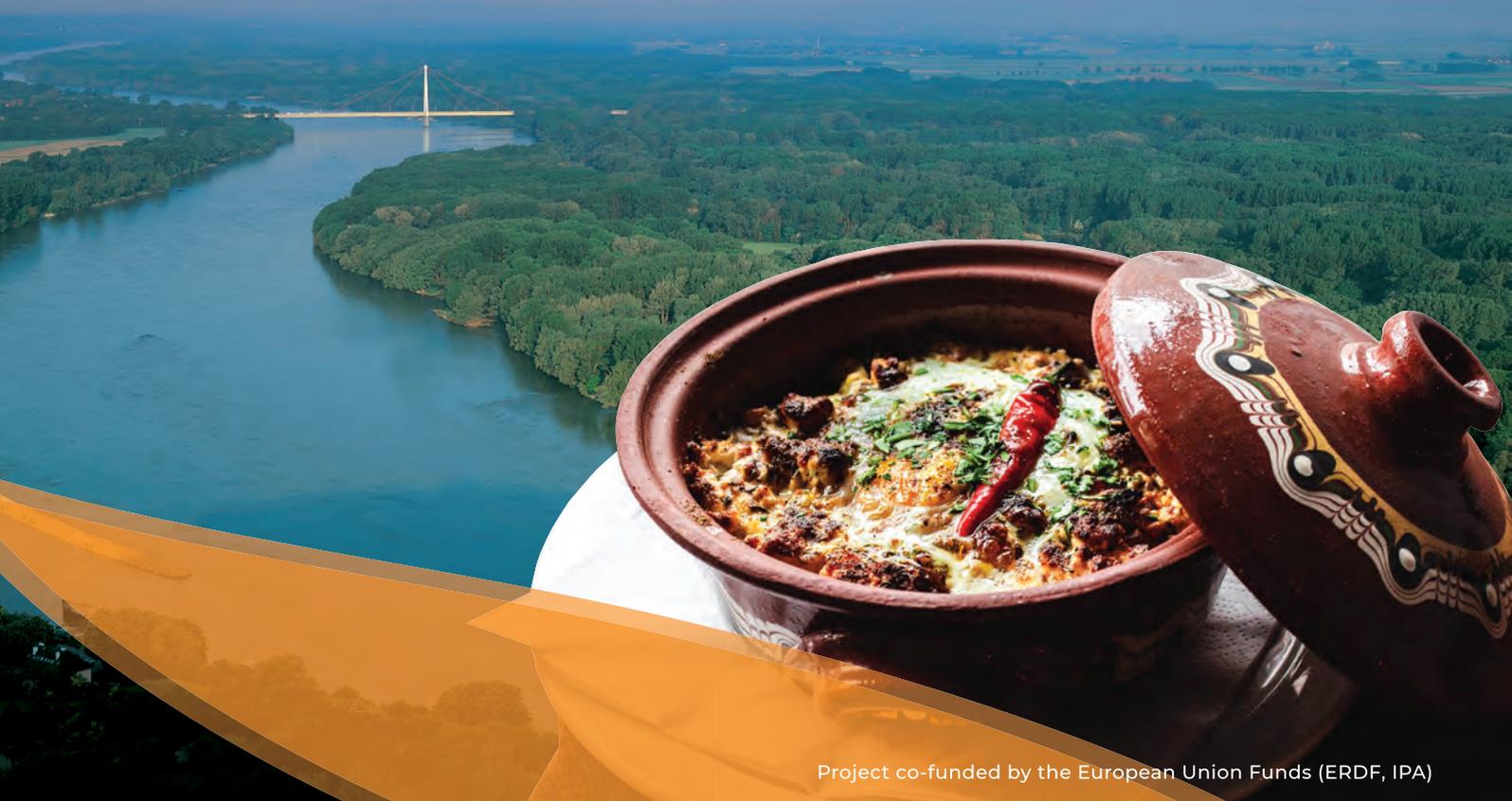


DANUBE PARKS

COOKBOOK

by Ivan Gašpić

One river, ten countries,
countless flavors



Project co-funded by the European Union Funds (ERDF, IPA)

„One river, ten countries, countless flavours” is more than a cookbook.

This is a tale of the Danube river and a tool of experience that allow us to connect with the authentic story of this region. It allows us to look back and to learn more about the rich cultural and natural heritage of the Danube region.

It can also help us to understand how powerful force the Danube really is. It is not only that water and nature have defined the landscape, but they also defined our history, culture, art, architecture, and many other aspects of our lives – such as gastronomy.

During the Transdanube Travel Stories project, we have tried to link the thematically focused stories with the most representative destination in this region. As a result of our work, six new tourist trails and narratives are created.

One of these trails is the „Returning to the Last Danube“ trail which is passing through eight protected areas in the lower section of the Danube. In this publication, you will be able to find more about these destinations as well as other protected areas which are part of the DANUBEPARKS Network.



Photo by Jacqueline O'Carra on Unsplash

FOREWORD
MATEJ MARUŠIČ

On behalf of **DANUBEPARKS**, I can say that we are honored to work with Mr. Ivan Gašpić who is a great expert on the topic of the connection between culture, identity, and gastronomy. Although the recipes are colorful - from main dishes to desserts - they are allowing us to experience the same story about the Danubian identity shaped and inspired by the river.

We hope that you will try the recipes from this cookbook on your own, or - maybe even better - taste their authentic version during your trip through protected areas along the Danube river.

The DANUBE PARKS Network

by Georg Frank

The foundations for transnational cooperation concerning the protected areas along the Danube were laid in 2007, and DANUBE PARKS – the Danube River Network of Protected Areas – was officially founded with the signing of the Declaration of Vienna in 2009. Since then, much has been achieved.

The work on several EU projects has engendered robust and amicable cooperation. The mutual exchange of experience and know-how has led to coordinated strategies for many nature conservation issues. DANUBE PARKS has become a platform for lively cooperation among the protected areas along the river, and interactions have expanded horizons at local level. Danube-wide strategies are being drafted, and several specific protective measures have already been implemented. DANUBE PARKS has also become a widely recognized nature conservation network. International bodies such as the International Commission for the Protection of the Danube River (ICPDR) and the EU Strategy for the Danube Region (EUSDR) are among its permanent partners. The growth of DANUBE PARKS itself is proof of its success. Founded in 2007 with eight members in five countries, it now embraces 20 conservation areas in nine countries, all working together to protect the precious natural heritage of the Danube.

In future, DANUBE PARKS intends to act as the combined voice of the Danube Protected Areas, vigorously promoting their shared agenda in the political arena and developing as a framework for cooperation to promote and expand its projects. This work will ensure that DANUBE PARKS will continue to have a positive and constructive impact on sustainable development in the Danube region.

- 1. Danube Delta Biosphere Reserve
- 2. Lower Prut Nature Reserve
- 3. Comana Nature Park
- 4. Rusenski Lom Nature Park
- 5. Persina Nature Park
- 6. Iron Gates Nature Park
- 7. Gornje Podunavlje Special Nature Reserve

- 8. Kopački rit Nature Park
- 9. Regional Park Mura-Drava in Osijek-Baranja county
- 10. Lonjsko polje Nature Park
- 11. Duna-Dráva National Park
- 12. Duna-Ipoly National Park
- 13. Fertő-Hátság National Park

- 14. Dunajské luhy Landscape Protected Area
- 15. Záhorie Protected Landscape Area
- 16. Donau-Auen National Park
- 17. Narrow Valley of the Danube in Passau district
- 18. Donauauwald Neuburg-Ingolstadt

