



**TASTE
VARIETIES,**
*meet new
friends*

 **SLOVENIA**
EUROPEAN REGION OF GASTRONOMY
AWARDED 2021

**FOOD
BLUZ** BY



**TASTE
VARIETIES,**
*meet new
friends*

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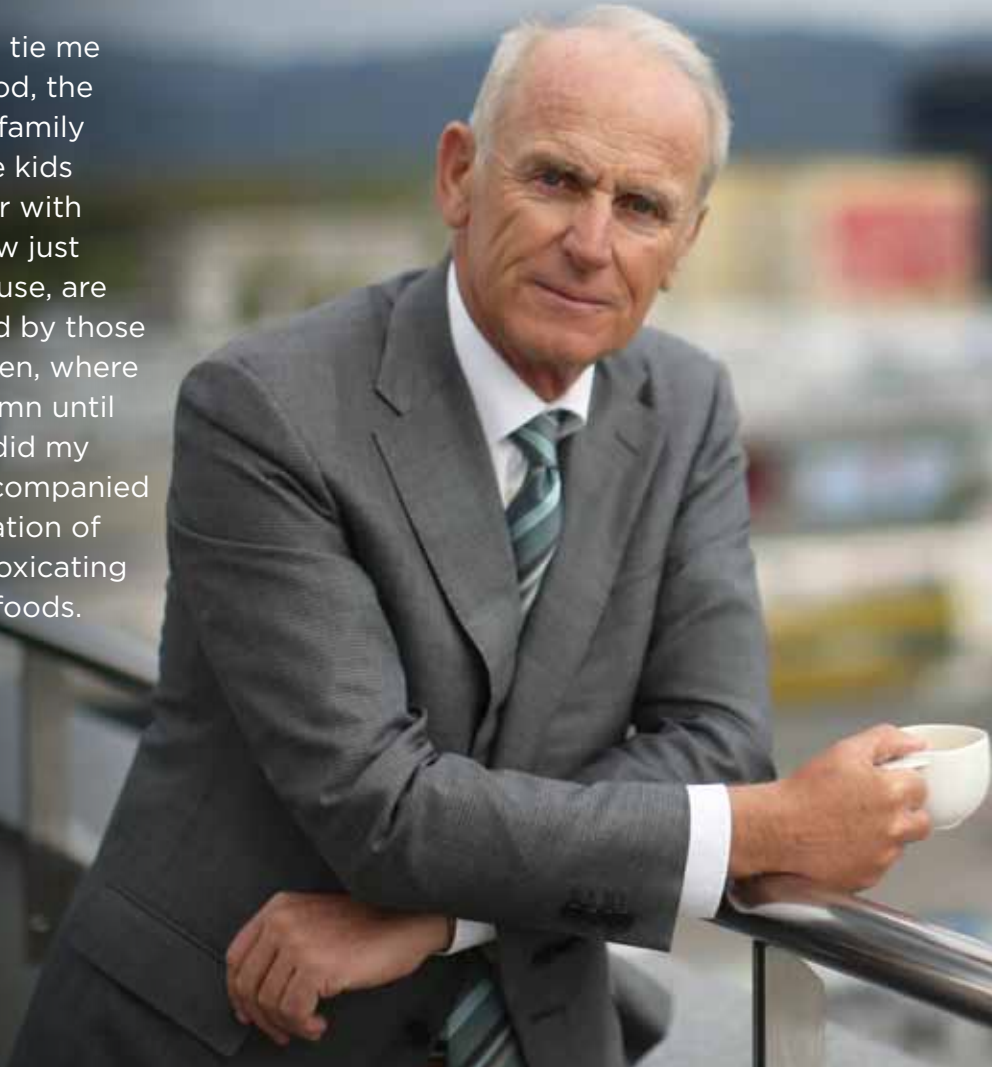
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When culinary aromas take over the city, the window into the world opens wide.

Memories that tie me to my childhood, the images of my family and the village kids I played soccer with on the meadow just behind our house, are complemented by those from our kitchen, where from late autumn until early spring I did my homework accompanied by the preparation of simple, yet intoxicating and delicious foods.



During the holidays, when the potica dough was not supposed to “catch a cold”, entering the kitchen was allowed only in exceptional cases, which is also why I didn’t develop any noticeable chef-like abilities. This held true even later on, when I was a student and had the opportunity to cook for myself, since the student’s canteen, the former bistro Daj Dam, and the Maximarket restaurant in the Ljubljana city centre were only a walking distance away, giving an easy way out to many students. All of the mentioned facts contribute to me today not being known as a chef who would know how to skilfully master a kitchen knife and ladle and successfully “conduct” the sizzling and babbling orchestra on the home stove. Nevertheless, I have exemplary knowledge of the local and international culinary arts, which I have had the privilege to acquaint myself with as the host or guest of international and domestic business partners of BTC for almost four decades. Delicious dishes are a great companion of every business meeting, and a tasteful meal can always be an opportunity for drawing opinions closer together, successfully reaching agreements, and closing business deals.

The fact that a great culinary experience is a means to an end

is nothing new. What is new in our conscience is the attitude that a great culinary experience may just as well be an end in itself, for which we are willing to travel long distances, to other countries and even continents. Today, people do not travel for business, their long-awaited holidays, or historical and natural sights, but rather – as stated by the findings of the World Tourism Organisation, which has for several consecutive years named culinary tourism as the number one reason for travelling – they travel for the excellent gastronomic experiences. This is also where I see the role and some of the future of BTC City, which has already become a culinary destination, an innovative city of flavours on the outskirts of Ljubljana, with the campaign Delicious Blues – Food Blues (“Okusni Bluz – Food Bluz”).

Last year, Slovenia’s capital was visited by more than 800,000 tourists, a fifth of whom also visited BTC City Ljubljana. They were able to taste dishes from all 24 Slovenian gastronomic regions in 70 pubs, bars and restaurants in BTC City, including a café with a view on the 20th floor of the Crystal Palace. I am certain that at first they were surprised, and upon their last bite amazed, by the culinary offer of a country whose cuisine

spans from the fresh summer breeze of the Mediterranean to the vast plains of Pannonia. In order to present the menus of food and drink vendors in the BTC City area to you, dear readers, we have selected only the best to be featured in this book. I hope it will help you choose where to have lunch, have a meal or shop at the BTC City Market.

To return to the beginning ... Even though I am not the handiest person in the kitchen, I would like to invite you to join me in BTC City on the path of discovering the flavours of Ljubljana, Slovenia, Europe, and the rest of the world.

Jože Mermal,
*President of the Management
Board and CEO of BTC d. d.*

Flavours of Slovenia and the world in BTC City



Let me start with some nostalgic memories. When I was very young, a part of today's BTC City area was home to a grassy Ljubljana airport. As boys, my friends and I often rode our bikes from another district of Ljubljana to this area to watch sport airplanes; from time to time, we got lucky and admired the take-off or landing of a passenger plane. I don't know exactly why my memories of the airport crept into my mind when writing the introduction for this book, which describes the culinary offer of BTC City. Maybe the motif of an airport is uniquely connected to modern culinary culture. Besides local and regional foods and dishes, citizens of today's global world increasingly get to know and consume foods and dishes from other geographically and culturally more distant areas of the world. This is made possible, among other means of transport, also by airplanes.

The airport operated between 1933 and 1963. After WWII, the company Centralna skladišča was established in 1954. Little by little, central public warehouses were constructed; in 1963, more than 68,000 square metres of warehouse areas were already set up. Over the following years, the areas were expanded. In 1990, the company Blagovno transportni center was renamed to BTC (Blagovno trgovinski center). This year also coincides with the opening of the first shops. In 1993, the first shopping centre in Slovenia was opened; the same year also saw the opening of the small brewery and pub Kratochwill. The BTC City Market, which was set up in 1995, represents a part of the culinary offer of the area. Two years later, the foundation for a modern, European urban shopping city with a wide array of new contents, was laid. In 2016, an open

food court, focused on street food, was opened. In 2017, the BTC City Market and the Trg mladih square were renovated; this was also the year that saw the establishment of a new, joint brand for the entire BTC City culinary offer: "Okusni Bluz – Food Bluz" (Delicious Blues – Food Blues). This was just a brief overview of BTC City's development, with an emphasis on the culinary and gastronomic offer of the area. Present-day BTC City is much more than just an urban shopping centre. This "city" offers a wide array of other content and events, including a wide selection of flavours from Slovenia and the world, joined under the single brand "Okusni Bluz – Food Bluz".

The purpose of this book is multi-layered. The book strives to be the food and drink guide of the BTC City area – a guide providing information on various

pubs, restaurants, and their dishes. There is an old saying – we eat to live, but we do not live only to eat; that is why this book also provides information and introduces stories on different foods and their vendors. It does not include all vendors, but rather a selection of them, since the joint brand "Okusni Bluz – Food Bluz" will keep developing through the coming years, constantly changing and being supplemented, while the BTC City area will be graced by various culinary and other events. In the future, there will be enough varied content, which will complement the first edition of this book. It is a known fact that if you know what you eat and drink, you can also learn a lot about the people and the natural and cultural environment their foods, dishes and drinks come from.

Prof. Janez Bogataj, PhD

Delicious flavours and a magnificent view

Slovenian and international dishes

RESTAURANT CITY

The Restaurant City's specialties are Slovenian and international dishes prepared from fresh ingredients, delivered by suppliers every other day. Guests can enjoy business breakfasts, snacks, lunches, and dishes à la carte. Every day, three types of lunches are prepared – mainly meat, vegetarian, and fish. At the salad bar, guests

turkey meat, prawns, etc. Besides water and juices, guests can choose from a variety of 20 to 30 sorts of premium Slovenian wines and 2 to 3 sorts of foreign quality wines. They also offer restaurant classics, such as Cviček, Refošk, and Haložan. A somewhat detailed view of the daily menus reveals different types of stews on offer – yota, minestrone, borscht, szegedin goulash, etc. In the summer months, a very popular choice are stuffed peppers with mashed potatoes, in addition to meatballs or *cufti* and grilled mixed meat. A part of their tradition are also Friday's fried turkey steaks. In autumn, especially around

St. Martin's Day, they serve typical foods, such as roasted duck or goose, red cabbage, pasta tatters

mlinci, and chestnuts. In the period between St. Martin's Day and winter, they serve different sausages and roasted meat, accompanied by *matevž* (potatoes and beans mashed together) and cabbage or sauerkraut as side dishes. The restaurant is also famous for its delicious strudel, prepared with different fillings (depending on the time of the year), such as apple, cottage cheese, apricot, peach, cottage cheese and sour cherry, apple with forest fruits, blueberry fillings and others. They also serve chocolate dessert cakes – *Ježek*, chocolate slices, and pancakes.

On the top of the BTC Business Tower you can enjoy one of the most spectacular views over Ljubljana and its surroundings. It is an ideal place for a restaurant named City. Its name is connected with both the BTC City Company and the notion of a city one can observe through the windows and from the terrace of the restaurant. Restaurant City was opened in 2000. It was leased out for a year; since then, it has been managed by BTC City and led by Iztok Murn with a team of two chefs, an assistant and two waiters.

can pick from a wide array of salads, which can also be ordered separately. They are prepared with

Restaurant City

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Salad plate

approx. 1 kg of washed seasonal leaf lettuce

approx. 0.40 dag of cooked corn

3 tomatoes cut in slices

approx. 0.50 dag of grated young white cheese

approx. 0.50 dag of grilled prawns, seasoned with olive oil, garlic and parsley

fresh vegetables of your choice, cut in slices and grilled

salad dressing made from pumpkin seed oil, balsamic vinegar, salt, and pepper

1. Put the washed salad mix onto 4 plates and pour salad dressing over it.
2. Place cooked corn and white cheese in the middle and tomato slices onto the edges of the plate.
3. Add a few slices of grilled vegetables of your choice and put grilled prawns, seasoned with olive oil, garlic and parsley onto the slices.



