

**GOURMET E-BOOK**

# **DISCOVERING THE COLOURS AND TASTES OF NORTHWESTERN ISTRIA**



*...in all the colours of Istria*

**UMAGO  
UMAG**

**CITTANOVA  
NOVIGRAD**

**VERTENEGLIO  
BRTONIGLA**

**BUJE  
BUJE**





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# WELCOME TO THE GOURMET WORLD OF NORTHWESTERN ISTRIA

Your holidays in Northwestern Istria filled with pure hedonism start here, with our handy e-book. We offer you valuable insider tips for finding the best konobas and restaurants, along with a list of must-try dishes and gourmet events that you wouldn't want to miss.

Istrians often say that talking doesn't get things done. So, let's start!





**Northwestern Istria** is one of the most coveted Croatian destinations for food lovers. With its main towns – Umag, Novigrad, Buje and Brtonigla – this picturesque part of the Istrian peninsula stretches from the border with Slovenia in the north to the Mirna River in the south. Typical Istrian hospitality attracts visitors on every corner, be it eating homemade maneštra in the shade of a hackberry tree, sipping a cocktail with the sound of the sea in the background, or savouring delightful truffles in one of the elegant local restaurants.

Speaking of the local cuisine, it's impossible not to mention Istrian extra virgin olive oil and top-quality wines such as Malvasia and Teran. You can taste or buy them if you embark on a local wine or olive oil trail.

The region offers versatile all-year-round gourmet even-

ts celebrating the gems of Istrian cuisine, such as wild asparagus, mushrooms, Novigrad scallops, Umag soles or Adriatic squid. Whenever you decide to visit Northwestern Istria, your palate will thank you for the adventure!

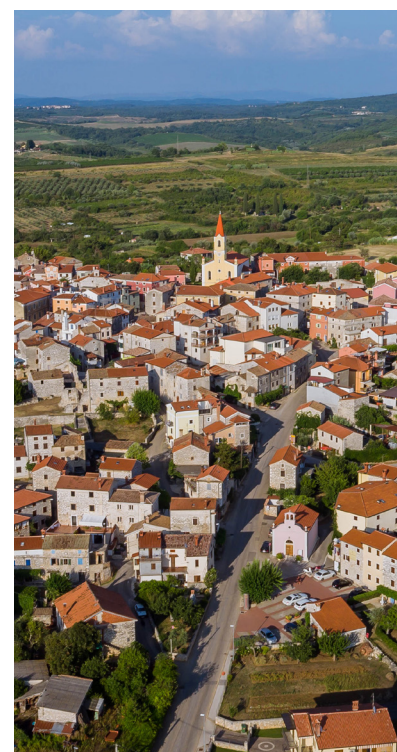
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## Northwestern Istria - an oasis of gastronomic delights



Read more







# UMAG FOR FOODIES

Umag is a splendid starting point for a gourmet journey through the history of Northwestern Istria –as splendid as the Michelin star awarded to some of the restaurants and konobas in the area. Visit them and try delicacies such as pasta with queen scallops, freshly caught soles or crabs. Tasting Istrian Malvasia and Teran in acclaimed wine cellars of the Umag area is a must for wine aficionados. This area also boasts the best extra virgin olive oil in the world, superb gourmet festivals and laid back summer events for your entertainment.



## Find out more about Umag



[Read more](#)





## GOURMET RECOMMENDATIONS

- ✓ Restoran Badi: award-winning “sea bass in bread”
- ✓ Restoran Pergola: creative fish dishes
- ✓ Konoba Buščina: modern and traditional Istrian cuisine
- ✓ Konoba Nono: Nono ravioli and fig cake
- ✓ Wine tastings: taste the renowned Gran Teran and Gran Malvasia (Coronica Winery) or Cabernet Sauvignon (Degrassi Winery)
- ✓ Succumb to the charm of superb Istrian wines and olive oils at the beautiful estate of CUJ in Farnažine or Monte Rosso in Savudrija
- ✓ Discover world-class olive oils: Mate and Oio de Buščina



### USEFUL INFO

- ★ Umag restaurants listed in global gourmet guides: Badi (Lovrečica), Pergola (Zambratija), konoba Buščina (Buščina), konoba Nono (Umag), Toni (Savudrija).
- ★ **Mate and Enio Zubin** family farms, both from Umag, were among the best olive oil producers rated in Flos Olei 2020, a renowned international extra virgin olive oil guide.
- ★ Make sure to book a table in advance during the summer months.





## MUST-VISIT FOODIE SPOTS IN UMAG

### LOCAL CUISINE

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#### ISTARSKI RESTORAN – HOTEL SOL GARDEN ISTRA

📍 Katoro bb, Umag

☎ +385 52 701 000

#### KONOBA BOKUN

📍 Motovunska 33a, Petrovija

☎ +385 52 740 026

#### KONOBA BUŠČINA

📍 Buščina 18, Buščina

☎ +385 52 732 088

#### KONOBA NONO

📍 Umaška ulica 35, Petrovija

☎ +385 52 740 160

#### KONOBA RUSTICA

📍 Sveta Marija na Krasu 41

☎ +385 732 053

#### RESTORAN DA PAOLO E SUSANNA (MARUZZELLA)

📍 Unagrija 2, Zambratija

☎ +385 52 759 147

### FISH DISHES AND MEDITERRANEAN CUISINE

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#### BADI

📍 Umaška 12, Lovrečica

☎ +385 52 756 293

#### KONOBA SOLE

📍 Sošići 58, Donji Picudo

☎ +385 52 730 123

#### PERGOLA

📍 Sunčana ulica 2, Savudrija

☎ +385 52 759 685

#### RESTORAN PORTO SALVORE

📍 Savudrija 5, Savudrija

☎ +385 52 759 213

#### TAVERNA MEDITERAN - HOTEL MELIÀ CORAL

📍 Katoro 20, Umag

☎ +385 52 759 574

#### TONI

📍 Siparska 8, Zambratija

☎ +385 52 759 570

### TASTY SNACKS, PIZZA

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#### BISTRO-BAR LA BOHEME

📍 Trgovačka ulica 21, Umag

☎ +385 95 151 8645

#### BISTRO-PIZZERIA LUNA

📍 Savudrijska ulica 13, Umag

☎ +385 52 721 873

#### BUONI AMICI IN PIAZZA

📍 Trg slobode 2, Umag

☎ +385 52 722 387

#### KANTINA MELON

📍 Bujska ulica 11, Petrovija

☎ +385 52 720 843

#### KONOBA ANDI

📍 Mojmirska 3d, Bašanija

☎ +385 52 759 834

#### KONOBA GOURMET (VILOLA)


📍 Umaška 2A, Zambratija

☎ +385 52 759 940



## PIZZERIA KAOS

 Savudrijska 18, Umag


 095 907 4762

## BARS, CAFÉS AND PASTRY SHOPS

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### AMERICAN BAR UMAG

 Savudrijska cesta, Umag

 +385 95 199 3752

### CAFFE BAR/PUB BUONI AMICI

 Garibaldijska 15, Umag

 +385 95 904 8583

### CAFFE CIRCOLO

 Brolo 1, Umag

 +385 91 502 5823

### CENTAR CAFFE

 Trgovačka 6, Umag

 +385 52 753 214

### OŠO

 Trgovačka 19, Umag

 +385 52 871 019

### SPRITZ BAR

 Ulica Istarskih boraca 13, Umag

 +385 52 720 093


### SLASTIČARNICA VILLA SOSI

 Kroz vrtove 2, Umag

 +385 52 732 228

### WINE BAR KVARTIN

 G. Mazzini 4, Umag

 +385 95 907 2661

## TOP OLIVE OIL PRODUCERS

### ✓ CUJ

Farnažine 6A, Farnažine

### ✓ FARMA JOLA

Frančeskija 54, Savudrija

### ✓ MATE (AGROFIN D.O.O.)

Romanija 60/A, Zambratij

### ✓ MONTE ROSSO

Monte Rosso 38, Crveni Vrh, Savudrija

### ✓ OLIVE CHARM

Rožac 5, Seget

### ✓ OPG ZUBIN

Buščina 18 b, Buščina

## TOP WINEMAKERS

### ✓ BENČIĆ

Ul. Matije Vlačića Ilirika 12, Umag

### ✓ CORONICA

Koreniki 86, Koreniki

### ✓ CUJ

Farnažine 6A, Farnažine

### ✓ DEGRASSI

Podrumarska 3, Savudrija

### ✓ FIORE

Sarbarica bb, Sarbarica

### ✓ MONTE ROSSO

Monte Rosso 38, Crveni Vrh, Savudrija





## MORE THINGS TO DO IN UMAG

The northernmost Istrian town of Umag boasts a picturesque 45-kilometre long coast and green, hilly hinterland introducing you to the relaxed Mediterranean atmosphere. Venetian-style houses, churches, Renaissance and Baroque buildings behind the old town walls bear visible traces of history. The surrounding hills are perfect for riding a bike and enjoying the countryside panoramas. Be it a morning dip into the crystal clear sea or an evening walk coloured by crimson sunsets, Umag will help you find your inner peace and engage in a fulfilling activity.

## YOU MIGHT LIKE

- ✓ A stroll through the old town and along the pier, where seagulls fly around
- ✓ The collection of archaeological artefacts at the Umag Town Museum
- ✓ Savudrija lighthouse, the oldest in the Adriatic
- ✓ A scenic sunset view from the Umag promenade
- ✓ **Plava Laguna Croatia Open Umag** – tennis tournament
- ✓ **Sea Star Festival** – an immensely popular music festival
- ✓ **Park & Ride** – a public bicycle transportation service  
Tennis, golf, volleyball, football or outdoor gyms



## Events - Umag



[Read more](#)

## INTERESTING FACTS

- ★ The first hotel in Istria, “Al Cervo D’Oro”, opened in Umag in 1877.
- ★ Umag is a bilingual town, with Croatian and Italian as the official languages.
- ★ Umag was the European Town of Sport in 2018.