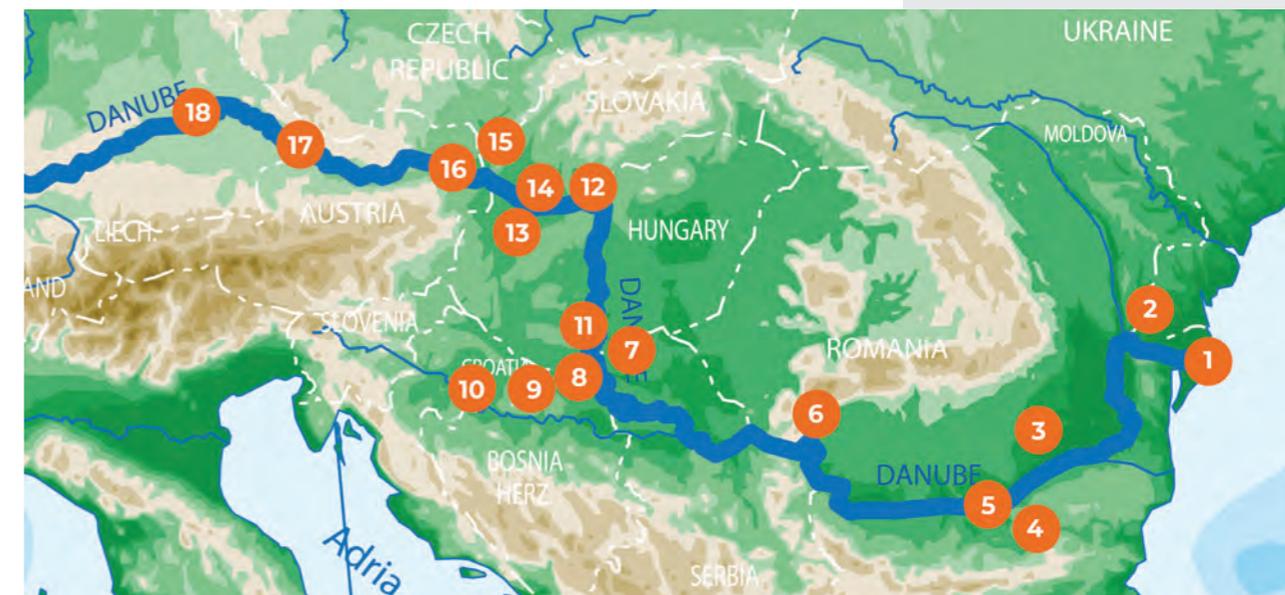
Transdanube.Travel. Stories project

by Christina Narval

The Danube brings together the history of Europe. Humankind used the Danube from the very beginning as a promising place to live and to make business. First settlements date back to 40.000 BC (Schwäbische Alb), the Stone age (Lepinski Vir 5.000 BC) and the Vucredol culture (3.000 BC). Between 2nd and 4th century a.d., the Danube was the political and administrative center of the Roman Empire. Until the introduction of the railways, the Danube provided the necessary transportation possibilities in Central and South-East Europe, making it one of the important trading routes.

Recognizing the vast cultural and natural heritage of the Danube region, the project aims at supporting sustainable tourism in the Danube region by implementing innovative promotion concepts (new narratives) and sustainable mobility management tools.

The project is aiming at improved management (strategies and tools) for sustainable use of the touristic potential of cultural and natural heritage resulting in more European citizens experiencing European cultural and natural heritage.



About the Returning to the Last Danube story

by Georg Steiner

In the beginning was the Danube – thus begins this story, echoing the biblical account of the Creation. Water and nature have defined the landscape. But mankind has changed it, “cultivated” it, and, in the end, abused it. This is the scenario of this trail, which takes us from the triangle formed by the countries of Hungary, Croatia and Serbia to the grandiose estuary flowing into the Black Sea. It explores the fascination of the river landscape, but also the many problematic changes caused by human intervention – whether through power stations, urbanisation, or misuse and exploitation.

The last section of the Danube forms the largest surviving natural wetland in Europe. Experiencing the Danube here means reconnecting with nature in its most primal form, and with our very selves. Here, the idea of border-crossing is a multidimensional one. Here, travel means winding down, coming to terms with the wilderness and with oneself. While cities are moving closer and closer to the river, people are becoming more emotionally alienated from nature than ever.

In the balance between man and nature, commodity has elbowed its way to the forefront. The closer the Danube gets to its estuary, the better this balance. For this is where we sense most tangibly that man is part of nature. In this stretch of the Danube, nutrition, movement and traditions are still in harmony with the river. The actual destination of tourists experiencing this section of the Danube should be sensing this synergetic unity and discovering it individually for themselves: the Danube as a mirror of a new symbiosis between man and nature, a mirror of all the senses.

Nature as lived here is a great symphony scored with all forms of expression available to human emotion. The Danube Delta presents nature as it once was, and in its most consummate form – the world before mankind, as it were.



A vast area of water and reeds, a spectacular landscape, a world of tranquillity and mystery teeming with countless forms of life – a great symphonic finale echoing out from this European river. Thus, the lower part of the Danube signals a new intimacy with the river, with nature; also, the urgent message that we should be cultivating a sensitive, respectful and caring tourism that cherishes the values of nature.

The Danube is neither a zoo nor a static exhibition. It is Nature herself, in all her multifaceted beauty, vulnerability, wildness, and diversity, but also in all her demands and tribulations, which not only have to be overcome but also to be understood and accepted in their significance. Herein lies the fascination of the “last Danube”.



Introduction

by Ivan Gašpić

Danube, Donau, Dunaj or Duna are some of the today's names of the same river in the countries it passes through. At the beginning of the first millennium, this river formed the frontier of the Roman Empire. The life of people along the Danube appeared much earlier in the past, so, as in the case of many ancient civilizations whose cities grew along rivers, large settlements often developed on its banks. Rivers were the cradles of kingdoms, empires, and trade routes, but they were also migratory routes. Today, there are dams and artificial lakes on rivers that affect the fate of mankind as well as plant and animal survival and are also closely related to their changes and vanished flows. Due to their strategic position, the Danubian countries are of economic importance to the European Union. The Danubian countries of Europe refer to independent states that have direct access to the river Danube that passes through the country or is part of its border. The Danube flows through ten countries: Germany, Austria, Slovakia, Hungary, Croatia, Serbia, Romania, Bulgaria, Moldova, and Ukraine.¹ This river is one of the most important and longest in Europe and has great biodiversity. Its source is in the Black Forest (Schwarzwald), a beautiful wooded and mountainous region in southwestern Germany. It flows and stretches towards Eastern Europe, connecting some major cities with smaller ones. It flows into the Black Sea and forms a delta in Romania and Ukraine, which has been a UNESCO World Heritage Site since 1991.

It is often associated with various mythologies, legends, gastronomy, literature, film and other arts, and many important musical works have been written about this powerful river, such as the waltz *On the Beautiful Blue Danube* by Johann Strauss Jr. and *The Danube Waves* by Romanian composer Iona Ivanovici. International Danube Day is celebrated on June 29, with festive celebrations taking place in most of the Danubian countries.²

¹ Leksikografski zavod Miroslava Krlež: <https://www.enciklopedija.hr/Natuknica.aspx?ID=16593>, page accessed on October 22, 2021

² Javna ustanova, Agencija za upravljanje zaštićenim prirodnim vrijednostima na području Osječko-baranjske županije, http://www.obz-zastita-prirode.hr/media/files/ZIVI_DUNAV.pdf, page accessed October 4, 2012



Various events are organized, mostly gastronomy related, and everything is accompanied by various cultural activities. The Danube River is rich in its flora and fauna, so the area is suitable for the development of gastronomy. The Danube has always been an important area of economic activity, of which fishing and viticulture stand out. It is rich in various fish species, some of them endemic, and the most common are carp, catfish, sneep, chub, pike perch, bream, white bream, pike, perch, eel, asp, sturgeon and most of them are used to prepare dishes.³ In addition to interesting and traditional victuals in many Danubian countries, the preparation of certain dishes is interesting.

The experience of preparing meals and consuming authentic, traditional specialties is one of the best ways to share and present your culture and country. Interesting methods of preparing food, such as forks, various earthen pots, various skewers have been used for preparing meals and all this on an open fire, which was the most common form of thermal treatment of food.

³ Novaresio, Paolo, *Velike rijeke svijeta*, White Star, Vercelli, 2006.



The use and names of traditional cooking utensils and baking skewers are reminiscent of the creativity and ingenuity of our old people who lived in difficult times. This cookbook, which presents the authentic recipes of the countries the Danube passes through or borders on, is the best indicator of the relationship between the diet, culture and identity of a certain nation. We can learn a lot about a certain culture of a nation by researching their food. It's hard to get to the heart of a nation's culture if we don't get to know their cuisine. Today's multicultural and multiethnic population in Europe is the result of political and social change.

