



# Kranj on a plate

Tastes and treats  
of the countryside

I FEEL  
SLOVENIA





### Follow the aroma of Carniolan sausages and štruklji to local farms

There are many specialties in traditional Carniolan cuisine that the people of Kranj have been enjoying for centuries. Today the aroma of Carniolan sausage can still be savoured widely. The Austrian Emperor Franz Josef was said to love it. For dessert there is nothing better than Kranj štruklji, one of the most recognisable Slovenian dishes, which we prepare in our own way.

Kranj offers a unique mix of urban and rural. We are proud that our character is reflected in our cuisine – here we have one foot in the city and the other in nature. Products from surrounding farms are an indispensable base for everything that we cook and serve. We are delighted that our chefs and producers preserve the tradition of typical ingredients and dishes and enhance them with modern creativity.

Today, the green character of Kranj is reflected in ever shorter supply chains and an increasingly widespread range of organic products. Locals and visitors have numerous shops, traditional inns and modern restaurants on hand, where you can buy or taste local products and dishes. The cooperation between producers, surrounding farms and catering establishments, as well as good relations, respect and an understanding of the local environment, are key to healthy and recognisable cuisine.

In this new period, the common European agricultural policy will further commit us to consuming sustainable and local food. In Kranj we have numerous good examples of such practice and we are proud to share them with you in this booklet.

**Matjaž Rakovec,**  
Mayor of the municipality of Kranj



# Welcome from the kitchen

*The enticing aromas of Kranj – juicy Carniolan sausages, freshly baked bread, Kranj štruklji or hot beef soup. Here the traditional flavours from the countryside are intertwined with modern cuisine.*



### Bon appetit in Kranj

Welcome to the capital of the Gorenjska region, with its expansive green countryside, from which the town draws its own energy. Here, nature is a source of the best ingredients of Alpine cuisine. Our local farms, restaurants and inns offer the flavours of Kranj in traditional and modern dishes, crops and products. Slovenia has been awarded the title European Gastronomic Region for the year 2021 and here in Kranj we are proud that our range of cuisine and culinary products represents local and original flavours.

Let our delicious booklet be your companion and inspiration. Browse through it as you would read a menu or a culinary guide. Excellent chefs from the Gostilna Krištof restaurant, which received a Michelin Sustainability Award in 2020, as well as the Dom na Joštu mountain hut and the Pr' Končovc farm, have entrusted us with their recipes. These three restaurants are the three best rated ones by the Vivi School of taste.

Experience culinary events organised in the surroundings of Kranj throughout the year. Visit local producers and learn about the flavour of ingredients from Kranj's nearby gardens, fields and forests. The Gorenjska Regional Museum examines and preserves the gastronomic culture in Kranj and its surroundings throughout the centuries. We are known for our excellent buckwheat kaša (porridge), žganci (spoonbread) topped with pork crackling, štruklji (rolled dumplings), juicy sauerkraut and Carniolan sausages. Experience an active break in the Kranj countryside by visiting one of the restaurants and you will be keen to revisit again and again.

**Klemen Malovrh,**  
Director of the Tourist and Culture Board Kranj



# Traditional stars

## Carniolan sausage

“This sausage is the best sausage in whole Carniola!” was Austrian Emperor Franz Joseph convinced more than a century ago. It is still extremely popular nowadays and bears a protected designation of origin. Slovenian emigrants brought it to the world, whereas Sunita Williams, an astronaut of Slovenian origins, took it into space. 11 certified producers of the Carniolan sausage make it according to a single recipe and compete at making the best Carniolan sausage in the country.

*It is best prepared by placing it in a pan of cold water, then bringing it to the boil before removing it from the heat and leaving in hot water for a further 10 minutes. The sausage pairs excellently with sauerkraut, turnips or stews.*



## Pot barley

Pot barley used to be really appreciated, since it was more fortifying than everyday food. Every Monday housewives would go to the marketplace to get it from costermongers. In Stražišče in Kranj, they used to prepare sour barley porridge during summer, a cold dish made of pot barley and vegetables. There they were famous for producing sieves, which were shipped throughout the world and bought Kranj's merchants wealth and a noble title. *Sitarska mešanica* (sieve mixture) was an important winter dish in Stražišče, made of cooked pot barley, sour turnips and beans.