# NOVIGRAD FOR FOODIES

Novigrad is a fishermen's town offering plenty of spots for a perfect photograph and an array of the finest restaurants and bars. Whether you'd like to treat yourself to raw fish, a delicious steak or a platter of hors d'oeuvres and a glass of wine, in Novigrad you will find charming gourmet oases with excellent dishes. Most of them are located by the sea, so not only will you enjoy the food, but also the view.



**Find out more  
about Novigrad**



**Read more**





## GOURMET RECOMMENDATIONS

- ✓ Restoran Damir & Ornella: "Mediterranean sashimi" or raw fish
- ✓ Restoran Čok: fish from the daily catch and raw shellfish
- ✓ Restoran Marina: refined fish dishes by famous chef Marina Gaši
- ✓ Enjoying dinner or a drink in good company near the sea
- ✓ Babić and Al Torcio: olive oil tasting
- ✓ Damir Mihelić's wine cellar: Ghira biodynamic wine tasting
- ✓ Leonardo Palčić's seaside winery: tasting of the only Croatian frizzante
- ✓ Pervino and Moreno Ivančić: superb and beautifully decorated wine cellars



### USEFUL INFO

- ★ With as many as 3 top-notch restaurants listed in global gourmet guides (Marina, Damir & Ornella, Čok), Novigrad is a must-visit place for food lovers.
- ★ Novigrad's olive oil producers Al Torcio, Babić, Vergal (Aminess), Červar and Rheos are also listed in the Flos Olei guide.

# MUST-VISIT FOODIE SPOTS IN NOVIGRAD

## LOCAL CUISINE

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### KONOBA KOD KRISTIJANA

 Bolnička 8, Novigrad

 +385 52 757 476

### KONOBA KOLO

 Kršin 37, Kršin

 +385 52 758 658

### KONOBA NINO

 Bužinija 21, Bužinija

 +385 52 758 051


### OLIVETO – HOTEL AMINESS MAESTRAL

 Terre 2, Novigrad

 +385 52 858 630

### TAVERNA SERGIO

 Šaini 2a, Novigrad

 +385 98 512 012

### TRATTORIA GATTO NERO

 Ulica Zidine 10, Novigrad

 +385 52 255 555

## FISH DISHES AND MEDITERRANEAN CUISINE

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### BELVEDER

 Belveder 51, Dajla

 +385 52 735 199

### ČOK

 Sv. Antona 2, Novigrad

 +385 52 757 643

### DAMIR & ORNELLA

 Zidine 5, Novigrad

 +385 52 758 134

### GIOVANNI

 Stancija Rosello 30a, Novigrad

 +385 52 757 122

### HALF 8

 Porporela ul. 8, Novigrad

 +385 52 858 600

### KONOBA AMFORA

 Ribarnička ulica 6, Novigrad

 +385 52 726 298

### KONOBA SAN BENEDETTO

 Dajla 35, Dajla

 +385 52 735 484


### MANDRAČ

 Mandrač 6, Novigrad

 +385 52 757 120

### MARINA

 Sv. Antona 38, Novigrad

 +385 98 969 0492

### SIDRO

 Mandrač 5, Novigrad

 +385 52 757 601

### TRI PALME

 Karpinjanska 16, Novigrad

 +385 52 757 081

## TASTY SNACKS, PIZZA

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### KONOBA ANNI

 Stancija Rosello 36, Novigrad

 +385 52 825 743


### LUNGOMARE

 Karpinjanska bb, Novigrad

 +385 52 649 331



### PIZZERIA MAMMA MIA

 Ulica Torči 32, Novigrad

 +385 98 366 514





## PIZZERIA TOČKICA

 Murvi 11, Novigrad  
 +385 52 758 480

## TOMATO

 Rotonda 2, Novigrad  
 +385 52 757 650



## VECCHIO MULINO

 Mlinska 8, Novigrad  
 +385 52 647 451



## BARs, CAFÉS AND PASTRY SHOPS

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### 9 PUB

 Mandrač 16, Novigrad  
 +385 98 434 699



### AROMA ESPRESSO

 Ulica Murvi 17, Novigrad  
 +385 98 940 2377


### BAR AMORE

 Ulica Porporela 5, Novigrad  
 +385 98 370 069



### BOOZE & BLUES

 Sv. Antona 15 (marina & hotel Nautica), Novigrad  
 +385 600 456

### ELEMENT

 Ulica Murvi 15, Novigrad  
 +385 52 726 805

### HEDONIST

 Mlinska 4B, Novigrad  
 +385 98 806 660



### PIAZZA GRANDE ISTRIAN BAR

 Veliki trg 9, Novigrad  
 +385 52 647 173


### RIGO WINE BAR & SHOP

 Velika ulica 5, Novigrad  
 +385 91 577 2874



### SKIPPER

 Mandrač 10, Novigrad  
 +385 91 567 9028

### SLASTIČARNICA OŠO

 Ul. Gradska vrata 23, Novigrad  
 +385 52 726 813

### VINOTEKA- WINE BAR MANDRAC

 Mandrač 18, Novigrad  
 +385 99 815 1266

## TOP OLIVE OIL PRODUCERS

- ✓ **AL TORCIO**  
Strada Contessa 22a, Novigrad
- ✓ **BABIĆ**  
Stancija Vinjeri 27, Novigrad
- ✓ **ČERVAR**  
Sv. Servul 7b, Novigrad
- ✓ **RHEOS**  
Belvedere 48, Dajla
- ✓ **VERGAL (AMINESS)**  
Tere bb, Novigrad
- ✓ **QUIETO**  
Stancija Vinjeri 26a, Novigrad

## TOP WINEMAKERS

- ✓ **GHIRA - VINA MIHELIĆ**  
Joakima Rakovca 4, Strada Contessa, Novigrad
- ✓ **PERVINO**  
Sveti Servul 7c, Novigrad
- ✓ **VINA LEONARDO PALČIĆ**  
Dajla 144, Dajla
- ✓ **VINARIJA MORENO IVANČIĆ**  
Domovinskih žrtava 20, Novigrad



## MORE THINGS TO DO IN NOVIGRAD

From the Mandrač fishermen's port to the main square and the parish church, a stroll along medieval walls of this peaceful town will be enough to win you over.

A high detached bell tower of the local church is Novigrad's landmark, while the walls protect its rich historical heritage and landscaped parks with a peaceful, meditative atmosphere. The summer months see Novigrad bursting with colours during events bringing hanging umbrellas and music to every corner. You can even meet circus performers parading through its ancient streets built in 599.

## YOU MIGHT LIKE

- ✓ An inspiring walk through the old town, or along the sea front and stone walls
- ✓ The medieval town hall, the only one in Istria built right by the sea
- ✓ The view from the bell tower of the Parish Church of St Pelagius and St Maximus from 1883
- ✓ The Lapidarium Museum and the Gallerion Austro-Hungarian Navy Museum
- ✓ Umbrellas hanging above the old town streets as a symbol of the summer Street Art festivals
- ✓ A walk in the nature along the mouth of the Mirna River and birdwatching
- ✓ Explore Novigrad: guided sightseeing
- ✓ Wine Trail: a wine adventure on a tourist train with wine tastings
- ✓ Food & wine events: Asparagus Festival, Novigrad Scallop Night, Che gusto, Park Food Fest or Wine & Walk by the Sea
- ✓ Summer events: Movie Nights, Jazz Corner, Piazza Grande Music Nights, Kids' Day, Lunasa Astro Party



## Events - Novigrad



[Read more](#)





## INTERESTING FACTS

- ★ St Pelagius is the patron saint of Novigrad; a huge celebration in his honour takes place each summer on 28 August.
- ★ Novigrad is the hometown of Giovanni Cernogoraz, winner of the gold medal in the men's trap final at the London 2012 Olympic Games.
- ★ Famous tennis player Serena Williams and the Manchester City's football academy have chosen Novigrad to relax and prepare for the new season.







# BRTONIGLA FOR FOODIES

The small town of Brtonigla lies on a picturesque hill surrounded by vineyards. What makes it unique is the fact that it lies on all four types of Istrian soil – red, black, grey and white. It is no wonder, then, that Brtonigla boasts some of the superb Istrian wines and extra-virgin olive oils, offered at excellent restaurants, konobas and farm-house restaurants. Must-try specialities include veal and potatoes roasted under the bell, boškarin meat and mouth-watering Istrian homemade pasta.



**Find out more  
about Brtonigla**



[Read more](#)







## GOURMET RECOMMENDATIONS

- ✓ Restoran San Rocco: luxurious gourmet experience
- ✓ Konoba Morgan: top-notch Istrian cuisine with a relaxing view of vineyards
- ✓ Konoba Astarea: fish baked under the bell and sensational oysters
- ✓ Food & Wine Primizia by San Rocco: brick oven pizza made of local ingredients
- ✓ Agroturizam Vinerino: fresh local dishes from ingredients grown at the Vinerino farmhouse
- ✓ The local bakery offer: no-yeast and additive-free bread made of ingredients grown in the Brtonigla area
- ✓ Wine tasting: feel the difference between 4 types of Malvasia made from the grapes grown on 4 different types of Istrian soil (Cattunar wine cellar), and taste the Xtrian Teran (Veralda Winery)
- ✓ Sheep's curd or cheese with truffles at the Radošević family farm

### USEFUL INFO

- ★ Small Brtonigla boasts as many as 2 restaurants awarded with a Michelin Star: **San Rocco** and **Konoba Morgan**. Michelin recommends San Rocco if you enjoy superbly crafted, modern and creative dishes, while Morgan has been listed owing to the chef's ambitious approach to traditional Istrian dishes, especially meat. Both restaurants can be found in a number of gourmet guides with a global relevance (Gault&Millau to name one of them) and are also highly ranked among the best Croatian restaurants.
- ★ Brtonigla is home to 4 different wines from the grapes of Istrian Malvasia grown on 4 different soil types. Each of them has its own distinctive organoleptic properties, acidity and pH levels.
- ★ Radošević, the first Istrian cheese farm, is located not far from Brtonigla.
- ★ Local producers Primizia, as well as the Buršić and Palčić family farms have also been listed in the Flos Olei guide.



