

Best from the Top

Recipes prepared by top Slovenian chefs
With calculations for diabetes



Društvo za pomoč otrokom
s presnovnimi motnjami

VERONIKA ALJANCIC

- 14 autumn salad
- 14 leek soup
- 17 rainbow trout
- 19 buckwheat crêpes

TOMAZ BEVCIC

- 22 octopus caprese
- 22 asparagus cream soup with mediterranean scallops
- 25 pink shrimp spaghetti with lime
- 26 mediterranean-style sea bass
- 29 ana's strawberry slice

JANEZ BRATOVZ

- 32 veal terrine with sunflower and pumpkin oil, raspberry vinegar, deep-fried parsley and buckwheat porridge, eggplant and veal sweetbreads with pear sauce
- 33 slow-roasted lamb with sauce, pear cream, charred zucchini
- 37 chocolate earth with raspberry ice cream, white chocolate foam, chocolate cream and fruits

MARTINA BREZNIK

- 42 creamy green soup with poached egg and jerusalem artichoke chips
- 43 stuffed rabbit
- 47 chicken balls with red sauce
- 49 special crêpes with strawberries and mint pesto

VESNA CARMAN

- 52 marinated asparagus with trout and carrots
- 53 beetroot risotto with millet porridge and goat cottage cheese
- 57 lamb fillet with pistachio, gorgonzola puree and vegetables
- 58 mint cake on raw biscuit

UROS FAKUC

- 62 sea bass sashimi
- 62 eggs fried in whole-grain crust
- 65 spaghetti gamberi
- 67 fried octopus

TADEJ GASPARIN

- 70 salmon tartare with toasted oat bread
- 71 pan-fried clams, with fried porcini mushrooms and lightly smoked cottage cheese
- 75 baked king prawns with olive oil, chilli and lime
- 76 apple, ricotta, and mint ice cream

ALESSANDRO GAVAGNA

- 80 la rosa di gorizia, la mela e il kren – gorica rose, apple and horseradish
- 80 i girini, briciole di pasta buttata condite dall'orto, funghi porcini, quasi crudi – girini pasta crumbs with garden dressing, porcini mushrooms
- 83 dadolata di cervo, Il finocchietto selvatico e l'aceto di uva – deer, fennel and grape vinegar
- 83 verdure croccanti – crispy vegetables
- 84 tortino di semolino con fragole marinate – semolina cake with macerated strawberries

UROS GORJANC

- 88 tuna tartare with roasted shrimp tail on cucumber jelly with cucumber noodles
- 89 sarma in kale leaves, stuffed with buckwheat porridge and champignon mushroom, on almond curry sauce
- 93 sea bass fillet with dill brûlée and vegetables
- 94 oatmeal waffles with forest berries and strawberry sorbet with ginger

ROBERTO GREGORCIC

- 98 apple slices with young cheese and thyme
- 98 millet porridge with nettles, overheated cream, and cracklings
- 101 venison with chocolate sauce on kohlrabi puree with nasturtium
- 103 sweet chestnut puree with caramelized raspberries and blackcurrants

IGOR JAGODIC

- 106 raw adriatic shrimp, celery cream
- 106 cauliflower, breadcrumbs, parsley, cottage cheese gnocchi
- 109 grilled aged beef back, roasted parsnips, roasted parsnip puree
- 110 carrot biscuit, mandarin granita, carrot and mandarin jelly

BORUT JAKIC

- 114 red lentil soup, semolina dumplings
- 115 barley risotto with veal
- 118 crispy baked loin of venison, potato cake, celery chips
- 121 cherry strukelj with cherry ice cream

TOMAZ KAVCIC

- 124 marinated sardines
- 125 venison goulash
- 127 summer's meadow
- 128 one-spoon pizza
- 132 salt-crusted grilled wild sea bass
- 133 vanilla ice cream and crispy basil minestrone

LUKA KOSIR

- 138 trout sashimi
- 138 spring onion and kefir, salsa verde
- 141 goose leg cooked in kilner jar, with beetroot and spruce oil
- 142 pumpkin pie

KSENIJA KRAJSEK MAHORCIC

- 146 spring salad with grapefruit and mustard
- 147 wild garlic wholegrain tagliolini and codfish ragout
- 150 venison fillet, pistachio puree, sour cherries and viola potato chips
- 153 hazelnut mousse, chocolate earth, beetroot sorbet