Strudel with cottage cheese and sour cherries or forest fruits

Dough

25 dag of soft flour
a pinch of salt
2 dag of oil
1.5 dl of tepid water
1 teaspoon of vinegar

Filling

70 dag of cottage cheese
3 eggs
15 dag of sugar
vanilla sugar
lemon peel
2 spoons of sour cream
20 dag of sour cherries or forest fruits

Dough coating

15 dag of butter
sour cream or a whipped egg





1. Make a small hole in the sifted flour; pour oil, salt, vinegar, and tepid water into it. Knead the dough quickly and make a small loaf. Put the loaf on a floured plate, pour oil over it, cover the plate and leave it to rest for half an hour.
2. When the dough is “resting”, prepare the filling. Use a mixer to mix cottage cheese, add sugar, vanilla sugar, sour cream, and a lemon peel.
3. Put dough onto a floured tablecloth, roll the dough out and use your hands to stretch it even further.
4. Put cottage cheese filling on a third of the stretched out dough and cover it with sour cherries or forest fruits. Dribble the melted butter onto the rest of the dough and use the tablecloth to make a roll.
5. Put the roll onto a greased baking tray, cover the roll with sour cream or a whipped egg and bake for 35 minutes in an oven at 176 °C.

Kratochwill beer needs company

Slovenian, international dishes, and unfiltered yeast beers

BREWERY, PUB, INN, AND (CON)FUSION KRATOCHWILL

Five pubs or services, all in one place – one of the biggest culinary attractions of BTC City. With their brewery and pub team, Marko and Mile Kratochwill offer a wide array of meals and beers – a very seasonal offer. Besides numerous dishes, they also have daily lunches on the menu, including a typical lunch that is very popular among the people

The Kratochwill brewery was established in 1992 as a family business, continuing the rich tradition of the Central European family brewing industry. Besides the small brewery, they have operated in BTC City since 1993 as a pub, a pizzeria, and since 2017, also as the restaurant (Con)fusion, which provides street food with one big distinction – it is located in a building and not on the street.

of Ljubljana, especially on Saturday or Sunday. It consists of beef stew, cooked beef from soup (*bočnik*), sauté potatoes, horseradish and a salad. The offer on the menu is vast, so let's name just a few select dishes. They make delicious cottage

cheese *štruklji* (rolled dumplings) buttered with breadcrumbs or with added porcini sauce. Among the meat dishes they offer veal medallions, veal liver, various beefsteaks and a Cordon Bleu steak, which got the name Ljubljana steak in Ljubljana after WWII. Kratochwill's Ljubljana steak is made of turkey meat and filled with cheese and ham.

They also offer different types of burgers, different types of chicken fillets, the beer-lovers' favourite – an excellent beef goulash – as well as tripe and *Bavarian bierwurst* (beer sausage). They boast a variety of pasta dishes, salads, and sea fish. Calamari prepared in different ways are a particular standout. The pizzeria's menu reveals 20 different types of pizzas made in a bread oven from only the best ingredients, including flour, cheese and various toppings. Among the desserts,

sweet cottage cheese *štruklji*, apple strudel, pancakes, strudels with different fillings made from seasonal fruits, panna cotta with forest fruits, and ice cream must be mentioned. In the new restaurant of positive street food (Con)fusion, the chefs prepare Asian dishes (especially Thai and Indian food), different burgers, ribs, hot dogs, and tapas in front of their guests; of course, they also offer the accompanying drinks – from beer to wine and gin and tonic. The main beverage in Kratochwill is without a doubt beer. Better said – several types of beer. They brew non-filtered yeasty lager beers – such as light Pilsner Lager, Dark Porter, and beer with chestnut honey. They also brew Ale and IPA beers. They serve beer in mugs; guests can also take their beers to go – in 0.75 l or 2 l bottles. Why? Because it was already William Shakespeare who said "For a quart of Ale is a meal of a King".

Kratochwill

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Pad Thai with chicken and Kratochwill Soft Pale Ale

rice noodles
tamarind sauce
chicken fillet
red and yellow carrots
leek
unsalted nuts
egg
tofu
in-house Kratochwill sauce
sesame oil

1. Fry noodles, thinly sliced vegetables and pieces of chicken fillet in sesame oil in a wok.
2. Add an egg, tofu and in-house sauce at the end. Serve with Kratochwill Soft Pale Ale.





Roasted chicken with almonds, baked potatoes, unfiltered Kratochwill Pils

chicken fillet
white flour
whipped egg
ground almonds

1. Slice chicken fillet into strips.
2. Prepare flour, a whipped egg and ground almonds for the panada.
3. Roll fillet strips in flour, then mix in eggs and then in ground almonds and fry them in sunflower oil at 180 °C. Serve with baked potatoes and a glass of unfiltered Kratochwill beer.



FROM THE SEA TO THE TABLE

Fresh freshwater and sea fish and fish dishes

RESTAURANT KONOBA, FISHMONGER'S AND FISH DELI

The Rival Trade Company, established in 1992 in Trzin, has sold fresh sea and freshwater fish at the BTC City Market since 1995. In March 1997 they expanded their offer with a fresh deli, while restaurant Konoba has been greeting its guests since 2009. The company's production takes place in Trzin, where they smoke fresh salmon, make codfish spread or *bakala* and various fish deli products.

They were the first in Slovenia to start importing fresh salmon. The basis of their offer are fish dishes prepared from fresh fish. Restaurant Konoba serves its guests fish dishes with different types of fish. Fish and fish dishes are prepared in a pleasant ambient on a grill (*gradela*) or in a lid for baking with coal (*črepnja*) or in an oven. Guests can also enjoy fish salads, pasta with fish and seafood, smoked trout, tuna or salmon burgers.

Rival Trade

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Smoked octopus with eggs



8 smoked octopus tentacles or approx. 400 g of smoked octopus

4 eggs

salt, pepper

lettuce or rocket lettuce

oil or butter

- 1.** Cook the smoked octopus for a couple of minutes. You can also fry the octopus a bit on olive oil or butter.
- 2.** Fry an egg in olive oil or butter.
- 3.** Place some lettuce or rocket lettuce on each of the plates and put a fried egg on top of it. Add cooked (and fried) octopus, salt, pepper and dribble olive oil over the entire plate.

SEASONAL DISHES AND SPOON DISHES

Slovenia, a piece of Balkans, and a pinch of the world

ŠKRNIC' LJ

Since 2014, on the southern, “sunny” part of the BTC City Market, Andrej Belović, a chef with lots of experience from numerous pubs and restaurants across Slovenia and abroad, has been spoiling his guests with delicious food. Škrnic'lj is his restaurant, where he is able to share the essence of his mission. The restaurant's name is a popular slang term for a (paper) bag, which is suiting, since a great number of guests take their delicious dishes home or to work. Nevertheless, the majority of guests eat their food at the restaurant, which boasts a number of dishes as part of its daily offer. On the yearly offer of dishes and on the menu that hangs on the wall, they use clothespins to mark the dishes that are available on a particular day. When a particular dish runs out, they simply remove the clothespin from the menu.

The main feature of Škrnic'lj are fresh seasonal dishes and the so-called spoon dishes – stews. These comprise tripe, veal stews, goulash, barley porridge boiled with beans, seafood soup and mushroom soup (due to its stew-like mushiness also known as *corba*), vegetable stews and yota. Along with its team of four employees,

the chef also prepares a typical Balkan bean stew or a Mexican stew. The menus change from day to day and with the changing of the seasons. The main dishes on Mondays or Tuesdays are macaroni meat, meatballs or Balkan *cufti*, as well as stuffed peppers, a typical autumn dish. On Wednesdays, they make delicious risottos, which are

in autumn and winter replaced by black pudding and grilled sausages with side dishes, such as *matevž* (potatoes and beans mashed together), mashed potatoes or cabbage (sauerkraut). Thursdays are reserved for roasted veal liver – a delicious treat. Friday's menu holds fish (i.e. John Dory), unless it's mushroom season, in which case it boasts chanterelles and porcini with eggs, as well as with spelt, buckwheat porridge or oats. On Saturday and Sunday, Škrnic'lj is closed. When listing typical dishes, we must not forget about the desserts, since the restaurant is famous for its seasonal fruitcakes and pies. Apple strudel is sweetened only with honey, no sugar. Another popular dessert is *grmada*, a stacked sweet pie made of ladyfinger biscuits, fruit, vanilla and homemade whipped cream. It must be emphasised that all the ingredients are natural, without industry additives and preservatives. Since this is a popular restaurant with people from the world of business and all BTC City visitors, the main beverage is water, but they also serve wines, such as Cviček,

Sour turnip, mashed and black pudding

potatoes

- 50 dag of sour turnip
- 1 onion
- 3 garlic cloves
- a small leek
- 50 dag of potatoes
- 2 yellow carrots
- 15 dag of cracklings with no fat
- fat
- salt
- black pudding by Mesarstvo Blatnik

1. Cook the sour turnip.
2. Cut the potatoes into cubes and cook them in salted water. Pour the water away and mash the potatoes. Stir half of the cracklings into the mashed potatoes.
3. Fry chopped onions and garlic in fat and immediately add grated carrots and leek. Then add cooked turnip and stew it all together.
4. Loosely mash the potatoes and serve with blood sausage and the remainder of the cracklings. Optionally, add cooked and mashed grain beans to the mashed potatoes and serve as a type of *matevž* (potatoes and beans mashed together).

Refošk and Malvasia. Guests are offered fresh bread every day, as well as cracklings, fried onions and corn – and the best thing: they are completely free and available in non-limited amounts.

Škrnic 'Ij

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FLAVOURS OF THE GORIŠKA BRDA CUISINE

From homemade bread, prosciutto, and dishes from the regions of Goriška Brda and Primorska to grapes and wine

OŠTERIJA PRI OLJKI

The location of Ošterija pri Oljki in a shopping centre is the perfect option for all those who want, after they finish shopping or browsing, something delicious and seasonal from the northern part of the Primorska region or from the Goriška Brda region.

What attracts visitors are not just delicious dishes, but also the unique interior design of the restaurant. All this allows us to forget about the frequent confused haste and stress and calm down while experiencing a palette of Mediterranean flavours. The restaurant Ošterija pri Oljki is a part of the Dulcis Gourmet brand. The restaurant offers typical meat gravy (*toča*) from Goriška Brda, such as sausage or bean *toča*, as well as delicious stews, such as yota, minestrone, *bobiči*, goulash and various types of pasta (penne, gnocchi) with sauces made of ingredients from the Goriška Brda region and seasoned with tubers or truffles. They also offer delicious risottos, seafood dishes, and salads. They have their very own prosciutto and other dry-meat products from the Goriška Brda region, served with different types of in-house bread,

especially with two traditional ones – bread with prosciutto and bread with olives. The spring and summer menus include egg omelettes or *frtalja* with prosciutto, asparagus, herbs, and sausages. Have you tried homemade Salami seasoned with vinegar from Goriška Brda? All fans of meat will surely remember the delicious *ombolo* or roasted pork cutlet with prosciutto; in the sausage-making season (*koline*), they offer a wide array of meat dishes from the Slovenian king of animals, i.e., the pig. Besides offering foods and dishes made from ingredients grown in the Goriška Brda region, they also offer their guests excellent Goriška Brda wines from Hum. Among them is sparkling wine Mare Santo, which has matured in the sea for three years; they also serve an excellent peach wine.

250 g of pork neck

25 g of prosciutto

2.5 dl of grape seed oil

White polenta

½ of teapot of white polenta

a pinch of salt

1 teaspoon of butter

pepper

0.05 kg of Tolmin cottage cheese

0.05 l of oil

Decoration

0.02 kg of fresh rocket lettuce

0.1 kg of cherry tomatoes

Ošterija pri Oljki

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*Succulent pork neck
with in-house grape
seed oil and in-house
prosciutto Igor with
sauté white polenta
with cottage cheese*

1. Cut pork neck into 1 centimetre thick pieces. Pour olive oil into a non-heated pan so that it covers its bottom (be careful not to use too much oil since grease will be provided by the meat itself) and put it on a semi-big fire. Put the meat into a pan and grill it on both sides until it turns slightly brown, so that it remains juicy. Put a bit of salt onto the meat, but not too much, since salt will be provided by the prosciutto, added later on.

