.

The central place on the Christmas holiday table is held by the 'potica'.

At **Christmas**, it is accompanied by a decorated 'poprtnik' or Christmas bread made from white flour and milk. People used to believe that it had a special power to ensure a good har-



vest, so a few pieces were given to the livestock and a piece was buried in the field. 'Potica', the queen of all Slovenian desserts, was once a typical holiday dish, but now people can enjoy its full flavour throughout the year. If you bake this cake, you can enjoy a holiday whenever you wish!

In the winter, particularly during the New Year's Eve period, 'kolone' can usually be found on people's tables – these are home-made meat products, among which 'krvavice' (blood pudding) and 'pečenice' (pork sausages) are particularly important.

Regardless of the season, every festive meal in Slovenia includes roasted potatoes, sometimes seasoned with cracklings.

The oldest recorded Slovenian recipe for preparing this typical dish dates back to 1868. The dish is so popular that in Slovenia there is even a society for the lovers of this dish, who advocate recognising roasted potatoes as an independent dish.



DELICIOUS SOUVENIRS FROM SLOVENIA

Slovenians are proud of their cuisine. We will gladly share with you some recipes that you can try at home, so that you may remember your visit to this country of diverse flavours. Your memories will be even more unforgettable if you can enjoy delicious 'souvenirs'. Make sure to take back with you the ingredients for the typical dishes, desserts, and drinks that have made an impression on you in Slovenia.



Visiting places and countries is always memorable, and in Slovenia memories are also evoked by particular flavours. If you go to unspoilt nature, you will find **natural and mineral waters**, while in forests, on meadows, in orchards, and in flower gardens, hard-working bees collect **honey and other bee products**. A recipe for the alcoholic honey drink '**medica**' was recorded as early as in 1689. Slovenia's modern beekeepers also use honey to make **honey brandy**, **honey liqueur**, **honey beer**, and **honey sparkling wine**.

If you take back with you some salt and pumpkin-seed oil from Slovenia, even the most ordinary salad that you make at home will taste like your journey through the European Region of Gastronomy 2021.

The Pannonian part of Slovenia is home to incredible **pumpkin-seed oil**, while the Mediterranean is home to **olive oil**, which is given the highest national and international awards for quality every year. At the Sečovlje Salt Pans, salt and **fleur de sel** are harvested from the sea using a natural method. These products are held in high regard by many world-class restaurants and other hospitality establishments.

The culture of processing meat into meat products is best represented by '**kranjska klobasa**' (Carniolan sausage), '**zgornejšavinjski želodec**' (stuffed pig's stomach from the Upper Savinja Valley), **Prekmurje ham**, and other dried meat products. All of these dishes have a protected geographical indication. Even globally, 'kranjska klobasa' is one of the most recognisable and tasty Slovenian food products, just like Slovenia's most typical dessert, the '**potica**', which is prepared with more than 100 different sweet and savoury fillings. This roll with a distinctive hole in the middle is available in different sizes, from the small and tasty 'le Potica (which is a play on words – it can mean 'a beauty' or 'only potica') with a 5-centimetre diameter to large 'Potica' with a diameter of up to 60 centimetres. 'Potica' is a holiday dessert, and during holidays people always make a toast with the excellent wines from Slovenia's three wine-growing regions.

The '**potica**' and selected wines are proven excellent traditional representatives of the tastes of Slovenia.



You can also add a **natural fruit juice or brandy** to your selection of delicious souvenirs.

In addition to classic fruit and herbal brandies, '**borovničke**', forest blueberries in brandy, is also a very popular drink. This is only a small selection of options, so that you can take home with you some typical tasty souvenirs from Slovenia.

LABELS – GUARANTEES OF QUALITY

Besides products bearing the European labels of Protected Designation of Origin, Protected Geographical Indication and Traditional Speciality Guaranteed, you should also taste the many Slovenian products and foods bearing a local certificate of quality. In individual regions, the quality of various local delicacies is promoted, and dishes from the traditionally known or newly revived gastronomic heritage have been available in an increasing number of restaurants and traditional 'gostilna' restaurants.

