

Nutrition on the Adriatic Islands An Ethnological View on Nutrition of the Croatian Adriatic Island Population

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SUMMARY The present paper deals with nutrition and food habits of rural population living on the islands of the Croatian Adriatic. The author has based her work on material concerning traditional food, published by several investigators in the last twenty years, and on notes taken during her own researches in six Adriatic island localities from 1991–1999. The survey on nutrition of this specific part of the Mediterranean region covers the period of time from the beginning of the 20th century till today. It includes the list of aliments (cereals, vegetables, meat, fish, dairy products), ways of preparing food, description of the kitchen and cooking utensils and food-taking habits. Typical everyday and festive dishes are listed according to the main ingredients, followed by daily timetable of meals. Next topics are preservation of food for winter and list of beverages, ending with dishes in connection with folk festivities. In conclusion, the author points out at certain prehistoric traits that can be found in traditional food habits of the Adriatic island population today, mentioning the influences of the neighbours from the Mediterranean in the past, as well as in the present time. Always in the frames of the Mediterranean tradition, with lots of vegetables and fish, a modest amount of meat and unsaturated fat in the form of olive oil, the island kitchen has also embraced some new food that was coming to the region in the past centuries. On the whole, it is considered a healthy kitchen, also from the medical point of view.

The following facts emphasize the importance of this paper: the nutrition and food habits make a part of the culture of some nation, which is particularly true for the so-called traditional societies and for relatively small island rural communities that existed on Croatian islands still in the beginning of the 20th century (and in some places even until the 1940s); the choice of aliments and the way of preparing food reflect the influence of different cultures (the Mediterranean area is typical for the different cultures elements circulation); the research of the nutrition habits points at a number of aspects of social differentiation and integration as well. And although the author considers the researches of the traditional nutrition of the Croatian islands population to be far from their completion, it is sure that through their results a more thorough insight in these aspects of islands and the way of living of Croatian islanders is already now made possible, and this particularly from the socio-anthropological point of view.

Key-words: nutrition, ethnological view, population of the islands, Croatian Adriatic.

Received on: 17th April 2000

Accepted on: 18th June 2000

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1. Foreword

Neglected in the past, nutrition has recently become a very interesting field of research for ethnologists, sociologists and nutritionists, as one of the most important segments of life, observed through its physical, cultural and spiritual aspect. In my paper I shall try to give a survey of traditional nutrition mostly of the rural part of the population on east-Adriatic islands, considering also some folk customs in which food plays an important role.

My work is based upon several kinds of sources: beside my own investigations made through the past 10 years in several villages on the Adriatic islands (Lopar on the island Rab in 1991, Malinska on Krk in 1992, Božava on Dugi Otok in 1993, Veli Iž on Iž in 1994, Stari Grad on Hvar in 1995, Komiža on Vis in 1999), I also used valuable material that my colleagues-ethnologists published as result of their researches in the recent 20 years: A. Muraj made an investigation on traditional nutrition on the islands Zlarin (1982) and Cres (1997), while A. Lazarević took part in an anthropological research of Silba and Olib focussing on nutrition (published in 1989), and further on Pag, Brač and Korčula (published in 1992). These works have been of great help to me.

An important source of getting acquainted with Dalmatian food is a cook-book written by D. Marjanović Radica (first published in 1940). Among recipes from the whole Dalmatian region, some refer to the islands' kitchen. In 1989 a group of authors published a cook-book of the island Krk. An excellent survey on food traditions of Brač was written by V. Vodanović Kukec (1997). A paper by C. Fisković (1987) on history of nutrition in the 16th and 17th centuries provides us with information about food, mainly on the island Korčula.

The most important way of an ethnological field research is the interview. Narrators or informants are left to talk about the suggested topic, guided by sub-questions. I tried to find older narrators who could recall the way of preparing and consuming food at the time of their youth. Informants of younger generation demonstrated the preparing of food today. Thus a survey on cooking traditions could be made related to the period of time from the start of the 20th century till today, covering a whole century. Many dramatic events happened then: phylloxera destroyed vineyards at the end of the 19th century, leaving people without sources of living, what caused emigration to the New World. Hard life during two world wars and afterwards better perspectives for work in bigger industrial towns on the coast led to depopulation of the islands.

The way of living has been constantly changing, bringing modernization in many aspects, that effects food too: new plants, new material for cooking utensils, new ways of preparing food were introduced into the island kitchen. Some islands have recently got water supply system, bringing to the end the centuries of shortage of water. All these changes are reflected on nutrition.

The islands of eastern Adriatic belong to the Adriatic cultural region that includes the littoral part of Croatia as well, together being a part of the vast Mediterranean

region. Thus, the general type of nutrition is within the frames of Mediterranean tradition. Cultural and economic ties with Hrvatsko primorje and Dalmatia are numerous: from migrations of the population from the hinterland to the islands (especially during the centuries of Turkish threat) to trade which made possible the purchase of goods lacking on the islands. On the other hand, vicinity of Italian coast enabled trade with Italy and influence of Italian *cuisine*.

Regarding islands as isolates, we can notice that many traits of cultural life have been preserved there for centuries. Such are main branches of rural economy (viticulture, olive-growing, sheep-raising and fishing) on which depends nutrition of peasants and fishermen. It consists mainly of cereals and vegetables, with the addition of cheaper kinds of fish and a little meat. Today people see economic progress in developing tourism, while their food habits are slowly changing, remaining though within the range of maritime orientation.

In this survey I shall start with listing specific aliments, then the way of preparing food will be described, pointing out at kitchen utensils. Everyday and festive meals and beverages will follow, ending with meals for special occasions.

2. Aliments

2.1. Cereals

Typical cereals of the Adriatic islands are **šenica** (wheat) – *Triticum vulgare*, **jašmik**, **ozimac** (barley) – *Hordeum sativum* and **fermentun**, **hrmatun** (maize) – *Zea mays*. Bread and various kinds of pasta are produced from wheat-flour, while barley is used in combination with beans or alone as a porridge; earlier barley seeds were used as coffee. Maize flour is used mainly for cornmeal. Cereals were not grown on all the islands, what depended on the quantity of cultivable soil. Therefore they had often been purchased or traded for other food. Today rice is a beloved cereal and thus bought.

