



TINY COOKBOOK FROM LASTOVO

Sneak Peak Into Local Gastronomy



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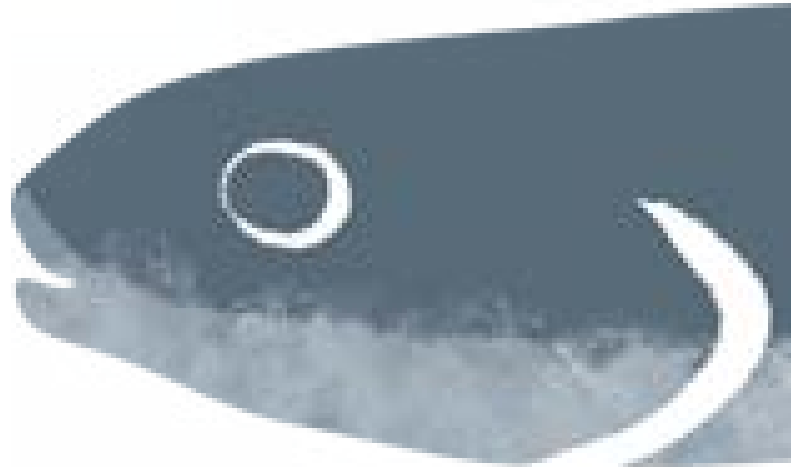
TINY COOKBOOK FROM LASTOVO

Sneak Peak Into Local Gastronomy

Split, June 2016.

LASTOVO

a very different island

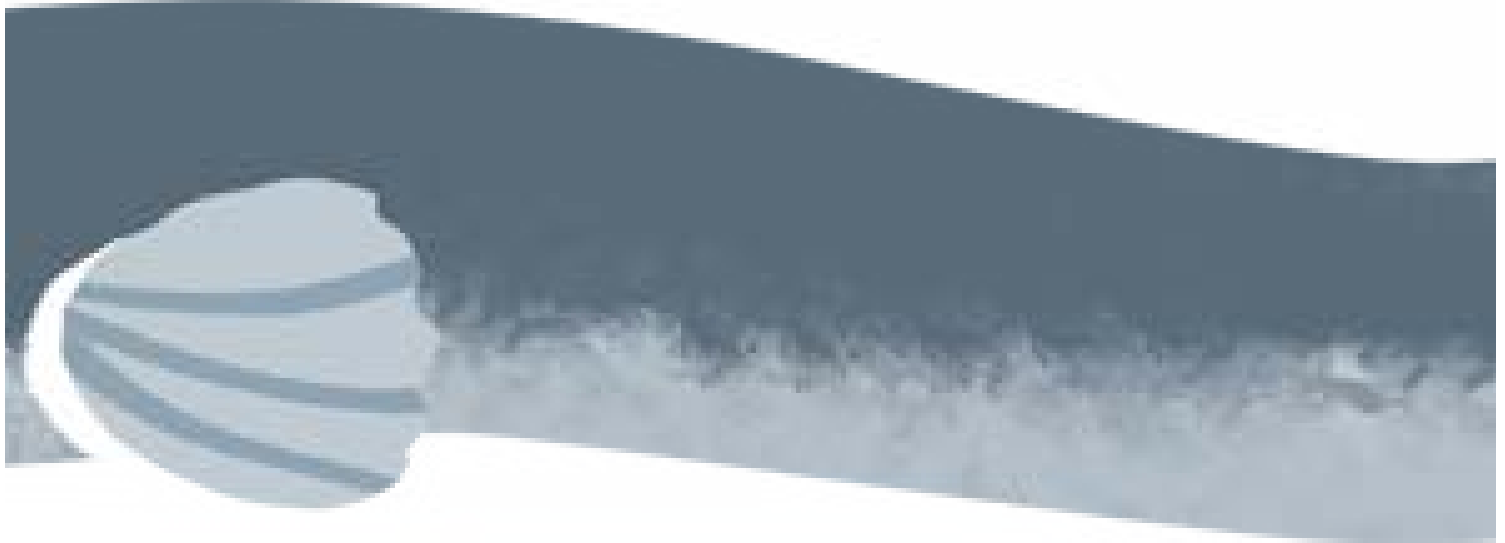


Every island is special, has its own **thing** and pace that makes us love and enjoy it. But 1246 islands is what makes us a bit spoiled here in Croatia.

Because of this sometimes island is a just an island, just another rock out of 1246 that come out through the surface of the Adriatic Sea. And then again we have our favorites but so do the tourists.