2. First boil some water for the white polenta and add butter and salt. Then slowly add white polenta and continuously stir with a wooden spoon until the water completely evaporates or the polenta starts to make bubbles. Cook on a slow fire for another 40 to 50 minutes and constantly stir. Take the pan off the stove, add cottage cheese and stir thoroughly for the cottage cheese and polenta to mix. Before cooking, prepare a baking pan greased with oil or butter, into which you then pour the polenta. When it cools off, cut the polenta into pieces (best in triangular shapes). Bake the sliced pieces of the polenta until they turn brown.

3. Cut three thin slices of prosciutto and put them onto the roasted meat and wait for the prosciutto to melt.

4. Serve the dish in a pan. Dribble the meat with grape seed oil. For decoration, add candied tomatoes and rocket lettuce or Treviso radicchio or any other vegetable from the home garden.

DIVINE AND WITH WINE

The best of the best by Dulcis Gourmet brand and group

RESTAURANT DIVINO

Restaurant diVino joins the traditional culinary arts of the Goriška Brda region and the Mediterranean with modern, innovative culinary trends, offering unique foods with ingredients that are currently in season.

As part of the Dulcis Gourmet group, this is a prestigious restaurant with a top chef, Matjaž Cotič, and its own sommelier. Chef Matjaž Cotič was part of the Slovenian national chef team and is also the recipient of prestigious Slovenian and international awards. Two of his titles stand out in particular – the title Italian Culinary Masterchef and the title of the world's vice-champion in preparing pasta, a title awarded by Barilla. Matjaž Cotič, who built his knowledge in numerous top kitchens across the world (Milano, Nice, Paris, Chicago, Basel) is in charge of cuisine in all the units of the Dulcis Gourmet group.

With its modern ambience, Restaurant diVino has been present in BTC City since 2011.

The ground floor of diVino is home to a day bar and a shop with products and foods from the Goriška Brda region and nutritional products by Dulcis Gourmet. The day bar is not just a place to grab your morning coffee and a snack, but also a place where you can have a delicious business lunch. On the first floor of diVino, which boasts a Mediterranean-style interior, there is a restaurant with 80 to 150 seats, adjusted to the needs of smaller or intimate groups, as well as an area, which can be transformed into a party room hosting up to 300 people. The restaurant's roof is home to an outdoor terrace, overlooking green patches of grass, especially beautiful during warm nights with a starry sky above Ljubljana. The Dulcis Gourmet Group provides unique ingredients from the Goriška Brda region and its own products. Among them are also dry meats from Goriška Brda, in-house bread from their own bakery, in-house spirits and sparkling wines, such

as peach wine, olive liqueur, and sparkling wine from Hum in the Goriška Brda region, which matures after being stored in the depths of the Adriatic Sea for three years. The menu reveals a wide array of choices. Among cold starters, there are different thin slices of meat and fish, known in Slovenia as Carpaccio, even though this dish originally refers only to thin slices of fresh beef, first prepared after WWII in the restaurant of hotel Cipriani in Venice, after the opening of the big exhibition of works by Venetian painter Vittore Carpaccio. The most popular cold starters are in-house prosciutto from Goriška Brda and other dry meats, served with side-dishes dipped in vinegar. A testament to the divinity of the restaurant's name are risottos, porridges, pasta, and a wide selection of salad plates. What is special about their meat dishes is their preparation on a volcano grill; they also boast a selection of top quality meats, including Angus beef from Australia. Guests can also choose among fish dishes and delicious desserts made by in-house confectioners.

Fusi - Pasta

from Istria

320 g of pasta
200 g of asparagus
120 g of Istrian prosciutto
40 g of Tartufata sauce
120 g of leek
40 g of Parmesan
4 g of black truffles or tuber
4 spoon of cooking cream
4 spoon of butter
vegetable base

Sauce

Cut the prosciutto in strips, fry it on butter and add cut asparagus and chopped leek. Then add vegetables and one spoon of cooking cream.

Pasta

Cook the pasta and strain it.

Serving

Put the pasta in the sauce, add Tartufata and one spoon of butter. Mix everything together and cook for 2 minutes. Take off the stove, add Parmesan and serve the dish. Decorate with grated black truffles.

Restaurant diVino

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HEAVENLY DELICIOUS FOOD

Mediterranean dishes and pizzas from a bread oven

RESTAURANT AND PIZZERIA SAN MARTINO

The name of the restaurant and pizzeria is connected to St. Martin, one of the most significant patrons of wine and vine. Across Slovenia, St. Martin's Day – 11 November – represents one of the biggest secular celebrations ("martinovanje") of the day when,

We borrowed the title for the presentation of restaurant and pizzeria San Martino from their motto, which accompanies the restaurant's sign next to SiTi Teater in BTC City. The restaurant is part of the Dulcis Gourmet brand, which bases its offer on typical dishes from the Primorska and especially Goriška Brda regions.

according to popular belief, grape must turns into wine. Modern celebrations have created various new forms of the so-called invented traditions; only the people in the wine-growing region of Primorska have managed to preserve a more wholesome and tangible historic memory with the heritage of "martinovanje". On this day, they still make the so-called *martinc*

by sticking different herbs into an apple and setting it onto a barrel. If in the following weeks the apple dries evenly, this is a sign of a rich harvest in the coming year. The old custom of hanging *trcent* or *šperonc* in the cellar or on the barrel's tap is also still very much alive. These are made of 13 vine shoots and resemble rosaries. The number corresponds to the number of letters in the intercession "Martin, protect him" (Slov. "Martin, varuj ga!"). The described

fragments present merely a small part of the notion behind the restaurant San Martino's name, which has been operating in BTC City since 2009. As opposed to other restaurants from the Dulcis Gourmet group, San Martino gives greater emphasis on meat dishes, from dry meat to various meat chops and meat dishes typical of the broader Mediterranean area.

Among them are, for example, thin beef meat noodles (It. Tagliata) on lamb's lettuce or grilled marinated beef steak between two ribs, as well as beef chops (It. Bistecca alla Fiorentina) served on lamb's lettuce or with grilled porcini. They prepare pork tenderloin according to a recipe from the Kras region; they roll it up in prosciutto, pour in-house wine over it and add white polenta. They have a big selection of various salad plates and make over 30 different types of pizza in their bread oven. Among the fish dishes, calamari made in different ways and sea bass fillets are standouts. In the summer, guests can enjoy sitting on two terraces, while smokers can find their spot in the smoking lounge.

Restaurant and Pizzeria San Martino

BTC City Ljubljana
Business Building Mercurius
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+386 51 642 962
E: info@sanmartino.si
www.sanmartino.si

Pork tenderloin a la *Kras region*

220 g of pork tenderloin
40 g of prosciutto
20 g of butter
0.5 dl of red wine
30 g of dried tomatoes
20 g of cherry tomatoes
50 g of white polenta
0.3 dl of oil
2 g of salt
20 g of rocket lettuce
0.3 dl of tomato sauce

- 1.** Melt the butter for the sauce on a moderately high heat. Add tomato sauce. Add and mix in wine, then add dried cherry tomatoes and season everything per your own taste.
- 2.** Roll the pork tenderloin in the prosciutto, grill it quickly and put it in the sauce.
- 3.** Serve the dish by placing rocket lettuce on a plate and putting a few cherry tomatoes on top of it. Serve the vegetables along with polenta and pork tenderloin and add sauce.

FEBRUARY 9TH IS WORLD PIZZA DAY

Pizzas, salads, pasta, risottos, and even some sea food

PIZZERIA AND SPAGHETTERIA AL CAPONE

On the upper floor of the Citypark shopping centre you can find a pizzeria and spaghetteria named after one of the biggest crime bosses of the 20th century – the Italian American Alphonse Gabriel (Al) Capone (1899–1947). One of the many different kinds of pizzas made in the pizzeria also bears his name.

The thin-crust pizza dough is topped with peeled tomatoes, cheese, salami, mushrooms, and olives, while the entire pizza is seasoned with oregano. Many a pizza today is covered in tomatoes, but sources state that the first pizza with such a topping was prepared only as recently as 1750. Of course, the pizza of today has a rich history. Similar dishes, meaning varieties of bread with different toppings baked on hot rock, reach as far back as ancient Greece. The dough was also covered in meat and fruit, as practised by the Phoenicians, the Egyptians, and the Babylonians. As we can see, pizza as we know it today, has quite a long

developmental journey behind it. Only in 1830 did the oldest pizzeria known to man, called Port' Alba, open in Naples, and in 1889 master baker Raffedo Esposito created the pizza that has remained the

most popular to this very day – the Margherita. It was named after the wife of Umberto I., the king of Italy. It was topped with fresh red tomatoes, white Mozzarella cheese, and green olives and basil, mirroring the colours of the Italian flag. This pizza became famous all over the world especially after WWII and is considered the second most widespread food in the world today.

Pizzeria and Spaghetteria Al Capone

Citypark


T: +386 1 541 00 61

+386 51 60 16 27

E: info@al-capone.si

www.al-capone.si





• RECIPE FOR 4 PERSONS •

Pizza Al Capone

Dough and topping ingredients

227 g of flour

9 ml of sunflower oil

9 g of salt

1 g of yeast

30 g of olives

120 ml of pizza sauce

150 g of cheese

80 g of champignon mushrooms

50 g of prosciutto

50 g of dry salami

CAN SWIMMING ALSO BE DELICIOUS?

Daily lunch menus and casserole of the week

FOOD AND DRINK IN ATLANTIS WATER PARK

On 22nd April 2005, BTC opened one of the largest water parks in Europe, a veritable water city, one of Slovenia's foremost centres for sports, entertainment, and relaxation. It consists of various thematic areas, such as Adventure World, the Thermal Temple, Sauna Land, the Professional Health Centre, and the Asian

The famous Greek philosopher Plato talked about the island of Atlantis, located in the strait of Gibraltar. Although scientists have since determined that the island was imaginary, a real modern Atlantis has sprung up in BTC City.

Massage Centre. This variety is accompanied by a similarly varied culinary selection, which visitors can enjoy at four different Water Park locations. A kitchen staff of nine is there to prepare for you various dishes off the menu, including fresh salads. In addition to the permanent selection of dishes on the menu, there are different daily lunches available (e.g. pasta, Wiener schnitzel,

etc.) as well as casseroles once a week, for example different types of goulash, tripe stew, Serbian bean stew, chicken stew, chilli con carne, Istrian stew, minestrone (pasta, beans), and so on. The gastronomic heritage of Slovenia boasts a whole slew of different casseroles, the precursors of soups. They predominantly testify

to the creativity and culinary know-how of the cooks of old, who knew how to prepare delicious casseroles from simple food ingredients. What visitors can find

on the menu of Atlantis every day are different kinds of pasta and risotto, seafood, salads, and pizzas. The casseroles available are not only of Slovenian heritage – as previously mentioned, they include chilli con carne, the traditional dish of Mexican and later Texas farmers, with the oldest available recipe dating back to the 1850s. It was originally also prepared from dried chillies and dried beef,

which enabled them to be brought on journeys in the form of cubes, so the delicious dish could be prepared on the go. It first became famous in the USA, especially after its presentation at the Chicago Columbian Exposition in 1893. It is still the official and most recognisable dish of the US federal state of Texas. In addition to beef and chillies, onions and cumin are added to the dish, as well as occasionally beans. From the USA, the dish also spread to Europe.

Atlantis Water Park

BTC City Ljubljana
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Salad dish Atlantis with chicken and toast

1. Place a spoonful of nacho cheese onto a plate and cover it with a fried tortilla.
2. Cut some chicken breast into small pieces, fry lightly; in the meantime, prepare the dressing made of mayonnaise, the herbs of Provence, vinegar and spices, and mix it into the lettuce.
3. Place the salad onto the tortilla as well as the entire surface of the plate. Evenly place the grilled chicken meat on top of it. Add toast and a fresh tomato on the sides. Finally, add baked bread cut into cubes and sprinkle with Parmesan.



IT'S NOT THE FLOUR THAT MAKES THE BREAD – IT'S THE HAND THAT DOES IT

Bread and baked goods – all natural

PEKARNA KOVAČ

Every day, the smell of freshly baked bread permeates the indoor part of the BTC City Market – bread baked by bakers of the Pekarna Kovač bakery from Brezovica pri Ljubljani for over 30 years. Originally, they also had a shop in Zalog, and in December 2017, they further expanded to sell bread and other baked goods in BTC City.