2.2. Vegetables

The list of vegetables is quite long; different kinds of greenery usually called **ze(D)je** are **broskva** (kale) – *Brassica oleracea var. acephala*, **kapuz** (cabbage) – *Brassica oleracea var. capitata* and **blitva** (chard) – *Beta vulgaris*. Numerous kinds of beans are also cultivated, from the old sorts like **bob** (broad beans) – *Vicia faba*, **leća** (lentils) – *Lens esculenta*, **čić**, **čićvarda** (chick peas) – *Cicer arietinum*, **biži**, **grašak** (green peas) – *Pisum sativum* and **sikirice** (grass pea) – *Lathyrus sativus*, to newer (American) kinds of beans (**fažol**) – *Phaseolus vulgaris*, and **kok** – *Phaseolus coccineus* that are slowly gaining more space in gardens. There also grows **ripa** (turnip) – *Brassica rapa var. rapifera*, **rodakva** (white radish) – *Raphanus sativus*, **merlin** (carrot) – *Daucus carota*, **kapula**

(onion) – *Allium cepa*, **luk**, **češanj** (garlic) – *Allium sativum*, **petrusimen** (parsley) – *Petroselinum hortense*, **selen** (celery) – *Apium graveolens*, **salata** (lettuce) – *Lactuca sativa*, and sometimes **artičok** (artichoke) – *Cynara scolymus*. **Kompir** (potato) – *Solanum tuberosum* and **pomidor** (tomato) – *Solanum lycopersicum* have become very beloved vegetables. **Kaul** (cauliflower) – *Brassica oleracea var. botrys*, **kukumar** (cucumber) – *Cucumis sativus*, **tikvica** (courgette) – *Cucurbita pepo var. giromontia* and **balancana**, **melancana** (aubergine) – *Solanum melongena*, are also included in a typical menu.

In spring some wild plants are gathered for food: **žutinica** (dandelion) – *Taraxacum officinale*, **riga**, **rikula** (arugula, wild lettuce) – *Dyplotaxis tenuifolia*, **radič** (chicory) – *Cichorium intybus*, **koromač** (fennel) – *Foeniculum vulgare*, **šparoga** (asparagus) – *Asparagus officinalis*.

Vegetables are usually boiled, often in combinations of several different specimens, while some are eaten raw in salad.¹

There are also many aromatic plants like **murtela** (basil) – *Ocimum basilicum*, **slavulja** (sage) – *Salvia officinalis*, **ružmarin** (rosemary) – *Rosmarinus officinalis*, **javor**, **lovor** (bay-leaf) – *Laurus nobilis*, **kamomila** (chamomile) – *Matricaria chamomilla* and **menta** (mint) – *Mentha piperita*, used to flavour certain dishes, or like herbal teas.²

2.3. Fruit

The most commonly grown fruit-trees are **smokva** (fig) – *Ficus carica* and **omiendula**, **bajam** (almond) – *Prunus amygdalis*, also **šipak** (pomegranate) – *Punica granatum*. There are numerous kinds of **grozje** (grapes) – *Vitis vinifera*, usually cultivated for the production of wine. Other kinds of fruit-trees like **mirabolano** (prune) – *Prunus domestica*, **trešnja** (cherry) – *Prunus avium*, **višnja** (sour cherry) – *Prunus cerasus*, **praska** (peach) – *Prunus persica*, **murva** (mulberry) – *Morus alba/nigra*, are more rarely found. Wild fruit is also gathered, like **maginje**, **planike** (strawberry-tree berries) – *Arbutus unedo*, **kupine** (blackberries) – *Rubus fruticosus* or **oskoruše** (service-tree berries) – *Sorbus domestica*. Today people plant kiwi, lemons, oranges and mandarines, especially on southern islands.

Fruit is usually eaten raw and fresh, with the exception of figs which are dried and consumed during the winter period. Almonds are used in desserts.

¹ A beloved mix of wild beet (*Beta maritima*), **puric** – wild leek (*Allium ampeloprasum*), fennel, chicory and **kostriš** (*Sonchus oleraceus*, *Sonchus asper*) is called **mišanca**.

² A. Lazarević mentions that on Silba almost every court-yard had **sejica** – a special area for cultivation of medicinal herbs (1989).

2.4. Olive-tree

Maslina, ulika (olive) – *Olea europaea*, gives people of the islands the beloved and necessary oil for cooking and seasoning, also for trading. Big olive-groves were in the past the part of characteristic landscape of almost all the islands. On southern islands olives are eaten baked, with bread as a modest meal.

2.5. Fish

Though numerous kinds of fish are caught in the sea round the islands, fishermen and peasant families usually eat small fish like **srđela** (pilchard), **incun** (anchovy), **golčić** (spike), **gavun** (smelt), **girica** (picarel). Bigger and more esteemed fish (**zubatac** – dentex, **orada** – gilthead) is sold at markets to better-off people, rarely appearing on a peasant table. Small fish is usually fried in oil, while bigger kinds (**skuša** – mackerel, **oslić** – hake) are grilled. Some kinds of fish (**škrpina** – grouper, **ugor** – eel, **cipal** – grey mullet) are prepared as fish stew. **Štokalj** (octopus) and **lignja** (squid) can be boiled or fried; some fish is salted and dried. Some kinds of shellfish are eaten raw, like **kamenica** (oyster), other are cooked (**đagnje** – mussels, **raci** – crabs). A very beloved kind of fish is cod (**bakalar**) which is purchased and prepared especially for the fasting menu.

2.6. Meat

In the past **ovce** (sheep) and **koze** (goats) were raised in great number on many Adriatic islands. Yet, mutton or goat meat was not often eaten. Sheep used to be raised mostly for milk and wool, while goats were raised for milk. Families today try to feed one or two **prasci** (pigs), which they slaughter in winter before Christmas, thus getting fresh meat for the holidays and fat for cooking. A bigger part of pork is smoked and dried; the meat is cooked during winter in the soup. Mutton and goat can also be dried. Mutton suet was often used in cooking.

Every family used to raise several **kokoši** (hens), but their meat was very rarely eaten. They were kept usually for eggs. Chicken and hen meat were given to the sick people only, or were prepared for example for the Easter lunch. Today chicken meat can be easily purchased and chicken are often consumed.

Sometimes beef is eaten too, purchased from the local butchers. Wild animals also enter the island menu, like **zenci** (rabbits) and a number of wild-fowl – **jarebice** (partridges), **fazani** (pheasants) and some smaller wild birds.

2.7. Milk and Dairy Products

In the past, goat milk was the typical milk in nutrition of the islands' population: it was poured in the morning coffee, given to children or used in cooking. Sheep

milk was used mainly for the production of **sir** (cheese) that was eaten at home but also sold. For longer terms cheese was preserved in stone basins, covered with oil. **Skuta, puina** (fresh cheese) was also produced. **Sirutka, surutka** (whey) was a refreshing beverage, especially for children.

Today cheese is seldom made, with the exception of the island Pag, famous for its production.³ The excellent **paški sir** is nowadays mainly produced on the industrial level. Cheese is sliced and eaten with bread or offered to the guests with smoked ham and olives as a snack. Dishes based on pasta and meat are seasoned with grated cheese. Like cheese, milk is today usually bought.

3. Ways of preparing food

The term **sirovo** (raw and fresh) refers to the state in which fruit and some vegetables like tomatoes or cucumbers are eaten; they can be just sliced or seasoned with salt, oil and vinegar. Dry figs are also eaten raw.