*Today's version of popular ričet is made of barley, beans, potatoes, various vegetables and smoked meat.*

## Buckwheat žganci

Legend has it that buckwheat is a hallowed plant, which we will always respect and enjoy. It blooms longer than other plants and prolongs pasture for bees. Various dishes have been made from buckwheat flour. In the past, the greatest pleasure in the morning was when buckwheat žganci (spoonbread) was eaten before people headed off for hard labour. “Cook žganci and wake up zaspanci! (sleepyheads)” was every housewife's important secret.



*They are still eaten as an independent dish, topped with pork crackling or with side dishes made of sauerkraut, turnips or thick soups. They go well with stews and hot or sour milk.*

## Tepka pears

Today this old indigenous variety from the Gorenjska region is often found on the menus of Slovenia's Michelin-starred restaurants. It has been indispensable since the times of the Habsburg Empress Maria Theresa, who introduced the rule that a few pear trees should be planted in each courtyard. The hardy common pear trees bore fruit, while the dried pears often used to be the only sweet food at hand, which were also cooked to provide the daily drink known as “hrušova voda” (pear water).



*The flavour of these pears does not work really well in desserts only, but also meat dishes. It warms up as tepka pear brandy in winter and freshens up as pear water in summer.*

## Kranj štruklji

Štruklji (rolled dumplings) can be found throughout Slovenia, but they are special in Kranj. The recipe for middle-class dish Kranj štruklji first appeared in 19<sup>th</sup> century in the first Slovenian cookery book by Magdalena Knafelj Pleiweiss, who used to cook for the bishop of Ljubljana. In the Kranj countryside štruklji na sap (štruklji on vapour) were a popular festive dish.



*Kranj štruklji are baked, rolled dumplings, spread with a filling made of grated mash, eggs, butter, cream, plum or apricot jam and topped with a cream egg sauce. Štruklji na sap are steamed štruklji made of yeast dough filled with walnuts, curd cheese, carob or tarragon and topped with honey.*

## Millet kaša

In the Kranj countryside, millet *kaša* (porridge) used to be cooked in the water where black pudding had been boiled, which was sometimes so greasy that it did not need to be topped with pork crackling. There was so much of this dish called *godla* that farmers were giving it away to seasonal workers. Millet *kaša* also used to be cooked in milk. The writer and poet Fran Levstik once wrote that “milk millet *kaša* is our mother and children's sweet pasture” indicating that children from Kranj literally grew up on this dish.



*Today it makes an ideal accompaniment to meat and vegetable dishes and it can be used to make excellent sweet soufflés and pies.*

## Besniška voščenska

*Besniška voščenska* originating from Besnica in Kranj is an indigenous waxy variety of apple. It is known for its extraordinary hardiness and long storage. The apples that fall from trees and are snow-covered remain intact well until spring. In Besnica, people are so proud of this variety of apples that a several-day long festival of folk music was named after it, in which many local and national popular music folk groups take part.



*It is known for its juiciness and high acidity, therefore it is best enjoyed processed into fresh apple juice.*



# Gostilna Krištof

*Food must be  
'schmeckt'*



*An establishment for cosmopolitan gourmets as well as lovers of traditional food. This rural restaurant, with a tradition dating back hundreds of years, was taken over two decades ago by two brothers, Krištof and Tomaž Bolka, from their parents. Krištof brought world trends to the restaurant while Tomaž contributed a great deal of creativity. Chef Uroš Gorjanc completed the trio that landed a spot in the renowned Michelin Guide. In 2020, Gostilna Krištof received a Michelin Plate and a Sustainability Award, which was a novelty in Slovenia and was granted for the first time to just six restaurants. All this confirms that genuine homeliness and excellence are not exclusive of one another. We talked to Krištof Bolka.*

**How do you manage to preserve the genuine character of a rural restaurant and follow world trends while preparing top-notch dishes?**

When my brother and I took over the family restaurant, we wanted to create something different. Very little had changed in the interior of the restaurant in the last 20 years, but we have invested a lot in our cuisine and we have been constantly expanding our know-how. We offer a fresh experience in a warm ambience and the same goes for our cuisine – traditional, but prepared in a trendy way. Everyone is welcome here: locals, tourists, businesspeople, lovers of local food and gourmands. We might be among the best, but we are in no way posh. We prefer to focus on the flavour of a dish rather than on an extravagant presentation. Food must be 'schmeckt', i.e. simply good. From the very beginning, we have offered a traditional stew served with žganci (spoonbread) made according to our grandma's recipe, which is still a big success. We recently served it to the Finnish and Slovenian Presidents when they came to visit.