Lastovo and the accompanying archipelago rate high both on **domestic and international top lists** and that is no coincidence. It's a place where nature blends with culture in so many different ways it is no wonder that Nature Park was established back in 2006. People come to Lastovo to find the Mediterranean as it used to be: colorful, peaceful, untamed and unspoiled. Positevely wild, some would say.





But there is also one special group of **pilgrims** that visit Lastovo for one of its most unique blends of nature and culture – cuisine. These **gastronomads** know well what they are coming for – a plate of the island itself. Greens from the local fields, seafood from the surrounding waters and recipes that have been passed on for generations (and each one adding a new twist).

In this tiny cookbook we offer you a short peak into the world of Lastovo cuisine and hope that brave among you will play with it at home while for the rest of us there is always Lastovo and its gastro theatre that will put on a show you will not forget.

p.s. It was not an easy task getting these recipes out of local chefs as they guard them like a dragon his treasure. So many thanks to those who shared them with us: **Amfora, Aragosta, Augusta Insula, Bačvara, Fumari, Nautica, Pece, Porto Rosso, Santor.**

DEAR VISITOR!



Welcome to the **Nature Park Lastovo Archipelago** – the **most distant inhabited island** in Croatia and one of the **last 10 biodiversity treasures** of the Mediterranean Sea. Discover its mystic beauty, thick forests, fertile fields, high coastal cliffs, land and sea caves, numerous rare sea and land species and habitats. It's a place where time has slowed down and life adapted to the slow pace of times and customs long gone on the mainland. In other words take your time and get to know locals and their ways, it's worth it.

The Lastovo Archipelago was declared a **Nature Park in 2006**. It consists of 44 islands, islets, rocks and reefs (the largest among them are Lastovo and Sušac) covering total area of **53 km² of land** and **143 km² of sea**. Its borders are lit by the stone lighthouses of Sušac, Tajan, Glavat and Struga.

Nature Park Lastovo Archipelago has a rich cultural and historical heritage – numerous **stone churches** and **chapels**, **picturesque chimneys** (Fumari) and the **traditional Lastovo Carnival** (Poklad), but one must not forget local inhabitants, who prove that the **coexistence of man and nature** is possible with developed environmental awareness.



Tourism is important sector for the island, but it can often be a threat to the nature. Goal of **Association for Nature, Environment and Sustainable development Sunce and Lastovo Archipelago Nature Park Public Institution** is to **manage tourism** in a **sustainable way**, through education and awareness rising and development, implementation and promotion of sustainability principles. More and more tourists recognize Lastovo as a place for recreation, for enjoying local cuisine and local way of life. By going greener we are contributing to **sustainable income** for the local community and trying to give every visitor a chance to participate in **island's tradition of living with nature**. Enjoy your stay and help us look after our clean environment by being a responsible tourist.





TUNA PATE

(6-8 persons) 20 minutes

- * 400 g tuna (2 tins) or bonito fish
- * 1 onion
- * 1 clove of garlic
- * some parsley
- * 2-3 sardines or salted anchovy fillets
- * 10-15 capers
- * 100 g butter
- * 100 g cream cheese
- * 1 teaspoon of mustard
- * some salt and pepper
- * 2-3 drops of tabasco sauce

Put all the ingredients into food processor and mix them to get a smooth pate.



LOBSTER WITH PASTA



(4 persons) 30 minutes

- * 1 dl olive oil
- * 2 onions
- * 1 kg lobster
- * 1 dl white wine
- * 6 big tomatoes
- * salt, pepper
- * ground Cayenne pepper
- * 5 capers
- * little bit of hot pepper (optional)
- * 0,5 kg spaghetti



Braise onion with olive oil in a wide pot, add lobster cut in four, add white wine, some salt, pepper, ground pepper, capers and a little bit of hot pepper. Add tomato sauce after 8 minutes, sauté for another 10 minutes. Cook spaghetti separately, al dente (8 minutes). Place sauce over the spaghetti and lobster on the top. Eat it at least 30 minutes. With a glass of wine. With a friend.

Additional tip: Don't overcook the lobster, and don't overcook spaghetti. You can overeat.

TAGLIATELLE WITH SMOKED MUSSELS

(4 persons) 20 minutes

- * 330 g smoked mussels
- * 4 cloves of garlic
- * some fresh parsley
- * 1 fresh red pepper
- * cooking cream
- * white wine
- * olive oil
- * 400 g tagliatelle

Heat olive oil and sauté garlic, parsley and diced red pepper. Add smoked mussels, sauté a few minutes, add cooking cream and some white wine.