Most of everyday food is boiled. The Dalmatian term for this kind of preparing food is **na lešo**. Vegetables are boiled in water, then partly drained and seasoned with olive oil and garlic; they are eaten with the fork (**na perun** as they say on Hvar). Meat and vegetables are cooked together and eaten with the spoon as the soup (on Rab they say **na jušinu, jušno**). Fish can also be boiled, then served drained and seasoned with parsley, garlic and oil. Different kinds of pasta (**makaruni, manistra, pašta**) are boiled, drained and seasoned.

Šufiganje (braising) is the way of cooking meat (sometimes vegetables too) in a little oil, water and their own juice, together with chopped onion, salt and pepper. This is how a meat stew is prepared. In such a way, with the addition of vinegar and tomatoes, a famous fish stew (**brodit, brudet**) is made.

Pečenje (baking) of bigger pieces of meat or fish is the method used today in electric- or gas-ovens. In the past, when most of the houses had open hearths, baked food was prepared using special earthen or metal covers. Baking is of course the way to prepare bread and most of the sweets.

Open fire is used for grilling fish or pieces of meat; this method is called **na gradele** because meat is arranged on a metal grid (»gradele«) and put over wood embers. Fishermen are renominated for making excellent grilled fish. They as well roast bigger fish **na ražnju** (on a spit); a lamb or kid are also roasted on a spit.

Finally, **friganje** (frying) in deep oil or pork fat is the way to prepare small fish or slices of meat. Two popular sweets, doughnuts and fritters, are also fried.

³ In the past the island Krk was renominated after the excellent ball-shaped cheese.

All the work in the kitchen, the cleaning, cooking and especially the bread-making is done by women. The exception is preparing fish or other meat on the grill or roasting-spit, what enters the domain of men' job.

4. Kitchen and cooking utensils

In the near past rural population of the islands lived in small stone houses consisting mostly of one, later of two to three spaces, the main and biggest one being the kitchen (**kužina**). In the middle of it there was an open hearth (**ognjišće**) on the clay floor surrounded by a stone or wooden frame, while the smoke climbed towards the top of the house. This was the situation at the beginning of the 20th century. In the years to follow the hearth became about 20 cm high, consisting of a 1x1 m square made of clay, later topped with bricks. Round the middle of the century the hearth was placed in an angle of the kitchen, its height being about 50 cm. Above it a chimney with a large, conical hood (**napa**) conducted smoke out of the house; plates (**pjati**), jugs (**bokalete**) and other kitchen utensils were put on wooden shelves round the hood. There also hung a metal pan with a perforated lid and a long handle used to fry barley seeds or coffee beans (**bruštulin**). Food was cooked in pots made of clay or metal, that stood on metal tripods by the fire. The name for higher pots was usually **lonci**, while lower ones were **padele** or **teće**. Kettles (**lopiže**) were also used for cooking, hung on the chain (**komoštre**) over the fire. Metal pans (**pasure, sure**) were the inevitable inventory of a kitchen. Bread and sometimes fish were baked under a spherical earthen cover (**peka, črpnja, čatura**).⁴

All the earthenware was the product of local potters. It was made of clay mixed with calcite, resistant to the flames of the open hearth. Recipients were of a rough structure and unglazed.⁵

At first meals were taken round the hearth, sitting on benches by the fire. When tables became the kitchen inventory, people sat at the table eating together from one big bowl. Afterwards there were wooden plates for every member, and fi-

⁴ Peka had to be well warmed before it was put over the risen dough and covered with live coals to keep the warmth necessary for baking.

⁵ During the 19th and throughout the first half of the 20th century (and supposedly in several centuries before) there were several pottery centers on the islands, as well as on Dalmatian coast and hinterland. Potters or salesmen travelled by small boats from island to island and traded their goods for olive oil, dried figs or wine. In recent times they sold their pots for money. The biggest pottery center on the Adriatic was Veli Iž on the island Iž, situated between Ugljan and Dugi Otok. Although very prosperous in the first half of the 20th century, this pottery center did not stop working till the recent times (my field research in 1994 proved that there still worked four potters). In the 20th century there lived a potter in Jelsa on Hvar. People at north Adriatic used to buy earthenware from potters of Hrvatsko primorje, or Lika.

nally ceramic plates and other dishes came into use. Though in the 19th and bigger part of the 20th century people still used to cook in clay pots, tableware was made of maiolica or stoneware, imported from Italy and northern Europe.

Today modern houses and modern kitchens supplied with electric stoves, refrigerators and china plates can be found in many villages on the islands. Old pottery is slowly becoming a souvenir of the past. Yet, not all the old kitchens have disappeared; in fact, sometimes a family built a new house, leaving the old one beside as it was. They use it for storing food, smoking and drying meat, and for occasional cooking. As many people say, there is no better fish or lamb dish as baked under peka on the open hearth.

5. Water

For centuries water has been the biggest problem of the islands. As on most of them there is no source of live water, every drop of rain had to be caught, stored and used very sparingly. Big stoneware recipients containing 50–100 liters (**žare**) imported from France or Italy had their place in the kitchen or in the yard, where they were half-dug into the soil to keep the water cool. Rain-water from the roof was wisely conducted through pipes to the water cistern (**gustirna**) that was often locked. If the village was near the sea, all the washing was done at the shore. Sea water was used when making bread or cooking soup, hence sparing not only water but also salt. Today water problems have been solved for some islands, but many are still awaiting for it.

6. Food based on cereals

6.1. Bread

Until the recent past bread was baked at home, prepared of the wheat, maize, millet or rye wholemeal flour, usually in combination of two different kinds. Grains were ground in a quern (**žrna**) which owned almost every family, or in the village mill (**malin**). The flour was mixed with water and salt, while for leavening was used a piece of dough left when bread was prepared the time before. Dough was kneaded in a wooden trough or a deep bowl. After letting the dough to rise, the woman would knead it again and form loaves of different shapes, usually round or elongated. On Silba they were called **bubice** or **hljibci** (Lazarević, 1989). Then bread was baked in a special bread-oven usually built along one wall of the kitchen, or under peka on the open fire.⁶

⁶ In some villages and small towns there existed special women (pečarice) who owned big ovens and baked already prepared bread-dough that other women brought to them. They were payed with a small loaf of bread.

If bread-ovens were used, bread was mostly produced once a week, when a larger quantity of it was baked according to family needs. Through the week it was stored in a cool place, or was cut in smaller pieces and dried by a second baking (**baškotanje**). Dried bread could be added to the soup, coffee or wine.⁷

Today bread is sometimes still baked at home, usually of the white wheat flour and fresh yeast, but it is mostly bought. In many villages there live bakers, often of the Albanian origin, who produce bread and sell it to local people.