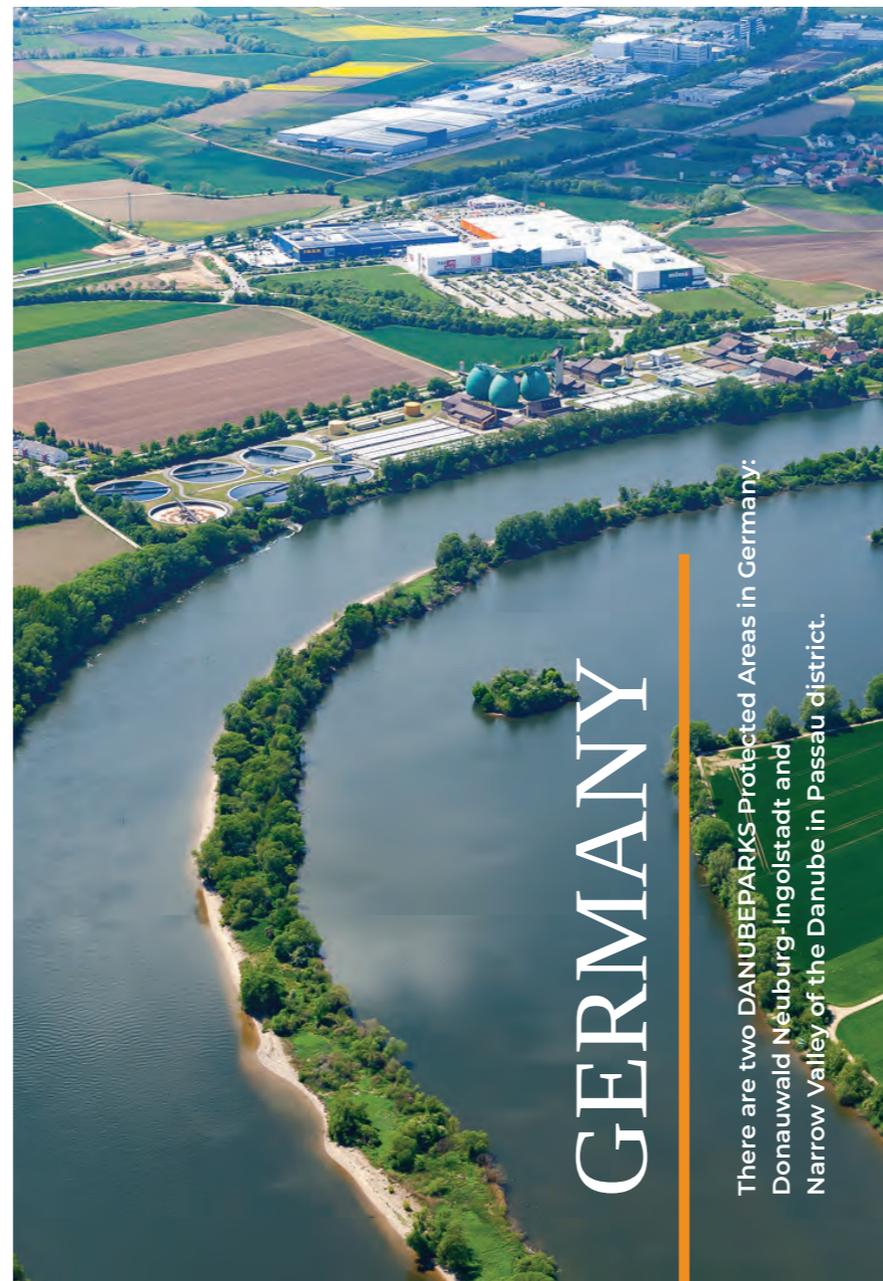
Culture and identity developed in such an environment and one of the most important segments of both elements is cuisine. Food culture represents the norms, traditions, customs and attitudes of a society towards food and nutrition and, like other segments of culture, is subject to change.⁴

Cuisine is an extremely important tourist product, emphasizing that it is an integral part of the culture of a particular area, and depends on the level of civilization development and varies from area to area. Cuisine occupies a prominent place in the promotion of tourism, especially in countries with abundant climatic areas and is not only part of the cultural heritage but also a witness to the life and identity of a nation or ethnic group.⁵Cuisine connects the formation of identity and culture because man uses what he finds in nature and strives to create his own food that suits him best. Thus, cuisine has positioned itself as an important element of human identity and as one of the most effective means of expressing and mediating that identity.

The Danube connects the western part of Europe with the eastern, combining the aromas of traditional food, thus conveying the affiliation to this river and creating a unique gastronomic identity. Let's sail through the smells and tastes of the Danube through the traditional recipes of all ten Danubian countries and evoke memories of some old forgotten dishes.

⁴ Gašpić, Ivan, Prehrana, kultura, identitet (diplomski rad), Akademija za umjetnost i kulturu Osijek, Osijek, 2018.

⁵ Rabičić, Branislav, Selektivni oblici turizma, Visoka turistička škola strukovnih studija, Beograd, 2013.



Culinary traditions of Germany began to take shape during the period of ancient Rome. Germany is known for its variety of beers, but at the same time it stands out with its delicious traditional cuisine. The mention of German cuisine immediately evokes fried sausages, braised cabbage, beer rolls and the inevitable beer. Germany's gastronomic history reflects its rural roots and various geographical features. All regions have their own culinary tradition and culture, depending on the availability of ingredients and the people's way of life. The countries Germany borders, have significant influence on the formation of the German national cuisine and its dishes, France, Switzerland and Belgium. The Germans carefully and diligently passed on their old recipes from generation to generation just as the Brothers Grimm managed to create and write a vast opus of folk tales that we can enjoy, the same way dishes passed down from generation to generation. In German cuisine, meat products are highly valued and used, and many sausages are used as a special product, but also as an addition to other dishes. An important addition to meat delicacies are bread and pastries.

Traditional German pretzels are common in the southern regions of the country and are called laugenbrezel. The Germans like to prepare desserts and that is why there are many cakes and pies in their cuisine, where nuts, dried fruits, plums, apples, cottage cheese, pears and cherries are added. Fish and seafood are often used in the north along the Baltic Sea. One of the most famous dishes in Germany is käsespätzle or spaetzle with cheese. Spaetzle are especially popular in the south of Germany. They are considered a German specialty and are associated with the state of Baden-Württemberg. They are made from wheat flour and eggs and are mostly served with cheese and roasted onions. Soups are extremely popular in Germany, and among the most famous are Gulaschsuppe, a soup similar to Hungarian goulash, spicy soup Bohnensuppe as well as Zwiebelsuppe, similar to French red onion soup. Of the mentioned soups, the most appreciated are those with liver dumplings, and the most famous is the Bavarian vegetable soup Leberknödelsuppe, which is prepared for many festive occasions.⁶

⁶ Rittig-Beljak, Nives, Švapski kulinarij-dodir tradicije u Hrvatskoj, Ured za nacionalne manjine Vlade Republike Hrvatske, Ministarstvo znanosti i tehnologije RH, Zajednica Nijemaca u Hrvatskoj, Zagreb, 2002.



GERMANY

LEBERKNÖDELSUPPE

Famous Bavarian vegetable soup Leberknödelsuppe

🕒 2 Hours

👤 4 People

Cook Process

Soak the cubed rolls in hot milk for about 45 minutes. Grind the liver, then pass the soaked and drained buns through a meat grinder. Saute onion and finely chopped parsley leaf in butter. Put ground liver on buns, add eggs, finely chopped red onion, salt, pepper, add marjoram, chopped parsley leaf and lemon zest.

Mix well, combine the ingredients to obtain a uniform mixture. Meanwhile, prepare the vegetable soup. Cut celery, parsley root, carrots and leeks into cubes and fry briefly in oil. Pour with water, season with salt and pepper. Bring it to a boil. Shape the liver mixture into dumplings. Put them in the prepared soup and let them simmer for about 30 minutes. Garnish with fresh chives.⁷

Ingredients

- 4 stale bread rolls
- 250 ml milk
- 200 g liver
- 1 smaller red onion
- 2 eggs
- 30 g butter
- Salt
- Pepper
- Lemon zest
- Parsley
- Marjoram
- Chives
- 1.5 l vegetable stock (celery, carrot, parsley, leek)



AUSTRIA

The old saying that the greatest works of art are also the simplest can be applied to the famous Sacher torte, which is inscribed in the book of the most famous delicacies in the world with its simplicity. This cake confirms that some of the best things in life happen by chance, but it is also a great example of a student surpassing a teacher. Created by chance like all legendary dishes, it quickly became the indispensable for every confectionery apprentice, and an interesting story relates to its creation.

If you eat a slice of this cake, you will remember the time in Vienna when a small group of powerful aristocrats decided the fate of an empire. This rich chocolate dessert is recognized worldwide as a gastronomic symbol of Austria and is the most copied among patisseries. Its original recipe is still jealously kept in Vienna, where it originated. Sacher torte, a dessert made of chocolate and jam, was first made in Vienna a little less than 200 years ago. During 1832, Austria was headed by Chancellor Klemens Wenzel von Metternich. For this long-lived statesman, little was more important than leaving a good impression on the people he hosted. The original Sacher torte was created by a combination of several unfortunate circumstances. The first was in 1832, when the Austrian Chancellor, Prince Klemens Wenzel von Metternich, commissioned his kitchen staff to design a dessert to impress his distinguished guests. The head chef fell ill, leaving the chef's apprentice, then 16-year-old Franz Sacher, to do this job the best he could. Franz Sacher seized the moment and made the dessert of life. Young Sacher made a dessert of eggs, butter and chocolate coated with apricot jam and topped with dark chocolate.