Stir the mussels sauce with tagliatelle.

FUN FACTS #01

Lastovo has 46 churches, 46 fields and 46 islets.
Some say its coincidence...



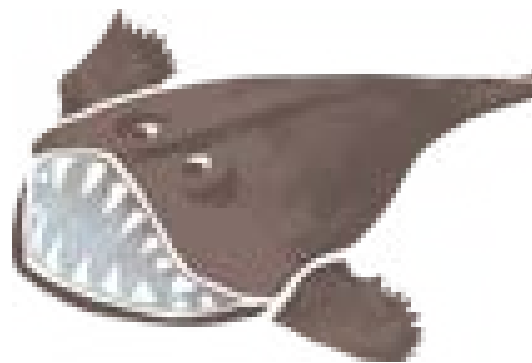
LASTOVO FISH STEW

45 minutes

- * 2 onions
- * 3-4 cloves of garlic
- * some fresh parsley
- * 1 fresh pepper
- * basil leaves
- * oregano
- * salt
- * red hot chilli pepper
- * fish stock
- * white wine
- * tomato sauce
- * crab
- * mixed fish (scorpion fish, conger eel, frog-fish, sting-fish, cuttlefish)
- * carob
- * polenta

Heat olive oil and sauté onion and red pepper. When it softens, add garlic, parsley, some white wine and fish stock. Add the crab and cook for 15-20 minutes over medium heat, then add tomato sauce and the fish. Spice it with salt and red hot chilli peppers, basil, oregano and a dry carob. Simmer for another 15 minutes.

When the fish is cooked, take some stew and cook polenta in it as a side dish.

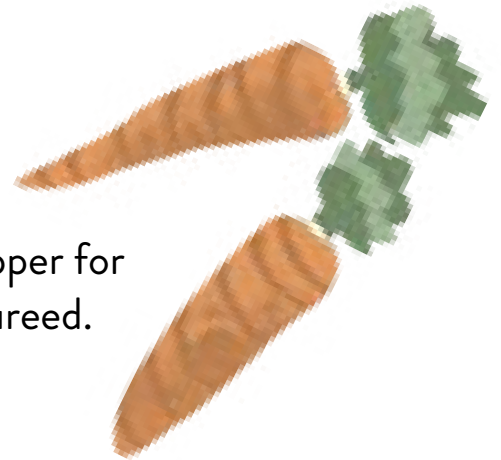




VEGETABLE SOUP

(4 persons) 45 minutes

- * 3 spoons of oil
- * 1 onion
- * 250 g peas
- * 3 carrots
- * 300g broad-beans
- * selenium
- * basil leaves
- * pepper
- * salt



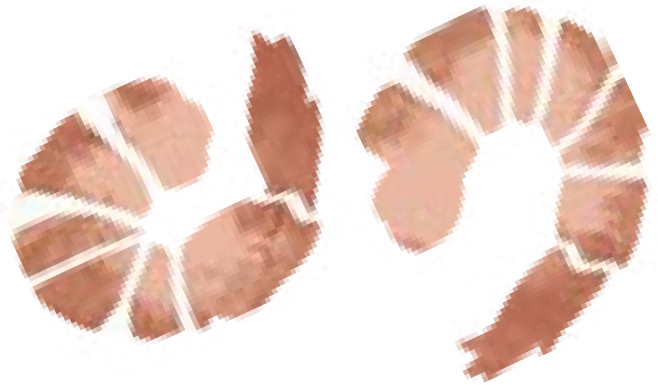
Cook the vegetables, spice with salt and pepper for 45 minutes, then blend until smooth and pureed.



GRILLED SHRIMPS WITH CHARD

(1 person) 20minutes

- * 230 g shrimps
- * 250 g chard
- * 5 spoons of olive oil
- * salt
- * pepper



Cook the chard in salted water and drain it. Place shrimps onto wooden kabobs, salt a little and grill on both sides. Toss the chard with olive oil, serve the shrimps with lemon.

FUN FACTS #02

There are two main sorts of wine on Lastovo - "Rukatac" and "Plavac mali". "Rukatac" is original white wine which got its name after its form - its grape looks like the hand (ruka, in Croatian).