MARKO PAVCNIK

- 156 soft chives polenta, steamed sea bass fillet
- 157 potato soup with leek, celery and truffles
- 159 slow-roasted vegetables
- 160 salmon fillet in all-butter dough
- 163 roasted veal leg that "melts in the mouth"
- 164 rhubarb, raspberry sorbet, elderflower foam and crumble

TANJA AND LEON PINTARIC

- 168 langos
- 169 asparagus soup
- 172 slow-roasted veal, barley with vegetables
- 173 pumpkin cake with raspberries

KLAVDIJ PIRIH

- 178 trout carpaccio
- 179 roasted rabbit, celery risotto
- 183 roasted lamb with kale rolls
- 184 cooked cream with terrano jelly and blackberries

ANITA POTOČNIK

- 188 smoked trout with avocado and lemon mayonnaise
- 189 vegetable noodles with crayfish
- 190 john dory fish fillet on barley with porcini mushrooms and truffles
- 193 gibanica with a twist

TATJANA AND BOSTJAN RAKAR

- 196 trout with spinach in three ways, crispy cheese
- 196 grated porridge with vegetables in tomato soup
- 199 organic chicken back with buckwheat in kale, albumin cottage cheese soufflé
- 199 apple roll with chestnuts in a glass

GREGA ROZMAN

- 204 crayfish salad, carrot jelly with sea-buckthorn, rye bread chips, purslane
- 205 chickpea cream with saffron, roasted beetroot, lettuce sauce, avocado cream, salted hazelnuts
- 208 bull tail lasagna, horseradish ice cream, tomato concassé, young spinach, celery puree, popped amaranth
- 211 spiced plums with star anise, orange sorbet, chocolate foam, peanut compote

MOJMIR SIFTAR

- 214 goulash tartare
- 215 trout fillet over spruce tree and watercress
- 217 lamb with beer and cherries
- 219 sweet brawn

UROS STEFELIN

- 222 jerusalem artichoke soup, jerusalem artichoke chips
- 222 barley risotto with snow pears and horseradish, smoked trout
- 225 mackerel fillet, cauliflower puree with nutmeg and cinnamon, roasted cauliflower with hazelnuts, dill sauce
- 226 smorn with snow pear and pomegranate, white chocolate mousse, apple porridge

ANA SUSTERSIC

- 230 red trout fillet, bean spread, green apple and red radish salad
- 231 sea bass fillet with fennel in parchment paper, orange and red onion
- 234 buckwheat porridge with champignon mushrooms and asparagus
- 237 oats, yogurt and forest fruit

NATASA AND MATEJ TOMAZIC

- 240 fine-herbs cream soup with deep-fried beetroot noodles
- 241 cottage cheese dumplings with tarragon
- 244 toasted tomato with cottage cheese and zucchini
- 245 pineapple, rhubarb and berry ice cream

JURE TOMIC

- 250 smoked trout with baked pear, horseradish and trout roe
- 250 pasta with young goat cheese, pumpkin oil and zucchini flowers
- 253 beef cheek with lard (from krskopolje pigs)
- 254 blueberry strudel with mascarpone cream

BOSTJAN TRSTENJAK

- 258 vegetable carpaccio with avocado cream
- 259 wholegrain penne gamberi with vegetables
- 262 poached sea bass with eggplant puree and roasted peppers sauce
- 263 chocolate cake with cauliflower

BINE VOLCIC

- 268 vegetable tartare
- 269 paper salmon
- 273 pineapple carpaccio with mascarpone cream and fresh coriander

DAVID VRACKO

- 276 salmon & avocado
- 276 chicken in two overtures
- 279 ratatouille, chicken, broad beans
- 280 lost-in-the-forest chicken breasts
- 283 chocolate, carrots, passion fruit

GREGOR VRACKO

- 286 wild trout, brussels sprout, hollandaise sauce
- 287 lamb
- 290 cherries and chocolate

JORG ZUPAN

- 294 colt steak tartare, sesame, ponzu sauce, spring onion, buckwheat
- 295 cuttlefish, sweetbreads, morel, tarragon
- 298 rhubarb, green tea, english cream, pistachio