They follow in the classic baking tradition, forgoing the use of additives and freezing for final baking. On their shelves, you can find buckwheat bread, corn bread, white bread, spelt bread and whole-wheat bread of different shapes and sizes. They also have a rich selection of baked goods, such as bread rolls, different types of buns and croissants, and specialise in baking bread bowls, which are sometimes used to serve soups, casseroles and sauces. Finally, they sell different types of potica, cakes, and popular cream cakes also called *kremšnite*.

Pekarna Kovač

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LIVE IT UP LIKE ON YOUR LIVING ROOM SOFA

A bistro offering a selection of drinks and horse-meat foods

SOBA'ROOM

This green room is, of course, a typical bistro, whose menu is based on horsemeat products and foods.

The company Hot Horse renovated their former place at the Trg mladih square in 2017. In addition to its culinary offer, even the original place, which opened in 2007, was famous for its interior design, reminiscent of a living room. The new design of the premises is even more green-oriented, so we can indeed talk about Ljubljana's green room.

This is hardly surprising – the company Hot Horse has led a successful horsemeat-based street food business in Ljubljana's park Tivoli ever since 1993. In the green Soba'Room, they offer primarily snacks and sandwiches with horsemeat terrine, horsemeat prosciutto, horsemeat in other forms, and toast. Customers can choose among coffee, juices, wines, hard liquor, natural fruit juices, and cakes.

• RECIPE FOR 4 PERSONS •

Snack with terrine, snack with horsemeat prosciutto, and toast triangle

1. To prepare a horsemeat terrine snack, put terrine, some tomato passata, mustard and mayonnaise into a whole-wheat bun cut in half.
2. To prepare a horsemeat prosciutto snack, put a slice of horsemeat prosciutto, mustard, some cheese spread and rocket lettuce into a whole-wheat bun cut in half.
3. Put a slice of foal ham and some cow cheese in between two pieces of toast.

Soba'Room

BTC City Ljubljana
Trg mladih square
T: +386 51 303 332

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www.hot-horse.si



RIDE THE FLAVOURS!

Healthy street food made from horsemeat

HOT´HORSE

In 2003, they began to offer the same in BTC City, in a modern kiosk on the Trg mladih square. Additionally, they have a Hot´Horse deli on Ljubljana's Koseze

The company Hot´Horse has been included on the culinary map of Ljubljana ever since 1993, when they started to offer horsemeat-based foods in Ljubljana's park Tivoli.

marketplace, where they sell pre-made foods. The kiosk in BTC City is a veritable "shrine" dedicated to horsemeat. In addition to burgers and rolls, grilled horsemeat terrine and horsemeat sausages in buns, they also have horsemeat beer sausages, horsemeat steaks, and horsemeat goulash. These are further joined by a wide selection of fresh salads, which are available for delivery across the city. Horsemeat foods are accompanied by wines from the Zajc winery and draft beer Maister brewed in a small Kamnik brewery. The name Hot´Horse came about as a variant of the expression

"hot dog", a phrase that has been established in the Slovenian language for decades, despite some linguists trying to replace it with the term "vroča hrenovka"

(i.e. hot frankfurter).

Eating horsemeat gained traction only at the end of the 19th century, when the necessary laws and regulations for its consumption were put in place, and raw horsemeat was

recognised as safe and healthy for human consumption. Before that, eating horsemeat was prohibited in many places. According to sources, Napoleon's soldiers, for example, often survived their military campaigns by eating horsemeat. Today, horsemeat is firmly rejected particularly in Great Britain and the USA.

Hot´Horse

BTC City Ljubljana
Trg mladih square
T: +386 51 375 001
E: info@hot-horse.si
www.hot-horse.si

*For ordering salads from the
salad bar: www.solatni-bar.si*

Foal goulash

2 kg of horsemeat
(shank, chuck, cheek)
2 kg of onions
30 g of salt
7-8 cloves of garlic
a pinch of ground cumin
60 g of ground paprika
3 dl of red wine (Refošk)
2 dl of water
4 bay leaves

1. Sauté sliced onions until they turn translucent. Then add meat cut into cubes and fry lightly. Add sliced garlic.
2. Keep stirring and stew until liquid evaporates from the meat.
3. Pour over with wine and water, season with spices.
4. Cook at medium temperature, so the meat becomes soft.



SPICED-UP AND GLUTEN-FREE

100 percent gluten-free food

COJZLA

In 1816, a huge ash cloud was blown into this region after the wide-reaching eruption of the Tambora volcano in Indonesia,

The first thing to catch your eye is the name of the restaurant itself – Cojzla. There are probably not many who are familiar with the origin of this word. The word “cojzla” refers to the popular name for Tatar buckwheat, which was brought into the region by baron Žiga Zois (1747-1819).

which caused low crop yields and consequently great famine. Travelling to the regions of today's Czech Republic, Žiga Zois was introduced to a special sort of buckwheat, the so-called “tatarka”, which also thrived in bad conditions and required no external pollinators, such as bees. It furthermore prospered at high altitudes and was easy to grow. Therefore, Zois brought Tatar buckwheat seeds to Slovenia, or rather Carniola, and spread it

among the farmers. This new sort of buckwheat was well received and was named *cojzla* after the man who brought it into the region. When famine ended, the new sort was gradually abandoned; today, however, it has once again gained traction due to its many positive attributes and dietary significance.

Chef Igor Mihelič, owner of the restaurant Cojzla, revived the name and the memory of a fascinating story of buckwheat, a plant which is botanically speaking not a cereal grain, but is frequently referred to as such for practical reasons. Cojzla has been creating gluten-free food from organic, high-quality and healthy sources since 2015. Their offer is fit not only for vegans, but also for anyone who stands by healthy nutrition. Guests can choose among a wide variety of different foods, including gluten-free burgers made with exclusively Slovenian

beef, steam-cooked falafel with sprouted chickpeas, fermented salty and sweet buckwheat pancakes, buckwheat noodles, vegan vegetable soups, etc.

Cojzla

BTC City Ljubljana
BTC City Market, south
T: +386 41 388 750
E: info@cojzla.si

Red lentils with chia seeds and desert Indianwheat

250 g of soaked, sprouted and
ground red lentils

150 g of cooked and grated
beetroot

6 g of salt

50 g of mixed grated vegetables
(leek, pumpkin, carrots, kohlrabi)

pepper, thyme, cumin, coriander,
mace, desert Indianwheat

chia seeds

beetroot juice (as needed)

1. Mix all ingredients evenly
and put them into shape.
2. Steam for approximately
30 minutes.
3. Serve the cooked red lentils
on top of some quickly cooked
seasonal vegetables.



“VEGI” FOR EVERYBODY!

Traditional Indian vedic cuisine

VEGEMBASSY RADHA GOVINDA

Mitja Bitenc, director of Vegembassy Radha Govinda, says that they can prepare anything, but all of it without meat! He has been running the original vegetarian restaurant Radha Govinda in the Ljubljana district of Šiška since 2008, adding to it a well-frequented food kiosk at the BTC City Market in 2016. This kiosk attracts attention with its name alone. In Hindu, Radha was a milkmaid and the personification of divine love toward Krishna. She first separated from him and then reunited with him once again, symbolising the relationship between god and the individual. Radha was also an excellent cook, who never prepared the same meal twice, and the companion of Govinda, a cowherd and protector of cows and other animals. Most of all, she is someone who provides satisfaction for our senses.

At the Vegembassy, they prepare vegetarian and vegan meals. These are derived from old vedic cuisine, which is based on spices, exceptional cooking techniques and different combinations of foods.

They have also developed their own pasta line. The master chef or “vegambassador” is Saša Žervanov. He is in charge of a staff of four cooks, who are able to create slew masterful delights.

Among them are, for example, Wiener schnitzel made from “wheat meat”, excellent lasagnes, traditional Indian *sabzi*, veggie pockets or *samosas*, various veggie risottos or *khitri*, egg-free desserts, refreshing yoghurt or mango drinks, also called *mango lassi*, and others.

Vegembassy Radha Govinda

BTC City Ljubljana
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restavracija@radhagovinda.si
www.radhagovinda.si

Lassi, or a refreshing yoghurt and mango drink

1 l of yoghurt
180 g of sugar
2 teaspoons of vanilla sugar
3 l of water
1 fresh mango

Mix all the ingredients together in an electric blender or with a stick blender. The drink is highly refreshing.

Samosas or stuffed wholegrain dough pockets

Dough

6 dl of TYPE 1100 flour
2 dl of wholegrain flour
60 g of butter
2 teaspoons of salt
2 dl of water

Mix flour and salt together, add butter and knead it into the flour. Add water and knead into firmer dough. Shape the dough into 30 little balls.

Stuffing

4 l of whole milk curd
1 teaspoon of asafoetida
80 g of olives
1 teaspoon of salt
olive oil
80 g of corn in kernels

Mix all the ingredients together and salt lightly. When salting, take into consideration the saltiness of the olives.



1. Roll out the dough balls into oval shapes.
2. Place little lumps of stuffing onto the upper part of the rolled out oval dough patches. Fold the lower part of the dough in order to get semi-circular pockets; squeeze the air out of them in the direction of the edges. Squeeze the semi-circular edges together and fry the *samosas* in hot oil. While frying, dip and rotate them continuously so that they fry evenly on both sides.

200 g of mung dhal – yellow or whole lentils
250 g of medium or long grain rice
4 medium sized potatoes, washed, peeled and cut in cubes
½ of washed cauliflower, cut into small pieces
4 medium sized tomatoes, each cut into 4 pieces
3 spoons of rendered or clarified butter or vegetable oil
2 teaspoons of cumin
2 fresh, finely cut seedless chilli peppers
2 teaspoons of grated fresh ginger
1 teaspoon of ground coriander
½ teaspoon of asafoetida
1–2 l of water
2 teaspoons of turmeric
3 teaspoons of lemon juice
2 teaspoons of butter
½ teaspoon of ground black pepper
2 teaspoons of salt





Khitri or risotto with yellow mung dhal lentils and vegetables

1. Sift the mung dhal and rinse it together with the rice. Drain it off.
2. Wash, clean and cut all the vegetables.
3. Heat the rendered butter or vegetable oil in a saucepan, and fry in it cumin, chilli and ginger. After a minute, add ground coriander and asafoetida. After a couple of seconds, add cut potatoes and cauliflower, and stir with a spoon for 4-5 minutes until brownish spots appear on individual pieces.
4. Add the drained-off dhal and rice and fry for one minute while stirring continuously. Then add water, turmeric and tomatoes, and bring it to boil on high heat. Then reduce the heat.
5. Cook on low heat for 30-40 minutes, partially covered. Mung kernels cook slightly longer than lentils. Cook until the dhal becomes tender and is completely done. At the beginning, stir once or twice so the rice does not scorch.
6. At the end, pour lemon juice over the *khitri*, add butter and cook on low heat until all the liquid is absorbed.
7. Season with salt and pepper. Use a fork to stir all the ingredients lightly but quickly. Serve the *khitri* together with homemade yoghurt.
8. Preparation time is 45 minutes.

HAVE A CHILLI TO BE CHILL

Indian fast food

BOLLYWOOD

The very name is surprising, reminiscent of the Indian film industry centred in Mumbai, the former Bombay. This Indian fast food restaurant is indeed named after the Hindi cinema phenomenon, which has been a part of the all-Indian Bollywood film industry – with its many production hubs filming features in different Indian languages – since 1970. Bollywood is, of course, the largest Indian film production centre, also famous in Slovenia, where some Bollywood films have already been shot. Ljubomir Petrović opened the restaurant in 2016 together with Indian chef Puthuveettil Nishabudheen and two assistants. Among the many varieties of Indian food, the one dish that stands out is Chicken 65, consisting of chicken thigh, a special marinade, vegetables, and hot sauce. In addition to the exceptional flavours of the dish, another one of its surprising features is its name. There are quite a couple of explanations for it. One of the most accurate ones, however, is probably the one that says that the dish was first prepared in 1965 in the famous

hotel Buhari restaurant in Chennai – its owner, A. M. Buhari, was one of the pioneers of the south Indian culinary industry. Naturally, there are many other stories explaining the origins of the dish. They say, for example, that not all Indian soldiers serving in Chennai understood Tamil, which is why the dish was numbered 65 in their canteen. According to another explanation, the dish took as many as 65 days to prepare.