**You are known as the first restaurant that fully committed to the use of ecologically produced foods. How is your environmentally-friendly attitude reflected in the food you offer?**

We have a seasonal menu, which until recently changed each season, but now we have started to change it every 3-4 weeks since many crops take up to a month to grow outdoors. We want to offer our guests the freshest possible ecologically produced food that we buy from local and Slovenian farms. We like to offer seasonal food that is as diverse as possible. When my brother and I took over the restaurant, we felt that using seasonal, locally and ecologically produced food is the only way. We obtained our first environmental certification 15 years ago and I can say that back then, we were already one step ahead of the others. Today, this is a trend not only in the countryside but also in urban centres. We were also one of the first restaurants in Slovenia that started to focus on vegetarian and vegan food.

**You have long been connecting local providers and making sure that the local network and exchange of foodstuffs have been going strong for a long time now. How successful have you been?**

In cooperation with the Stonoga Institute for Connection and Intergenerational Cooperation, we have been hosting a subsistence marketplace that features local and Slovene providers. The principle of the marketplace is the direct opposite of the usual one: the organiser first collects orders, while farmers bring just enough produce so that practically no food is thrown away. Buyers can buy products directly from farmers and without commission. We have also recently registered the trademark "Predoslje 100% local" in our village of Predoslje, which connects five providers. It is important that local community members help each other. The more that is going on, the more we offer, the more we all get from this and the stronger the community is.

*We use the Carniolan sausage produced by the local Slovenian champion. We use it in various dishes: in risotto, in mini hamburgers or we prepare it according to a modern recipe with traditional kranjski štruklji (rolled dumplings).*





# Trout fillet with asparagus, štrukelj and wild garlic cream

recipe by Gostilna Krištof

## Ingredients for 4 people

trout fillets  
2 potatoes  
wild garlic  
200g porcini mushrooms  
asparagus  
filo pastry  
100g smooth cottage cheese  
1 egg  
butter  
fresh cream

spices: salt, pepper, chives, thyme



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### Wild garlic and potato cream

Peel then cook two medium-sized potatoes. Separately blanch the wild garlic then cool it in ice water, drain and blend to a purée in a blender. Mash the cooked potatoes, add a knob of butter, some fresh cream, salt and pepper to taste, and a table-spoon of wild garlic. Spoon the mixture into a piping bag.

### Cheese štruklji (rolled dumplings)

Prepare the filo pastry. Make the filling by mixing 100g of smooth cottage cheese with 1 egg, roasted porcini mushrooms, chives and thyme. Spread the filling over the filo pastry, then roll in oiled tin foil and cook the dumplings in salted boiling water for 30 minutes.

### Asparagus

Peel and remove the woody stems. Blanch the asparagus in boiling water for 3 minutes, then drain and put them straight into a pan with butter. Add a few slices of porcini mushrooms to the pan with the asparagus.

### Trout

Heat a pan and add a spoon of olive oil. Place the trout fillets skin down in the heated pan, season with salt and pepper and fry for 3 minutes, then turn the fish and fry the other side for a further 2 minutes.

### To serve

Arrange the potato and wild garlic cream on a plate in a spiral shape, then add a piece of the porcini štrukelj (rolled dumpling) as well as the fried trout fillet. Decorate with the asparagus and fried porcini mushrooms.



# Pr' Končovc farm

The eighth generation



The Pr' Končovc farm, located on a sunny slope below the peak of Sv. Jošt, a popular hiking spot for the locals from Kranj, warmly welcomes you. The eighth generation of the Kristan family bursting with youthful energy and ever new ideas has been cherishing the warmth and taste of tradition in the centuries old homestead. The cattle graze on 650-metre-high panoramic pastures among centuries old fruit trees, the source of apple juice and pear brandy. The family is known for their dishes made from excellent organic beef, complemented by produce from the family's garden, surrounding forests and other local farms. Already at the entrance, visitors can make sure for themselves that the journey of ingredients to their plates is really short. They are greeted by a list stating the origin of all the ingredients found in the farm's delicious dishes. We talked to Aleš Kristan.

