

**F&W Daily** One dish served fresh every day.

[SIGN UP](#)

[How we use your email address](#)

SLIDESHOW

## Dalmatia in 10 Plates

For such a small country, Croatia's cuisine is unexpectedly diverse, owing to multicultural influences from centuries of occupation. Dalmati... [MORE](#)

SLIDE 1 OF 11

[< BACK](#) [NEXT >](#)



PHOTO © MIA SALAZAR/DQMIPR

“  
COMMENT  
SEE ALL

TRAVEL

*Peka* is a famous Dalmatian dish of vegetables and meat or seafood—lamb and octopus are favorites. Ingredients are placed in a covered pan and roasted in the embers of an open fire. This traditional method of cooking is referred to as *cripnja* ("under the bell") because the pan's lid is often bell-shaped.

[F&W Photo Tour: Rome](#)

[CLOSE](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT

SLIDE 2 OF 11

[< BACK](#) [NEXT >](#)



PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

The origins of risotto trace to the Middle Ages, when Arabs introduced rice to Italy and Spain. Italy's influence spread across the Adriatic Sea, and *crni rižot* (black rice with cuttlefish) is now a favorite Dalmatian dish.

[How to Make Risotto](#)

[CLOSE](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT





PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

Located just an hour's drive from Dubrovnik, the towns of Ston and Mali Ston on Pelješac peninsula are famous for their oysters. Ston is also famous for its salt flats, and boasts the oldest salt factory in Europe. Oyster cultivation dates to the 17th century; today, 90 varieties are farmed in Mali Ston's bay, including *Ostrea Edulis*, a European flat oyster.

CLOSE ^

[America's Best Oyster Bars](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT

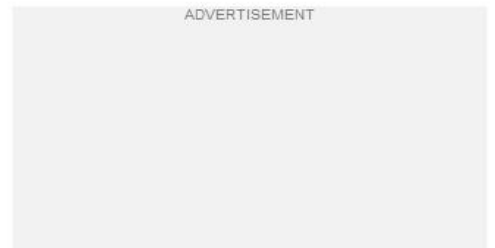


PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

Since ancient times, salt has been used as a preservative to keep meat and seafood edible for longer periods, and it helped to eliminate dependence on the seasonal availability of food. Vis island—located about two hours by ferry from Split—relied on its natural resources to feed its people. Salt-marinated anchovies and pickled capers and olives were staple foods that sustained families during winters.

CLOSE ^

[Lessons from Salt Guru Mark Bitterman](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT





PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

Fresh Adriatic shrimp are sweet and succulent; when paired with salty, lightly fried pamplina fish, the combination is spectacular. Pamplina fish can be eaten whole, and they're as addictive as popcorn. The garnish, *motar*, is a pickled seaweed that is only found in southern Dalmatia.

CLOSE ^

[Andrew Zimmern's Wild Seafood Adventures](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

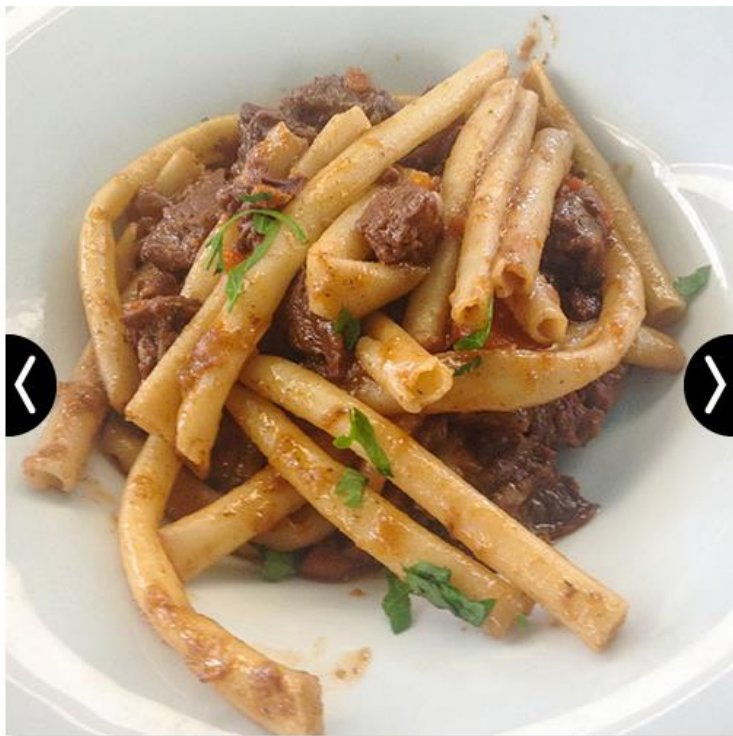
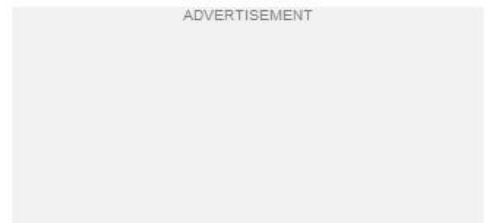


PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

This "dirty pasta" is famous in Dubrovnik. The sauce comprises beef chunks and a blend of special spices, and has a sweet cinnamon flavor reminiscent of grandma's kitchen. In old times, the nobles were served their portions first; they took the lion's share of the meat sauce, and only "dirty pasta" was leftover.

CLOSE ^

[Montreal in 10 Plates](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)







PHOTO © KRISTIN VUKOVIC



COMMENT



SEE ALL

## TRAVEL

Popular Croatian coastal dishes include grilled *lignje* (squid) or local Adriatic white fish accompanied by *blitva*, a signature Dalmatian dish of boiled potatoes and Swiss chard (mangold). Seafood is simply prepared with local olive oil and parsley.

CLOSE ^

[Mario Batali on Where to Eat in Italy](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT

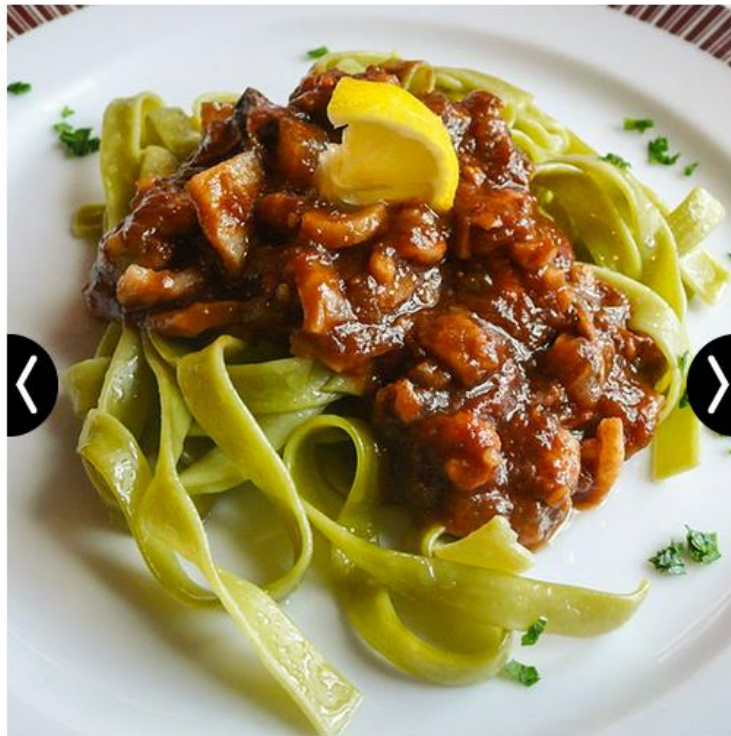


PHOTO © KRISTIN VUKOVIC



COMMENT



SEE ALL

## TRAVEL

Throughout Dalmatia, you'll find green tagliatelle with shrimp or other seafood on most *konoba* (tavern) menus. Tagliatelle, from the Italian *tagliare*, meaning "to cut," is a traditional type of pasta from the Emilia-Romagna and Marche regions of Italy—which are located directly across the Adriatic Sea from Dalmatia. This pasta sauce from the island of Korčula was sweetened with *prošek*, a sweet dessert wine.

CLOSE ^

[Pasta Recipes and Cooking Tips](#)

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT



PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

*Rožata* is a traditional Croatian custard pudding from the Dubrovnik region, similar to flan and crème brûlée. Its name comes from *rozalin* (rose liqueur), which gives the dessert its unique flavor and aroma.

CLOSE ^

America's Best Salty-Sweet Desserts

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT



PHOTO © KRISTIN VUKOVIC

“  
COMMENT  
SEE ALL

TRAVEL

Nutella is a popular filling, but Croatians also fill their *palačinke* with marmalade, fruit jam or chocolate sauce.

MORE v

Jacques Pépin Demonstrates How to Make Crêpes

[Enter for a chance to win a \\$25,000 Tuscan Getaway](#)

ADVERTISEMENT