The dessert he prepared delighted the prince and secured fame for the young confectioner. The cake soon became very famous and was very often prepared at the imperial court and soon conquered the people's palates around the world. Hotel Sacher in Vienna is the only one to produce a 100% authentic Sacher torte, with a trademark applied in the chocolate coating.⁸The famous Sacher torte recipe is probably one of the best kept secrets of Viennese confectionery cuisine. This old, perhaps the most famous cake in the world, is a protected souvenir of the Austrian capital, but also a real pleasure in the harmony and simplicity of taste. With this recipe you will surely be able to enjoy and feel a piece and a touch of the famous Sacher torte and the city on the Danube, Vienna. Let's expand our knowledge of this delicious Austrian specialty and find out its recipe.

⁸ Gurtler, Alexandra., Wagner, Christop., Nova Sacher kuharica, Večernjakova knjiga, Zagreb, 2006.



DANUBEPARKS' main office is located in Austria - Donau-Auen National Park.

A U S T R I A

SACHERTORTE

Perhaps the most famous cake in the world

 1.30 Hours

 16 peaces

 180 degrees



Cook Process

Preheat oven to 180 degrees. Coat a cake tin (26 cm in diameter) with butter. Separate the egg whites from the yolks. Melt the chocolate over a steam and let it cool a bit. Mix the liquid chocolate with the butter until foamy. Add powdered sugar, vanilla sugar, a pinch of salt and egg yolks and mix further. Mix the flour with the baking powder and stir into the chocolate mass. Whip the egg whites with salt until stiff and mix carefully into the chocolate mixture. Pour the mixture into the prepared cake tin and bake in the oven for about 60 minutes at 180 degrees. When the cake is baked, leave it to cool and cut it twice across so that you get 3 equally large pieces of cake. Heat the jam in a pot and coat the cake bases with it.

Put 3 pieces of cake on top of each other so that there is always jam in between and then pour the jam over the whole cake. For the glaze, melt the butter over low heat, stir gently until it boils, and when it becomes translucent and starts to foam, remove it from the heat. Add the chocolate cut into pieces and stir until the chocolate is completely melted. Pour the finished glaze over the cake and allow the chocolate to harden. Put the cake in the refrigerator for 2-3 hours or at best overnight.⁹

⁹ GuteKueche.at: <https://www.gutekueche.at/original-sachertorte-rezept-23354>, page accessed November, 7 2021

Ingredients

- 150 g dark chocolate
- 150 g powdered sugar
- 150 g butter
- 2 spoons of butter for the cake tin
- 5 eggs
- 150 g flour
- 1 baking powder
- A pinch of salt
- 1 packet vanilla sugar
- 1 jar of apricot jam
- 200 g dark chocolate for glaze
- 60 g butter for glaze



SLOVAKIA

Slightly milder than Hungarian, hotter than Czech, Slovak cuisine is rich, caloric and delicious with lots of dumplings and roast meat, but also famous specialties. Slovakia's position in Central Europe has given it insight and contact with different cultures. Over the centuries, Slovak cuisine has received the influence of its neighboring countries, the Czech Republic, Poland, Hungary, Austria and Ukraine. However, the specific specialties of Slovak cuisine stood out from this "European pot".

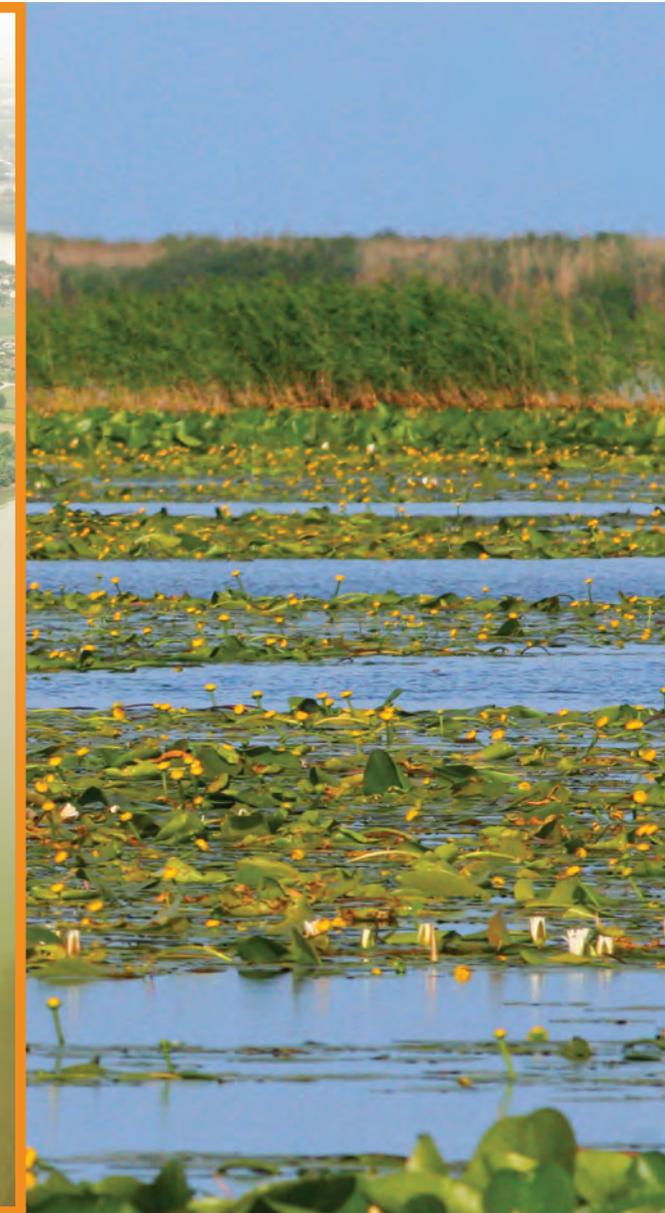
It is most similar to Czech cuisine, but still differs in the greater use of spices, which makes it similar to Hungarian, whose goulash it has embraced and adapted to its national characteristics. Spicy and piquant dishes are balanced by side dishes in the form of dumplings, meatballs, potatoes in many ways, rice, pasta and the like. The most famous Slovak dishes are potato dumplings, bryndzové halušky, kapustnica soup, fried steaks vyprázané rezne and szegedinsky goulash. Slovak cuisine is characterized by its simplicity, the use of many different vegetables and legumes such as cabbage, cauliflower, onions, garlic, beans, peas, potatoes and it was all complemented with pieces of bacon, lamb, pork and poultry.

Due to the tradition of shepherding, there was never a shortage of sheep cheese on the table. The best representative of Slovak cuisine is certainly "bryndzové halušky", which are small dumplings with "bryndza" (soft sheep's milk cheese) sprinkled with fried, crispy bacon cubes. You will not be able to taste "bryndzové halušky" anywhere else in the world except Slovakia. If you are traveling to Slovakia and want to eat a typical Slovak dish, order "halušky". This dish originates from the Liptov and Orava regions and is today considered the main dish of Slovak traditional cuisine.¹⁰

¹⁰ Kuric, Andrej, Popovič, Anica, Slovenska osada Josipovec, Vydal zväz Slovakov v Chrovatsku, Našice, 2007.



Dunajské luhy and Záhorie Landscape Protected Areas are DANUBEPARKS Members from Slovakia.