Beside the ordinary everyday bread, a kind of rolls called **škanjate** is occasionally prepared of white flour, yeast, oil, salt and sugar. Long stripes of dough are shaped into circles, baked in the oven and cut lengthwise in two, then re-baked. They are usually dipped into coffee or sweet wine.

Specific kinds of bread and rolls are prepared for festive occasions: a round sweet bread with a cross-like or three-point incision on top is made for Easter. The finest wheat flour is used for it, together with milk, a considerably large amount of eggs, sugar and fat. Lemon peel, brandy, rum or rose-essence are used as aromats. Its name is **Vazmena pogača** on northern islands, **poluba**, **koluba** on the islands of the Zadar archipelago, **sirnica** or **pinca** on Brač, Hvar and Korčula. Small rolls in the form of a plait with an egg pressed at one end are prepared at Easter for children; they are made of the same dough as the Easter-bread.⁸ In Stari Grad a special bread **rožonjac** was made for Christmas. It was ring-shaped, with five to seven almonds pressed on the surface. It is still prepared in some families.

6.2. Cornmeal

Palinta or **pulinta** is a kind of cornmeal pudding made by boiling maize flour in salted water for at least half an hour, constantly stirring the meal. It is usually thick, so that it can be cut in slices like bread when it cools down. In fact palinta is often eaten instead of bread. It is a traditional accompaniment to the fish stew. The softer variant of cornmeal is called **pura**.

Kaša is the name for a gruel made of coarsely ground white maize (**kašarić**), boiled in water; in such a way they prepare it in Lopar. In Veli Iž kaša is made of the wholemeal wheat flour, afterwards poured over with wine.

⁷ A beloved bread soup (**panada**) is made of dried bread boiled in water, with addition of a little olive oil, a bay-leaf and grated sheep cheese.

⁸ On Cres the plait was called **kosica**, in Malinska **šeširnjak**, on Zlarin **karitula**, on Brač and Hvar **garitula**.

6.3. Pasta

For the production of pasta wholemeal wheat flour was used in the past, today substituted with white flour.

Frkatići are a kind of dough made of flour, water and a pinch of salt. A firm dough is kneaded, out of which small pieces are taken and twisted with fingers. Frkatići are boiled in water, drained and seasoned with rendered butter.

Tajadele, lazanje are noodles made of flour, eggs and salt. A firm dough is kneaded on the board and rolled out in a thin sheet, then 1–2 cm wide ribbons of pastry are cut. Tajadele are cooked in boiling salted water, drained and served with meat stew.

Makaruni na vreteno are noodles of the same consistency, cut into squares about 2×2 cm large and shaped by pressing the pieces round the spindle, so that short macaroni are made. They are cooked and served as the previous.

Njoki, njoci na ragatač are potato dumplings made of boiled and mashed potatoes, flour, salt and a little oil. A dough is kneaded of the ingredients and shaped in a 3 cm wide sausage out of which pieces are cut and pressed onto a reverse surface of a grater (»ragatač«) thus obtaining a chequered pattern on the outer side, then twisted in the form of a shell. Boiled in salted water and drained, **njoki** are a beloved company to **pašticada** or a meat stew.

Šurlice are a kind of thin macaroni made of flour mixed with boiling water, salt, a little oil and several eggs. Small pieces of dough are pressed round a piece of straw, so that a hollow in the middle is produced. They are boiled in water and served with meat stew. Šurlice are the specialty of the island Krk. In the past they were served only on weddings or other festive days, because they need a lot of time to prepare.

Though some traditional noodles and dumplings are still occasionally made, more frequently ready-made pasta is bought and eaten today.

6.4. Risotto

Rižot is nowadays a very popular meal prepared of rice and diced meat or shell-fish, with the addition of oil, onion, garlic, parsley and tomatoes. **Crni rižot** (inkfish risotto) is a beloved variant.

7. Food based on vegetables

Lešo zelje are green vegetables like chard, kale, cabbage or some wild plants cooked in salted boiling water, seasoned with oil and garlic; diced potatoes can also be added. Zelje is served for dinner, with fried fish if there is any.

Different kinds of beans are also boiled, partly drained and seasoned with olive oil. This is the way how chick peas, lentils or broad beans are usually eaten; they can as well be seasoned with chopped garlic or onion.

Sočivo is the beloved thick soup known throughout the islands, consisting of several kinds of beans (broad beans, ordinary beans, chick peas, *sikirice*, green peas, lentils) and cereals (wheat, barley, maize) boiled together, then seasoned with a little mutton fat and onion or olive oil and garlic. The soup is eaten through the winter. If it is not prepared for a fasting occasion, a piece of smoked pork or mutton can be put in it.

Jašmik i fažol (on Cres), **ozimac i fažol** (on Rab) is a thick soup consisting of beans cooked with smoked meat, mixed afterwards with boiled pearl barley and seasoned with **pešt** - a paste made of chopped bacon, garlic and parsley.

Pašta fažol is a similarly seasoned soup consisting of beans and pasta. Both soups are very beloved and often eaten in winter on all the Adriatic islands.

There is today a number of thick soups (**maneštre**) where potatoes play the main role, combined with other vegetables. Yet, potatoes are mostly eaten baked or boiled. They often accompany a meat dish.

Šalša od pomidori is a beloved sauce to pour over pasta, cornmeal or potatoes. It is made of tomatoes, oil, salt, onions, garlic, parsley and some leaves of basil.

Tomatoes are also eaten raw in salad. They are an obligatory component of some fish and meat dishes, often used in the form of a home-made or factory-produced tomato paste (**kunšerva**).

Wild asparagus is eaten in spring when it is young. Soft shoots are boiled in water and seasoned with olive oil. Hard-boiled eggs can be mixed with boiled asparagus shoots, or shoots can be fried with eggs in a pan.

8. Fish

As the Adriatic islands are surrounded with the sea rich in fish, it is not surprising that many different ways of preparing fish are known.

Lešo riba is fish boiled in water, with the addition of pepper, salt, a bay leaf and sometimes some vinegar. Usually bigger fish are boiled, drained and seasoned with olive oil, sometimes also with garlic and parsley.

Brudet, brudit is a famous fish stew made with olive oil, chopped onions and sliced tomatoes. Onions can be first fried in oil, then tomatoes and pieces of fish are added. Water and some vinegar are also put in the stew. Brudet is better if several different kinds of fish are available. It is usually eaten with pulenta.

Frigana riba is a way of preparing smaller fish; it is only dipped in flour and fried in deep oil. If bigger fish is used, it is cut in pieces. Green vegetables (zelje) accompany fried fish, but it can also be eaten with pulenta and lettuce salad.⁹

Riba na gradele is bigger fish grilled over the live coals. During the grilling it is brushed with a small sprig of rosemary dipped in oil. Chopped garlic and parsley are sprinkled over the fish in the plate. It is served with a slice of lemon.