FISH STEW WITH SCORPION FISH

(4 persons) 1 hour



- * 1 dl olive oil
- * 1 onion
- * 1 spoon of vinegar
- * some parsley
- * 1/2 kg diced tomatoes
- * 1 small fresh pepper
- * 1 spoon ground Cayenne pepper
- * 1 spoon capers
- * 1,5 kg scorpion fish
- * 1/2 teaspoon pepper
- * 1 spoon salt



Braise the onion on olive oil. Add tomatoes, vinegar, fresh pepper, salt and pepper. Stir a few minutes, add parsley, ground cayenne pepper and capers. Cook for 30 minutes, then add the whole fish and some water to cover it. Shake occasionally the pot while cooking for another 30-40 minutes over medium-low heat.



Additional tip: If you do not have a scorpion fish, you can make it also with conger eel or frog-fish.



ANTIPAST

(4 persons) 30 minutes

- * 2 onions
- * 3 fresh peppers
- * 1 garlic
- * 2 carrots
- * 1 celery root
- * 300 g tuna
- * 1 l Canned tomato
- * 3 bay leaves
- * pepper
- * salt
- * olive oil
- * 2 spoons of vinegar



Dice the vegetables. Braise the onion on olive oil, when it softens, add the vegetables and 2 dl of water. Stir in the cut canned tomatoes, wine vinegar and the spices. Cook until soft. Eventually add the fish in small pieces and cook for another 5 minutes.

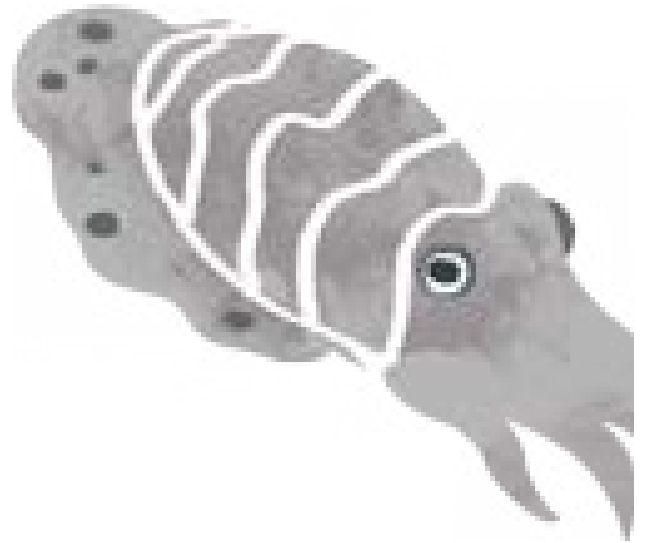


BLACK RISOTTO

(4 persons), 2 hours

- * 800 g cuttlefish
- * 2 onions
- * 1 clove of garlic
- * olive oil
- * Salt
- * Pepper
- * 2 dl white wine
- * 320 g rice
- * parsley

Clean the cuttlefish, cut in half carefully, take out the black bag and put it in separate dish with olive oil and some warm water, stir gently. Wash the cuttlefish and cut in pieces. Braise the onion with olive oil, when it softens add the cuttlefish, spices, and cook until soft. It takes time for cuttlefish to release some water, only then cook the rice. Occasionally add the wine and stock to rice and finally add the black bag and the parsley.



HOME MADE COTTAGE CHEESE



- * 10 l cow milk
- * 1 dl white vinegar
- * salt
- * additionally: chilli peppers, olives, oregano, mint, sage, dried fruit...

Put 1 dl vinegar into milk before it boils. Drain the cheese and let it cool. Stir in the additional and put everything into a mould. When it hardens, take it out on the plate and rub some coarse salt on both sides. Leave in fridge for one day, then remove the salt.



FUN FACTS #03

The unique and characteristic architecture of Lastovo - chimneys from 17th and 18th century, each one being different.



SKALICE "KROŠTULE" CAKE

1 hour

- * 200 g flour
- * 2 egg yolks
- * 1 spoon sugar
- * 2 spoons rum, 1 spoon brandy
- * salt
- * powder sugar with Cinnamon



Make a hole in sieved flour, fill in with an egg, sugar, rum, brandy and salt. Knead the dough and split it in small balls. Let it stay for 30 minutes, then roll out flat and thin. Cut the stripes, tie into a knot and deep fry in hot oil. Sift powder sugar with cinnamon.



FUN FACTS #04

Every February Lastovo celebrates hundreds of years old Carnival ("Poklad") in memory of the year 1483. When Moors tried to conquer Lastovo island, but their fleet was scattered by the storm.