## MUST-VISIT FOODIE SPOTS IN BRTONIGLA

### LOCAL CUISINE


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#### FOOD & WINE PRIMIZIA BY SAN ROCCO

 Bunarska 2, Brtonigla

 +385 52 774 704

#### KONOBA LUCIANA

 Nova Vas 48, Brtonigla


 +385 98 177 9813

### FISH DISHES AND MEDITERRANEAN CUISINE

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#### ISTARSKA KONOBA SANTIC

 Trg Sv. Zenona 7, Brtonigla

 +385 52 774 417

#### KONOBA ASTAREA

 Ronkova 6, Brtonigla

 +385 52 774 384

#### KONOBA SILVANO

 G. Marconi 10, Brtonigla

 +385 99 707 2704

#### KONOBA LA QUERCIA

 Fiorini 31, Brtonigla

 +385 774 455

### AGROTOURISM

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#### AGROTURIZAM KLAJ

 Fiorini 24, Fiorini

 +385 98 169 2410

#### AGROTURIZAM ŠTERLE

 St. Drušković 20, Brtonigla

 +385 52 774 313

#### VINERINO

 Druškovićeva 8, Brtonigla

 +385 52 774 417

### FINE DINING

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#### KONOBA MORGAN

 Bracanija 1, Brtonigla

 +385 52 774 520

#### SAN ROCCO

 Srednja ulica 2, Brtonigla

 +385 52 725 000



## TOP OLIVE OIL PRODUCERS

✓ **OPG BURŠIĆ**

Nova Vas 102G, Nova Vas

✓ **PRIMIZIA**

Bunarska 2, Brtonigla

✓ **OPG PALČIĆ**

Fiorini 9C, Fiorini



## TOP WINEMAKERS

✓ **CAPO**

Fernetiči 60, Fernetiči

✓ **NOVACCO**

Fernetiči 70, Fernetiči

✓ **CATTUNAR**

Nova Vas 94, Nova Vas

✓ **VERALDA**

Kršin 4, Brtonigla

✓ **F.&F. RAVALICO**

Nova Vas 101, Nova Vas

## CHEESE FARM

**OPG RADOŠEVIĆ**

📍 Grobice 6, Brtonigla

☎ +385 95 902 1878



## MORE THINGS TO DO IN BRTONIGLA

Imagine an afternoon rest in the shade of a mulberry tree, a dreamy view of the sea and picturesque hills, winding cycling trails, gorgeous parks, caves and a relaxed vibe of sun-drenched streets. Brtonigla is an ideal destination for those longing to escape from the hustle and bustle. It is a place where you can still hear what your heart and mind are telling you. Its strategic position makes it an excellent base for exploring the natural wonders and tradition of Northwestern Istria.

## YOU MIGHT LIKE

- ✓ Santi Quaranta viewpoint
- ✓ Visit to the Ranch Radin donkey farm
- ✓ An afternoon rest in a small park next to the Parish Church of St Zenon, Brtonigla's patron saint
- ✓ The small church of St Rocco with a wooden altar and the statues of saints
- ✓ Gallery of the sculptor and painter Aleksandar Rukavina
- ✓ Mramornica Cave with stalagmites of up to 13 metres high
- ✓ A picnic by a creek along the Škarline trail featuring interesting flora and fauna
- ✓ An adrenaline day with kids at the Istralandia Waterpark
- ✓ A bike ride along the Four Soil Trail – Quattro terre (35.6 km)
- ✓ The hiking trails of St Rocco and Škarline Canyon (9-10 km)



## Events - Brtonigla



[Read more](#)

## INTERESTING FACTS

- ★ Brtonigla got its name from the Roman expression Hortus niger (black garden), most probably inspired by the type of soil surrounding the town.





# BUJE FOR FOODIES

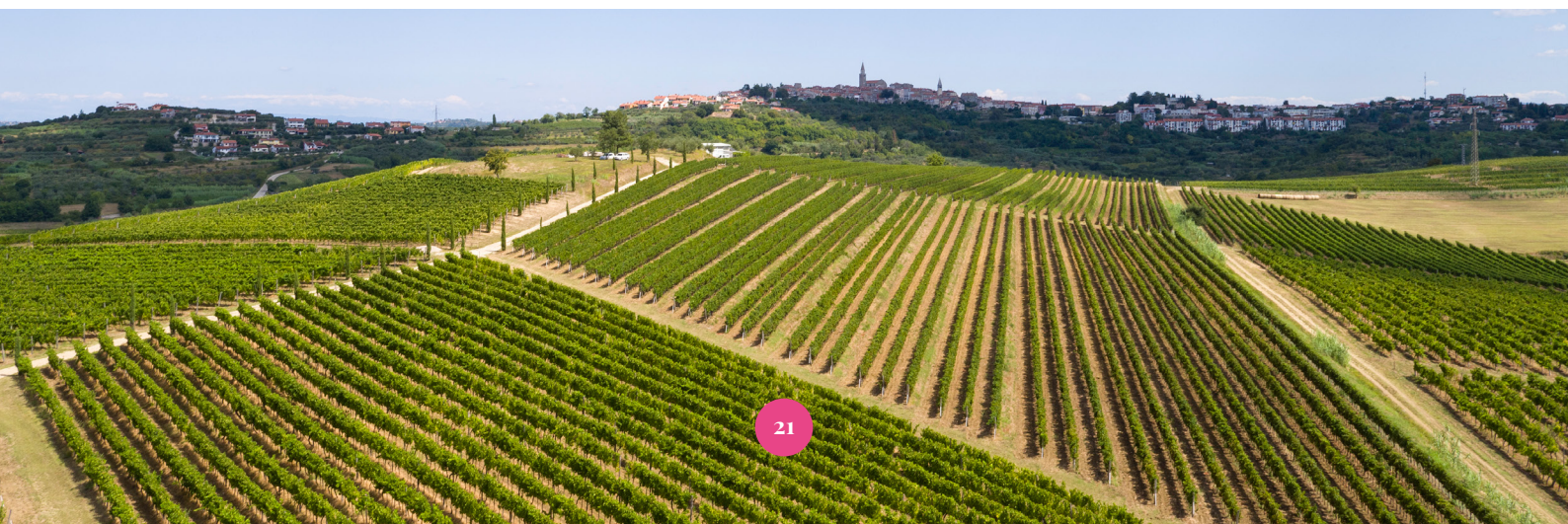
Not only is the Buje area known for its picturesque, film-like scenery, but also for one of the most famous Croatia wine trails and numerous family farms. If you find yourself anywhere near Buje, make sure to taste the unique Momjan Muscat made from a local variety grown exclusively in the Momjan area. The Buje Hills have long emerged as a foodie heaven with many restaurants and konobas offering homemade pasta, boškari tenderloin steak, wild game dishes or palate-thrilling Istrian truffles.



## Find out more about Buje



[Read more](#)







## GOURMET RECOMMENDATIONS

- ✓ The most attractive wine trail in Croatia, with more than 20 renowned winemakers
- ✓ San Servolo Brewery: locally produced craft beer
- ✓ Konoba Stari podrum: meat specialities in the magical valley underneath the Momjan Castle
- ✓ Kozlović Winery: tasting the Santa Lucia Malvasia at the terrace overlooking the vineyards and the Momjan Castle
- ✓ Konoba Aquarius: brick oven pizza, made with homemade spelt flour dough
- ✓ Prelac Winery: Momjan Muscat
- ✓ Superbly decorated Kabola Winery: organic wines
- ✓ Clai Winery: highly-valued organic wines and olive oils in Brajki near Krasica
- ✓ San Mauro (Momjan) and Radešić (Krasica): farmhouse restaurants offering dishes made exclusively from local ingredients
- ✓ Oštarija Rondo in the centre of Buje: a modern take on the traditional cuisine
- ✓ Casino Hotel Mulino and San Canzian Hotel: luxurious gourmet experiences
- ✓ Malo selo, David, La Parenzana, Sergio, Pjero and Rino: konobas offering homemade pasta with truffles, asparagus and mushrooms
- ✓ Cheese, cottage cheese and other dairy products of Kadenaro cheese factory in Buroli

### USEFUL INFO

- ★ The first Istrian winemakers' cooperative was founded in Buje in 1905.
- ★ Parenzana, a railway once connecting Poreč and Trieste, passes through Buje. It has been turned into the most attractive cycling and hiking trail in this part of the region.
- ★ Oleum Olivarum, one of the oldest olive oil fairs in Croatia, is held every May in Krasica near Buje.






## MUST-VISIT FOODIE SPOTS IN BUJE

### LOCAL CUISINE

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#### GOSTIONICA MASLINOVA GRANA

 Malotija 44, Kaštel, 52460 Buje

 +385 52 777 041

#### KONOBA ATELIER

 Marušići 30, Marušići

 +385 52 731 055

#### KONOBA DAVID

 Kaštel 120C

 +385 52 777 090

#### KONOBA MALO SELO

 Fratrija 1, Fratrija

 +385 52 777 332


#### KONOBA PJERO

 Kremenje 99, Kremenje

 +385 52 779 200

#### KONOBA RINO

 Dolinja vas 23, Momjan

 +385 52 779 170


#### KONOBA STARI PODRUM

 Most 52, Momjan

 +385 52 779 152

#### KONOBA TRI PALME

 Kaldanija 28 C, 52460 Buje

 +385 52 777 192

#### LA PARENZANA

 Volpia 2, Volpija

 +385 52 777 458

### RESTAURANTS

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#### RESTORAN BASSANESSE

 Kaštel 125, 52460 Buje

 +385 52 777 280

#### RESTORAN HOTELA ZEPHYR

 Portoroška 3, Plovanija

 +385 52 725 222

#### RESTORAN IGOR

 Kaštel 120E, Kaštel


 +385 52 777 131

#### RESTORAN LUCIANO – HOTEL SAN CANZIAN

 Mužolini Donji 7, Mužolini Donji

 + 385 52 853 897

#### RESTORAN MULINO – CASINO HOTEL MULINO

 Škrile 75A, Plovanija

 +385 52 725 300

#### RESTORAN SERGIO

 Digitronska 21, Buje

 +385 52 772 005

#### SAN SERVOLO

 Momjanska ulica 7, Buje


 +385 52 772 505

## FARMHOUSE RESTAURANTS

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### RADEŠIĆ

 Punta 80, Krasica

 +385 98 420 984

### SAN MAURO

 Momjan 157, Momjan

 +385 52 779 033

## TASTY SNACKS, PIZZA

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### KONOBA PIZZERIA AQUARIUS