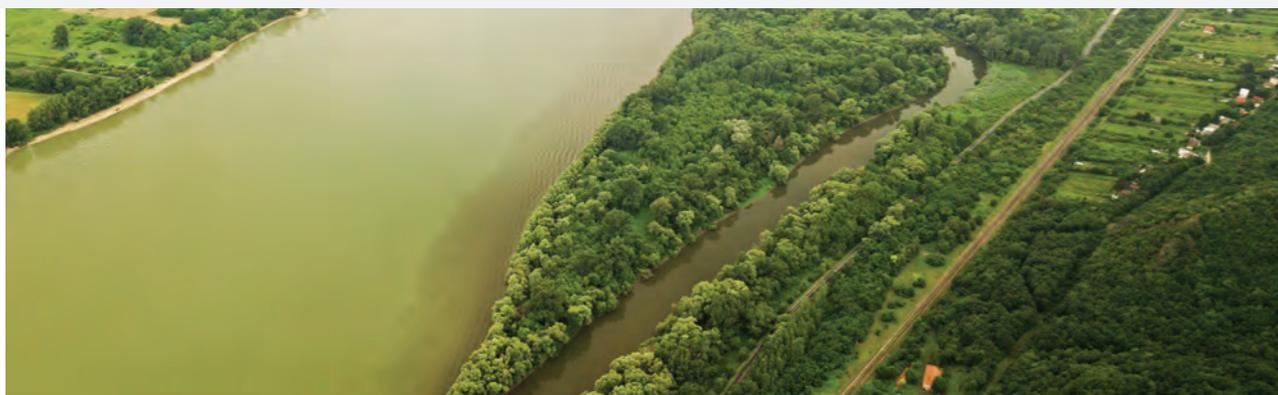
SLOVAKIA

BRYNZOVÉ HALUSKY

The best representative of Slovak cuisine is certainly “bryndzové halušky”.

 30 Minutes

 4 People



Cook Process

Prepare a larger pot with boiling salted water. Cut the bacon into cubes and fry it. Put grated potatoes, flour, salt and eggs in a bowl and mix everything well. Add the prepared dough directly to boiling water using a round strainer, halušky or spaetzle maker.

An ordinary perforated strainer can also be used to prepare halušky. Cook until they float to the surface. Then strain. Put the bryndza in a bowl and add the cooked pasta and mix everything. Add a little bacon fat if desired. Serve the dumplings with fried bacon and sprinkled with chopped chives or parsley leaves.¹¹

¹¹ Predstavnik Slovačke nacionalne manjine Grada Zagreba: <https://slovaci-zagreb.com/?p=95>, page accessed November, 10 2021.

Ingredients

- 750 g grated potatoes
- 150 g coarse flour
- 150 g plain flour
- 400 g bryndze – sheep's milk cheese
- 200 g smoked bacon
- 1 egg
- Salt
- Chopped chives or parsley

HUNGARY

Sokac bean soup is a delicious bean soup, recently known as bean goulash. It is a real specialty of Mohács with extremely interesting preparation. Lunch was prepared in the fields, in the vineyards, it was cooked on its own and did not require constant supervision. It is based on the traditional dish of the Croatian national minority Šokci who live in Mohács. This gastronomic specialty is a bean dish prepared in a fireproof earthen pot over an open fire. It dates to old times when these people, who were farmers, prepared this dish at the edge of the fields in an earthen pot surrounded with burning wood. To prepare this dish, you need a round pot with a suitable inner bowl (bastard) that can withstand high temperatures. It is available in different sizes and designs: one-eared and two-eared, glazed and unglazed, with or without metal mesh. The metal mesh had its significant purpose. If the pot broke during cooking, the entire contents would leak out if there is no metal casing or mesh that held it together.

In the times of our ancestors, there was great poverty, and food cooked in such dishes was eaten for two or three days. This dish was not cooked directly on the fire but by it, so that the pot was exposed to the temperature on one side. The temperature in the bowl rose, and the food thus stirred on its own. In the old days, at the beginning of a working day in the field, a pot was put by the fire after one job was done, then the soup was seasoned after one of the next jobs and so on. The dish cooked on its own. There was no time to work in the field and dedicate to cooking and that is why this dish was prepared in this way. This dish was initially considered to be food for the poor because only vegetables and beans were used, and adding several types of meat has become a habit only recently.



Three Hungarian National Parks are part of DANUBEPARKS Network: Fertő-Hánság, Duna-Ipoly and Duna-Dráva.

HUNGARY

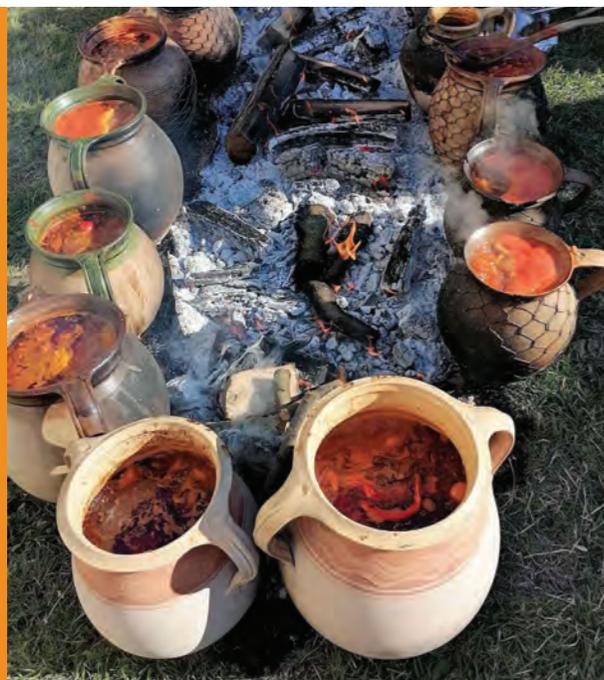
SOKAC BEAN SOUP

Bean soup cooked in the special pot

🕒 3 Hours

👤 10 People

🔥 open fire



Ingredients

- 800 g beans (fazekas bab), pinto beans, flageolet
- 500 g smoked pork shanks
- 200 g smoked bacon
- 500 g pork leg
- 3 onions
- 4 carrots
- 3 parsley root
- 6 cloves of garlic
- 2 green peppers
- 1 bunch of parsley
- Smoked sausage
- 4 l water
- 2 bay leaves
- Black ground pepper
- Ground red pepper
- Salt

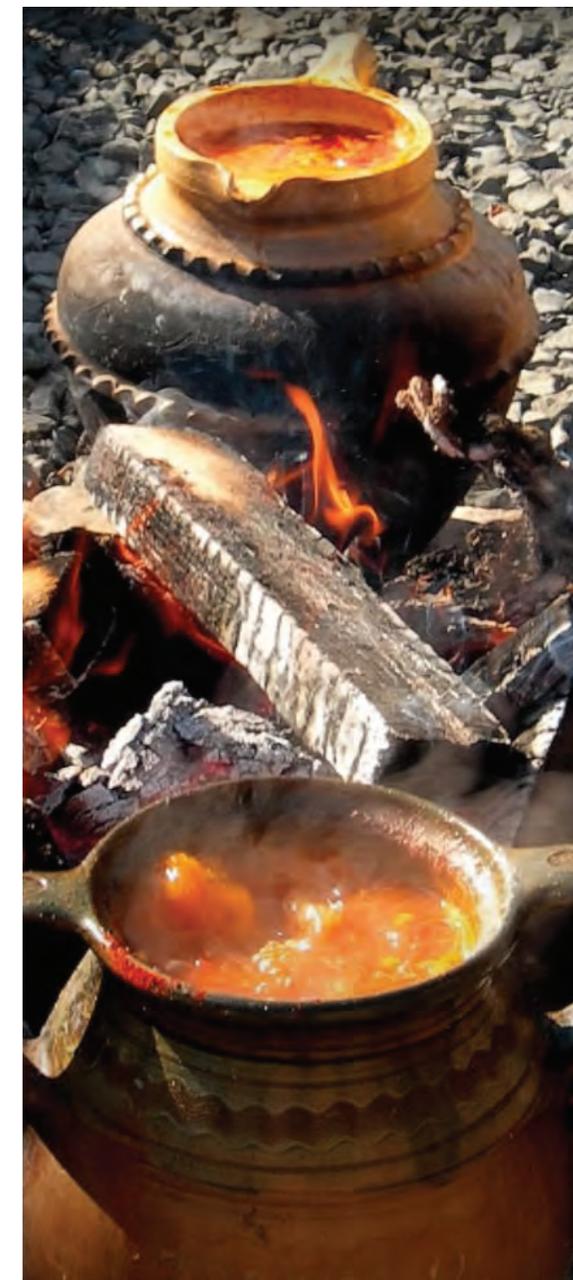
Cook Process

Soak the beans overnight. Cut the shank, smoked bacon and pork leg into cubes of about 2 centimeters. Peel and chop the onion. Cut root vegetables into small cubes. Peel the garlic and chop finely. Wash the peppers and parsley leaves. Cut the sausage into slices. Arrange the ingredients prepared in this way in a bean pot and pour with water. If possible, pour as much water as possible. It is also important that the food being prepared has plenty of juice, because if it is too thick, it cannot whirl on its own and will need to be stirred frequently. Cooking begins with fire, which requires hardwood.