Pečena riba is the term for fish baked under peka on the open hearth. It is baked in its own juice, only with a little oil, but some aromatic herbs like rosemary or garlic are also added. Today electric ovens are used.

Slana riba. This term indicates a dish prepared on the base of salted fish. Several pieces of fish are taken out of the brine, bones are discarded and fish is minced, then sprinkled with some olive oil. Chopped onions and some vinegar can also be added; the result is a kind of sauce that is usually poured over pasta or pulenta. Pieces of salted fish can be eaten alone with bread or as a company to boiled green vegetables.¹⁰

Na sa(v)ur means a dish prepared of fish that is first fried in oil or baked and then put in a marinade made of chopped onions, a little rosemary, salt, pepper, some wine and vinegar. The ingredients are boiled together, then the marinade is cooled and poured over the fish. Marinated fish can stand for several days.

Na buzaru is the usual way to prepare shellfish: garlic, parsley, oil and wine are put in a pot together with shellfish and cooked over big fire. Tomatoes can be added instead of wine.

Na salatu is a term applied to octopus or squid that are boiled, cut in pieces and seasoned with olive oil, salt, pepper, chopped garlic (or onion) and vinegar.

During winter, when people cannot go fishing, salted or dried fish is usually eaten. Dried fish is soaked in water for several days, sometimes beaten too in order to soften the meat, then cooked as the fresh one. Although several kinds of fish from the Adriatic are suitable for drying, people prefer salt cod if only they can afford it. Cod is prepared usually in three ways:

Bakalar in bianco is a dish where olive oil, pepper and garlic are added to the previously soaked, beaten and boiled pieces of cod; sometimes a small amount of boiled potatoes is added too. The ingredients are put in a recipient with a lid

⁹ Beside this common way of frying fish, there is a less frequent variant where fish is dipped in a mixture of eggs and flour. It is **omantalana riba** (Vodanović Kukec, 1997).

¹⁰ In Komiža on the island Vis a speciality called **Komiška pogača** is baked. It is a kind of pie made of a yeast dough, filled with minced salt fish, onion and tomato.

and vigorously shaken (for at least half an hour) until they all amalgamate in a white crême.

Bakalar s kompiron understands the same preparation of cod, that is mixed with boiled potatoes and seasoned with oil, pepper, garlic and parsley. Some of the water in which cod was boiled, is added to the dish at the end.

Bakalar na buzaru is prepared as other fish already mentioned.

9. Meat

In the past meat was rarely on the menu in peasant or fishermen's families; even today meat dishes are on the table usually on Sunday and in some festive occasions. Well-off families of course eat meat more often. There are several typical ways of preparing meat:

Lešo meso (boiled meat) is usually beef, mutton or chicken boiled together with some vegetables (carrots, parsley, onion, celery and tomato). The soup is strained and thin noodles are added to it. Meat from the soup is eaten separately accompanied with boiled potatoes and tomato salsa.

This is the way of preparing fresh meat. Smoked pork or mutton is also boiled, together with vegetables like beans, cabbage or kale and eaten in soup.

Ž(g)vacet, zvacet or **stufad** is a dish prepared of the same kinds of meat as above, but cut into cubes and braised in fat together with chopped onions, salt, pepper and some water; tomatoes can also be added. It is usually eaten with potato dumplings or home-made macaroni.

Pašticada is a famous dish served as festive food. A big piece of beef is pricked with stripes of bacon and garlic and marinated overnight in some vinegar, wine and spices. The future day meat is dried and sauted in oil, after which it is braised together with carrots, onion, salt, pepper, nutmeg and some **prošek** (sweet wine). At the end dried prunes are added. Meat is cut in slices, poured over with the gravy and eaten with njoki or makaruni.

Na ražnju (on a spit) is also the way of preparing meat for special occasions (weddings, Easter etc.). A lamb or kid are salted and put on a spit, then turned slowly over charcoals for several hours.

Vitalac is a specialty of the island of Brač: the offal of a lamb (lights, heart, liver and milt) are enveloped in a casing and threaded on a skewer, then lamb guts are twisted over it and all is roasted over live coals.

Dropčić, lamb offal can also be braised with chopped onions, garlic and potatoes; tomato paste, nutmeg, cinnamon and lemon rind are added to it. Sometimes lamb's blood is also added.

Bržolice, pork or mutton chops are fried in deep oil, sometimes dipped in flour and eggs. Steaks can be prepared in the same way. Both are eaten on Sundays.

Pečeno meso is a term that can refer to the chicken, pork or lamb meat baked under peka on the open hearth. Meat was salted and put in a pan, then covered with peka. Today electric ovens are used.

Kulin, jelita, olita is a kind of sweet sausage prepared when the pig is slaughtered. For the preparation of it boiled rice or barley and a little chopped pork meat are needed, together with some raisins and several spices: pepper, coriander, cinnamon, nutmeg, parsley and onions. All is mixed with pork blood and stuffed into the casing. Kulin is boiled, shortly smoked and eaten quickly because it cannot stay for long.

10. Sweet dishes

In a peasant family there was no time nor money for everyday sweets. They were prepared only for festivities. Today the situation is different and some desserts are made more often. This goes especially for two most popular traditional sweets – pašurate (doughnuts) and hrustule (fritters).

Pašurate, pršurate, frite, fritule, mlinci are made of a yeast dough. The fast-day variant consists usually of yeast, water, flour, sugar, salt, brandy and raisins or diced figs. In festive circumstances eggs and milk are added. A soft dough is beaten of these ingredients in a bowl and left to rise, after what it is spooned out into hot deep oil. Some women still shape the cakes in the old way – by squeezing pieces of dough in the palm of the hand, so that a small ball of dough appears on top, which is then taken by the spoon and dropped into the oil. Fried doughnuts are sprinkled with sugar. There are many variants of the basic recipe, including grated apples, potato dough, or exchanging yeast with baking powder and milk with yogurt. Pašurate are fried through the winter, obligatorily for the Christmas Eve, New Year's Eve and Shrove Tuesday.

Hrustule, krostuli are fritters made of flour, eggs, sugar, a little oil and some brandy. A medium firm dough is kneaded on the board and rolled out thinly, then ribbons of pastry are cut out and twisted in different shapes, as bows, knots or squares with incisions. They are fried in deep oil and sprinkled with sugar. Fritters are more often fried in spring, when eggs are available, for Shrove Tuesday and for Easter.

Other sweets are baked in the oven. Here are the most traditional ones:

Paprenjaci, medenjaci are honey cakes that beside honey comprise some sugar, flour, oil, bicarbonate of soda and spices: cinnamon, nutmeg, pepper and cloves. Lemon and orange peel are also added. A dough is kneaded on the board

and rolled out. The pastry is then cut into rather big shapes representing a flower, a bird, a house etc. Baked cakes are decorated with sugar icing. *Pa-prenjaci* from Hvar, Brač and Korčula are considered a speciality.