 Digitronska 14, Buje

 +385 52 773 417

### PIZZERIA SAN LEONARDO

 Trg slobode 6a, Buje

 +385 52 773 292

### RESTORAN I PIZZERIA RONDO

 Trg Josipa Broza Tita 6, Buje

 +385 52 772 898

## TOP OLIVE OIL PRODUCERS

✓ **AGRO-MILLO**

Baredine 16, Baredine

✓ **BASIACO FRANCO**

A. Manzoni 15, Buje

✓ **BRUNO RADEŠIĆ**

Krasica 44A, Krasica

✓ **CLAI**

Brajki 105, Krasica

✓ **DARIO VIGINI**

Kremenje 98 C, Kremenje

✓ **DEAN RADEŠIĆ**

Krasica 127A, Krasica

✓ **ELEONORA GARDOŠ**

Krasica 43A, Krasica

✓ **FRANKOVIĆ**

Trg Josipa Broza Tita 6, Buje

✓ **GAMBALETTO**

Brajki 103, Krasica

✓ **GIANCARLO ZIGANTE**

Portoroška 15, Plovanija

✓ **KABOLA**

Kremenje 96 b, Momjan

✓ **KOZLOVIĆ**

Valle 78, Momjan

✓ **KRISTIЈAN BRAJKO**

Oskuruš 48

✓ **MARIЈAN COSSETTO**

Krasica 38, Krasica

✓ **MARINO CIVITAN**

Kremenje 96A, Kremenje

✓ **NINO ČINIĆ**

Krasica 40, Krasica

✓ **OPG RADEŠIĆ**

Punta-Krasica, Krasica

✓ **OPG VIŽINTIN**

Stancija Loj 4B, Baredine

✓ **ORIANO BENVEGNU**

Vrh Činić 20, Buje

✓ **REMIGIO BENVEGNU**

Gardoši 58

✓ **ROBERTO I GORAN GARDOŠ**

Krasica



## TOP WINEMAKERS

✓ **BRAJKO**

Oskoruš 48, Momjan

✓ **CLAI**

Brajki 104, Krasica

✓ **CELEGA**

Garibaldi 43, Buje

✓ **GAMBALETTO**

Brajki 103, Krasica

✓ **FRANKOVIĆ**

Trg J.B. Tita 6, Buje

✓ **KABOLA**

Kremenje 96 b, Momjan

✓ **KOZLOVIĆ**

Valle 78, Momjan

✓ **PRELAC**

Donja ulica 48 a, Momjan

✓ **SINKOVIĆ**

Sv. Mauro 157, Momjan

✓ **VINO VERITAS-Bassanese**

Kaštel 125, Buje



## LOCAL CRAFT BEER

### BUJSKA PIVOVARA SAN SERVOLO

📍 Momjanska ulica 7, Buje

☎ +385 91 477 2400

## LIQUERS AND BRANDY

### OPG SINKOVIĆ

📍 San Mauro 127, Momjan

☎ +385 52 779 033

## CHEESE FACTORY AND DAIRY

### OPG KADENARO

📍 Buroli 2, Buje

☎ +385 91 977 2 930





## MORE THINGS TO DO IN BUJE

The velvety hills of Buje surrounded by vineyards were inhabited as early as the Bronze Age. Today they offer some of the most stunning views of green Istria. Stop at the west gate of the old town to take a look from the beautiful pentagonal tower of St Martin, hosting temporary exhibitions, then follow winding cobbled streets that will take you to St Servulus Square. If recreation combined with breath-taking views sounds appealing, take a bike ride along the trails of the former Parenzana railway. Be the first to discover this truly irresistible corner of Northwestern Istria.



## Events - Buje



[Read more](#)







## YOU MIGHT LIKE

- ✓ The bell tower next to the Church of St Servulus with a unique view of Slovenia, Italy and Austria
- ✓ The Parish Church of St Servulus with an organ by renowned builder Gaetano Callid from 1791
- ✓ The St Mary of Mercy Church with valuable pieces of art
- ✓ The Ethnographic Museum with valuable collections
- ✓ The St Martin's Tower, a rare preserved part of the Venetian walls, once serving as a watchtower over Northwestern Istria
- ✓ The old cemetery turned into a memorial park
- ✓ The remains of the 13th-century Momjan Castle, close to Kozlović Winery and Konoba Stari podrum
- ✓ Parenzana, the most breath-taking cycling and hiking trail in the region, with many tunnels and stunning views
- ✓ Lazing on pebble beaches in Kanegra, in the shade of pine trees

## INTERESTING FACTS

- ★ Due to its strategic position 222 m above sea level, Buje was long called the “watchtower of Istria”.
- ★ In 1971, the local factory Digitron manufactured the first European pocket calculator. It became so popular that people living on the territory that once was Yugoslavia still call any calculator “a digitron”.



# GOURMET EVENTS IN NORTHWESTERN ISTRIA

In a true paradise for foodies and wine lovers, each season brings forward different and exciting menus inspired by fresh local ingredients. The season of gourmet events opens in mid-February with the **Chocolate and Wine Festival** in Brtonigla, revealing the latest and sometimes unexpected trends in pairing chocolate and wine flavours. At the same time, you'll be lured by refined **shell** dishes on the restaurant menus – scallops, mussels, warty venus, mussels, queen scallops and oysters.

The arrival of spring marks the beginning of the **asparagus** season, when lovers of exquisite flavours visit restaurants to indulge their senses with irresistible delicacies based on the “green queen”. Meanwhile, wine aficionados enjoy their time outdoors on the popular wine walks **Sweet Wine and Walk**, **Istria Wine** and **Walk and Wine** and **Walk by the Sea**, taking place in April, May and September in Momjan, Buje and Novigrad. Summer wouldn't be summer without relaxed fishermen's nights and events such as the **Tomato Days** in Umag or the **Pilchard Festival** in Novigrad. Fruit-bearing autumns offer us the **Mushroom Days** and the **Feast of St Martin**, while the winter invites you to try dishes with **the Adriatic squid** or the sole, top-quality whitefish. It's just the right time to add some scents and flavours of Northwestern Istria to your calendar!



**Learn more  
about gourmet  
events**



**Read more**





# SWEET WINE & WALK

📍 Momjan (Buje) 📅 April

April is ideal for a delightful wine-infused recreational event in Istria. So make sure to visit Momjan, the home to the Momjan Muscat, where Sweet Wine & Walk takes place. This pleasant motivating walk along a 7-kilometre trail features 4 tasting stops offering refreshment wines of 4 famous Istrian winemakers and delicious Istrian snacks.

Get your bag with a tasting card, a glass, a bottle of water and a trail map, and embark on a walking wine tour that starts in St Maurus near Momjan.

During the walk, you'll stop at 4 renowned local wine-makers to taste their Muscat or other superb wines paired with fresh cheese, walnuts and honey, traditional Istrian platter, pljukanci pasta with herbs from Vale and traditional Istrian pastry.

Save some energy for a party with live music after the walk!



## Find out more about Sweet Wine & Walk



[Read more](#)





# ISTRIA WINE & WALK

📍 Buje, Brtonigla    📅 May

Wine and nature lovers, be sure not to miss out on Istria Wine & Walk, a spring adventure through Northwestern Istria. Get ready to meet 9 top Istrian winemakers, 7 local producers and caterers at 7 tasting stops along an 11-kilometre walking trail meandering through the most beautiful vineyards of the Buje area.

After getting your tasting glass and a trail map, the bus will take you to the first vineyard – the starting point of an enchanting walk through the kingdom of vines and olive groves. Istrian winemakers and other local producers will greet you at the tasting stops, located every 2 kilometres, with sweet-smelling specialities and selected wines.

Taste young or aged Istrian Malvasia, thrilling Teran and other Istrian wines. Delve into their secret while enjoying your favourite company in the nature. You'll get picked up at the last tasting stop and brought to Buje to party until the early hours. Before you lose yourself to dance, don't forget to buy a few bottles of wine that swept you off your feet

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## Find out more about Istria Wine & Walk



[Read more](#)





# DELICIOUS MEALS OF NORTHWESTERN ISTRIA

Fresh, seasonal, simple and irresistible. Those are the best words to describe the cuisine of Northwestern Istria introducing you to some of the most delicious local ingredients. From specialities prepared according to Istrian grandmas' recipes to imaginative dishes created by modern chefs, the local cuisine will knock you off your feet with every new bite. Treat your palate to seafood, homemade pasta with truffles, wild game or boškariin sauce, wild asparagus frittata, prosciutto and cheese paired with world-class olive oils and wines made from native grape varieties.

## DELICACIES YOU SHOULD TRY:

- ✓ Wild asparagus
- ✓ Truffles
- ✓ Adriatic squid
- ✓ Shellfish
- ✓ Boškariin beef
- ✓ Homemade pasta (fuži, pljukanci)
- ✓ Prosciutto and cheese
- ✓ Maneštra thick soup
- ✓ Kroštule and fritule pastry
- ✓ Malvazija, Teran and Muscat wines
- ✓ Extra virgin olive oil



## Discover Istrian cuisine



Read more



# WILD ASPARAGUS

If you're planning a spring visit to Northwestern Istria, you should know that any restaurant or konoba you choose will offer dishes with asparagus. This plant has an extremely high nutritional value and is one of the most prized wild crops growing in Istria. In addition to its healthy properties, it will elevate the taste of any dish.

## DID YOU KNOW?

- ★ A cup of asparagus contains as few as 43 kcal, and plenty of vitamins A, B and K, calcium, magnesium, and folic acid.
- ★ The harvesting season lasts from mid-March to late May.

## A SPRING WORKOUT AND A FOODIE FANTASY – ALL IN ONE

Wild asparagus is so rooted in everyday living that literally every person in Istria knows about it. With the arrival of spring, many local families will gladly head to the woods to look for the first dark green stems poking above the ground. They will most probably prepare them in a frittata with free-range eggs. It's a very simple meal to cook, so why not give it a try!