**Your farm attracts hungry hikers and curious tourists as well as families and companies. How do you make all of them feel at home?**

We are known for traditional dishes, which my mother Fani and I prepare according to our family recipes. Our most popular dishes include those using our organic beef and venison, which my father Stanko, who was a passionate huntsman, swore by. We produce much of the food that we serve ourselves. We pickle fruit and vegetables, make jams, teas and various cured meat products. My wife Katarina takes care of our bees who gather nectar for honey and pollinate the fruit trees in our orchard.

**Fruit and honey are also indispensable ingredients in the kitchen. How do you use them?**

We serve stewed venison with pears in a sauce and, in order to obtain more flavour, we baste wild boar with honey while roasting it. We process fruits into tasty juices and a brandy made of the indigenous *tepka* pear variety.

**Even though you took over the farm at a very young age, full of new ideas, the best things have remained the same for centuries. What do you still prepare the same way as your ancestors did in the past?**

We still bake bread in a traditional bread oven as we have always done. We buy flour from the same miller as our ancestors, the Novak mill in Prebačevo near Kranj, where the fourth generation of millers can be found milling flour.

**Which traditional dishes from Kranj and its surroundings do you like to prepare the most?**

Dishes made of cereals are a characteristic of traditional Kranj cuisine. We use an old recipe for sour barley porridge, which makes an excellent cold appetiser, from Stražišče near Kranj. We are one of just a few restaurants that serve a traditional dish called *medla*, a side dish made of millet with buckwheat flour, which pairs well with meat.

## Venison with pear recipe



### Ingredients

for 4 people

- 800g venison (leg, rump)
- 100g bacon
- 1 carrot
- 1 small leek
- 1 root of parsley
- 1 onion
- 50g oil or butter for frying
- 50g sugar
- 50g butter
- 2 small pears
- 200 ml red wine

spices: salt, pepper, thyme, savory and a bay leaf



#### To prepare the meat

Heat the oil or butter in a pan then add the venison (leg/rump) and fry. Season with salt, pepper, thyme and savory, then slice the bacon, onion, garlic, carrot, leek and parsley root and add to the pan. Pour over the red wine and add the bay leaf. Braise the stew until tender.



#### To make the sauce

Caramelize the sugar, then add the stoned pear halves and pour over the red wine. Add the butter, salt and a little bit of the sauce used to braise the venison.



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# Dom na Joštu mountain hut

*Not your usual  
mountain hut*



*Dom na Joštu is located on Kranj's local mountain, where the townspeople hike every day after work and enjoy the panoramic views of Slovenia's highest mountaintops all the way to the Ljubljana basin. The regular, as well as new, visitors trust chef Matjaž Sedej to prepare something based on his current inspiration. Such dishes are the best, he says. The chef, who learnt his skills in France, also likes to invite renowned Slovenian chefs to join him in the hut and together they create world-renowned dishes. Matjaž transforms traditional Slovenian dishes with his own special touch. Visitors to the mountain hut are surprised by its chic furnishings, a glitter disco ball and a large book nook. The impressive collection of around 250 books constantly changes as guests take away and bring new books or read them in this unique atmosphere.*

**How does Dom na Joštu differ from other mountain huts?**

In addition to the high quality of the food on offer, we occasionally organise culinary and musical events. A few times a year, I invite one of the well-known Slovenian chefs and together we prepare selected world-renowned dishes. We don't even advertise the event, but rather just place a board in front of the hut and the event sells out in less than a day.

**You don't have a menu. You only have a few staple dishes while you create other dishes based on your inspiration. What kind of food do you offer in the hut?**

We offer seasonal dishes. Every season we change our dishes to reflect what is available in the nature and from local farms. Our regular fare comprises traditional stews that we prepare in our own unique way.

**To which of the traditional dishes have you given the biggest touch of your personal creativity?**

It would have to be the traditional Slovenian dish *jota*, which we call 'Jota our own way' for a reason! Some people say that the most traditional *jota* is made with turnip, while others say sauerkraut. In order to avoid disputes, we use both in our *jota*. We also add chickpeas, kohlrabi and other unusual ingredients. Of course we spice it up with real Carniolan sausage.