Cviti, cukarini are cakes made of flour, eggs, sugar and olive oil. Bicarbonate of ammonium is used as the rising agent. The dough is kneaded and rolled out, then different shapes are cut out and baked. Still hot from the oven, they are sprinkled with **meštro, mištro** (a kind of aniseed liqueur) and sugar. These are typical cakes for weddings, specially on Hvar and Korčula.

Rafijoli are crescents made of the shortcrust pastry including flour, sugar, eggs and fat, with the filling consisting of ground almonds, sugar, lemon or orange peel and maraschino liqueur. The firm dough is kneaded and the pastry is rolled out in a thin sheet. Circles are cut out of it and a spoonfull of the filling is put on every piece, then the pastry is folded in the shape of a crescent.

Bračka torta, Rapska torta are the tarts served for Christmas, Easter or at weddings. On other islands similar ones are made. They may have the shape of a flan with shortcrust pastry at the base, made of butter, flour, sugar and eggs. The filling consists of ground almonds, lemon rind, sugar, eggs and some flavouring like maraschino or rum. The baked tart can be sprinkled with sugar or decorated with almonds and orange peel.

Rožada is a kind of custard made of eggs, milk and sugar, with a caramel coating. It is aromatized with vanilla and lemon peel.

Smokvenjak is a speciality of the island Vis. It is a kind of small bread kneaded out of minced dry figs, ground nuts and home-made brandy. The »bread« is covered with some sprigs of fennel and left to stand for some time. It is cut in pieces and offered to the guests together with brandy.

11. Food preserved for winter

Fig trees are numerous on the Adriatic islands, their fruit being very important in nutrition. Figs are dried on large mats made of wickerwork, washed in the sea and dried again. They are stored in wooden cases with some bay-leaves and fennel and sometimes locked as a treasure. Dried figs are eaten in the morning of a fast day, they are taken to the field and eaten through the day as a quick snack. Therefore they say in Božava on Dugi Otok: *Hvala Bogu i Božiću dok je smokava kašuniću* (Thank God and Christmas until there are figs in the case).

For winter provision fruit marmalade is sometimes produced, usually of figs or plums. From strawberry-tree berries or grapes stum a special kind of jelly (**čupter, mantala**) can be obtained by boliling the juice with the addition of some sugar, flour and spices.

Small onions (**lučice, kapulice**) are pickled in water, salt and vinegar and stored in glass jars; they accompany meat or fish dishes.

Preservation of olives is a tradition of the southern Adriatic islands. Green (not completely ripe) olives are slightly struck with a hammer, put in a glass jar and poured over with sea water. Water is changed several times during two weeks, after what olives are shortly boiled and stored in glasses with salt water and some oil. Such they can stand for months. For consumption within a week, black (ripe) olives are baked in the oven and sprinkled with some salt and oil.

Drying is the method of preservation of a number of meager fish and octopuses that have to be cleaned first, washed and salted, then pricked on sticks and left at the wind to dry. Such fish has to be soaked in water before cooking.¹¹

In the past families living near the sea used to salt fish for winter: a row of raw fish (pilchards or anchovies) is put in a big vessel and covered with salt, then another row of fish is added and salted, until the recipient is full. All is covered with a lid and a weight is put over it, so that the liquid drops out; thus fish is conserved in its own brine. After several months it is good for consumption.

Pieces of pork and mutton are preserved by smoking and drying, but the meat must first be salted and put in a vessel where it should stand in its brine for several weeks; hams are then placed in a press, where all the moisture is extracted. Finally they are hung in the smoke and afterwards in the wind for months. **Pršuti** (hams) are a renowned specialty of the Adriatic region. Pršuti are eaten raw; they taste the best after a year of drying. **Panceta** (smoked bacon) is also eaten raw. Other pieces of salted meat are cooked in soup.¹²

12. Beverages

Vino (wine) is one of the famous products of the Adriatic islands. On every island people proudly present their home-product to the guests and they drink it themselves, but in the past wine was at the table only for the feasts. The list of renowned island wines is very long; here only a few names will be mentioned as example. The white (»žuto«) wine can bear the name **žlahlina, bogdanuša** or **žitica**, the red (»crno«) wine is **babić, plavac**... Wine is put on the table in a jug or a glass bottle; in the past it was drunk directly from the jug, but today usually **žmulji** (glasses) are used.

Sweet wines are also produced. The best known is **prošek** made of half-dried grapes that are pressed and the fresh must is boiled. **Opol** is a kind of wine

¹¹ Fish can also be preserved for a shorter period of time, if rubbed with salt and garlic and hung on a string near smoke for a week. Such fish is called **šamaštrana riba**.

¹² Smoked mutton is called **kaštradina**.

made also by boiling the stum, but with the addition of sugar. These dessert wines are drunk in small quantities and in special occasions.

For everyday use wine is usually mixed with water; thus a well-known **bevanda** is obtained. In poorer families **kvasina** (vinegar) mixed with water was drunk during work. On Brač people used to drink **smutica**, a mixture of wine and goat milk (Vodanović Kukec, 1997). In the past a special beverage was produced of the fruit of a juniper shrub (*Juniperus oxycedrus*): berries were crushed, put in a vessel with some water and left to ferment for several weeks, after what a light alcoholic beverage was obtained. The wine was called **smrič**.

Rakija (brandy) is made of the grape-marc. **Travarica**, a herbal brandy, is a renomated product of the islands and considered to have healing properties.

Other beverages, beside already mentioned, are water, milk, coffee and tea. While water is drunk mostly by children during the day, milk is reserved for the morning. Coffee was in the past produced of roasted barley and factory-made chicory powder, while today people usually buy real coffee. Older people, though, still mix two kinds of coffee and add some milk. Tea is prepared from many local herbs; it is usually made when someone is ill.

13. Daily meals

The first meal of the day usually has no name or is called **kafa** (coffee), after the typical beverage of the morning. Round 7-8 o'clock women and children drink coffee with milk and eat a piece of bread or cornmeal, while men drink a little brandy and eat several figs or some cheese or bread with salt fish.

Marinda, marenda is the name of the meal eaten round 10 o'clock. Fried eggs, bacon, meat, toasted bread and wine are usually eaten.

Obid, obed is the meal at the noon. For people who work at the field, cornmeal and fish is prepared, or they eat ham and cheese with bread. If they are at home, **maneštra** on the base of vegetables and meat is cooked.

Večera (dinner) is eaten when it darkens. It is combined of boiled green vegetables and fried fish or cornmeal and salt fish. Sometimes it is richer, if people have spent all day outside at work; then a fish stew or a vegetable soup with meat are prepared.