GRILLED SARDINES

(1 person) 25 minutes

- * 10 fresh sardines
- * Salt
- * 1/2 onion
- * 1/2 lemon
- * roasting spit of vine branch

Clean off the scales, cut off the heads and take out the innards. Salt with coarse sea salt, stab onto the spit and grill over the fire coals. You have to stab them so that the bone is first under and only after turning on the upper side. Grill it 4-5 minutes both sides. When it is done, carefully take it off the spit, put into a bowl and do not put any oil. Sardines are oily enough in summer time. Just cover the bowl, let it rest a few minutes – it lets the flavour then. Eat it with fresh salad, home made bread, onion rings and lemon.

Of course, a glass of wine, or two is a 'must'!



ARANCINI

"CANDID ORANGE PEEL"

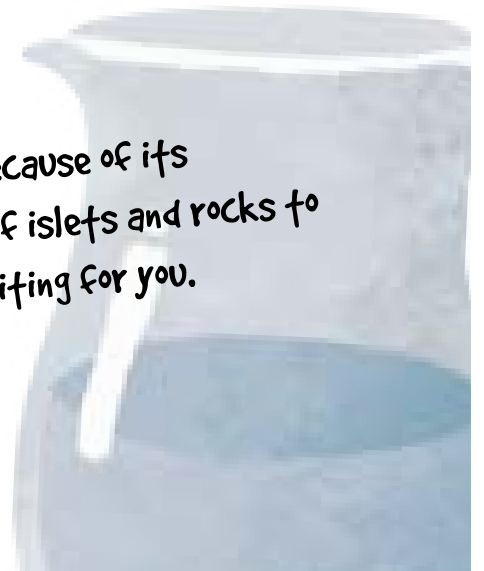
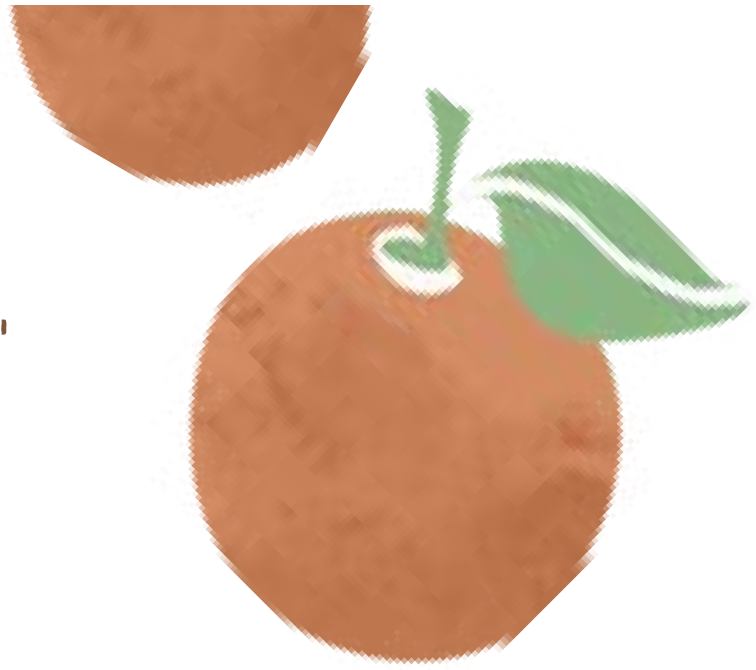
- * 5 oranges
- * sugar
- * water

Make long cuts in orange and peel it. Cut the stripes and put them into a boiling pot. After a few minutes drain them, change the water and repeat the procedure three times. You need to prepare the syrup – for 100 g of peels you need 1 dl of water cooked with 100 g of sugar. Cook the peel in the syrup 10 minutes on low heat. Spread them on the baking paper, sift with sugar and dry in the oven as long as you wish (cca 15 h).

It will bring back memories of the sea and the sun.

FUN FACTS #05

It was called "The Emperor's" island by Romans because of its numerous fields, dense forests, amazing wreath of islets and rocks to surround it, countless hidden bays and seafish waiting for you.