**What are your guests' favourite dishes?**

We are very famous for pork ribs, smoked especially for us by the butcher for four hours over beech wood. I then roast them at a low temperature overnight so that they simply melt in the mouth. Among the most popular of the spirits made by local providers are *medica* (mead), *viljamovka* (pear brandy) and *češpljevec* (plum brandy). We make the latter ourselves.

## *Jota* our own way with Carniolan sausage *recipe*



### Ingredients

for 4 people

1 jar of sour turnip  
1 jar of sauerkraut  
1 can of beans  
1 can of chickpeas  
2 onions  
2 cloves of garlic  
500g dried-cured pork collar  
50g minced lard  
300 ml whole peeled tomatoes  
1 carrot  
1 stick of celery  
1 kohlrabi

spices: salt, pepper, marjoram, a bay leaf, paprika, stock cube



### Method

Cut the onion, chop the garlic and the other root vegetables and dried-cured pork collar. Fry the onion in a large saucepan. Once the onion has caramelised, add the garlic and saute for a short time, then add some water and leave to simmer for a while. Then use a stick blender to puree the onion and garlic mixture. Add the minced lard, sauerkraut, turnip, vegetables and meat, and pour over water to cover. Finally, add all the spices and cook for 45 minutes. The dish goes well with Carniolan sausage.



### Dom na Joštu

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Every day: 8am – 10pm



# Greenery from the countryside in the town

The capital of Gorenjska already smells of freshly baked bread in the early morning. For breakfast, there is nothing better than milk from a neighbouring farm. Vegetables from our gardens provide us with energy, while Carniolan sausage, which can be often found on our plates, gives us strength. Local producers supply the town marketplace and the boutique shops in the centre of Kranj, therefore there is never a lack of fresh dishes on the menu.



## Kranj is home to fresh ingredients and Alpine flavours

Some farms can be found just a short distance away from the town. The fertile Kranj-Sora plain has long been a source for healthy crops. The farmers in Kranj's surroundings produce everything that you would like to have in your basket. Milk is transformed into tasty yoghurts, cheese, butter and curd cheese. Sausages and fragrant dry-cured meat products are made from local as well as organic meat. Grains from

the Gorenjska region are put to the best use in handmade pasta and bakery products.

## Short supply chains

Local ingredients are not only tastier, but they are also healthier. Moreover, short supply chains have a positive impact on the environment. Food is only transported locally, while all participants in the chain receive fair payment for their work. There are no food miles involved in order for it to reach our basket or plates, therefore the products are fresher and picked at the right time when they fully ripen.



**The town marketplace** in Kranj is ideal for all those who are looking for flavours from the green countryside in the town. Every week, local providers offer an endless number of ingredients from gardens, fields and pastures.

**The Krajček shop** is packed with local delicacies where you can fill your basket to the brim. This 'miniature marketplace' operates with the mission to promote organic and locally produced food. Its shelves are full of fresh fruit and vegetables, jams, spreads, healthy baked goods, milk and other products.

**The Eko Škrncl** organic shop provides shoppers with a good feeling immediately upon arrival. The shop features ingredients for a balanced diet, from those from the local environment to super food, made in the spirit of ethical responsibility towards nature and man.

**The Figa delicatessen** is the perfect place for culinary enthusiasts and gourmets. It offers a choice of selected wines, meat products and the best cheese in town as well as a growing number of local delicacies.

**The STONOGA institute**, a centre for connection and intragenerational cooperation, provides numerous sustainable activities. Together with **Gostilna Krištof**, they strive for short supply chains and the use of local products. Every week you can order and pick up a crate of organic and locally produced products from **Hiša za samooskrbo Shramba** ('a house for self-sufficiency in food'). The products come directly from the gardens and fields of surrounding producers.

## The Odems Boutique Farm, where it smells of hay

*At the family farm in Predoslje, Gregor and Darija Ovsenik are writing the success story of the Odems farm. It all started with the family's simple desire to enjoy high-quality produce. The decision proved to be more than right since satisfied buyers queue up in the courtyard of the Odems farm and return time and again. The farm has become known throughout Slovenia for its hay milk.*

**A marketplace in the courtyard, where everyone is welcome with a milk can, a basket, or without**

Every day, the courtyard of the Odems farm turns into a small marketplace, where you can buy everything from hay milk, yoghurts, curd cheese, young cheese, spreads and other excellent milk products. In addition, they offer a variety of other delicious home-grown produce. Gregor Ovsenik, who left his managerial position to work in the stable, particularly attributes the family's success to their personal approach and friendly attitude towards customers.