14. Food on holidays

The menu on Sundays is much richer than on ordinary days. It usually comprises a meat soup, boiled or roasted fish or meat, pasta or potatoes, some salad, cake and wine. On special days such as Christmas, Easter or weddings, specific food should be prepared according to tradition.

Mesopust (Carnival) is a period of time preceding fast days of Lent. Therefore a day before Ash Wednesday, on Shrove Tuesday, much meat and fatty food must be eaten, because until Easter the menu should be modest. On Krk they prepare potato dumplings and beef stew, followed by doughnuts. On Rab makaruni and pork are cooked. On Cres a cock stew is obligatory, also a kind of sweet blood-sausage, as A. Muraj has noted (1997).

Veli petak (Good Friday) is today usually the only fast day in Lent. In the morning only a few figs are eaten, while for dinner sočivo and fish are prepared.

Vazam, Uskrs (Easter) is the biggest religious holiday of the year. Special sweet breads (pogače, simnice) are made; for children are prepared small plaits with eggs (šeširnjaki, garitule). Early in the morning women bring bread, eggs, cheese, a bottle of wine and sometimes of water too, to the church for the blessing. This food is eaten for Easter breakfast; every member of the family should eat some of it in order to be healthy through the year. For lunch a meat soup is cooked, followed by roasted meat (preferably a lamb or kid), while at the beginning of the 20th century chicken (hen) stew was prepared. In the past centuries chicken was considered the highest quality meat (Fisković, 1987).

Svi Sveti (All Saints' Day). On this day a holiday lunch is prepared consisting of a meat soup, mutton or pork stew, home-made pasta and sweet dishes. Small sweets in the shape of broad beans made of ground almonds, sugar and egg-whites (**bobići**) were prepared for children and friends.¹³

Sv. Barbara. On St. Barbara's Day the obligatory meal was sočivo, consisting of several kinds of beans, peas and cereals. On Brač the soup was called **bara**.

Badnji dan (Christmas Eve). As a part of a number of folk customs still practised on this day, a special regime of nutrition is observed: in the morning only a few figs are eaten, while lunch is prepared only for children. Dinner consists of a fast meal – cod stew or marinated fish. On Zlarin sočivo is prepared, that should consist of nine aliments (Muraj, 1982). In the past, food and wine were offered also to the yule-log that used to burn on the hearth during that night. On Rab (and undoubtedly on many other islands) it is the custom to bring food to a poor or lonely friend and eat it together with him, then to go with him to the midnight mass. After it, people from the houses near the church offer fried doughnuts (frite) and wine to the participants of the mass and they all eat and sing together.

Božić (Christmas) is a day on which a rich menu appears. Several days before Christmas a pig is slaughtered and there is enough fresh meat. Therefore after a meat soup, roasted pork is served; richer people would bake a turkey or a lamb. Sweet dishes like almond tarts, ravijoli and rožada are also prepared.

¹³ On Cres children were given special bread rolls **krakovice** and **oblje** (Muraj, 1997).

Skipping birth and death as events for which festive meals are also prepared, we shall consider **pir** (wedding feast) as an opportunity when great attention is given to food. In the first place, there has to be more than enough food and drink for all the guests, all the ingredients must be of good quality and meals should look attractively, especially the sweets. There usually are four to five courses of meals during the feast: in poorer families lunch would start with mutton soup, then a mutton stew with noodles would be served, followed by roasted pork or mutton and some salad. The better off families serve ham, cheese and olives at the start; lamb roasted on a spit should not be omitted. Here is a modern wedding menu from the island Rab: lamb soup, tripes, pašticada with njoki, roasted lamb with potatoes, almond tart and small pastries. Beside ordinary wine, sweet wines are served with cakes. Today, of course, champagne is inevitable.

15. Conclusion

The research into traditional nutrition on the Adriatic islands is far from being completed. Yet, so far we can observe that this type of nutrition undoubtedly has deep roots in the past. It has kept until today some traits of prehistoric life like cooking in earthenware on the open fire or baking bread and other food under the clay cover *peka*. Roasting meat on a spit, salting and drying fish also belong to those times. Elements from the old-Mediterranean culture are evident in rural economy – in viticulture, olive growing and sheep-raising. The kitchen includes dishes on the base of fish typical for the ancient Greeks, as well as those based on old kinds of vegetables (broad beans, chick peas, lentils) beloved by the Romans. Some dialectal words used today are also relics from the old-Mediterranean complex, for example **komoštre**, from the Greek *krematos* = hung, or **žmulj** from the Latin *modiolus* = glass (Klaić, 1990). A great number of Italian words used in process of cooking (**lešo** – *lesso*, **frigano** – *fritto*, **na savur** – *in savore*) or for dishes (**pulent**a – *polenta*, **žvacet** – *guazzetto*, **brudet** – *brodetto*, **maneštra** – *manestra*, **rafijoli** – *ravioli*) to mention only a few examples, witness a strong influence from the Italian peninsula in recent times.¹⁴

It is evident that kitchen of the Adriatic islands has kept many traditions of the past, but in the same time it has embraced new food that was coming in past centuries. Together with dishes based on ancient vegetables like broad beans or chick peas, new sorts from America (tomatoes, potatoes, maize, beans) have entered the island menu and are considered today typical food of the region.

Most of dishes traditionally prepared on the Adriatic islands enter the group of Mediterranean diet and can be found, of course with some alterations, in the *cui-*

¹⁴ Many Italian words are also used for aliments, especially for vegetables (*kapula* – *cipolla*, *ćić* – *ceci*, *pomidori* – *pomodori*, *kaul* – *cavolo*) and for cooking utensils (*padela* – *padella*, *teća* – *techia*, *pjat* – *piatto*).

sine of other countries belonging to the Mediterranean region. In medical terms it is considered a healthy *cuisine* with lots of vegetables and fish, a modest amount of boiled or grilled meat and usage of unsaturated fats in the form of olive oil. Therefore, today this way of nutrition is recommended for people who suffer from a number of diseases, but also for those who simply want to lead a healthy life. Regarding traditional food from other regions of Croatia, the Adriatic kitchen best follows the needs of a modern man.

Although many dishes from the islands are common to the whole region, some are considered a specialty of a certain village or island, therefore bearing its name. Rapska torta, Brački vitalac, Hvarski paprenjaci, Korčulanski cukarini, Viški smokvenjak, Komiška pogača are only some examples. The listed special food can usually be purchased in mentioned localities, where some are even commercially produced, like paprenjaci in Stari Grad on Hvar or Komiška pogača in Komiža on Vis, sharing a part of the touristic offer of the island. Other dishes, especially those based on fish or meat, enter the local hotel and restaurant menu, but unfortunately not in a sufficient number.