## 3 DISHES WITH ASPARAGUS

### FRITTATA WITH ASPARAGUS

---

 30 minutes  Simple

#### Ingredients for 4 persons:

- ✓ 1 bundle of wild asparagus
- ✓ 8 eggs
- ✓ 100 g of Istrian bacon/prosciutto
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Wash and dry the wild asparagus. Remove the hard part with a knife or by breaking off the base, and cut the rest into equal pieces.
2. Heat some olive oil in a pan, add finely chopped bacon or prosciutto and fry over medium heat until the bacon turns golden.
3. Then add the asparagus and fry them until tender.
4. Whisk, lightly salt and pepper the eggs, pour them over the asparagus and bacon and fry over low heat to get a softer or a slightly overdone frittata, as desired.

Serve immediately and enjoy your meal!

### ASPARAGUS STRUDEL WITH COTTAGE CHEESE

---

 60 minutes  Medium

#### Ingredients for 4 persons:

- ✓ 1 package of feuilles de brick pastry
- ✓ 500 g of cottage cheese
- ✓ 400 g of wild asparagus
- ✓ 1 egg
- ✓ 80 g of butter
- ✓ salt

#### Preparation:

1. Cover the baking sheet with parchment paper and preheat the oven to 180°C.
2. Mix together the egg and cottage cheese and add some salt.
3. Wash the asparagus and remove the part around the base.
4. Coat the sheet with melted butter and spread the filling, then put another sheet and repeat until you have spread half of the filling.
5. Put the asparagus on top. Repeat until you have used up the filling. Fold the pastry inwards from the side so that the filling does not leak out when baking.
6. Coat it with melted butter, pierce it with a fork in a few places and put it in the oven.

The strudel is ready when the pastry takes on a nice golden brown colour.

## CREAM OF ASPARAGUS SOUP

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 45 minutes  Simple

### Ingredients for 4 persons:

- ✓ 1 bundle of wild asparagus
- ✓ 1 onion
- ✓ 2 cloves of garlic
- ✓ 2-3 potatoes
- ✓ vegetable stock
- ✓ olive oil
- ✓ salt and pepper
- ✓ croutons

### Preparation:

- 1.** Wash and dry the wild asparagus. Separate the soft tops and put them aside, and slice the rest.
- 2.** Fry onion in olive oil, add finely chopped garlic and sliced asparagus.
- 3.** Sauté for 2-3 minutes, then add the vegetable stock.
- 4.** Add diced potatoes and cook with a lid on to soften the vegetables. Part of the liquid needs to evaporate to achieve the desired density.
- 5.** Use a stick mixer to blend the vegetables into a creamy soup. Season to taste.
- 6.** When the soup is almost finished add the asparagus tops, and leave it to cook for a few more minutes.

Serve with croutons and enjoy your meal!





## FUŽI

Fuži pasta is one of the gems of the Istrian cuisine and certainly the most famous pasta on the entire peninsula. These tubular triangles made from dough are rolled by hand. When their holes fill with a variety of delicious sauces, they literally melt in your mouth.

### DID YOU KNOW?

- ★ Fuži pasta is the number one pasta in Istria, adored by the modern gastronomy today as much as by hard-working families in the past.
- ★ Fuži pasta tastes best when cooked al dente
- ★ The term fuži most probably originates from the Latin word *fusus* = spindle

## 2 DISHES WITH FUŽI

### FUŽI WITH TRUFFLES

---

 30 minutes  Simple

#### Ingredients for 4 persons:

- ✓ 500 g of fuži
- ✓ 20 g of black/white truffle
- ✓ 100 ml of sour cream
- ✓ 80 g of butter
- ✓ 1 egg yolk
- ✓ Parmesan cheese
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Put the fuži in a pot of boiling, salted water and let them cook.
2. Mix the sour cream and Parmesan cheese with an egg yolk.
3. Melt the butter in a pan, add the sauce and grate over some truffle.
4. Add the cooked fuži and a bit of starchy pasta water.
5. Stir for 2-3 minutes to bind it all together.

Before serving, grate some truffle on top and, if you desire, add a few drops of olive oil for the perfect final touch.

### FUŽI IN ISTRIAN SAUCE

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 60 minutes  Medium

#### Ingredients for 4 persons:

- ✓ 500 g of fuži
- ✓ 400 g of dried, homemade Istrian sausage
- ✓ 400 g of dried, homemade pork ribs
- ✓ 1 red onion
- ✓ 2 dl of white wine
- ✓ 1 tablespoon of tomato paste
- ✓ 2 cloves of garlic
- ✓ stock
- ✓ olive oil
- ✓ herbs, Parmesan cheese, as desired

#### Preparation:

1. Sauté the chopped red onion. Once it turns golden brown, add the ribs cut into smaller pieces and the sliced up sausages. Slightly fry.
2. Add the chopped garlic and tomato paste, sauté for a while and add the white wine.
3. Once the wine has evaporated, gradually add the stock. If you wish, you can add some herbs as well.
4. Cook the fuži pasta al dente and combine it with the sauce. Sprinkle some Parmesan cheese on top and enjoy your meal!





# ISTRIAN CHEESE


In Istria, cheese is served as an appetiser or a savoury snack with a glass of wine and a few drops of olive oil. Goat's cheese, cow's cheese and mixed cheeses are typically produced on the peninsula. The Istrian Cheese Trails that stretch across the region are a home to some of the best local producers, while the Radošević Dairy Farm, Istria's first cheese dairy, opened in the very Northwestern Istria.

## DID YOU KNOW?

- ★ Agrolaguna, Latus Cheese Dairy, Kumparička Family Farm, Vesna Lobarika, Alen Peršič Family Farm, and Orbanić Cheese Dairy are Istria's most renowned cheese producers.
- ★ The Radošević Family Farm specialises in sheep's cheese, curd, and cheese with truffles you can taste on the estate near Brtonigla:

### OPG SIRANA RADOŠEVIĆ

 Grobice 6, Brtonigla

 +385 95 902 1878

## HOW THE SUPERB ISTRIAN CHEESE IS MADE

The premium Istrian cheese owes its success to the winning combination of quality animal feed, high-level hygiene and plenty of pastures. Once a cheese undergoes all production stages, it is stored in strictly controlled conditions and at a specific temperature, which is the final step of the multi-stage process that contributes to the quality of the end product. Nearly all dairies in Istria rest upon the hard work and care invested by the loving families. In fact, this might be the secret ingredient to which we owe the unique flavour of the Istrian cheese...



## ADRIATIC SQUID

Adriatic squid is exceptionally appreciated for its tender meat and sweet, delicate sea flavour. Unlike the Patagonian and Californian squid, it's perfect for all sorts of culinary adventures. It can be marinated in vinegar, chili peppers and aromatic herbs, or prepared with a gentle touch of lemon and chive.

### DID YOU KNOW?

- ★ Squid are fished with a trolling lure, a trolling jig or a skosavica, depending on the sea conditions and fisherman's preferences.
- ★ The best time to go squid fishing is from November to February, when squid tend to come close to the shore.
- ★ Squid is rich in proteins, vitamins A and C, potassium and phosphorus.



## 3 SQUID DISHES

### GRILLED CALAMARI

---

🕒 30 minutes + marinating    📊 Simple

#### Ingredients for 4 persons:

- ✓ 1 kg of cleaned squid
- ✓ **Marinade:**  
juice of 1 lemon
- ✓ 4-5 cloves of garlic
- ✓ 1 bunch of fresh parsley
- ✓ olive oil
- ✓ salt and pepper
- ✓ other herbs, as desired

#### Preparation:

1. Make a marinade from homemade olive oil, lemon juice, finely chopped parsley, roughly chopped garlic, salt and pepper. Other herbs can be added as well - it's all up to you.
2. Leave the squid to marinate for at least an hour, and preferably longer.
3. Preheat the grill and put the marinated squid on it. Let each piece grill for about five to ten minutes, depending on the size, and be sure to drizzle some marinade over every now and then.
4. Place the grilled squid in a dish, pour the remaining marinade on top and put the lid on.

Serve immediately, preferably with boiled potatoes and Swiss chard!

### CALAMARI RISOTTO

---

🕒 45 minutes    📊 Medium

#### Ingredients for 2 persons:

- ✓ 200 g of cleaned squid
- ✓ 200 g of rice
- ✓ stock
- ✓ 1 onion
- ✓ 1 carrot
- ✓ 1 dl of white wine
- ✓ 2 cloves of garlic
- ✓ butter
- ✓ 1 bunch of parsley
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Finely chop the onion and grate the carrot, then sauté in olive oil until soft.
2. Add the rice, sauté for a minute or two and pour in the stock. Season with salt and pepper.
3. Use another pan to shortly fry the sliced squid in a few drops of olive oil. Half way through add the chopped garlic.
4. When the rice is half done, add the squid and wine.
5. Continue cooking, while stirring almost constantly. Once the wine has evaporated, add a butter cube and remove from heat. Stir in the chopped parsley and serve!

## CALAMARI SALAD

---

 45 minutes  Simple

### Ingredients for 4 persons:

- ✓ 500 g of potato
- ✓ 250 g of cherry tomatoes
- ✓ 500 g of cleaned squid
- ✓ onion
- ✓ 2 cloves of garlic
- ✓ black olives
- ✓ lemon juice
- ✓ parsley
- ✓ olive oil
- ✓ salt and pepper

### Preparation:

- 1.** Peel off the precooked potatoes, slice them up and place in a larger bowl together with the cherry tomatoes.
- 2.** Cook squid in a pot of boiling water for about 7 minutes.
- 3.** Slice up the squid and add to the bowl with potatoes and cherry tomatoes.
- 4.** Add the chopped onion and garlic, and black olives.
- 5.** Season with salt and pepper to your taste. Add olive oil and freshly squeezed lemon juice and combine all together. Sprinkle with finely chopped parsley.

Refrigerate for at least half an hour and enjoy!





# SCALLOPS

The regional name kapešante literally translates as the 'holy hats', and considering their heavenly taste holiness suits them perfectly well. Known as St Jacob's scallops, kapešante are the fan-shaped gems of the astounding sea depths. Their inner treasure perfectly complements their exterior, and many food lovers find them the most delicious of all shellfish.