Light the fire and wait for the embers to be made. Always add wood from the opposite side of the pot and pull out the one that is no longer burning in the flame, but only smolders next to the pot. Place the filled dish on a plate or brick and put it on the fire so that it touches only one side. It is important not to put the pot on an open fire but to cook it slowly over a low heat or on the embers. Turn the pot as needed and add wood to keep it burning. Add red pepper, salt and pepper halfway through cooking, just before the end, because the smoked meat will be a little salty from the beginning.

Cook for 3 hours making sure there are embers constantly around it so the soup can boil. After cooking, let it sit for 10-15 minutes before serving.¹²

¹² Receptletöltés: <https://receptletoltes.hu/arch%C3%ADvum/28i8z>, page accessed November 2, 2021





In 2019, a new DANUBEPARKS office has been established in Kopački rit Nature Park. PAs Lonjsko polje Nature Park and Regional Park Mura-Drava in Osijek-Baranja county are also part of the DANUBEPARKS Network.



CROATIA

Baranja is the area where carp is prepared on wooden forks. This area has become unavoidable on the tourist map of the Republic of Croatia, and Baranja offers a handful of experiences, especially gastronomic. In Hungarian, Baranja means mother of wine, and it got its name because grapes and wine are deeply rooted in the core of this piece of beautiful land. How best to describe Baranja!?

It is a golden chest of tradition, customs, experiences, stories, gastronomy, wine, multicultural life, mysterious in its apparent isolation in the far east of the Republic of Croatia. Tradition and customs are nurtured and preserved here as the greatest treasure a man can have, and they have survived to this day in this rich landscape of history and tradition. The key proof of this is the rich traditional Baranja cuisine. Ground red pepper, kulen, pork greaves, fish paprikash, beans in a pot are some of the dishes by which Baranja is already recognizable. The carp on wooden forks originates from the village of Kopačevo, a settlement within the municipality of Bilje in Baranja. As the locals used to catch fish in this old fishing village, traditional fish dishes were created that were easy to prepare using local ingredients and heat treatment, usually on a spit or embers.

Since it was important for fishermen to be able to prepare their meal along the bank as easily and simply as possible, "Carp in forks" was created, which requires a processed branch in the shape of a fork, fish, salt, spicy red pepper and fire. The carp is placed in a fork and slowly grilled over a wood fire, giving it a unique smokiness and aroma. This dish is specific to this area because it uses only local, autochthonous ingredients, carp due to the proximity of the Danube and red ground pepper, which is one of the trademarks of Baranja and is considered red gold here. Carp in wooden forks is part of the gastronomic identity of Baranja and Slavonia and best describes the life of the local population and that is why this dish is the best representative of Baranja cuisine.



CROATIA

CARP IN WOODEN FORK

Ingredients

- 1600 g carp
- 15 g salt
- 10 g ground red pepper

 2 Hours

 2 People

 open fire

Cook Process

Preparation: Scale the fish, remove the entrails and gills and wash well. Cleave the fish from the back into one flat piece. Mix the salt and red ground pepper in a small bowl. Rub the mixture into the fish and preferably leave to marinate for a few hours. Fasten the fish to the forks made of pre-prepared branches. For that, find a firmer forked branch of acacia, hawthorn, hazel or willow. The fire needs to be made on the ground so that the forks can be stuck into the ground next to the fire. The fire is lit from wood, ash tree is desirable because of the smoke that gives this dish its aroma. The forks are stuck next to the fire when enough heat and smoke is created.

First, the back of the fish is turned towards the fire and heat and left so for about fifty minutes. Then the fish is turned and grilled for another forty minutes. The time it takes for the carp to roast depends on the size of the fish, and ranges from an hour and a half to two hours. Carp prepared in this way is very tasty because when lightly grilled, the oil is extracted out of the fish and it takes on the smell of smoke.

It is served with potato salad and red onion and a glass of white wine.¹³

¹³ Žebčević, Matić, Maja, Muzej u loncu, Zoran Bošković, Gradski muzej Požega, Maja Žepčević Matić, Požega, 2017.



SERBIA

Many claim that Serbia is a country where “good food” is eaten. Delicious soups and stews, vegetable, pasta and meat dishes, and irresistible sweet desserts and cheeses are found daily on restaurant menus and on tables across the country. The cheese is the representative of Serbia in this book, i.e. the food that represents the authentic expression of the culture of this region was chosen. Miročki cheese is a relatively unknown gem of the mountainous regions of eastern Serbia, but it is listed as one of the best cheeses in the world. This cheese is a product of eastern Serbia, authentic for the upper part of the Negotin region in the area of Đerdap. The lower part is the Danube, and the upper is mountainous. Miroč is one of the mountain peaks from that area. Mount Miroč is located in the area between the villages of Tekija and Donji Milanovac. It is located at 768 meters above sea level and this mountain is interesting, among other things, for the production of specific cheese.

Miročki cheese was originally prepared from the milk that women had in the household at that time, and most often from sheep's or goat's milk. Today, Miročki cheese is made from cow's milk, although sheep's and goat's milk can also be added to the mixture. It is best grilled, where the exterior becomes crunchy, while the interior remains soft. That this cheese is deeply rooted in the culture of the Miroč region is shown by the fact that the peasants have been making it for themselves and their needs since ancient times. The shepherds carried it with them while guarding the flock, and the housewives also put it to ripening, after which the Miročki cheese could be used for an extremely long time.

Fresh Miročki cheese was treated as an occasional dessert and people loved to eat it gathered around the fire, grilling the cheese on a spit, on sticks or on an open flame. Grilled Miročki cheese is ideal with good wine, it has a refreshing taste, is crunchy under the teeth and is the gastronomic pride of eastern Serbia.¹⁴ It is served with prunes, nuts, honey, tomatoes, lettuce or seasonal vegetables.¹⁵



Public Enterprise VOJVODINAŠUME from Serbia is a DANUBEPARKS member as they are managing Gornje Podunavlje Special Nature Reserve. Also, cooperation is established with Đerdap National Park which is one of the destinations of Returning to the Last Danube trail.

¹⁴ Milanović, Zaharije, Srpski sir i kajmak u evropskom okruženju, Institut za ekonomiku poljoprivrede, Beograd, 1996.

¹⁵ Dozet, Natalija, Adžić, Nikola, Stanišić, Marko, Živić, Nebojša, Autohtoni mliječni proizvodi, Poljoprivredni institut Podgorica i Silimir Beograd, Beograd, 1996.

S E R B I A

GRILLED COW'S CHEESE

Miročki cheese

 30 Minutes

 4 People

Ingredients

- 800 g boiled miročki cheese
- 1 dcl oil (sunflower, olive oil)
- Salt
- Pepper
- Ground red pepper
- 200 g seasonal vegetables (peppers, tomatoes, red onions)
- 1 lettuce
- 100 g prunes

Cook Process

Cut the cheese into thick slices so that it does not melt too quickly. It can be marinated, but it is placed on the grill well drained so that the oil does not drip on the charcoal and the cheese doesn't turn black from rising ash and smoke. Grill it on a well-heated grill on both sides, 10 minutes on each side. Meanwhile, slice the peppers, tomatoes and red onions. Coarsely chop the lettuce.

When serving, first put lettuce on a plate, then sliced vegetables and arrange grilled cheese on top of the vegetables. Strew with oil, salt, pepper and ground red pepper. Add a few prunes. Serve it immediately while it is still warm.¹⁶

¹⁶ Premium Srbija: <https://www.premiumsrbija.rs/hrana/mirocki-sir/>, page accessed December, 1 2021



BULGARIA

Bulgaria's geographical position on the passage from Europe to Asia has left its mark on the character of its cuisine. It is closely connected with Greek, Turkish, Armenian, Italian, Hungarian and Mediterranean cuisine, but the influence of the Balkan countries is also visible. The reason for the obvious similarity is the geographical location and the common ingredients.

Bulgarian chefs managed to show imagination and highlight their own subtleties and secrets of cooking. The specificity of this cuisine is that it prefers long-term braising on low heat, especially in a covered earthen pot in the oven. Bulgaria is proud of an abundance of various vegetables and fruits, cereals, meat and meat products. People in Bulgaria are big fans of milk and dairy products from cow, sheep and buffalo milk.



In addition to being used for drinking, milk is used to make various types of cheese, butter, cream, yoghurt and kefir that are eaten alone or used as ingredients in many traditional dishes.

Many traditional Bulgarian dishes are prepared in clay, ceramic or earthen pots and determine culinary practice in the Old World. This culinary method allows full exposure to the taste and further keeps the nutritional value of the food intact.