Recent researches into nutrition reveal tendencies of people living on the Adriatic islands to keep and nourish ancient food traditions and preserve, although in part, the old way of preparing food. We witness in the past years the rise of demand for pottery products, especially for peka that is a very convenient help when cooking on the open hearth. It has become an alternative to which sometimes return those who lead urban lives during the year and come to the islands only in summer, when they look forward to use as much of a natural way of cooking as possible. Some people buy earthenware from the last remaining potters in order to assure themselves for the future when potters stop working. The recent 1991-95 war and temporary lack of electricity was also the reason why open hearth and earthenware regained popularity.

Although the recent war did not directly affect life on the islands, the non-coming of tourists was a serious attack on economic prosperity of many families who lived from tourism. Yet, along with complaints about bad touristic seasons, on Rab I heard an interesting way of thinking: »The lack of tourists« – they observed – »did us some good too. We became aware that running for profit alienated one person from the other, we had no time for our relatives or neighbours. Now we started to visit one another again, to talk and socialize. It does good to our hearts; although it is important, money is not everything«.

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L'alimentation sur les îles de l'Adriatique Aperçu ethnologique de l'alimentation de la population des îles croates de l'Adriatique

Résumé

Le sujet de cet article est l'alimentation et les habitudes alimentaires de la population rurale des îles de l'Adriatique orientale. L'auteur utilise pour ses travaux la documentation sur l'alimentation traditionnelle, publiée ces vingt dernières années par des chercheurs, des ethnologues et d'autres professionnels ainsi que ses notes prises au cours de ses propres recherches sur six localités des îles de l'Adriatique au cours de la période de 1991 à 1999. L'étude de l'alimentation de cette partie spécifique de la région méditerranéenne englobe la période allant du début du XX^e siècle à nos jours. Au début se trouve une liste des produits alimentaires consommés dans l'alimentation de la population des îles (céréales, légumes, poissons, viande et produits laitiers), puis sont décrits la préparation de la nourriture, la cuisine et les ustensiles de cuisine. Les plats quotidiens et les mets typiques des jours de fête sont groupés d'après les produits alimentaires de base nécessaires à leur préparation; suit la répartition de la nourriture de chaque jour. Les sujets suivants sont la conservation des aliments pour l'hiver, puis la liste des boissons et des mets typiques pour les repas des fêtes traditionnelles. Dans sa conclusion, l'auteur mentionne certaines caractéristiques pré-historiques que l'on peut voir encore de nos jours dans l'alimentation traditionnelle des insulaires d'Adriatique, en mentionnant aussi les influences des voisins méditerranéens, dans le passé et aussi de nos jours. Toujours dans le cadre de la tradition méditerranéenne, avec beaucoup de légumes et de poissons et une modeste quantité de viande, et en utilisant des matières grasses non saturées, sous forme d'huile d'olive, dans la cuisine des îles sont aussi adoptés de nouveaux mets et produits alimentaires, arrivés dans la région Adriatique au cours des siècles. Dans l'ensemble, du point de vue médical, cette cuisine est considérée comme étant saine et acceptable pour l'homme moderne.

Le caractère de cet article est déterminé par les faits: la nourriture et la façon de se nourrir font partie de la culture d'un peuple, ceci est particulièrement valable pour les sociétés dites traditionnelles et les communautés rurales relativement petites des îles, telles qu'elles existaient encore au début du XX^e siècle (ça et là jusqu'aux années quarante) sur les îles croates. Les influences des aires culturelles s'entrecroisent dans le choix des produits alimentaires et de leur préparation (la région méditerranéenne est caractérisée par la circulation des éléments culturels); les recherches sur la façon de se l'intégration sociales. Et bien que l'auteur estime que les recherches sur l'alimentation traditionnelle de la population des îles croates sont loin d'être terminées, elles permettent certes, dès à présent, surtout du point de vue socio-anthropologique, une vue d'ensemble beaucoup plus approfondie de ces aspects dans les îles et du mode de vie des insulaires croates.

Mots-clés: alimentation, aspect ethnologique, population des îles, Adriatique croate.

Reçu: le 17 avril 2000

Accepté: le 18 juin 2000

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Prehrana na jadranskim otocima Etnološki pogled na prehranu stanovništva hrvatskih jadranskih otoka

Sažetak

Ovaj rad govori o prehrani i prehranbenim navikama seoskog stanovništva koje živi na otocima istočnog Jadrana. Autorica se koristila gradom o tradicijskoj prehrani, koju je u proteklih dvadeset godina objavilo nekoliko istraživača, etnologa i drugih profesija, kao i vlastitim bilješkama s istraživanja na šest jadranskih otočnih lokaliteta u razdoblju od 1991. do 1999. godine. Pregled prehrane ovoga specifičnog segmenta Mediterana obuhvaća vremensko razdoblje od početka 20. stoljeća do danas. Na početku se nalazi popis namirnica koje se koriste u prehrani otočnog stanovništva (žitarice, povrće, ribe, meso i mliječne preradevine), a zatim se opisuje priprema hrane, kuhinja i posuđe. Tipična svakodnevna i svečana jela grupirana su prema osnovnim namirnicama potrebnima za njihovu pripremu, a zatim slijedi dnevni raspored jela. U nastavku se govori o načinima pripreme hrane za zimu, tipičnim pićima i jelima povezanim s narodnim svetkovinama. U zaključku autorica spominje određene pretpovijesne crte koje se i danas mogu vidjeti u tradicijskoj prehrani jadranskih otočana, osvrnuvši se također na utjecaje susjeda s Mediterana u prošlosti kao i sadašnjosti. Čvrsto u okvirima mediteranske tradicije, s mnogo povrća i ribe, skromnim udjelom mesa i uporabom nezasićenih masnoća u obliku maslinova ulja, otočna je kuhinja prihvatila i nove namirnice i jela što su pristizali na Jadran u prošlim stoljećima. U cjelini, ova se kuhinja i s medicinskog gledišta smatra zdravom i prihvatljivom modernom čovjeku.

Značaj ovoga rada određuju činjenice: prehrana i način prehrane dio je kulture naroda, što posebice vrijedi za tzv. tradicijska društva i razmjerno male otočne ruralne zajednice kakve su postojale još početkom (ponegdje i do 40-ih godina) 20. stoljeća na hrvatskim otocima; u izboru namirnica i načinu njihovoga spremanja prelama se utjecaj kulturnih krugova (mediteranskom je području svojstvena cirkulacija kulturnih elemenata); istraživanje načina prehrane upućuje i na brojne aspekte socijalne diferencijacije i integracije. I premda autorica drži kako su istraživanja tradicionalne prehrane stanovništva hrvatskih otoka daleko od završetka, ona zasigurno već sada – posebice sa socioantropologijskog motrišta – omogućuju mnogo temeljitije uvide u ove aspekte otočnosti i načina života hrvatskih otočana.

Ključne riječi: prehrana, etnološki aspekt, otočno stanovništvo, hrvatski Jadran.

Primljeno: 17. travnja 2000.

Prihvaćeno: 18. lipnja 2000.