## DID YOU KNOW?

- ★ Novigrad scallops, caught in the place where the fresh water of the Mirna River mixes with the seawater, are exceptionally prized for their taste.
- ★ Scallops are a great source of proteins and omega-3 fatty acids, with a good ratio of vitamin B, magnesium and potassium.

# TOP 3 SCALLOP DISHES

## SCALLOP RISOTTO

---

🕒 45 minutes 🍳 Medium

### Ingredients for 2 persons:

- ✓ 200 g of rice
- ✓ 200 g of clean scallops
- ✓ 1 onion
- ✓ 2 cloves of garlic
- ✓ 20 g of butter
- ✓ Parmesan cheese
- ✓ white wine
- ✓ fish stock
- ✓ olive oil
- ✓ salt and pepper

### Preparation:

1. Finely chop the onion and garlic and sauté in a few drops of olive oil.
2. Add the rice and sauté until the grains appear glassy. Add the white wine and the fish stock, and season with salt and pepper.
3. When the rice is half done add the scallops.
4. Just before serving add the Parmesan cheese and a butter cube and mix it all up. Enjoy your meal!

## PASTA WITH SCALLOPS

---

🕒 45 minutes 🍳 Medium

### Ingredients for 4 persons:

- ✓ 500 g of bavette pasta
- ✓ 400 g of clean scallops
- ✓ half an onion
- ✓ 2 carrots
- ✓ fish stock
- ✓ white wine
- ✓ tomato sauce
- ✓ chili powder
- ✓ parsley
- ✓ olive oil
- ✓ salt and pepper
- ✓ corn starch as desired

### Preparation:

1. Chop half an onion and two carrots and sauté in a drizzle of olive oil.
2. Add parsley leaves and white wine.
3. Put in the scallops and let the wine evaporate.
4. Add a few tablespoons of tomato sauce and then the fish stock.
5. In the meantime, cook the pasta al dente.
6. Spice up the sauce with a pinch of chili powder. If you like your sauce thicker, feel free to add some corn starch.

Bring the pasta together with the sauce and serve with a glass of delicate wine such as Malvasia.



## GRILLED SCALLOPS

---

 30 minutes  Simple

### Ingredients for 4 persons:

- ✓ rinsed scallops in shells
- ✓ Malvasia wine
- ✓ olive oil
- ✓ a pinch of pepper
- ✓ finely chopped garlic
- ✓ parsley

### Preparation:

- 1.** Rinse the scallops thoroughly in water, leave them in their shells, drizzle some olive oil on top and place them on a hot grill.
- 2.** Spoon over the mixture of Malvasia, olive oil and garlic throughout the grilling.
- 3.** The scallops are done once their meat turns white. Remove them from heat and scatter with parsley, then add a pinch of pepper and a few drops of olive oil on top.



# MANEŠTRA

There is something so comforting about the Istrian maneštra soup that'll bring you back to the childhood days and warm hugs from your grandma. Not a soul could resist this hearty, thick soup with beans, corn and dried meat. Maneštra is offered in all traditional konobas and farmhouse restaurants in the Buje and Brtonigla area.

## DID YOU KNOW?

- ★ In Istria, maneštra is always cooked to be served for several days, and the connoisseurs know that it tastes even better the next day or two.
- ★ Pesto, made of finely chopped bacon, garlic and parsley, is the key ingredient of maneštra as it gives it a special twist.



## HOW TO PREPARE THE TRADITIONAL ISTRIAN MANEŠTRA

---

 3-4 hours  Medium

### Ingredients:

- ✓ prosciutto bone or a piece of dried meat
- ✓ 200 dag of corn
- ✓ 20 dag of carrots
- ✓ 10 dag of onion
- ✓ 20 dag of beans
- ✓ 30 dag of potato
- ✓ pesto
- ✓ salt and pepper as desired

### Preparation:

- 1.** Make pesto from 200 grams of bacon (not pancetta!), 5-6 cloves of garlic and 5-6 parsley leaves. Crush into a uniform mass.
- 2.** Pour about five litres of water in a larger pot, add the beans (it is recommendable to soak the beans overnight), corn, uncut peeled potatoes, carrots and onions, and the pesto.
- 3.** Put the prosciutto bone into a separate pot, and when it's half cooked add it to the maneštra.
- 4.** Let it simmer over low heat for about 3 to 4 hours.
- 5.** Just before it's done take the potatoes and carrots out, crush them with a fork and put them back in the pot for a final simmer.

Turn off the heat and serve the maneštra with sausages and warm bread. Dig in!



# MASLINOVO ULJE

Olive oil is the elixir of the Mediterranean. It reflects the love and efforts that the olive growers of Northwestern Istria have long been investing in olive trees, in turn harvesting rich yields for the production of some of the world's best extra virgin olive oils. No wonder, then, that **Istria** has been proclaimed the **best olive growing region in the world** for the fifth time in a row.

## OLIVE OIL TRAILS

Take a picturesque olive oil trail and admire the groves of native varieties of **Bjelica**, **Buža** and **Crnica**, and the Italian **Pendolino**, **Frantoio** and **Leccino**. You'll stumble upon numerous tasting stops where the kind hosts will offer you their single-variety oils or premium blended oils. Most of them own small family farms so you're in for a real treat and a handful of useful information about the history and tradition of oil. You'll also learn more about the olive growers' visions they have poured into their products.



## Find out more about Istrian olive oil



[Read more](#)

### DID YOU KNOW?

- ★ Marcus Valerius Martialis, a Roman epigrammatist from the 1st century, described his native Cordoba as being "as perfect as the Istrian oil".
- ★ The number of Istrian olive oils listed in Flos Olei, the world's most prestigious guide to supreme olive oils, keeps growing from one year to another (currently a record 77 oils), often exceeding 95 points and thus reaching the extra class.





## HOW TO RECOGNISE TOP-QUALITY OLIVE OIL

Superb extra-virgin olive oils will take you on an exquisite sensorial journey. Top-quality oils are characterised by the fresh, fruity aroma, the sensation of bitterness on the tongue and the zest that will sting your throat a bit, or even make you cough. All these properties are well-balanced in superb olive oils, and depending on the variety you taste, they might leave a lasting flavour in your mouth.

## THE MEDICINAL PROPERTIES OF OLIVE OIL

Owing to the high ratio of unsaturated fatty acids, vitamin E and polyphenols with remarkable health benefits, olive oil belongs to the category of superfood. Olive fruits, oil and leaves are a true treasure chest of nutrients and medicinal properties. The Mediterranean diet based on olive oil is linked to lower cancer and heart disease incidence rates, and to lower Parkinson's and Alzheimer's disease rates. Extra-virgin olive oil also protects from infections, digestive disorders, and skin and bone problems.

The results of the Aristoil project that analysed the quality of olive oils from 5 countries show that the **Istrian oils** have outdone their rivals by far in terms of phenolic content, which officially makes them **the healthiest in Europe**.

## OLIVE OIL RESTORES THE NATURAL BEAUTY

Our ancestors have long used olive oil to achieve nurtured, beautiful skin and hair. It is rich in antioxidants and vitamins A, D, E and K, contributing to healthy-looking skin and complexion, and known for its anti-ageing effects. It is recommended for use after sun exposure, but also as the key ingredient of hair masks, turning the dry, damaged hair into shiny and soft. Apply a thin layer on your face or body, and gently remove any excess by tapping the skin with a towel.



### DID YOU KNOW?

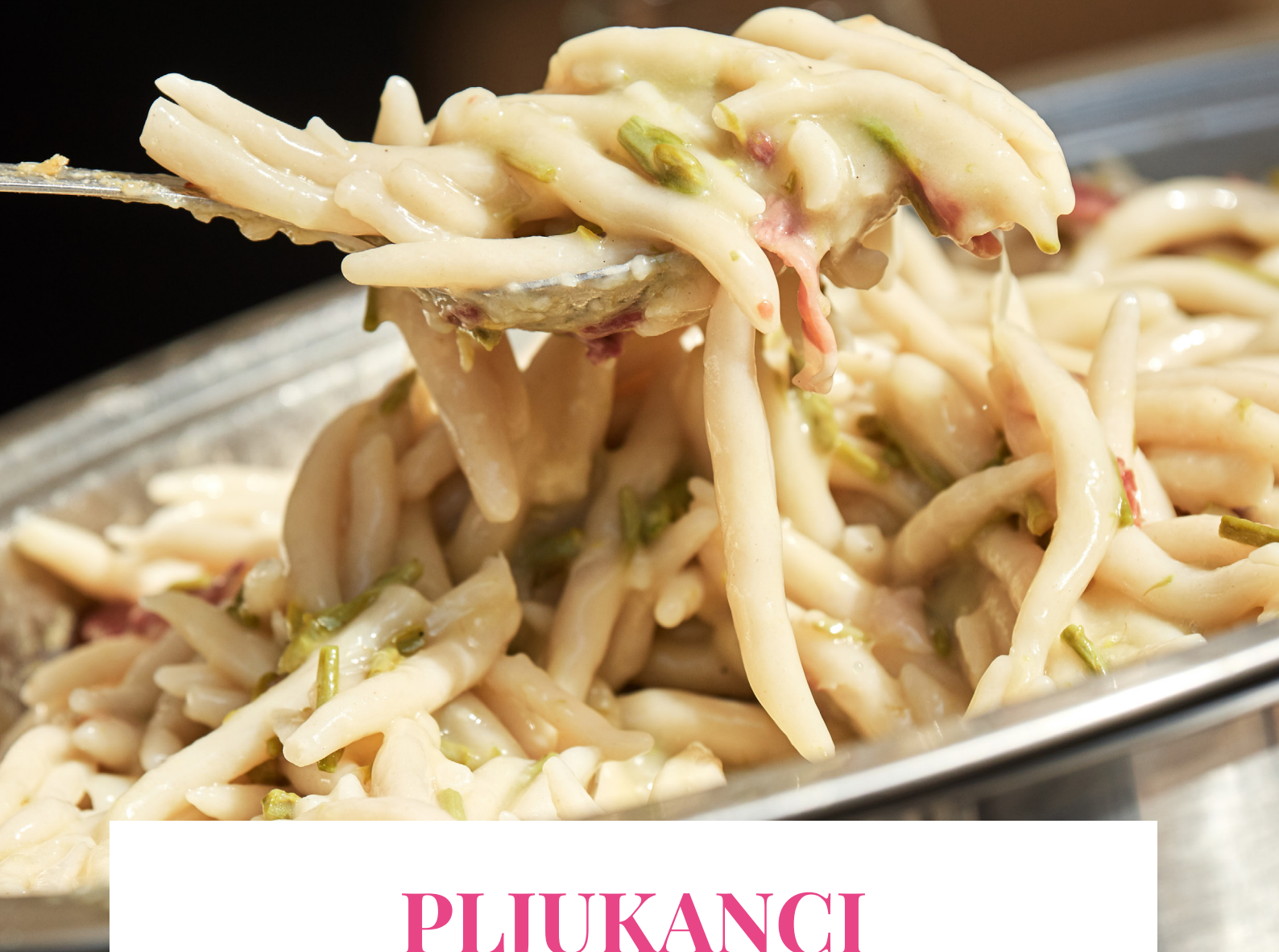
#### **Astounding health benefits**

- ★ Istrian oils have a high ratio of phenolic compounds, 655 mg/kg on average, greatly exceeding the 250 mg/kg set under the EU law.
- ★ As little as 50 ml of olive oil has the same pain-killer effect as a 200 mg ibuprofen tablet.

