

Tell me what you eat, and I will tell you who you are.

Jean Anthelme Brillat-Savarin

Publisher • Vrijeme, Zenica
Original Title • *Bosanska kuhinja*
Author • Muamer Spahić
Translation • Nejla Kalajdzisalihović
Editor • Selvedin Avdić
Proofreading • Peter Luketić & Coral Petkovich
Design and Layout • Kenan Zekić
Illustration • Amir Idrizović
DTP • Fatima Zimić

Print • Suton, Široki Brijeg
ISBN 978-9958-18-074-3

Zenica, 2016





Bosnia-Herzegovina is a small country holding a rich diversity of culinary arts. Traditional Bosnian cuisine was strongly influenced by the refined culinary tradition of the Ottoman cuisine. However, in time, this influence was transformed to give Bosnian cuisine a unique quality known for its blend of eastern and western cultures. It would not be modest to compare Bosnian cuisine to great cuisines of the world but it is certainly the diversity and the tradition that make Bosnian cuisine so unique and interesting as a whole.

Bosnian Cuisine was not written to accompany the growing number of popular “historical” books written and rewritten only to please a tourist’s curiosity. In the gastronomically-globalized world we are living in, traditional cuisines are being awarded with a new, stronger cultural status as the value of different local characteristics is reaffirmed.

Therefore, promoting Bosnian cuisine is not a wave of nostalgia, but rather – a vision for the future.

Contents

On Bosnia and Bosnian cuisine

A historical overview 11 • A blend of culinary influences 13 • Miners' feast 15 • The secret behind the flavour 17

At the Bosnian sofra

Sofra 21 • Welcoming guests 23 • Meals and courses 24 • *Dolalma* – food of Bosnian kings 25 • *Dolalma* from the town of Mostar 25 • Tableware 26 • Cutlery 28 • Serving food 30 • Sarajevo iftar 31 • Subtle contrasts of flavour 35 • *Mezze* 36 • Sarajevo *mezze* for four servings 37 • Order of serving 38

The most famous dishes

Bosnian cuisine paradigms 41 • Dishes of the “female paradigm” 41 • *Burek* for the ones we love 45 • Dishes of the “male paradigm” 46 • *Somun* 48 • *Pilav* 49 • Sweets and cakes 52 • Cold desserts 55 • *Hašura* 56 • *Baklava* 56 • *Halva* 57 • *Teferić* 59 • *Tufahija* 60

Drinks and beverages

Sofra drinks 63 • Soured milk 63 • *Šerbe* 64 • *Boza* and *salep* 64 • *Boza* – the non-prohibited alcohol 66 • *Rakija* 70 • *Akšamluk* – an everyday occasion celebrating refined culture 71

Coffee: brewing, serving, sipping

A mind-awakening drink 77 • Coffee legends 77 • Bosnian coffeehouses 80 • Brewing coffee 82 • Schools of culture 83 • Serving coffee 86 • Sipping coffee 87 • *Narghile* 89

Ašćinicas and the culinary skill

Traditional restaurants 95 • *Ašćijas* 96 • *Ašćijas'* specialties 97 • *Mutvak* and *odžak* 98

Recipes

Broths: *Begova čorba* 103 • *Tarhana* crumbs 104 • *Tarhana* broth 105 • **Dolma dishes:** *Sogan dolma* 106 • *Dolmljeni patlidžan* 107 • *Bihački japrak* 108 • **Ćevab dishes:** *Hadžijski ćevab* 109 • *Šiš ćevab* 110 • *Papaz ćevab* 111 • *Slatki ćevab* 112 • **Savoury dishes:** *Bamja* 113 • *Klepe* 114 • *Kadun butići* 115 • *Jahnija* (1) 116 • *Jahnija* (2) 117 • **Pilav dishes:** *Crveni pilav* 118 • *Jerišni pilav* 119 • *Jerišće* 120 • **Bosnian pitas:** *Sjeckani burek u gužve* 121 • *Boščaluk burek* 122 • *Šam burek* 124 • *Burek na hamajliju* 125 • *Polagana zeljanica* 126 • *Sirnica* 128 • **Sweet dishes:** *Sarajevska baklava* 129 • *Đunlari* 131 • *Hurmašica* (1) 132 • *Hurmašica* (2) 133 • *Hanumin pupak* 134 • *Tufahija* 135 • *Đulbešećer* 136 • *Halva* 137 • *Rahat lokum* 138 • **Cold desserts:** *Bademli almasija* 139 • *Muhalebija* 140 • *Hošaf* 141 • *Aščinski hošaf* 142 • *Đul šerbe* 143 • *Šerbe od smreke* 144 • *Boza* (1) 145 • *Boza* (2) 146 • **Mezze and teferić dishes:** *Gradačačka meza* 147 • *Tešanjska tagarica* 148 • *Bosanski lonac* 149 • *Janječićija* 150 • *Šiš* 151