**Every purchase at the farm, where you are greeted by their domestic animals, is a real experience**

When arriving at the farm, Gregor invites customers to peep into the stable and meet the animals. This allows customers to see where the milk and milk products come from. He is delighted to explain how the farm works and will also share a special recipe or two with the visitors.

**Hay milk, a new star of the farm, Kranj and Slovenia**

Raw hay milk, which has not been pasteurised or subject to any other form of processing, comes from dairy cows that are fed exclusively on fresh grass, hay and various grains, such as maize, wheat and barley. This milk has a more favourable ratio between omega 3 and 6 fatty acids, as well as more vitamins and other substances that are beneficial for our body. This means that you will always be welcomed to the farm by a pleasant scent of hay.



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# The Brdo estate

## Green Slovenia in miniature

*The Renaissance Brdo Castle is located just a few minutes away from the hustle and bustle of the town. The estate, with a 500-year-old history, is known as one of the most important protocol areas in Slovenia. Together with the white Lipizzaner horses, which are among the most recognisable symbols of Slovenia, and painted beehive frontal panels, the estate is reminiscent of Slovenia in miniature.*



### A green and white fairytale in the middle of a forest, brooks and meadows

The 1.2 acre natural park is a real hive of freshness and life. Due to the rare animal species and natural wealth of sensitive habitat types, it is part of the protected network of European Union Natura 2000. White Lipizzaner horses provide a welcome upon arrival on the property. The history of the estate has long been tightly connected with horses. The first two mares, Jadranka and Lipica, were brought to the property by the former Yugoslav President Josip Broz Tito four decades ago. The mythical white horses, which come from Lipica near Sežana in the Karst, are one of the noblest breeds of horses. Brdo is home to 12 Lipizzaner horses. Travelling on a carriage through the forest, past the brooks and ponds and through the blooming meadows is a really special experience. If you visit Brdo in winter, you may have the opportunity to enjoy a ride on a sleigh pulled by Lipizzaner horses through the snow-covered landscape.



### Water artery for the town of Kranj and source of life for animals

The Vršek brook, which springs on the estate and supplies the park, provides shelter for numerous aquatic animals. At the same time, it is a major water artery, which supplies the town of Kranj with water. The Zeleni hrib drinking water reservoir supplies almost a third of the inhabitants of the capital of the Gorenjska region. The crystal clear water shows the river crayfish that still live here, which have found their home along with snails, molluscs and dragonflies.

## A basket of Brdo park delicacies

Summer picnics in the Brdo park are a special experience. Taste delicacies from a Brdo picnic basket, full of delicious dishes prepared by the masterchefs of the Brdo estate. You will relax and enjoy the delicacies alongside the sounds of the brook, while observing birds in the sky and the sound of Lipizzaner horses in the distance. The Pustotnik farm, the Podjed dairy and the Odems farm, as well as other local and Slovene producers, ensure that picnic baskets are always full of local ingredients. Dishes with trout, venison from the estate, freshly pressed oil and homemade fig jam on a baguette – it's difficult to decide which is the best treat. The fresh and local ingredients ensure that the dishes are always full of flavour.



### A perfect picnic day

The day becomes even more perfect when, in addition to a full picnic basket, you add a picnic blanket and an electric car, which you can use to seek out for a picnic.





A close-up photograph of a dark, woven basket, likely made of bamboo or a similar natural material. The basket features a complex, interlocking woven pattern that creates a textured, three-dimensional appearance. It is positioned on a surface with a blue and white checkered pattern, which is visible in the background and foreground. The lighting highlights the intricate details of the weaving and the natural texture of the material.



# Spring and summer

A picnic basket and food on a checkered blanket in a forest. In the background, a group of people are sitting on the grass under tall trees.



