

CONTENT ANALYSIS OF COOKBOOKS OF DALMATIAN CUISINE. A CONTRIBUTION TO DEFINING EATING HABITS IN DALMATIA

SUMMARY

This article presents the results of a content analysis performed on a sample of eight Dalmatian cookbooks published between 1985 and 2004. The aim is to describe Dalmatian cuisine and identify its main characteristics. The analysis was performed using a combination of qualitative and quantitative methods. In the qualitative part of the study, the content relevant for a multi-layered description of Dalmatian cuisine was analyzed and interpreted. The quantitative approach was used in order to establish the number of recipes according to types of dishes, ingredients and cooking techniques. Content analysis was completed in four phases: determining the structure of main courses, analysis of main course recipes according to ingredients and cooking techniques, analysis of main course recipes according to the presence of the traditional, modern and postmodern traits and analysis of accompanying text. The results show that Dalmatian cuisine is linked to tradition. The modern approach appears only sporadically, and the postmodern approach does not appear at all. The Dalmatian cuisine is dominated by meat dishes, followed by fish dishes, seafood and vegetable dishes, soups and pasta. Everyday meals are prepared in a simple and relatively quick way. Other characteristics include low cost and moderation, clear division of dishes according to season, the use of fresh ingredients, olive oil and indigenous herbs. The results showed a somewhat unexpected fact: “heavy and less healthy” dishes outnumber “light and healthy” dishes.

Key words: Dalmatian cuisine, Dalmatian cookbooks, content analysis, qualitative and quantitative approach, description of Dalmatian cooking