One of the most famous Bulgarian traditional dishes is gyuveche, whose name comes from the ceramic dish in which it is baked and served. It is very easy to prepare and tastes wonderful. The vegetables just need to be washed and sliced, arranged in a ceramic dish together with the beef and cooked for 30 minutes.¹⁷

¹⁷ Donev, Kathryn, N., *Cooking traditions of Bulgaria*, Yambol, Bulgaria, 2001-2021.

In the lower course of the Danube, there are two DANUBEPARKS Protected Areas in Bulgaria: Persina and Rusenski lom Nature Park.

BULGARIA

GYUVECHE

Recipe is for 4 rolls

🕒 50 Minutes

👤 8 People

🌡️ 200 degrees

Ingredients

- 1 kg ground beef
- 5 medium-sized sliced potatoes
- 1 sliced carrot
- 1 chopped celery stalk
- 1 chopped red pepper
- 1 chopped tomato
- 1 chopped onion
- 1 cup of water Olive oil
- Salt, pepper and paprika according to taste
- Chubritsa (Bulgarian spice) – according to taste
- Chopped parsley for garnish

Cook Process

Fry the meat in oil and add salt and pepper. Put half of the sliced potatoes in a clay pot. Add half of the chopped carrots, celery, red pepper, tomatoes, and onion over the potatoes. Season with salt, pepper, paprika and chubritsa. Arrange the roasted ground beef on the vegetables in the pot and season with salt, pepper and paprika. Add another layer of potatoes, carrots, celery, red peppers, tomatoes and onions. Season with salt, pepper, paprika and chubritsa.

Add one cup of water and 2 tablespoons of olive oil. Cover with a lid and bake at 200 degrees for about 30 minutes. Carefully remove the pot from the oven and break four eggs and pour over the vegetables. Bake for another 10 minutes until the eggs are firm. Season according to taste and serve with chopped parsley.¹⁸¹⁹

¹⁸ Delicious meets healthy: <https://www.deliciousmeetshealthy.com/gyuveche/>, page accessed November, 11 2021

¹⁹ Mills, Molly, The flavors of Bulgarian cooking: Cookbook from the depth of the Balkans, nezavisno objavljeno, 2019.



MOLDOVA

Moldova is located between Romania and Ukraine and is a country with large world wine export and a rich wine tradition. Extremely fertile soil, sunny hilly areas, mild climate, sufficient water and the proximity of the Black Sea provide more than an ideal environment for growing grapes.

In addition to viticulture, traditional Moldovan cuisine has clearly defined qualities that make it truly valuable for gourmets around the world. Moldovan cuisine has been influenced by neighboring countries Ukraine and Romania, as well as Greece and the Balkan countries. Nature has generously endowed Moldova with a warm climate and fertile soil, so an abundance of vegetables and fruits is used.

Traditional dishes are made of pasta, corn, beans, chickpeas, eggplant, zucchini, peppers, leeks, tomatoes, white cabbage, cauliflower and pumpkin. Sheep's or cow's milk brine cheese is highly valued in Moldova. All types of meat products are used in Moldovan cuisine, most often pork, lamb, beef and poultry. Many meat and fish dishes are fried on a wide grill rack placed over hot coals. The most prized dishes are all kinds of "chorby" as in neighboring cuisines.



Lower Prut Nature Reserve, one of the natural wonders of the Republic of Moldova, is also part of the DANUBEPARKS Network

The Turkish influence is evidenced by the combined processing of food and the frequent use of lamb. Some of the most famous Moldovan dishes are plăcintă, a pie stuffed most often with branza cheese (homemade sheep cheese), cherries, cabbage or potatoes, and chiroste or colțunași. Moldova is home to the largest wine cellar in the world, located in Mileștii Mica, which also has the largest collection of wine bottles. Mileștii Mici is a small village of about 4,500 inhabitants and is only twenty kilometers away from the capital of Moldova, Chisinau. Ingredients:

MOLDOVA

COLTUNASI - CHIROSTE

🕒 20 Minutes

👤 4 People

Cook Process

Mix the cheese with the eggs, sugar, vanilla sugar and lemon zest. In another bowl, knead the dough from the flour and water. Put water in a large pot, add salt and let it boil. Meanwhile, roll out the dough and cut it into 16 equal slices or make 16 dumplings and roll them out. Put a spoonful of stuffing in each slice, then spray the edges with your index finger moistened in water.

Fold the slices in half and cover the edges by pressing them firmly with a fork. Thus prepared, boil in salted water for about 15 minutes on low heat. Strain and sprinkle with melted butter. Serve with sour cream.²⁰

²⁰ Albot, Nata, Eat like Moldovans Best recipes from my mothers kitchen, Createspace, 2015.



Ingredients

- 300 g soft wheat flour
- 160 ml lukewarm water
- 200 g cottage cheese
- 2 eggs
- 50 g sugar
- 10 g vanilla sugar
- Lemon zest
- 1 spoon of salt
- 100 g butter
- 180 g sour cream



UKRAINE

The most famous Ukrainian dish is considered to be borsch. Ukrainian cuisine has traditional dishes that make it recognizable and special despite foreign influences. The main feature of Ukrainian cuisine are simple, varied and filling dishes. Ukrainian cuisine has been influenced by many factors from almost all over the world, but as Ukraine is often considered the cultural cradle of Slavic peoples, the specificity of Ukrainian cuisine has significantly influenced the cuisine of Slavic and other peoples in its surroundings, especially neighboring Russia, Belarus and Poland.

Today we can characterize it with two trademark victuals - beetroot and lard. Sour cream is often used in Ukraine, which is why you will find it with most Ukrainian dishes. You will find more than 50 recipes for borscht in cookbooks, because it is prepared differently in each region. Sour meat, seasoned with lard or prepared with beans or mushrooms. Borscht can also be vegetarian, and it is prepared with fish instead. In addition to traditional ingredients, beets, potatoes, carrots, onions, cabbage and tomatoes, in some recipes even apples, dried fruits or plums are often used. Borsch is a beetroot soup appreciated in Eastern Europe, and especially in the Ukrainian, Russian and Polish national cuisine.

Borsch is considered to be the original Ukrainian thick soup, and due to its density it is associated with stew. An indispensable ingredient of this dish is beetroot, which gives it its characteristic color and aroma. This soup is extremely tasty, healthy and nutritious and easy to prepare.²¹

²¹ Hercules, Olia, Mamushka a cookbook: Recipes from Ukraine and Eastern Europe, Weldon Owen, 2015.



The northern part of the UNESCO Danube Delta Biosphere Reserve is situated in Ukraine.

UKRAINE

BORSCHT SOUP

The most famous Ukrainian dish
is considered to be borsch

🕒 1 Hours 30 Mintues

👤 4 People



Ingredients

- 300 g peeled beetroot
- 100 g red onion
- 100 g peeled carrots
- 70 g tomato concentrate
- 100 g peeled potatoes
- 100 g white cabbage
- 1 dcl oil
- 10 g sugar
- 10 g garlic
- 10 g parsley leaf
- 2 g peppercorn
- 50 g vegetable oil
- 700 ml beef stock
- 400 g boiled beef
- 120 g sour cream
- 1 bay leaf
- ½ lemon juice
- Salt

Cook Process

Cut the beef into small pieces and fry it quickly on all sides. Put the beef in another pot and cook it with the addition of aromatic herbs. Add chopped red onion and grated carrot to the fat where the beef was roasting and fry lightly. Cut the beetroot into strips and fry in oil, add the tomato concentrate, salt and sugar and a little water or stock and let it simmer.

Braise on low heat until cooked through. Cut potatoes into cubes, cut cabbage into stripes. Strain the cooked beef and cut into smaller cubes. Add sliced potatoes to onions and carrots. Pour with water or beef stock. When it boils, add sliced cabbage. Add salt, pepper and bay leaf. Let it boil and add braised beetroot with the tomato concentrate. Stir everything lightly and add the diced boiled beef. Remove the bay leaf so that it does not take on flavor.

Chop the parsley leaf and garlic and add them to the soup. Serve in deep plates or bowls, add a tablespoon of sour cream to each plate and sprinkle with chopped parsley.²²

²² Žuvela, Josip, Kuharstvo 2, Tiskara Pavleković d.o.o., Dubrovnik, 2009.



ROMANIA

Romania is the largest country in Southeast Europe, bordering Hungary, Serbia, Ukraine, Moldova and Bulgaria. Romanian cuisine is a blend of traditions of these neighboring countries but also proudly maintains its own identity. When it comes to cuisine, Romanians have a lot in common with the Balkan and Eastern Europe countries and with Hungary, especially in Transylvania region. The importance of food for Romanians is proved by the fact that many proverbs and sayings are about it.