**Pear water**



The days of  
homemade  
delicacies in  
the Brdo park

The Mavčiče marketplace

april april april **may** may may may **june** june june **july** july july july july **august** august august august **september** september september

every fourth Friday in the month – year-round, Mavčiče

every second Friday in the month – year-round, Stražišče, Kranj

July/August, various venues in Kranj

June – September, various venues in Kranj

May – September, old town centre of Kranj

September, Brdo Park



The whole village looked forward to the traditional winter pig feast.



koline

A 365-day long culinary journey

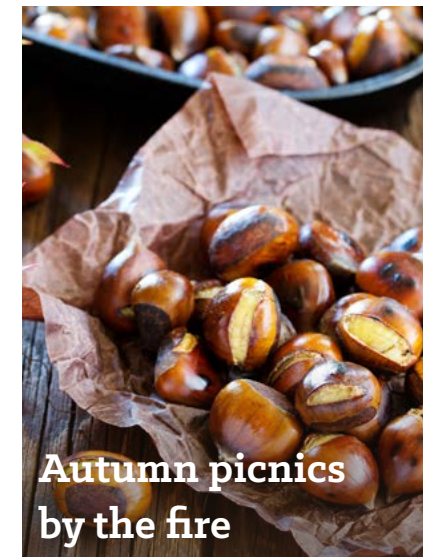
# Autumn and winter

Today, the locals prefer to buy Carniolan sausages from a nearby farm or in a local shop, whereas in the past they used to hang all the sausages on a rack at home. Winter heralded the annual pig slaughter and the whole village looked forward to it. Blood sausages tasted best when they were baked until crisp and served with sauerkraut and soup. A pleasant aroma of still warm ocvirkovka (a savoury cake with pork crackling) attracted children, while the adults preferred a thick soup called godla, and maželjni (minced pork filling in a net). There was a lot of meat and what was left was stored carefully: fat and smoked minced lard into wooden containers and sausages and salami in the attic, where the pleasant aromas could be smelt until the summer.



From gardens to pantries

When summer turns to autumn, fields and gardens are full of crops. In the past, the people of Gorenjska stored potatoes, grain and meat in granaries. Well-stocked granaries meant they would be able to survive the winter. Today, the people of Kranj prefer to go to nearby farms for their winter stores. In winter the shelves in the pantries are filled with jars of pickled vegetables, which are served instead of salad. Sauerkraut and turnips were once the main trump cards of Carniolan cuisine and are real vitamin boosters. Pickling and preserving vegetables or fruit at home is a great way to consume the entire crop, and means that we need to shop less frequently, while conjuring up food that binds the soul.



Autumn picnics by the fire

Autumn days are perfect for outdoor walks, when from the top of the Šmarjetna gora or Sveti Jošt hills there are views of Kranj and the surrounding forests are bathed in a palette of warm colours. When we frolic through leaves, it becomes clear that they are a great natural pantry. In October, don't forget to stop at the forest clearing in Zgornja Besnica near Kranj, where you can treat yourself to fresh chestnuts from the embers at the traditional *Kostanov piknik* (Chestnut Picnic), which really hit the spot in autumn. You will also have an opportunity to buy delicious delicacies from local growers.



Stražišče market

The Stražišče market traditionally takes place every other Friday in the Stražišče area of Kranj. There is no shortage of delicious local delicacies at the local organic and conventional market, organised by the Sorško polje association and other co-organisers. Visitors can choose from a wide selection of organic and local food, fruit and vegetables, dairy, mill and bakery products, dried meat and other products. As part of the market, a Beer Festival takes place in the summer months, which features small local and other Slovenian craft brewers.

Kostanov piknik (Chestnut Picnic)  
October, Zgornja Besnica near Kranj

september **october** october october **november** november november **december** december december **january** january **february** february **march**

Mavčiče market  
every fourth Friday in the month – year-round, Mavčiče

Stražišče market  
every second Friday in the month – year-round, Stražišče, Kranj

Wine Route  
November, tunnels beneath old Kranj

Prešern's December  
December, various venues in Kranj



Beef soup

Nothing warms one up more than homemade beef soup that goes straight from the stomach to the heart.



# Locals from Kranj recommend

## 1 Pr' Krt Farm

Marko Mohorič  
Podrovnik 37, 4201 Zgornja Besnica  
+386 41 262 342 (Marko)  
+386 31 666 974 (Renata)  
marko\_mohoric@t-2.net



The Pr' Krt farm in Podrovnik is known for its house flour, which they grind in their mill from their own grains. After 3pm, you can purchase wheat, rye, rice and buckwheat flour, as well as buckwheat and millet grains, and oatmeal. They also make pasta from flour.