The '**Bohinjsko – From Bohinj**' label guarantees the quality of various special dishes and food products from Alpine Slovenia – from the spicy Mohant cheese and Bohinj cheese to Bohinj 'zaseka' (pork mash) with sausages and many dairy products.

'**Dobrote Dolenjske**' (Dolenjska Delights) is a label used for jams, dried meat products, cheeses, dried fruit, honey, flour, different kinds of porridge, and other foodstuffs from the farms of the Dolenjska region.

The '**Srce Slovenije**' (Heart of Slovenia) label combines products such as bread baked in a wood-burning oven, dried fruit, herbal teas, cheeses, and other dairy and dried meat products produced in Central Slovenia.

In Ljubljana, the '**Okusi Ljubljane**' (Tastes of Ljubljana) label is being developed. Some of the typical products include sweets, such as Prešeren's figs, dragon 'potica', dragon tears, Ljubljana Cake, and more.

In Central Slovenia, a lot of attention is paid to the '**Okusi Kamnika**' (Tastes of Kamnik) label, which is used for selected culinary creations at restaurants and other hospitality establishments and indicates special features, such as the decorated hard Trnič cheese from the Velika Planina plateau.

In the Pohorje Hills, the '**Okusi Rogle**' (Tastes of Rogla) label is being developed. This label is used for high-quality honey, dried meat products, and mountain herbal teas. In the wine-growing hills of northeastern Slovenia, the '**Jeruzalem**' label is used. In addition to excellent wines, this label is used for incredible 'gibanica' flatbreads.

In the area of the former mercury mine in Idrija, the '**Geopark Idrija**' label is being developed. Among other things, it offers 'geruš' – a famous drink formerly enjoyed by miners, bread baked in a wood-burning oven, cheeses, and herbal teas.

The brewing town of Laško uses the '**Okusi Laškega**' (Tastes of Laško) to develop special dishes, such as those with warmed cream, herbs, honey, and beer. The delicacies from the area are also brought under the umbrella of the '**Jurkloštrski izviri zdravja**' (Jurklošter Sources of Health) label, which is inspired by the traditions of the Carthusians in Jurklošter.



GOURMET EVENTS

Some prefer to experience food by cooking it themselves, while others entrust the preparation of their meals to experienced chefs, but everyone occasionally enjoys food as a social event. Events and holidays devoted to individual dishes, competitions, food judging, festivals, and fairs offer an excellent opportunity to learn about special culinary features and for participating in tastings of unfamiliar delicacies or of ingredients that are known, but prepared somewhat differently. Because the times and locations of some events might change, choose just the right occasions for yourself at www.slovenia.info and on the websites of the organisers.

JANUARY

Štruklji exhibition, Mirna Peč

FEBRUARY

Prešeren's Fair, Kranj

Culinary offerings at Shrovetide events, all of Slovenia

MARCH

Sevnica Salami Feast, Sevnica

Restaurant Week, all of Slovenia

European Food Summit, Ljubljana

Open Kitchen, Ljubljana (every Friday until the end of October), and other towns/cities