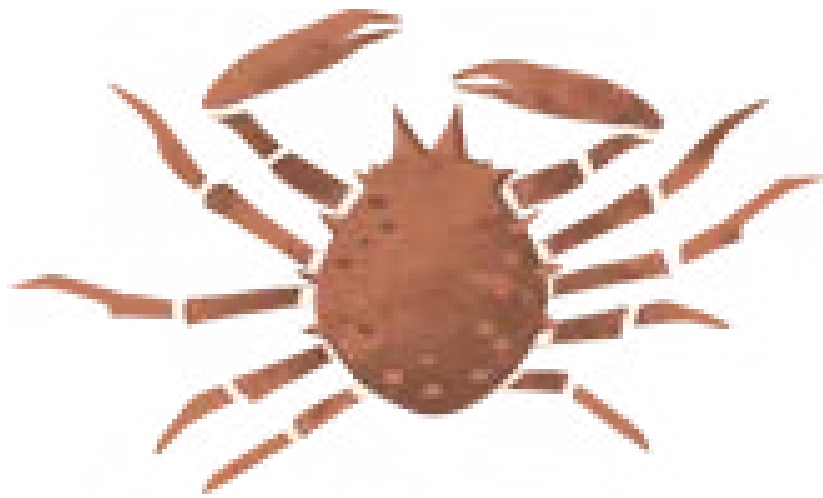
BROAD-BEAN PATE

15 minutes

- * 1 kg broad-bean
- * 1 garlic
- * 0,4 dl olive oil
- * 100 g salted anchovy
- * some capers
- * some caraway seed
- * parsley, basil leaves, mint, salt, pepper

Clean broad-beans and cook 10 minutes in salted water. Drain it and peel off the skin. Put all the ingredients into the blender and blend until smooth. Add some water from cooking or stock if needed. Season to taste, leave it cool in the fridge.

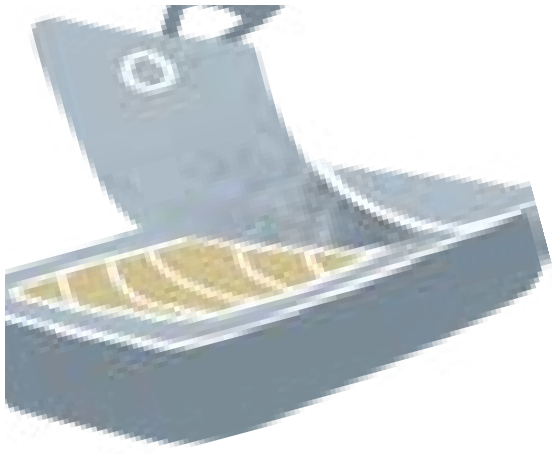




Every fish, or any other seafood, that comes on your plate is caught at a price. By price we do not mean the money you pay for it, but an impact fishing has on the marine ecosystem. Overfishing and illegal fishing are putting a strain on the marine resources and in the long run can result in the collapse of fisheries and disappearance of seafood from our plates. Therefore, it is always a good idea to support sustainable fishing efforts by avoiding seafood that is smaller than legal size limit (for example 45 cm for grouper and 24 cm for lobster) or fish that is caught with speargun (has a single hole at the point of entry and exit of the spear) as it is illegal to sell fish caught this way.

By doing this you are supporting sustainable fisheries, fishermen and the Adriatic sea.







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ISLAND LASTOVO





Lastovo

Skrivena Luka

TIPS HOW TO BE A RESPONSIBLE TOURIST:

- Follow the rules for safe anchoring, use techniques and materials that reduce the negative impact on sea bottom.
- Get informed: many of the plants and animals surrounding you are rare, endangered and protected. Recreational fishing is allowed with Park's permit. For more information check Park's website or visit Park's office.
- Don't move or damage any plants or rocks that provide homes for wildlife. If you find injured wildlife, please call Park rangers on 0038520801252.
- Take care of your safety, follow the signs and stick to footpaths.
- Protect the nature and don't leave any waste in natural areas.
- Be careful with the use of resources. Be water wise and do not let the tap water run unnecessarily.
- Shop locally. With the use of local products (wine, brandy, olive oil, marmalade...) you contribute to local economy.
- Try local dishes in local restaurants: experience our traditional food. It brings you a flavour of this area.
- Be open, respectful and experience local way of living.
- Become an energy saver: reduce energy by switching off lights, turning down air conditioning, avoid leaving appliances on stand-by, etc.
- Reduce your footprint: when you travel, consider that your choice of transport can lower carbon emissions.
- When choosing accommodation, look for environmentally friendly place to stay (www.eko-partner.hr).
- Get involved: we welcome your comments about additional improvements. Visit Park website (www.pp-lastovo.hr) and tell us more about your ideas.



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“**Development of Sustainable Economic Activities in Marine Protected Areas**”

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*By paying entry fee you support conservation and
protection of the Nature Park Lastovo Archipelago!*