## 2 Aljaž Dolhar

Aljaž Dolhar  
Predoslje 139, 4000 Kranj  
+386 40 849 803 (Aljaž)  
+386 40 851 827 (Slavko)  
aljaz.dolhar@gmail.com



In autumn, pick a scoop of vitamins for winter at the goji berry plantation in Predoslje, while in spring, enjoy sweet haskap berries (a variety of Siberian blueberry). At the orchard, you can pick your own organic-certified products, or, upon prior arrangement, they can be picked for you.

Zgornja Besnica

1

Naklo

Predoslje

Kranj

Britof

Šenčur

Žabnica

Škofja Loka

4

Golnik

6

2

3

8

5

7

## 3 Štirn Farm

Dragica Štirn  
Suha pri Predosljah 56, 4000 Kranj  
+386 41 790 303  
kmetija.stirn@gmail.com  
www.kmetija-stirn.si



The Štirn farm is involved in the production and processing of medicinal herbs, from which they make syrups and refreshing lemonades flavoured with ginger, turmeric, thyme, mint, rosehip and elderberry. The drinks are made from natural ingredients according to traditional family recipes passed down through the generations.

## 6 Odems Farm

Gregor Ovsenik  
Predoslje 41, 4000 Kranj  
+386 40 580 314  
kmetija.odems@gmail.com



Locals return time and again to the Odems farm for hay milk, curd cheese, yoghurts, cheese and other dairy products. The farm is known for its sustainable philosophy. The family like to greet visitors in their backyard, where you can also buy home-produced eggs, potatoes, Ptuj garlic and handmade pasta.

## 4 Jože Koprivnikar 7 Pr' Jurgovc Farm

Jože Koprivnikar  
Golnik 15, 4204 Golnik  
+386 41 337 678  
koprivnikar.joze@siol.net



The locals know where to go when their pantries runs out of eggs, noodles or other types of pasta. Public institutions also purchase quality pasta made from home-produced eggs and 100% durum flour from the Koprivnikar family in Golnik, where you can also get milk. Larger quantities are delivered by arrangement.

Franci Eržen  
Zabukovje 2, 4201 Zgornja Besnica  
+386 41 223 797  
franci.erzen5@gmail.com



The Pr' Jurgovc farm in Zabukovje is the right place for fruit lovers. In summer you can call into the farm or find the stall at Kranj's market, where you can pick up juicy, freshly picked cherries, while in autumn, a box of plums and apples, including local waxy and topaz apples..

## 5 Blaž Šifrer

Blaž Šifrer  
Žabnica 38, 4209 Žabnica  
+386 41 278 489  
blaz.sifrer@gmail.com



On the farm, they make sure their crops are easily accessible to everyone. Potatoes, lettuce, carrots, beetroot, onions and cabbage are delivered to your home or you can pick up the vegetables yourself. They also supply fresh vegetables and crops to public institutions.

## 8 Hribar butcher's shop

Marko Dolenc  
Predoslje 78, 4000 Kranj  
+386 41 608 763  
mesarijahribar.predoslje@gmail.com



The Hribar butcher's shop in Predoslje is a delight for meat lovers. It offers a delicious range of products and is especially known for its Hribar's sausage. You can also buy traditional Carniolan sausage, as it is one of the 11 certified producers of Carniolan sausage in Slovenia.



## A CULINARY JOURNEY PROJECT - TASTE GORENJSKA

The booklet *'Kranj on a Plate'* was created as part of the **LAS Project 'A Culinary Journey'**, which promotes the raising of the quality of the cuisine on offer by including food locally produced in the countryside of the municipality of Kranj. By establishing quality standards, training and promotion, Kranj's cuisine complements its array of tourist attractions and services and acquaints visitors with the unforgettable tastes of Gorenjska. The content of this brochures showcases selected local producers, catering establishments and traditional dishes of Kranj's countryside and offers ideas for the preparation of typical dishes in a modern way. The investment is financed by the European Agricultural Fund for Rural Development: Europe invests in rural areas. The leading partner of BSC, Business support centre, Ltd., Kranj, is responsible for management of the project, while the partner Tourist and Culture Board Kranj is responsible for publishing this booklet. The managing authority designated for the implementation of the Rural Development Programme of the Republic of Slovenia for the period 2014-2020 is the Ministry of Agriculture, Forestry and Food of the Republic of Slovenia.

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