#### **Beauty elixir**

- ★ Mix a few tablespoons of sugar with a teaspoon of olive oil and you'll get the perfect body-peel formula.
- ★ For firm and shiny nails, dip them in a bowl of slightly heated olive oil for 5 to 10 minutes.





# PLJUKANCI

Along with fuži, pljukanci are the most famous homemade pasta in Istria. According to the original recipe, they are made of flour, warm water and a pinch of salt. The kneaded dough is torn into smaller bits and rubbed in-between floured palms so as to get spindle-shaped noodles. In Istria, pljukanci are served with various stews and sauces, and most konobas and farmhouse restaurants offer exclusively hand-made pasta.

## DID YOU KNOW?

- ★ Pljukanci differentiate from fuži by their spindle-like shape and the dough prepared without eggs.
- ★ Let your little ones join you in making pljukanci and having a blast rolling the dough in-between their palms. It's way better than playdough!

## 2 DISHES WITH PLJUKANCI

### PROSCIUTTO AND ROCKET SALAD

---

 30 minutes  Simple

#### Ingredients for 4 persons:

- ✓ 500 g of pljukanci
- ✓ 50 g of prosciutto
- ✓ 2 tablespoons of curd
- ✓ rocket salad
- ✓ cherry tomatoes
- ✓ 1 dl of wine
- ✓ butter
- ✓ olive oil
- ✓ Grana Padano cheese
- ✓ fresh truffles

#### Preparation:

1. Put the butter and olive oil in a pan and add the chopped prosciutto.
2. When the prosciutto turns slightly brown, add the white wine and let it evaporate.
3. Toss the cooked pljukanci in the pan with the prosciutto.
4. Once all the ingredients are incorporated, grate in the truffles and add cherry tomatoes.
5. After sautéing for three minutes, add the Grana Padano cheese.
6. Serve with fresh curd, rocket salad, grated truffles and a few drops of olive oil.

Bon appétit!

### MARE E MONTI

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 30 minutes  Simple

#### Ingredients for 2 persons:

- ✓ 250 g of pljukanci
- ✓ 100 g of mushroom mix
- ✓ 250 g of prawns
- ✓ 1 clove of garlic
- ✓ 0.5 dl of white wine
- ✓ 1 lemon
- ✓ fresh thyme
- ✓ Parmesan cheese
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Chop the mushrooms and mix them with a tablespoon of olive oil, garlic, lemon juice and zest, thyme, salt and pepper.
2. Bring a larger pot of salted water to a boil and cook the pasta.
3. Heat up a tablespoon of olive oil in a pan and sauté the prawns until nearly all the water has evaporated. Add the marinated mushrooms and white wine, and let it cook for another several minutes over high heat.
4. Finally, stir in the cooked pasta and sprinkle some Parmesan cheese on top.

Enjoy!





# PROSCIUTTO

Istrian prosciutto is a traditional speciality whose production is based on the customs passed on from one generation to another. Great care is dedicated to pig rearing, meat processing, salting, drying in the bora wind and ageing. In short – prosciutto is a result of the perfect blend of master skills and the climate in which it ages. In Istria, it is a delicacy appetiser par excellence!

## TOP-QUALITY PROSCIUTTO HAS:

- ✓ An intense flavour and aroma
- ✓ A consistent red colour
- ✓ A moderately savoury flavour
- ✓ A fine consistency

### DID YOU KNOW?

- ★ Istrian prosciutto was Croatia's first authentic agricultural and food product with an EU protected designation of origin.
- ★ In Istria it is hand cut (usually by a strong-handed host) to preserve its flavour, with an ideal cutting thickness ranging from 1 to 1.5 mm.
- ★ Istrian prosciutto differs from Dalmatian prosciutto in that it does not undergo a process of smoking.



# SOLE

The sole fish or regionally švoja is highly prized white fish typical of the north-western part of the Istrian peninsula. Its tender white meat melts in the mouth like butter and has long inspired chefs to create imaginative dishes. Sole undoubtedly adds another valuable dimension to Istria's luscious cuisine.

## DID YOU KNOW?

- ★ The sole fishing season in Istria lasts from mid-autumn to late winter.
- ★ If you're not a fan of fish because of the bones, this is the one for you – you will debone it before you can say 'sole'.
- ★ Sole has a long life span for a fish: 12–15 years.



## 3 SOLE DISHES

### SOLE PÂTÉ

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 20 minutes  Simple

#### Ingredients for 4 persons:

- ✓ 500 g of deboned sole
- ✓ 100 g of pickles
- ✓ mayonnaise
- ✓ mustard
- ✓ lemon juice
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Process the deboned fish (cooked or fried) into fine crumbs.
2. Add the pickles, mayonnaise, mustard, lemon juice and olive oil.
3. Process until all ingredients are well combined; the texture needs to be smooth and firm.
4. Place the pâté into a bowl and refrigerate for at least two hours, or even better overnight.

Serve with toast.

### SOLE ORZOTTO

---

 45 minutes  Medium

#### Ingredients for 4 persons:

- ✓ 4 deboned sole fillets
- ✓ 350 g of barley
- ✓ spring onion
- ✓ 2 dl of white wine
- ✓ fish stock
- ✓ butter
- ✓ olive oil
- ✓ salt and pepper

#### Preparation:

1. Stir-fry the barley on some olive oil with spring onions before introducing the white wine a couple of minutes later.
2. Once the wine has evaporated, stir in the fish stock and cook for about 30 minutes.
3. Use another pan to prepare the sole fillets in butter, fish stock and wine sauce.
4. When the barley is almost done, add the sauce and the sole fillets.

Enjoy your meal!

## SOLE FILLETS WITH LEMON AND CAPER SAUCE

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 45 minuts  Medium

### Ingredients for 4 persons:

- ✓ 4 deboned sole fillets
- ✓ lemon juice and zest
- ✓ vegetable stock
- ✓ cooking cream
- ✓ capers
- ✓ butter
- ✓ olive oil
- ✓ salt and pepper

### Preparation:

- 1.** Season the sole fillets with salt and pepper and fry them in a preheated pan with butter and olive oil.
- 2.** Fry them for 3 minutes each side until they are golden brown, and once done put them aside.
- 3.** Add the lemon juice and vegetable stock to the remaining fat in the pan and let the liquid reduce by half.
- 4.** Wrap it all up with cooking cream, lemon zest, capers, a pinch of salt and pepper, and stir until the sauce thickens.
- 5.** Serve the fish with this fine sauce and a side dish of boiled potatoes or crispy fried vegetables.





# TRUFFLES

Truffles are mushrooms of intensive scent and taste, adored by fine-food lovers. They grow underground, and from the moment they're found, they cause ecstasy of both the hunters and consumers. Local restaurants offer truffles in all sorts of combinations: pasta, steaks, risotto, frittata, cheese and even desserts. Thousands of foodies come here to relish again and again the **priciest underground mushroom in the world!**

## TRUFFLE FAIR

**Zigante Truffle Days** take place every weekend from September to mid-November in Livade, a truffle centre located in the Mirna River valley. The event is an ideal opportunity for tasting truffles and learning a few things about them.



## Find out more about Istrian truffles



[Read more](#)

### DID YOU KNOW?

- ★ White truffles are more prized for their quality than black truffles. A 345 g white truffle was once sold for 4,450 euros at a London auction.
- ★ Truffles grow at the depth between 5 and 20 cm underground, forming a symbiotic relationship with tree roots.

## WHERE TO BUY TRUFFLES

In addition to large commercial centres, truffles and truffle products (spread, cheese, oil and sweet delicacies) can be purchased in specialised delicacy shops in Livade, Grožnjan, Motovun, Buje, Buzet, Umag, Novigrad and throughout the peninsula.

## THE GUINNESS WORLD RECORDS TRUFFLE

When it comes to fascinating facts, Istria prides itself in being a home to one of the biggest truffles ever found, all thanks to the local caterer Giancarlo Zigante and his dog Diana, who unearthed it in 1999 near Buje. The truffle was listed in the Guinness World Records as the then biggest truffle ever found.

## TRUFFLE HUNTING

Truffle treasure hunting in the enchanting Motovun forest is among the most popular activities in Istria and will create memories you will forever cherish. Sign up for this unordinary adventure with one of the local families. They will be more than happy to host you and let you in on the secrets of this unusual trade. Pick your truffle hunter and search for your very first truffle!

- ✓ **Karlić**
- ✓ **Miro**
- ✓ **Prodan**
- ✓ **Natura**
- ✓ **Zigante**

### DID YOU KNOW?

- ★ Truffle hunting is led by an expert truffle hunter, with the help of highly trained dogs.
- ★ The hunting dog training starts when the puppies are 3 months old, and lasts up to a few years.
- ★ While black truffles can be found almost throughout the year, the white truffle hunting season lasts from September to January.