They also say that it requires 65 chilli peppers to make, that the chicken needs to be 65 days old when slaughtered, that the chicken meat needs to be cut into 65 pieces, that the dish was number 65 on the hotel Buhari menu, and many more. What is most important is that this delicious dish is also available in Ljubljana's BTC City.

Bollywood

BTC City Ljubljana
BTC City Market, south
T: +386 70 161 144
www.bollywood.si

Chicken 65

Frying oil

Marinade

250 g of deboned chicken meat
1.5 teaspoons (about 7.5 ml) of chilli sauce
1.5 teaspoons of soy sauce
¼ teaspoon of ground pepper
2–3 soupspoons of corn flour
2–3 soupspoons of common wheat flour
¼ teaspoons of ground red chilli
a bit of salt

Spices

1.5 teaspoons of soy sauce
1 teaspoon (about 5 ml) of chilli sauce (can replace with ketchup)
½ teaspoon of ground red chilli (optional)
¾–1 teaspoon of vinegar
½ teaspoon of sugar

Vegetables

1 medium sized onion, cut in fine slices or cubes
2 soupspoons of chopped garlic
60–120 ml of red peppers, chopped into cubes
1–2 green chilli peppers, chopped and de-seeded
1 chopped young onion (optional)
4–5 leaves of chopped stem celery
young onions for decoration



1. Marinade the cut chicken meat in chilli and soy sauce and ground pepper, preferably for 2 hours. In the meantime, cut and chop the vegetables and prepare the spicy sauce.
2. Roll the meat in corn flour (alternatively, in common wheat flour), salt and stir thoroughly. Add ground chilli and stir thoroughly.
3. In a pan, prepare the sauce made of soy and chilli sauce, ground red chilli, vinegar and half a teaspoon of sugar, and stir thoroughly.
4. Gradually heat the oil in a pan (shallow or deep) and roast the meat until it turns a golden hue, then put it on a paper napkin.





5. Remove the remaining oil from the pan and add 2 spoons of fresh oil. Add garlic and fry for about a minute. Then add onions, red peppers, young onions, celery and green chilli peppers, and fry for about a minute.

6. Add sauce, as described under point number 3, and let it boil thoroughly.

7. Add the roasted chicken cuts and stir thoroughly. If the dish looks dry, add a little bit of water. Cook on high heat for 2-3 minutes.

8. Serve as a warm appetizer or a main dish with rice or noodles.

PREPARED ON A CHARCOAL GRILL

A selection of pork-free Bosnian food

SARAJEVO GRILL PAVZA

The chefs (also called grill masters), assistants and servers of the Sarajevo grill Pavza have been providing their customers with

čevapčići skewered with cheese) and *shish* (three spicy *čevapčići* on a skewer). They also prepare traditional meat patties or

pleskavice, *špikane* – made according to a house recipe, which is why they are called *pavza*. On the grill they also prepare chicken and veal strips (marinated meat cut into strips), chicken shish kebabs, and spicy sausages. In addition to dishes from the grill, they also prepare cooked and baked meals, as well as salads and desserts. When the right season

Guests can choose among potato pies (*krompiruše*), cabbage pies (*kupus pite*), spinach pies (*pite zeljanice*) and cheese pies (*sirnice*). The latter have been dubbed *burek* in Slovenia, although there is only one real *burek* – the one made with meat. There's even an old saying that goes, "*su sve pite pite, samo je burek pitac!*"* The *burek* is on special daily offer in restaurant Pavza every Wednesday. Among desserts, let us mention the *baklava*, the *tufahija*, and various pancakes with different sweet fillings. Let's also not forget the true Sarajevo beer and plum brandy (*rakija*), which is to be drunk as an aperitif. If you want to drink real Turkish coffee made in a copper *džezva*, and drink it from a real *fildžan*, they will make it for you any time.

* All pies are queens, only the *burek* is the king!

The influence of Balkan and hence Bosnian cuisine on Slovenian food culture intensified after WWII, linked to economic migrations and military service in the former Socialist Federal Republic of Yugoslavia. Some lighter influences were also felt before that, when Slovenia was still a part of the Kingdom of Yugoslavia (with stuffed peppers and *sarma*, for example). In the southern part of BTC City's Shopping Arena A, you can find a restaurant that delights its guests with various specialties from Bosnian and, more specifically, Sarajevo cuisine.

select grill foods since 2014. They make *čevapčići* in five different ways: as *fivers* (five *čevapčići* in traditional *lepinja* bread with onions), *tenners* (ten *čevapčići*), *half-half* (five *čevapčići* and half a spicy sausage), *skewered* (five

comes, *sarma* in sour cabbage leaves is an excellent option, as well as roasted beans or *prebranac*, the soup of the day, and the veal *čorba* with vegetables. They also make their own filo pastry for pies, using the so-called *klagija* roller.

Sarajevski grill Pavza

BTC City Ljubljana

Shopping Arena A, south

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280 g of chopped beef and lamb
in a 9:1 ratio

5 g of garlic

8 g of salt

seasonings as per the taste of the
grill master

seasonings as per the taste of the grill master

1. Mix all the ingredients thoroughly and form *čevapčići* in the shape of rolls. Grill over charcoal.
2. Serve with traditional Bosnian *lepinja* bread and an optional side dish.

Sarma

2 heads of sour cabbage
1 kg of chopped beef
350 g of rice
2 carrots
1 smaller onion
1 teaspoon of Vegeta seasoning
1 teaspoon of red pepper seasoning
pepper
salt

1. Carefully wrap every sour cabbage leaf around the mixture of well-roasted beef, rice, chopped vegetables and seasonings.

2. Pour water over these sarmas and cook on low heat for about 3 hours; use an earthenware pan to give the dish a special flavour. If desired, thicken with flour and season with red pepper or tomato pulp.



LET'S EAT FRESH!

Sandwiches on homemade bread

SUBWAY

The story of the largest American franchise, with about 44,000 restaurants in 100 world countries, started in August 1965 in Bridgeport (Connecticut, USA). Fred DeLuca was looking for a way to get enough money to study medicine. A family friend, Dr. Peter Buck, advised him to open a restaurant with the so-called submarine sandwiches (or subs), and so they became friends. In the first ten years, they already opened 32 restaurants in commercially attractive locations in the USA, offering fresh high-quality submarine sandwiches and salads, as well as excellent service, at reasonable prices.

As the restaurant network expanded, the company transformed into a franchise and grew rapidly in the USA and around the world. In Ljubljana, the restaurant on the Dunajska cesta road has been active since 2013, and the one in BTC City since 2017. Both are led by Iztok Levac, who is also a development agent of the Subway brand. The restaurant or "sandwicheria" in BTC City is staffed by 12 employees and 6 student workers. The gist of it is that every customer can choose all the ingredients for their sandwich on the spot. First, they can choose among five different types of in-house bread, made with the best ingredients available. Second, they can choose

among 15 meat combinations and three different types of cheese. The sandwich is then toasted by the staff, upon which customers can further choose among 8 types of vegetables and 9 different sauces. Every sandwich can also be prepared as a salad or a stuffed roll-up (wrap, tortilla). With this type of selection and service, customers can put together sandwiches with truly varied flavours. The most popular among them is the teriyaki chicken sandwich with soy sauce, closely followed by the club sandwich (ham, turkey and beef) and the melt sandwich (turkey, ham, bacon). Sandwiches are accompanied by a selection of different coffees – iced coffee

being a very popular choice – as well as juices and soft drinks. Those with a sweet tooth can enjoy a variety of outstanding cookies. In addition to what they offer in the restaurant on the spot, they are also developing a catering menu focused on sandwiches, salads and cookies.

Subway

BTC City Ljubljana
Shopping Arena A, north
T: +386 1 810 91 91
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www.subway.com

Teriyaki sandwich

1. Choose the type of bread.
2. Add pieces of cut chicken meat in teriyaki sauce.
3. Choose the type of cheese.
4. Stack meat and cheese in between the bread to make a sandwich and toast it.
5. Select appropriate vegetables (tomatoes, lettuce, cucumbers, peppers, onions, olives).
6. Select the appropriate sauce (for example, chipotle, grill sauce, etc.).



NO NEED TO TRAVEL TO SPAIN – FIND GOOD FOOD IN ŠPANSKA VAS!

Spanish cuisine meets street food

ŠPANSKA VAS

The restaurant Španska vas (which translates to “Spanish village”) is a Spanish cuisine street bistro with daily fresh dishes and foods, some of which have been brought here straight from the Spanish countryside (such as olives, dry meats, ripened cheese, and wine).

Jaka Peterca started to import Spanish meat products and cheeses in 2012, and in 2016 he opened a bistro together with his business partner. The kitchen is staffed by chef Šejla Okanovič and six other employees. For their guests, they prepare typical Spanish snacks or *tapas*, various hot rolls (*bocadillos*) with pork neck provided by Loške mesnine, chicken provided by Perutnina Ptuj, and sea fish fillet. The crispy hot roll with grilled white fish fillet, avocado guacamole sauce (*salsa*), rocket lettuce, and tomatoes provided by Lušt is called *ribica Ibiza*. The other dishes are also connected to Spain,

not only in terms of ingredients, but also with their names – they offer *chicken Toledo*, *pork neck Granada*, or *calamari Andalusia*. *Pork neck Granada*, for example, is a crispy roll filled with marinated and tender grilled pork neck. They also add in-house Spanish *aïoli* sauce, ripened Spanish cheese, a pinch of red pepper, tomatoes, and Chinese cabbage. In addition to Spanish foods, they also source from Slovenian villages – their menu is based on a symbiosis between Spanish and Slovenian cuisine. They have, for example, three different kinds of tortilla, joined under the name *la pomleta*. *Atletico* contains minced beef and champignon mushrooms, *Barca* chicken and Mozzarella, and *Sevilla* zucchinis, peppers and Mozzarella. Fresh salads are named after the cities of Madrid, Barcelona and

Valencia. Fresh leaf lettuce from the suburbs of Ljubljana is mixed with fish fillet, as well as chicken meat and buckwheat porridge. In the winter months, when fresh Ljubljana leaf lettuce is not available, salads are replaced with casseroles made to the recipes of Spanish grandmothers. For dessert, they offer Spanish fried dough balls or *buñuelos* with different sweet toppings. A traditional regular on the summer menu of Španska vas is the Thursday *paella*, which is prepared outdoors in a huge pan. Guests are served refreshing *sangria*, Spanish wines and beer. It is worth mentioning that delicacies from their menu are also available online at the official Španska vas webshop.

Španska vas

BTC City Ljubljana
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Pork neck Granada in a roll

250 g of pork neck marinated in salt, pepper, oil, and the Španska vas seasoning mix

2 slices of fully ripened mixed cheese (sheep, cow, and goat cheese) from the Španska vas online store (optional)

2 slices of tomato

fresh Chinese cabbage (can be replaced with Slovenian cabbage in autumn)

Spanish *aïoli* sauce

1. Grill slices of pork neck that has marinated for two days until it turns a brownish gold colour. A little before you finish grilling, add two slices of tomato onto the grate and season them with salt and pepper.

2. Take a freshly baked wholegrain roll, cut it in half horizontally, and quickly roast it on the grill. Then spread Spanish *aïoli* sauce on one half of the roll.

3. Cover the roll in Chinese cabbage and the two slices of tomato. Place hot pork neck cut into strips onto the surface of the cross-section of the roll, followed by cheese slices so that they slightly melt.

4. Cover the roll with the upper half and skewer it with a small wooden stick. If you want, you can also sprinkle it with red pepper.