Šempas Wine and Olive Oil Festival, Šempas

APRIL

Chocolate Festival, Radovljica

Easter Potica Festival, Otočec

Potica Festival, Prebold

Salon Sauvignon, Ptuj

Orange Wine Festival, Izola

Padna Oil and Chard Festival, Padna

Brda and Wine, Šmartno

Rebula and Olive Oil Festival, Višnjevnik

Wild Flavours of the Karst, the Karst

MAY

A 'Zgornjesavinjski Želodec' Competition, Rečica ob Savinji

Delicacies from Slovenian Farms, Ptuj

Wine Spring Holiday (Vinska vigred), Metlika

Wine Fair (Sejem Vino), Ljubljana

PortoRose2 – Rose & Rosé Festival, Portorož

The Tastes of Vipava Valley, Ajdovščina

Vrhnika Coffee Festival, Vrhnika

In the Heart of the Teran Land, Tomaj

The Carniolan Sausage Festival, Ljubljana

JUNE

Cherry Festival, Dobrovo in the Goriška brda Hills

Sladolent, Maribor

Traditional Olive Fest, Dekani

Olive, Wine and Fish Festival, Izola

Day of Open Cellars, Brda Hills

Čatež Cvičkarija Festival, Čatež

Cviček in Šentrupert, Šentrupert

Ljubljana Wine Route, Ljubljana

Strawberry Sundays, Janče near Ljubljana

Blaufränkisch Festival, Sevnica

Refosco Festival, Marezige

JULY

Beer and Flowers Festival, Laško

Harvest Festival, Polenshak

Polenta Festival, Ozeljčan

Many mushroom festivals and shows from July to October

Beekeeping Festival, Gornji Grad

Peach Festival, Prvačina



European Food Summit 2019, Ljubljana

AUGUST

Days of Honey, Polhov Gradec
 The Days of Poetry and Wine, Ptuj
 The Days of Poetry and Wine, Medana
 Fishing Festival, Izola
 Salt pans Feast, Piran
 Festival of Teran and Prosciutto, Dutovlje
 Sheep Ball, Jezersko
 Onion Festival, Dornava
 Bogračfest, Lendava
 Idrija žlikrofi Festival, Idrija
 Čompe Night, Bovec

SEPTEMBER

Sweet Istria, Koper
 Jam Festival, Šentrupert
 Street Food Market, Maribor
 Bean Day, Hrovača
 Tržiške Bržole Festival, Tržič
 Day of Honey Cuisine, Radovljica and Lesce
 Plum Days, Slivje
 Zeljada, Ljubljana
 Pumpkin Festival, Bodonci
 Dödöljajada, Puconci
 Old Vine Festival, Maribor
 Posavje Flavours Week, Krško
 Tastes of Posavje 2019 – Festival of Wine and Cuisine, Krško
 Lendava Grape Harvest, Lendava

OCTOBER

Restaurant Week, all of Slovenia
 Festival of the Original Bled Cream Cake, Bled
 Chestnut Sunday, Janče near Ljubljani
 Kozjansko Apple Festival, Podsreda
 Traditional Chestnut Festival, Lig above Kanal
 The Jestival Festival of Flavours and Art, Kobarid
 Čokoljana, Ljubljana
 Mlada Portugalka Wine Festival, Metlika

NOVEMBER

Numerous St Martin's celebrations, all over Slovenia
 November Gourmet Ljubljana, Ljubljana
 Ljubljana Wine Route, Ljubljana
 Wine cellars of the Vipava Valley, Vipava Valley
 Persimmon Feast, Strunjan
 Svečina Wine Cellars, Svečina
 A hike around vineyards (Po poteh soseske zidanice), Drašiči
 Moštna Gavda, Prevalje
 The Month of the Tastes of Radol'ca, Radovljica
 Slovenian Wine Festival, Ljubljana

DECEMBER

Advent and the Days of Potica on Bled Island, Bled Island
 Christmas and New Year's markets with culinary offerings, in all major towns and cities around Slovenia
 Sparkling Wine Festival, Portorož

SLOVENIA IN BRIEF



European Region of Gastronomy 2021



The 1st
country with the title

Global Green Destination



The Green Scheme of Slovenian Tourism,

an original national certification system,
has impressed experts all around the world.



8

UNESCO

listings of natural, cultural and intangible heritage



15

Slovenian natural spas



20 May

At Slovenia's initiative, the United Nations declared 20 May World Bee Day, a day dedicated to raising the awareness of the incredible importance of bees for human survival.

Where the distinctive features of Europe meet

The Alps, the Mediterranean and the Pannonian Plain

4

Tourist areas

Alpine Slovenia

1

Thermal Pannonian Slovenia

4

Mediterranean & Karst Slovenia

2

Ljubljana & Central Slovenia



365 days

of experiences in all **four seasons**



Climate

and temperature

	Mediterranean on the coast	Continental inland	Alpine in the mountains	
JUL	23.8°C / 73.4 F	21.6°C / 69.8 F	17.7°C / 62.6 F	7.4°C / 44.6 F
JAN	4.6°C / 39.2 F	0.4°C / 32 F	-3.7°C / 26.6 F	-7.7°C / 19.4 F
	Portorož • 2 m	Novo mesto • 220 m	Rateče • 846 m	Kredarica • 2514 m

Average daytime temperature between 2004 and 2013 at the stated location. Data from the ARSO Archives.





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