## 3 TRUFFLE DISHES

### TOASTED TRUFFLE BREAD

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 5 minutes  Simple

#### Ingredients:

- ✓ bread of your choice
- ✓ top-quality butter
- ✓ black truffle

#### Preparation:

1. Toast the bread.
2. Spread some quality butter on it.
3. Grate some black truffle on top.
4. Serve with a bottle of fine wine.

### PASTA WITH VEGETABLES, PROSCIUTTO AND BLACK TRUFFLE –

 30 minutes  Simple

#### Ingredients for 4 persons:

- ✓ 500 g of pasta to your liking
- ✓ 100 g of zucchini
- ✓ 70 g of aubergine
- ✓ 70 g of pepperoni of various colours
- ✓ 50 g of broccoli florets
- ✓ 50 g of lettuce
- ✓ 25 g of green peas
- ✓ 10 g of black truffle
- ✓ 70 g of prosciutto
- ✓ 40 g of olive oil
- ✓ vegetable stock
- ✓ 60 g of Parmesan cheese
- ✓ salt and pepper
- ✓ fresh basil leaves

#### Preparation:

1. Clean, wash and chop all the vegetables.
2. Add salt and sauté them in a pan on oil while adding vegetable stock. Season with salt and pepper.
3. Cook the pasta and mix it with the vegetables. Add the prosciutto and black truffle and stir through.
4. Before serving the dish, garnish it with fresh basil leaves.

## MOTOVUN IN THE MIST ICE-CREAM

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 30 minutes  Simple

### Ingredients for 5 persons:

- ✓ 8 egg yolks
- ✓ 2 g of granulated sugar
- ✓ 60 g of water
- ✓ 20 g of black truffle
- ✓ 500 ml of whipped cream (30% fat)

### Preparation:

- 1.** Whisk the egg yolks until fluffy, and simmer the sugar and water over low heat. Add the dissolved sugar to the egg yolks and whisk them up.
- 2.** Grate in the truffle.
- 3.** Leave to cool before adding half a litre of whipped cream.
- 4.** Mix it all up and put in the freezer.
- 5.** Serve the ice-cream with dry ice and warm water to get the authentic 'misty' appearance.





# ISTRIAN DESSERTS

Kroštule and fritule, two simple pastries originating from the humble cuisine of hard-working peasants, were obligatory desserts on every celebratory occasion in Istria. Even today, no local festivity can go without them.

## KROŠTULE

Crisp bows that simply melt in your mouth are made from sweet dough ribbons tied into knots and deep-fried. Once done, they are sprinkled with icing sugar and ready for a crispy bite.

## FRITULE

Fritule look like small donuts and are made of the mixture of flour, yoghurt, oil, lemon zest, sugar, eggs and some brandy. Other condiments can be added depending on one's preferences. Today they are a part of each Advent and carnival offer.

### DID YOU KNOW?

- ★ The biggest kroštula ever made in Istria was 24 metres long and entered the Guinness World Records in 2013.
- ★ For an even softer and more delicious treat, grated apple is often added to the dough.



# ISTRIAN WINES

Wine is an integral part of identity of Istria placing the region among the **top 10 wine destinations in Europe**. Travelling the wine roads in search of rural adventures will uncover the fascinating cellars where country life-style goes hand in hand with modern trends. Each new harvest brings new champions, and many of them stand side by side with the wines from the famous wine regions such as Tuscany, Bordeaux and Champagne.

## TERAN

The first mention of the Teran variety dates far back to the Istrian history, or precisely to the 14<sup>th</sup> century, and has to date remained the pride of Northwestern Istria. Teran wine boasts a typical ruby red colour, with a tint of purple visible when swinging the glass. It's known for its strong and distinctively fruity aroma. Although full-flavoured, strong and robust, Teran offers a well-balanced ratio of ingredients. Due to its high polyphenol content, it is considered to be highly beneficial for health. It is served and sipped at the temperature of between 18°C and 20°C, when its properties become the most prominent.



**Find out  
more about  
Istrian wines**



**Read more**



## ISTRIAN MALVASIA

Although long present in Istria, it was not until the past hundred years that it took the leading position among the grape varieties. Istrian Malvasia is very popular nowadays, both in Croatia and abroad. Its prominent alcohol component and rich extracts, paired with moderate to low acid content, makes it a beautifully rounded wine. Its discrete floral and fruity aroma reminds of the acacia flower scent. Apple and plum are most often the predominating fruity notes, while the ripe wine has a hint of light bitter almond. It is served at the temperature of 10°C.

## MOMJAN MUSCAT

This white grape variety grows in a confined part of the Momjan area, at an altitude of 200 m to 350 m above sea level. The centuries of growing in the micro-location with specific climate and soil conditions have given Momjan Muscat almost perfect properties. Due to its golden colour, intensive wild carnation scent and exquisite aroma, many connoisseurs of Istrian wine see precisely Momjan Muscat as the most splendid of wines. It is dry and sweet, and is said to be an aphrodisiac. No wonder it was enjoyed at the courts of Emperor Franz Joseph in Vienna and King Emmanuel III in Rome.



### DID YOU KNOW?

- ★ Teran pairs perfectly with prosciutto, cheese, meat and wild game dishes.
- ★ Malvasia pairs best with light dishes, such as white meat, fish or shellfish.
- ★ Muscat is a must for everyone having a sweet tooth and enjoying refined cuisine.



# ISTRIAN BRANDY AND LIQUEURS

Istrian aromatic brandy is a welcome drink, an aperitif and a digestif all in one. Local people will greet you with it and offer you a shot on your leave, a custom which is probably the best reflection of their hospitality. Once you're finished with your meal, the owners of local konobas and farmhouse restaurants will be happy to treat you to their fine brandy. So let's get you warmed up with some of Istria's best brandies and liqueurs!

## **MEDICA**

Medica is a honey brandy made from komovica or lozovača infused with homemade honey. Its shiny colour and thick texture are reminiscent of liquid gold. It is served either chilled or in a pre-chilled glass.

## **TERANINO**

This liqueur made of Teran wine and a selection of spices is a women's favourite dessert drink. Unlike the other types of Istrian brandies, this one is sweet, warm and soft, leaving an intensive fruity flavour in the mouth.



## BISKA

Biska is among Istria's oldest brandies, with its original recipe being written in the Glagolitic script. It is yellowish-brown in colour and is produced by macerating yellow or white mistletoe leaves in homemade komovica. The producers often infuse it with certain medicinal herbs they keep a secret. It boasts a rich herbal aroma and a pleasantly bitter flavour.

## RUDA

Ruda is made by soaking the above-ground parts of the rue herb in the base. It boasts a distinctive, almost fluorescent green colour, and is famous for its health benefits, so if you happen to have problems with your stomach, be sure your hosts will offer you a shot.



### DID YOU KNOW?

- ★ Lozovača or komovica, a spirit produced from distilled pomace, makes a base for all Istrian liqueurs and brandies.
- ★ Istrian brandy slides down the throat but goes straight to your head, so be smart, and don't drink if you're driving.
- ★ The original biska recipe dates back some 2,000 years and was brought to Istria by the Celtic tribes that lived on the peninsula.

# NORTHWESTERN ISTRIA AWARD-WINNING RESTAURANTS

Many local restaurants and konobas have earned their place in the Michelin Guide, the world's gourmet Bible that ranks top cuisine restaurants. Choose one from the list below, click on the link and read a short description by Michelin's gourmet experts. Seize the unique opportunity, pick your favourite place and embark on a memorable culinary adventure. We do not doubt you'll enjoy every moment of it so let it last!

## NORTHWESTERN ISTRIA RESTAURANTS AND KONOBAS LISTED IN THE 2020 MICHELIN GUIDE

- ✓ [Badi](#), Lovrečica
- ✓ [Konoba Buščina](#), Umag
- ✓ [Pergola](#), Zambratija
- ✓ [Marina](#), Novigrad
- ✓ [Konoba Čok](#), Novigrad
- ✓ [Damir & Ornella](#), Novigrad
- ✓ [Konoba Morgan](#), Bračanija
- ✓ [San Rocco](#), Brtonigla
- ✓ [Zigante](#), Livade

### DID YOU KNOW?

- ★ The first Michelin stars were awarded to restaurants back in 1926, and have to date remained a benchmark of good-quality cooking, with top culinary professionals acknowledging the creativity, quality, authenticity, imagination, and presentation of food at restaurants.
- ★ A Michelin inspector eats about 250 meals at restaurants, spends about 150 nights at hotels, makes about 800 visits, writes 1,100 reports and travels 300,000 kilometres a year.



## NORTHWESTERN ISTRIA WINEMAKERS AND OLIVE GROWERS IN A MICHELIN GUIDE SPECIAL EDITION

Michelin publishes its special editions for the world's most popular gourmet destinations exclusively, and has dedicated one to Istria. It includes a selection of the region's best local winemakers and olive growers. Find out all about them by clicking the links below, and head out for their cellars and tasting rooms that will delight your palate. Their wines and olive oils are also a great gift or a little something to take home for yourself.

### WINEMAKERS

- ✓ **Cattunar**, Brtonigla
- ✓ **Coronica**, Umag
- ✓ **Cuj**, Umag
- ✓ **Degrassi**, Savudrija
- ✓ **Kabola**, Buje
- ✓ **Kozlović**, Buje
- ✓ **Veralda**, Brtonigla

### OLIVE GROWERS

- ✓ **Al Torcio**, Novigrad
- ✓ **Basiaco**, Buje
- ✓ **Buršić**, Brtonigla
- ✓ **Mate**, Savudrija
- ✓ **Zigante**, Buje
- ✓ **Zubin**, Umag



#### DID YOU KNOW?

- ★ If you're currently unable to travel and you're scrolling through the e-edition of this guide, don't despair – most of the winemakers and olive growers offer a delivery of their products to your doorstep, wherever you might be.
- ★ A visit to local winemakers and olive growers is a special experience that will whet your appetite and make your wildest gourmet wishes come true...



**BON  
APPETIT!**