WHEN IT COMES TO BEEF, ARGENTINA AND SLOVENIA AREN'T THAT FAR APART

Steak House, Lounge and Caffè Club

STEAK HOUSE ARGENTINO

Among restaurants from other gastronomic regions of the world that have found their home in BTC City is also the Argentinian restaurant Steak House Argentino. The Steak House has been active since 2005, offering different cuts of fresh, naturally aged young Argentinian beef from renowned Argentinian cattle farms.

In 2015, they expanded with the Caffè Club, which offers specialty coffee Tierra (a Brazilian-Peruvian-Bolivian coffee mix with the Rainforest Alliance certificate), coffees from smaller roasters adhering to the highest standards of coffee bean production, a rich selection of cognacs, whiskeys and other hard liquor, and quality Slovenian and Argentinian wines. The menu is complemented by various snacks and desserts. Since 2017, guests can also enjoy the Argentino Lounge, where they can choose among a daily selection of smaller beef cuts, cutlets, burgers, pasta, salads, various snacks, cocktails and other drinks on the menu. The English

word steak designates different grilled cuts of beef (and veal), which the Argentinians call *asado*. The steak can be a thicker cutlet from beef round, but it can also be a loin cut with some bone on the side or a tenderloin fillet. The steak can also be cut from the back, including a piece of bone, with one part being the roast beef and the other the tenderloin fillet. Americans "invented" the so-called T-bone steak, where the meat cut includes a bone shaped like the letter T. Steaks also include Florentine steaks and rump steaks. Additionally, Steak House Argentino features the most complete selection of dishes with Argentine beef in Ljubljana

and Slovenia. The dishes carry original Argentinian names. *Bife de lomo*, for example, is a tenderloin fillet, *churrasco de lomo* a roast tenderloin fillet cut into slices with a side of garlic, parsley and olive oil marinade, *bife de chorizo* a juicy rump steak with a layer of fat on the side, *picania* an outstanding upper round cut into thin slices, and so on. Steaks are accompanied by sauces and marinades. The culture of Argentinian cuisine is complemented by other appetizers and main dishes. Famous among appetizers are Argentinian stuffed pastries or *empanadas* with different fillings, the shape of which is reminiscent of Slovenian *krapi*. Another delicacy are the only true, that is, thin beef slices or *Carpaccio*, as well as *picada* or the Argentinian cold cut plate. In addition to beef, appetizers and main dishes include lamb, pork, foal and salmon. They also prepare fresh salads, such as the pampa salad (roasted beef cuts, vegetables), la Plata (octopus

How to prepare a great Argentinian steak?



and shellfish, vegetables), and Argentino (a selection of lettuce, peppers, tomatoes and onions). On top of everything else in this Argentinian culinary “temple”, have a cognac! They have over fifty varieties of it!

Steak House Argentino

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1. Take the meat out of the fridge approximately one hour before roasting, so it warms to room temperature.
2. In order to roast the steak, heat up the grill grate heavily. The same goes if the steak is roasted in a pan. In addition, the pan needs to have a thick bottom.
3. It's best to check how done the meat is with one's fingers. If the meat is still raw, it will immediately give in to your touch, whereas well-done meat is more resistant. Some experience is necessary when checking the doneness of the meat in this manner.
4. While the meat is grilling, don't flip it unnecessarily. If you do this, it may lose valuable juices. Also, do not skewer it with the fork and don't try to forcibly remove it from the grate. If you wait, it will unstick by itself and you will be able to flip it without any difficulty.
5. To roast thicker cuts of meat (more than 3 cm), you can use a kitchen thermometer. A rare piece of meat should have a temperature of 49 °C at its core, while a medium done cut should have a temperature of at least 55 °C.
6. While it is roasting, season the meat with coarse salt.
7. Quality meat requires no additional seasoning. Use only salt and pepper.
8. The traditional Argentinian side dish taken with meat are roasted potatoes with skins, cut in half, stuffed with cream, and seasoned as needed.

WHEN IN HASTE – FRKS DELIVERS GREAT TASTE

Tortillas, burgers, salads

FRKS

Since 2011, there is a small street food bistro at Kongresni trg 6 in Ljubljana. In May 2015, such a bistro was opened in the open part of the BTC City Market. Besides delicious food, the name of the bistro itself – Frks – attracts a lot of attention. The owner explains that the name of the bistro comes partially from the word “frka” which in Slovenian slang describes a lack of time. When you have very little time, you can come to Frks and get served right away. The second meaning comes from the verb “frkati” or “sfrkati” (English to curl or to roll) and describes the tortilla offer. These typical Mexican stuffed pancakes are folded, wrapped, therefore “sfrkan”. At Frks, every dish is prepared according to every customer’s unique wish, since everyone chooses their own ingredients. When it comes to tortillas, guests can choose from nine different flavours, e.g. Thai, Mexican, Greek, Slovenian with cracklings and horseradish, etc.

In their burgers, they use 100% Slovenian beef, make their own sauces, and grill the meat and the vegetables on melted butter. “Top Slovenia” is the most popular among tortillas, featuring the stuffing made of pork, pumpkin seeds, cabbage, lettuce, pumpkin oil, horseradish, and cracklings. Very often, their customers also go for the “Top America” burger (barbecue sauce, roasted onion, ground peanuts, lettuce, cheese, and bacon) or for the “Top Italy” salad with chicken. In the winter months, they offer plum tea with honey and hot homemade tea or homemade ice tea and lemonade in the summer.

Frks

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Salad "Top Italy"

"Top Italy" consists of grilled chicken meat, sliced to pieces, peanuts, cherry tomato, fresh cabbage, Parmesan cheese, green lettuce, and two halves of tortilla, on which a piece of cheese is put.

Burger "Top America"

The ingredients for the burger are sesame burger bun, filled with bacon, cheese, barbecue sauce, peanuts, green lettuce, and roasted red onion.

Tortilla "Top Slovenia"

The stuffing is made of sliced, grilled pork meat, fresh cabbage, carrots (grilled with pork), green lettuce, homemade horseradish sauce, pumpkin oil, and pumpkin seeds.



SO SIMPLE, YET SO DELICIOUS!

Burgers, potatoes, lemonade, and tea

HOOD BURGER

Burgers or hamburgers (Slov. “bombice”) have been a part of the global cuisine for quite some time. However, several interpretations arise when it comes to the origin and the development of this dish. The roots go back to the 18th and 19th century. Sources state that already in the 18th century the New York port was familiar with the preparation of beef cutlets *a la Hamburg*, i.e., as sailors came across such burgers in the port of Hamburg. The idea of a minced beefsteak, eaten between two slices of white bread, as seen in Hamburg, was brought to the USA by German emigrants in the first half of the 19th century. In 1844, a Hamburg cutlet with onion was introduced – just over a hundred years after a cookbook recipe for a Hamburg sausage. These and some other dishes were the basis for a burger/hamburger.

There are several explanations about who the inventor was and where the burger was prepared for the first time. It is most often attributed to five Americans. Athens, Texas is supposedly the birthplace of hamburger, since a local, Fletcher Davis is said to be the first who prepared it in the 1980s. Other sources claim the glory should go to the “inventor” Charlie

Nagreen of Seymour, who made his first burger in 1885. Then there were brothers Frank and Charles Menches who served their first burger sandwich in 1885 at a fair in New York, and Louis Lassen who supposedly offered his first burger in a place called Louis Lunch in New Haven, Connecticut around 1900. To this day, Louis Lunch prepares flat meatballs the same way as in

the beginning, with their burger keeping the original form, as well. It is a very simple dish, yet very tasty due to a variety of flavours. In the bar, there is a sign with a crossed out ketchup bottle – the legend goes that a guest who wanted to add ketchup to this burger did not get served and was shown the door instead. Since the beginning of the 1940s, we can keep track of McDonald’s – an empire of real burgers and other fast food. Today, burgers are a typical representative of fast food all over the world, yet in Slovenia, you can find special varieties due to their original and quality ingredients. This goes for the burgers, successfully introduced by Til Pleterski and Klemen Ptičak, the owners of the company Hood Burger. One of their main principles reads “Keep it simple.” When discovering new flavours of their

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burgers, they follow the rule of keeping each burger simple and making it from 3 to 5 ingredients besides meat and bread. Soon, they realised less is more and that the full taste of all the ingredients can be experienced best in this proportion. At the same time, they can connect each new flavour into something new and unique. Hood Burger follows the rule of simple solutions usually being the best solutions. They use 100% Slovenian beef of the animals that pasture on the plains of mountain Nanos. Their potatoes are of Slovenian origin only and they prepare potatoes themselves. They started the Slovenian “burger revolution” in 2012 with their “classic burger” which currently comes in many variations. Their names are international, mostly in English and with different derivations, e.g. Le Brie, Jake ‘n’ Jay, Hood Steak, Hoodi Nagci (*Hood Nuggets*), Louis Lunch, Billy Bob Bacon, Rocky Balboa, John Goat, Von Duck, Fatboy Slim, De la Boca, Der Würstmeister, etc. If thirsty, they will offer you beer or wine from the Goriška Brda region, as well as homemade lemonade and ice tea.



• RECIPE FOR 4 PERSONS •

Burger Louis Lunch

600 g of freshly minced beef (Make your own selection from different pieces of meat. You just need to make sure the meat is cut into pieces and mixed before mincing it. After the meat is minced, do not mix or knead it anymore, etc. Hood Burger minces different pieces; however, they use only whole muscles that are more marbled. They do not add any extra fat to the meat, since it changes the taste. Beef neck and ribs in the ratio 7:3 prove to be a good choice.)

8 slices of toast 10 cm x 10 cm

cheese spread (Hood Burger uses President's Creme d'Emmental)

1 tomato, cut to 4 thick slices

2 spoons of melted butter

oil

white onion, cut to thin slices

salt (when possible, coarse sea salt, ground in a grinder. Hood Burger uses traditional sea salt from the salt pan Piranske soline)

pepper – preferably whole grains, ground in a grinder

Accessories

frying pan

pastry brush

wooden or plastic spatula with a sharp edge (Hood Burger uses the “pressing” technique. This way, the meat is caramelised to its best and is grilled evenly brown across the entire surface, while the centre is prepared optionally)

if you're “Hood”: a smaller frying pan

if you're “Hood”: baking paper





1. Squeeze the meat gently with your hands and form 150 g balls. Chefs at Hood Burger use a larger ice cream spoon.

2. Heat the oil on a mid-level fire and roast the onion. While doing so, add salt and pepper. Roast the onion at $\frac{3}{4}$ of the power of fire for about 5 to 7 minutes. Remove from the stove and put the onion on a plate.

3. For preparing the meat, use the same pan and heat it up to a mid-level temperature. Take a meatball and cover the upper part in melted butter, using a pastry brush. Put some salt and pepper on the covered part of the meatball.

4. Put a full (depends on your taste) teaspoon of roasted onion in the pan, spread it across the surface and put a meatball on top of it, the butter-covered part facing down. Put baking paper on top of the meat and a smaller pan bottom-down on top of the paper. Grab the handle with one hand and push on

the inside with the other. Use force and flatten the meat until it is approximately 1 cm thick. In doing so, the onion will become part of the meat. The entire procedure should be done quite fast, since you have 20 seconds at the most to press down the meat after placing it into the pan. After that period, the meat becomes too hard, it can lose its juiciness and it is possible you rip it apart when trying to press it or create holes for the juice to run out.

5. Grill the meat for about 2 minutes, and then carefully remove it with a spatula so that you remove the entire flat meatball. Top chefs do it in one move. The easiest way to do it is by making short movements at an angle from different sides, leaving the crust intact. This very simple procedure is similar to removing paint with a small spatula.

6. Flip the meat and grill it on the other side for approximately 2 minutes to make it medium done. To have it done well, grill it for a bit longer. It is important not to press the meat after taking it out of the pan or to pierce it to check how well it is done.

7. Put the flat meatball on a plate and let it rest for a bit; in the meantime, focus on making toast.

8. Spread some butter on the toast and leave it in the pan until it turns slightly golden. Repeat on the other side of the toast.

9. Next: putting the burger together. Put cheese spread all over the toast. Cover a slice of coated toast with a flat meatball and onion, then put a slice of tomato on top of it. Finish by putting the second slice of coated toast on top of it. Cut the burger diagonally in two triangles and serve it.