For example: “Peștele cel mai bun, tot porcul rămâne.” - “The best fish will always be pork.” In support of and despite the proverb, lamb, beef and fish prevail alongside pork on the Romanian table. There are many different types of dishes in Romanian cuisine, and fish soups with a characteristic sour taste, better known as ciorbă, stand out. The queen of fish soup, or as Romanians say čorba, in the Danube delta is storceagul.

Certain ingredients for the preparation of this soup, especially fish, vary from region to region. Each individual country located along the Danube prepares about 20 different types of fish soups. Storceagul is a type of soup prepared in Romania, from various types of sturgeon such as beluga, Russian sturgeon Starry Sturgeon, starlet, strongly influenced by the Ukrainian gastronomy. A characteristic area for this soup is Sfantu Gheorghe where the Ukrainian community lives along in the Danube delta.

Over time, the recipe spread to all communities in the delta. It is believed that the best storceag is eaten in Sfantu Gheorghe at the feast of St. George, when the local housewives compete to make the best fish soup in the village. Storceagul can also be prepared from catfish or other white flesh fish.²³

²³ Radu, Anton, Roman, Rumunjska jela, vina i običaji , Izdavačka kuća Paideia, Bukurešt, 2001.



Iron Gates and Comana Nature Park are one of the latest members in DANUBEPARKS Network, while Danube Delta Biosphere Reserve is working with DANUBEPARKS since 2007 (Declaration of Tulcea).

ROMANIA

FISH SOUP STORCEAGUL

 1 Hour

 4 People

Ingredients

- 200 g potatoes
- 1 red onion
- 1 carrot
- 100 g sour cream
- 1 egg
- 1 spoon of salt
- A bunch of dil
- 1 kg sturgeon, catfish or any white fish meat
- A little pepper



Cook Process

Boil 2 litres of water and add salt and pepper. Chop carrots and onions as finely as possible. Clean the fish, debone it and cut into cubes of about 2 centimeters. When the water boils add the chopped onions and carrots. When the onions and carrots soften add the diced potatoes. When the potatoes are half cooked, add the fish. Stir and add water as needed and refine the taste.

Cook for about ten minutes, or until the fish is cooked through. Whisk the cream with the egg and a cup of water and add to the soup. Add chopped dill. Stir everything well and let it boil.²⁴

²⁴ Gastronomiedeltaica56.blogspot.com, <https://gastronomiedeltaica56.blogspot.com/2011/03/regina-ciorbelor-pescaresti-storceagul.html?view=classic>, page accessed November, 9 2021.

ROMAN RECIPES



The beginnings of gastrology in Rome date back to the 7th century BC. The food at that time was simple and people ate mostly dishes of plant origin and sometimes meat. The main dish was spelt porridge with a little meat. The war conquests, the great wealth of the Roman Empire and the lavish life of the Roman patricians favored the development of gastrology. The appetites of the ruling class in the then slave-owning society became refined, which conditioned the competition in preparing food for festive feasts. The Romans attached great importance to the culture of food and cuisine and were great gourmards. Their lavish feasts were full of an abundance of varied food and drink among which noble shellfish, fish, game, southern fruits and fine wines stand out. Given the large selection of dishes, top chefs were needed, and the skill of cooking was extremely appreciated.²⁵

Recipes from Roman times are preserved in the works of many authors. According to the book Olivia's Cibalitan Cookbook, it is known that in Rome people enjoyed sumptuous feasts with plenty of food, wine and music. Namely, what exactly the Romans ate certainly depended on the status in society they had, their purchasing power and the area in which they lived. By Romanizing the conquered areas, the Romans brought a lot, so they left a lot of evidence of their customs and life, and thus left material evidence of how to prepare food. Recipes from the Roman period have been preserved by many authors, the most famous being Apicius (Marcus Gavius Apicius) who wrote *De re coquinaria*. This book is considered one of the most complete and comprehensive cookbooks of the Roman era. The objection to the written book is that he did not give measures or standards to dishes, but only a list of ingredients needed for food preparation, which is considered a big problem and omission nowadays if we talk about food preparation. The modern way of preparing food is based on respecting recipes with all the ingredients and measures. If you are going to cook according to Apicius' Roman cookbook, you must have culinary skills for taste, smell, thermal treatment of food in order to get a delicious and heat-treated dish, while maintaining the characteristics of Roman cuisine.

²⁵ Žuvela, Josip, *Kuharstvo 1, Tiskara Pavleković, Dubrovnik 2018.*

Namely, the author of the book Olivia's Cibalitan Cookbook adapted recipes for the 21st century and listed all the ingredients and preparation of dishes with standards, and thanks to that today we can prepare Roman dishes with ease. In addition to Apicius, because of his precision and neatly and substantially described recipes, especially cakes and bread, it is important to use the work dedicated to agriculture *De agricultura*, Marco Porcius Cato Censorius, 234-149 BC, written by Cato.

Today, we can rarely find and taste Roman dishes, but there are various enthusiasts who deal with this topic. There are certain specialized festivals and events that revive Roman customs, crafts and dishes. Fortunately, we were provided with various films, wall paintings, floor mosaics, stone reliefs preserved in many areas of the former Roman Empire that serve as a reminder of what Roman feasts and dishes looked like. They help us discover what dishes looked like and revive the scents of that time. Meat was most often used, especially pork, then fish and seafood, bread, various porridges, and vegetables and fruits. One of the greatest characteristics of Roman cuisine is the use of various spices and condiments. People of the upper class organized banquets in their own homes where the *gustum*,²⁶ the appetizer, was served first and wine with honey, *mulsum*.²⁷

In Roman cuisines, dishes were often prepared from roasted and cooked meat of domestic animals, game, poultry, sausages, fish dishes, desserts, pasta dishes, dried and fresh fruit. Food or groceries were kept in ceramic pots, and wine, oil or tropical fruits were kept in amphorae.²⁸ We can say that the food in Roman times was extremely diverse and rich and that it was paid great attention to.

²⁶ *Gustum*: cooked raw vegetables, mushrooms, shellfish, fish dishes, egg dishes and soups

²⁷ *Mulsum*: wine with honey

²⁸ Ožanić, Ivana, *Olivijina cibalitanska kuharica, Gradski muzej Vinkovci, Vinkovci, 2004.*

LIBUM SACRIFICIAL BREAD

🕒 45Minutes

🌡️ 180 degrees



Cook Process

“Crush 2 pounds of cheese in a mortar. Add 1 pound of fine wheat flour. If you want softer bread, then only add half a pound of flour. Add the egg and shape into rolls, place on bay leaves and bake slowly on a hot plate under the lid. Cato, On Agriculture, 75 “.

When baking this bread, you can cover it with aluminum foil or bake it uncovered. Before baking, cut eight lines on the top of the bread to make the bread break more easily. Bake the bread for 30, 45 minutes on medium heat or until they become brownish yellow. You can make about 4 rolls from this mixture.²⁹

²⁹ Ožanić, Ivana, Olivijina cibalitanska kuharica, Gradski muzej Vinkovci, Vinkovci, 2004., Libum recept str. 32.

Ingredients

- 600 g salted sheep cheese
- 150 - 300 g fine wheat flour
- 1 egg
- Bay leaves



GLOBI DUMPLINGS

Recipe if for 4 rolls

 10 Minutes

 180 degrees



Ingredients

- 600 g salted sheep cheese
- 150 - 300 g fine wheat flour
- 1 egg
- Bay leaves
- 200 g semolina (wheat or spelt)
- 300 g of cottage cheese
- Olive oil
- Liquid honey
- Poppy seeds

Cook Process

“The cheese is mixed in this way with the spelt. Then you make them the way you like to. Put the fat in a warm copper pan. Bake once or twice and quickly turn with two wooden spoons, when it is baked, take it out, pour honey over it, sprinkle with poppy seeds and serve that way.”

Mix the cheese and semolina dough well, shape into smaller dumplings and bake in olive oil, with occasional turning, until golden brown. When the dumplings are fried, roll them in warm honey and sprinkle with poppy seeds. Globi dumplings can be served hot or cold.³⁰

³⁰ Ožanić, Ivana, Olivijina cibalitanska kuharica, Gradski muzej Vinkovci, Vinkovci, 2004., Globi okruglice recept, str. 28.

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ONE RIVER, TEN COUNTRIES,
COUNTLESS FLAVORS

**COOKBOOK:
GASTRONOMIC TRIP
DOWN THE DANUBE**

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