VITAMINS AT MARKET STANDS

From vegetables to fruit ... and much more

BTC CITY MARKET

The BTC City Market, comprising an indoor and outdoor (open and covered) area, can be seen as the heart of gastronomy in BTC City. The following lines will focus mainly on the open part of the market, with its long corridor of vegetable and fruit stands on both sides. The market's southern part sees the corridor extending into a flower market. Yet, a more detailed view of the vegetable stands reveals a much broader offer. Several vegetable growers also offer pickled vegetables, sauerkraut and sour turnip, different types of homemade oil and vinegar, wine, and other produce grown and processed on their farms. Besides seasonal Slovenian fruit, fruit stands also offer a wide array of fruit from all over the world. A stroll among the vegetable stands offers an insight into the hard work of farmers on the outskirts of Slovenia's capital.





AS IF YOU WERE AT AN ASIAN BAZAAR

Foods and food products for preparing Asian dishes

SVILNA POT

What we in Slovenia like to call a fair or a market, is in some other languages, for instance in Balkan languages or in Turkish etc., called “pazar” or bazaar. The word is of Persian origin and denotes a public market. The origin of the word is not surprising, since Persia was a part of the trading route system, known as the Silk Road since 1877.

It was in this year that a German geographer Ferdinand von Richthofen named the area of profitable trading in Chinese silk, spices, and other goods that connected the trading routes of Asia to the Mediterranean, North and Northeast Africa, and Europe. These more than 6500 km long routes saw the travelling of merchants, travellers, missionaries, soldiers, and others for more than 3000 years. Since 2014, the Silk Road is listed on the UNESCO's cultural heritage list.

Svilna pot (Silk Road) is also the name of Gregor Pugelj's shop in the covered part of the BTC City Market; already its name tells what the shop's shelves have to offer since 2011. What you will find here first is a wide variety of

spices and other food ingredients for the preparation of Asian dishes. What is so special is the way spices are weighed: just like they were at the markets of the Silk Road. They weigh Turkish, Japanese, green, fruit, herbal, black, and other types of tea, while they grind various types of coffee for different needs and tastes. They offer several types of rice (e.g. Tilda Basmati), different types of flour (rice, chickpea), noodles (buckwheat, tapioca, rice,

etc.), Korean and Japanese filled pasta, a wide variety of lentil and sesame paste (*tahini*) from the Middle East for the preparation of hummus. In their offer, you will find the Korean diplomatic culinary bestseller *kimchi* – seasonal fermented vegetables. They have a wide variety of Asian sauces, e.g. Japanese *miso* sauces, tofu sauces, soy sauces, chilli and fish sauces, several types of chutney, Indian curry paste, and various sorts of oil. Their genuine Turkish baklavas, made weekly by a Turkish baker in Zagreb, stand out in the pastry programme. On the shelves of their shop, you will also find *lokum*, *halva*, Iranian honey dates, and different Japanese sweets made of rice. Coming from South Korea, you will find *soju*, along with different Japanese sake and numerous types of Asian beer.

Svilna pot

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BRINGING BACK FLAVOURS

Ecological foods

RASTOČA JABLANA

The name Ekošara denotes an ecological basket or a small shop with ecological food products and foods. The basic motto of the company goes: “Ecologically produced food should not be a privilege.”

The company with four business units has been active since 2013 and offers only ecological products and foods from Slovenian and foreign suppliers. They describe their offer as “bringing back the flavours” that people already forgot or never even knew. Their buyers can purchase different seeds, nuts, butter, milk, jam, salami and other meat products, several types of oil, vinegar, as well as cosmetics and

wine. The entire wine offer proudly carries the mark Demeter, meaning that every sort is ecologically produced.



Rastoča jablana

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EVEN SQUIRRELS WOULD ENJOY IT

Walnuts, nuts, dry fruits, cereals, and many other

PLODOVI

Milenko Novaković owns the shop Plodovi at the BTC City Market next to entrance 1. Since 2006, he has been developing this market niche. With the help of two shop assistants, he offers all kinds of dry fruits and fruit, walnuts, nuts, cereals, dry forest fruits, different types of hemp, flax, and sesame oil, etc.

All the foods are ecologically produced, originating from Slovenia (especially cereals), Austria, Hungary, and Croatia. Some special types of nuts are imported from India, South Africa, and South America.



Plodovi, Milenko Novaković

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EATING HEALTHY MEANS HAVING A HEALTHY LIFESTYLE

Ecological food products and restaurant

VITA CARE

Since 2008, BTC City hosts a real “eco market” Vita Care, a shop owned by companies Vita Care from Podnart and Farma Care from Jesenice. Their shops can also be found in Kranj, Koper, and Nova Gorica. Their assortment entails ecologically produced and processed foods and food products; a variety of completely natural and ecologically produced cosmetics, and cleaning accessories.



On top of having several suppliers, they have developed their own brand Organic Day, which marks food supplements and ecological foods of own production. Their rich offer in the shop is accompanied by a small restaurant, where fresh vegetable soups, fresh smoothies, eco sandwiches, and other delights are offered by the chef on a daily basis.

Vita Care

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FOLLOWING OLD RECIPES AND MADE BY HAND

Fresh meat, meat products, and other products from Poljanska dolina and Selška dolina farms

BUTCHER'S SHOP MESNICA LOŠKE MESNINE, DELI DELIKATESA ARVAJ, AND SHOP KRAVJI BUTIK

When using the term “traditional”, it is rightfully used for the brand Loške mesnine by the company Loška zadruga. The brand with its head office in Škofja Loka has actively been present on the market under different names since 1906. It was first known as Družba Klavnica Škofja Loka.

In 2011, they added the offer of fresh meat to the services of cattle slaughter. In the following year, they introduced grill and barbecue programmes, and in 2013 their own meat products. In 2012, they organised their own retailer shop trading network. They own brands Mesnine Bohinja and since 2016 Arvaj. In BTC City, the covered part of the BTC City Market features three of their shops: butcher's shop Mesnica Loške mesnine, deli Delikatesa Arvaj, and shop Kravji butik. Their customers can enjoy 100% quality Slovenian beef of the brand Izbrana kakovost, as well as pork and veal meat.

Under the brand Mesnine Bohinja, you will find top quality local meat products from Bohinj, all marked as Bohinjsko – From Bohinj, for instance dry sausages in minced lard, as well as exquisite

smoked minced lard from Bohinj. All these products are made entirely by hand, following old recipes, and smoked in the smoke of beech wood. The only spices they use are laurel and salt. There's a wide offer of products in Delikatesa Arvaj where you will find the traditional sausage Kranjska klobasa, known for its motto “zašpiljeno dobra od leta 1896” (deliciously skewered since 1896), minced lard, fresh steak tartar, smoked stomach from the Gorenjska region, and other products. Besides the meat offer in Mesnica Loške mesnine, you will find very special food products

from the farms of Selška dolina and Poljanska dolina valleys. Here, you can buy freshly grilled pork ribs and pork legs, from time to time also a special kind of meatloaf.

Mesnica Loške mesnine

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WHAT WE GIVE IS WHAT NATURE GIVES BACK

Milk, cheese, and other dairy products

FARM AND CHEESE DAIRY BOGATAJ

In the midst of an idyllic valley Poljanska dolina in the Škofja Loka region, there is a village Gorenja vas where you will find a cattle farm and cheese dairy Bogataj, locally known as “Leskovc’s”. The head of the farm Alojz and his wife Tilka, their children Jerneja, Matej, Mojca, and Ajda, along with their daughter-in-law Tanja continue the tradition of advanced farming, introduced already by Alojz’s grandfather by establishing the dairy cooperative Mlekarska zadruga Blegoš in Hotavlje in 1932.

The cooperative was famous especially for their tea butter Blegoš, successfully sold also outside the local environment. The Bogataj family and three other employees rear 40 dairy cows for the demands of cheese production; besides that they buy some cow milk from their relatives, as well as all of the goat milk. Based on 25 years of knowledge and experience, they produce at least 10 typical types of cheese with different names. Cheese Pretovč is named after the hill rising above the village. Cheese wheels of this type can weigh up to 20 kilograms. There is cheese with other names, as well, e.g. Janez, Kmečki, Travnik, and Mali Lojzek. An interesting story hides behind cheese Tilen, since it was named after the patron saint of the church in Javorje, where Alojz and his wife got married. Many delicious, excellent, and above all ecologically produced dairy products, yoghurts of numerous types and flavours, cottage cheese and cottage cheese spreads with season-corresponding ingredients, butter, buttermilk, whey, sour

milk, cheese for frying or grilling, and kaymak can be found in their cheese dairy. Of course, such fresh milk is completely natural and with no additives represents the key ingredient. At the moment, they are introducing “hay milk”, meaning that their cows are fed only hay and no silage fodder. Farm Bogataj has received numerous recognitions for the quality of its milk and dairy products, especially at the main annual Slovenian quality assessment event in Ptuj, called Dobrote slovenskih kmetij.

Farm and cheese dairy Bogataj

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DELIGHTS FROM POSAVJE REGION

Traditional meat processing, bread and flatbread bakery

FARM GNIDICA

Farm Gnidica from Lončarjev Dol on the left bank of the river Sava between Sevnica and Blanca produces tasty delights that have been sold since 2009 on Fridays and Saturdays in the covered outdoor part of the BTC City Market. The head of the farm Jože, his wife Branka, their daughter Petra and son Urban, along with father Tone and mother Jožica have been producing a variety of meat products and baking bread and flatbread in a bread oven since 2008. The two main activities of their farm are horse and pig breeding. The latter is important because of the breed Mangulica (in Serbian) or Mangalica (in Hungarian). Both, Serbs and Hungarians, proudly consider their countries the origin of this excellent breed with a thick layer of fat. The Serbs even put up a public monument to the Mangulica breed in Sremska Mitrovica, where also a part of a wedding ceremony, connected to this breed, is carried out. The bride must ride the monument and hold the pig sculpture by its testicles. The superstition goes that fondling the

left testicle will result in having a girl, while the child will be a boy if the right testicle is fondled. If the bride grabs both of them, she will have twins ... At farm Gnidica, they use Mangulica meat to produce bacon, prosciutto, dried sausages, dried loin, salami, and fat. From the meat of other pig breeds, they produce black pudding, liver sausages, fried sausages, spicy or hot sausages and pressed sausages, they smoke meat, and fill bacon rolls or crackling rolls with delicious cracklings. They also contribute to the popularity of salami production in the Posavje region by producing standard dried salami, also game or horse salami, as

well as salami seasoned with red pepper or filled with bacon (locally known as *špehovka*). They produce several types of cracklings (crushed

In a wood-fired bread oven, they bake several types of bread (white, semi-white – with more bran than can be found in the usual white flour, whole-grain, dark, corn, buckwheat, oat, spelt, and rye bread with cumin), typical Posavje region flat cake *prosjača* or *pršjača*, covered with cracklings, cottage cheese, or pumpkins; you will also find a special layer cake *potratna potica* or a traditional *potica* layer cake (with walnuts, walnuts and raisins, cottage cheese, cottage cheese and raisins, tarragon, poppy, carob, and potica with heated cream). On important Church (Christmas, Easter) and secular holidays (Carnival holiday), their offer includes even more typical dishes. They make and bake several other bread products, home-made cookies, and pasta tatters.

and covered in fat, cut and dried, cut and meaty or in Serbian *čvarci*). Among pig meat products, you will also find minced lard, minced lard with red pepper, and liver pate. An additional offer of delicacies from farm Gnidica comes in the form of bread and flatbread.



Farm Gnidica

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BTC City Market

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KEEPING HEALTHY WITH BEES

The day starts with a spoon of honey

BEEKEEPER'S VASIČ

Damjana Jasna Tošič continues the rich family tradition of beekeeping. Her mother has owned a honey shop at the Ljubljana market already since 1952 and they have been present at the BTC City Market since 1994. The wide offer is mainly based on the family beekeeping tradition. They keep their stationary bee house in the natural environment of the Kočevski Rog forest, which is complemented by pasture beekeeping using mobile lorry beehives all over Slovenia. This way, they continue their rich beekeeping cultural heritage, not only related to the indigenous Carniolan honey bee, but also to numerous bee products, which are indispensable when ensuring a healthy life and well-being.

You will also find a variety of products at their stands – several types of honey, pollen, royal jelly, propolis, and other bee and honey products, often combined with herbs. You will be able to buy honey soaps and different herb and honey cream types. Their specialty are honey-sweetened alcoholic drinks: walnut spirit, pine tree spirit, honey spirit, and blueberry spirit.

Beekeeper's Vasič

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SWEET DELIGHTS OF LIFE

Sweets and coffee shop

DULCIS CAFFE 1

Their basis is the preparation of healthy and top-level sweets from natural ingredients, following the development of this culinary field in the world. Individual cakes come as a combination of different mousse types and sponge cakes with nuts and butter. The widest is

When it comes to making cakes, we are talking about the great culture of culinary masters. An important part of this sweet wealth is offered since 2010 by sweets and coffee shop Dulcis, managed by Robi Avšič. Naser Gashi, a top pastry chef, has focused on his offer of sweets, developing different types of cakes and bringing the culture of making French sweets also to BTC City.

the offer of cakes, such as *Prestige Ganache* (made from orange crème brûlée, chocolate mousse and almond sponge cake), *Cake Paris* (made from French vanilla cream with strawberry jam and tender sponge cake), *Chocolate Passion* (made from chocolate sponge cake, chocolate centre and

mousse), and also cakes *Nutella-banana*, *Harmony*, *Blueberry*, *Passion fruit* and *Sinner*. Classic cakes are represented by the *Schwarzwald* cake and *Sacher* cake. The latter is a famous Vienna dessert made from chocolate sponge cake, apricot jam, and

chocolate topping. A special variety of this cake is its raw version, which is offered along with other five raw cakes: lemon grass cake with mango, chocolate cake, banana and cocoa cake, blueberry cake, and coconut cake. In the showcase

of the shop, you will find desserts in cups (chocolate trio, tiramisu, symphony, jorika), different pies, sweet slices, muffins, macaroons (French macaroons, German die Makrone), desserts for children, called *Madagascars*, chocolate dessert *Ježek*, and egg white dessert *Indijanček*. However, the

shop offers much more. You can have a taste of the *Bled cream* cake and Bled “heap” cake, as well as the king of desserts apple pie, or layered pastry *Prekmurska gibanica* and tender croissants with different fillings. As a true sweets shop should, they also offer different types of ice cream and ice cream drinks. Those who decide not to indulge in sweet delights can enjoy toasts and sandwiches. You will also find a wide variety of soft and alcoholic drinks, as well as tea and coffee. And if you want to enjoy the sweet moments at home, the shop offers cakes to go.

Slaščičarna in kavarna Dulcis Caffè 1

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• RECIPE •

Passion fruit cake

Passion fruit cake is made from decorative poppy and almond sponge cake, passion fruit and forest fruit jelly, cottage cheese mousse, passion fruit topping, with black currant and blueberries as decoration.





Decorative poppy sponge cake

25 g of butter
25 g of powdered sugar
25 g of egg whites
25 g of poppy
25 g of flour

Melt the butter and mix all the ingredients. Put the mixture in a decorative silicone baking mould. Put the mould in the fridge for the mixture to become hard.



Almond sponge cake

150 g of almonds
35 g of flour
4 egg yolks with
150 g of sugar
135 g of egg whites with
75 g of sugar
30 g of butter

Mix almonds, egg yolks, sugar, and flour for 15 minutes. Then, mix egg whites and sugar for another 15 minutes, put both mixtures together and add melted butter. Spread the entire mixture in a thin layer over the decorative poppy mixture. Pour the remaining mixture into a silicone mould and bake for 12 minutes at 170 °C.

Passion fruit jelly

75 g of water
60 g of sugar
120 g of passion fruit puree
5 g of gelatine

Heat water, sugar, and passion fruit puree and add gelatine. Pour the mixture in a silicone mould and freeze it instantly (shock it).





Forest fruit jelly

200 g of forest fruit puree

35 g of sugar

5 g of gelatine

The procedure is the same as when preparing passion fruit jelly. When it is instantly frozen, pour the forest fruit jelly over it and freeze it instantly again. When almond sponge cake and both jelly types are ready, prepare cottage cheese mousse.

Cottage cheese mousse

105 g of sugar

30 g of water

53 g of egg yolks

8 g of gelatine

300 g of cottage cheese

300 g of whipping cream

Mash the cottage cheese, whip the cream, and cook sugar and water at 120 °C. Pour everything into egg yolks and whip. Add gelatine, cool off, then add cottage cheese and whipping cream.

Next, put the cake together. Put the decorative sponge cake around the cake mould. Place almond sponge cake at the bottom of the mould, fill half of the mould with cottage cheese mousse and add passion fruit and forest fruit jelly. Fill with the remaining cottage cheese mousse up to the top and freeze the cake instantly. Prepare the passion fruit topping and pour it over the cake. Before serving the cake, let it thaw in the fridge. Decorate the cake using black currant and blueberries.



HE WHO CAN SEE FIVE Cs HAS GOOD EYESIGHT!

From cigars and chocolate ... to cognac

CCCCC LOUNGE CLUB



Tihomir Krstić's optician's shop Optika Clarus has created a special atmosphere in Shopping Arena 9 in BTC City by opening their Club, marked by five Cs. Each of the Cs stands for the focal point and offer of the Club. The first C denotes a Club as a place for mingling and enjoyment.

The second one denotes the offer of cigars from the largest "walk-in humidor" in this part of Europe. The third C is connected to the offer of more than 50 different brands of cognac, complemented by 250 types of whisky. The fourth C shows coffee offer and the fifth chocolate products from Choco Me brand by the famous company Louis Vuitton. The Club represents two main activities or services: the offer of the shop and the catering offer. Since 2009, their activities were limited only to catering

services, and since 2015, they have added the shop and the Club. In addition, CCCCC Club also offers exquisite wines, while their guests can also enjoy different types of coffee, juice, toast, and cold cuts.

CCCCC Lounge Club

BTC City Ljubljana

Shopping Arena 9

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SNACKS AND SIPS WITH A VIEW

Day and night club at the top of Crystal Palace

CRYSTAL CAFFE

The Crystal Palace is the tallest business building in Ljubljana with its 20th floor hosting Crystal Caffe since February 2018. Already at the opening ceremony which lasted for as much as two days, over 2000 guests gathered, proving at least two things: that the guests like to spend time in clubs with a beautiful view at day and at night, and that on top of that a club needs to have a wide and quality offer.



The day and night club on the 20th floor of Crystal Palace is open from Monday to Thursday from 8:00 a.m. to 9:00 p.m. and from Friday to Saturday until midnight, while on Sundays and holidays the club is closed. The amazing view covers a big part of Slovenia, among others

also the Triglav mountain. The club holds a typical bar offer with top-quality coffee, as well as alcoholic and soft drinks. Their offer encompasses salty and sweet snacks, fresh croissants, and cakes. Nights at the club are filled with thematic and other special events with live and electronic music.

Crystal Caffe Ljubljana

BTC City Ljubljana

Crystal Palace

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AFTER A GAME OF TENNIS ... A SAUSAGE

Carniolan and dry sausages, pretzels, sandwiches, beverages

BAR MILLENIUM

Next to tennis courts, a fitness studio, saunas, and a dance studio in Sports Centre Millenium, there is also the bar Millenium, which opened in September 1999 and has been run by Andrej Robida since 2009. The bar is open during the indoor tennis season, i.e. from mid August to mid May of the following year.



The visitors of the recreational programmes are served Carniolan and dry sausages with bread (on wooden boards), pretzels, sandwiches, pizzas, and toasts. On top of that, they can choose from alcoholic and soft drinks, as well as coffee drinks and protein shakes. During the indoor tennis season, draught Czech beer Staropramen is served. Otherwise, they serve Staropramen in bottles. The beginnings of the production of Staropramen beer go back to the second half of the 19th century, when Jan Kohout and Vilem Pick started brewing quality beer in Prague (Smichov). The corporation was established in 1869; they built the largest Czech brewery, and so the story of their famous product, also esteemed by the visitors of bar Millenium, started to evolve.

Bar Millenium

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VISIT BTC CITY ADMINISTRATIVE BUILDING FOR A SANDWICH AND SOME COFFEE

Drinks, sandwiches, and croissants

CAFE CITY

Since the opening of the administrative building BTC in 2001, its ground floor features a coffee shop, rented and managed by Uroš Keršič since April 2017. It is a typical Slovenian coffee shop, offering soft and alcoholic drinks, coffee, tea, and snacks, such as sandwiches (Spanish cuisine ingredients), toasts, and croissants.

Besides beer, some varieties of house wine from winemakers, such as Dušan Kristančič (Pinot Gris, Cabernet Sauvignon) and the Jakončič family (Cabernet Sauvignon, Piro), both from the Goriška Brda region. They will also offer you Cviček wine, champagne from PF Jeruzalem Ormož winery, Prosecco, as well as mango- or strawberry- etc. flavoured spritz.



Cafe City

BTC City Ljubljana
BTC City Administrative Building
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RELAX ON THE BEACH

Coffee shop and cocktail bar

PLAYA

The name of the place is a Spanish word for beach. The notion can also be seen in the interior design of the bar with aquariums, wave-shaped walls, and an algae-shaped chandelier. The place has been open since December 2008, with the official opening taking place in the spring of 2009. The owners of the place are singer Jan Plestenjak and record label owner Boštjan Menart.



Their extensive offer comprises top-level, predominantly Slovenian wines, beer, healthy fruit drinks or smoothies and protein drinks, fresh juices, homemade lemonade and ice tea, cocktails, spritz, and a wide variety of alcoholic drinks. Along with standard types of coffee, you can also order decaf and barley coffee. You can get non-alcoholic and alcoholic hot chocolate, cocoa, black, green, white, African, and Ayurvedic teas, as well as different soft drinks. Their offer of pancakes is amazing; in line with the name of the place they are called “playacakes” (Slov. pancakes = “palačinke”, therefore “playačinke”). Numerous sweet and protein pancakes, made of 100% kamut flour with extra vanilla proteins and no added sugar are waiting for you.

Playa, coffee shop and cocktail bar

BTC City Ljubljana

Shopping Arena Emporium, north

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REFOŠK MAKES SLOVENIA A KINGDOM!

Top-level wines from Slovenian Istria

WINE HOUSE HIŠA REFOŠKA



Why does Refošk make us think of a kingdom? Because its name is derived from Latin *rex*, *regis* (king), and *fuscus* (dark, blackish) and because it is an excellent wine, produced in Slovenian Istria from the grapes of the wine cellar Vinakoper. The company's head office can be found in Koper, while the shop Hiša refoška is also located in the southern part of the covered BTC City Market in Ljubljana since 2013.

Refošk belongs to the original sorts of red wine from the Primorska region. It is also known in neighbour countries – Croatia and Italy. In Slovenian Istria, the growing conditions for this sort of grapes are very favourable – both the soil and

the climate, as well as the impact of the sea. Along with Refošk wine, Hiša refoška offers all the top-level prestigious wines from Slovenian Istria: Merlot, Cabernet Sauvignon, and Shiraz. Fans of white dry wine will enjoy Malvasia, Chardonnay,

and Pinot Gris of the finest year. Wines of premium brand Capris are available for everyone who likes to get high quality for a reasonable price. Brand Capo d'Istria presents wines of the highest quality, intended for the most demanding tastes. Enthusing in every way, there is also the exquisite sort Sixty. It is available in a special magnum bottle (1.5 l) which comes especially handy in times of celebration with a large number of people behind the table. Representing the classic selection, there is sweet Muscat wine. In their offer, you will find the entire selection of Capris sparkling wines from Capris white wine to Capris rose and Capris Muscat, as well as special red sparkling wine Capris Refošk. Visitors of Hiša refoška can enjoy a glass of open wine Refošk, Merlot, Malvasia, and Chardonnay.

Hiša refoška

Wine house Hiša refoška
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Paleta svetovnih okusov v BTC Cityju.

A wide pallet of world flavours in BTC City.



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