SLAVKO ZAGAR

- 302 beef tongue with olive oil, garlic, and goat or sheep cheese
- 302 clear beef soup
- 302 lively soup
- 305 koruzjaca, crispy baked polenta in wood-fired oven
- 305 zlatovcica brook trout steamed and smoked, with horseradish
- 308 ox leg à la pulinoga
- 311 three-month dry-aged beef back with cucumber braised in white wine and pickled beetroot babies
- 311 quick bull-calf liver with onions, slowly
- 312 cottage cheese strukelj with olives, olive oil, chestnut honey, and horseradish

JANEZ BRATOVZ

RESTAVRACIJA JB
LJUBLJANA

Janez Bratovz could describe his work as something that has given him constant satisfaction through the years. He took up cooking following his grandmother's advice when he was deciding which career path to choose. At first, he couldn't imagine what being a master chef meant, but once he went abroad, where he encountered world-class cuisine and met with chefs, he realized that to be a chef is far from just spending your days in the kitchen. He gained an enormous amount of experience working in one of the best restaurants in Austria, the Tschebull Inn. He became acquainted with world-class cuisine, mastered new techniques and pursued further studies in France. Once he decided to return home, the idea of opening his own restaurant was already planted. He opened it in the town of Domzale, where he was later discovered by the fans of excellent cuisine.



Eight years later he moved to Ljubljana and took up the space of the restaurant JB, where he continues to work today. It would soon be said that he is one of the best chefs in the world – San Pellegrino placed him among the top 100.

He still does his own shopping, convinced that he has to know precisely what he will serve his customers later.

He respects high-quality, locally-produced ingredients, and has dabbled in planting his own food.

He continues to look for new ideas and challenges, even when on holiday, talking with his guests and reading books. He continues to be creative, trying new combinations and techniques, only serving a dish once he has approved it himself. And this is also how his menu for this cookbook came to be.



tortino di semolino
con fragole marinate –
semolina cake
with macerated
strawberries

40 g
300 ml
125 ml
70 g
½
2
1

Semolina cake:
coarse semolina
skimmed milk
yogurt
erythritol
vanilla pod
lemon peel
gelatin sheets
egg white
butter for greasing the molds

150
50 ml

Macerated strawberries:
ripe strawberries
acacia honey

Semolina cake —
Soak the gelatin in cold water. Bring the milk to a boil, add ½ vanilla pod with some of the lemon peel. Add semolina, stir and cook for 10–15 minutes. Remove from the stove and transfer the semolina to a bowl. Mix in half of the erythritol, the gelatin, lemon peel and yogurt.

Beat the egg white. Slowly add the rest of erythritol, semolina mixture and be careful not to collapse the egg white. Coat 4 molds with butter, pour in the mixture and leave it to cool for 2–3 hours.

Macerated strawberries —
Cut the strawberries and marinate them in honey melted in water.

suggested portion: 202 g
energy: 885 kJ, 211 kcal
proteins: 6.2 g
fats: 10 g
carbohydrates: 24 g
dietary fiber: 2.1 g





sea bass fillet with dill brûlée and vegetables

- 500 g sea bass fillet (4 fillets, 125 g each)
salt, white pepper
olive oil for baking
- Dill brûlée:
200 g dill
200 g whipping cream
7 egg yolks (150 g)
3 eggs
salt, white pepper
- 400 g assorted vegetables (zucchini, cherry tomato, red onion)
olive oil for frying

Dill brûlée —
Boil the dill, then mash it and let it cool. Add whipped cream, salt, pepper and whisked egg yolk and eggs. Pour the egg mixture into heatproof baking ramekins, wrapping each one with aluminum foil. Pour water into a deep baking tray to reach a depth of 3 cm, place the ramekins inside and bake in the oven preheated to 120 °C for 30 minutes.

Vegetables —
Stir-fry the vegetables in olive oil as preferred, seasoning with salt and pepper.

Sea bass fillet —
Fry the sea bass fillets in hot olive oil. Place the fried fillets on a plate, add the glazed vegetables and still warm dill brûlée.

suggested portion: 407 g
energy: 2353 kJ, 561 kcal
proteins: 40.3 g
fats: 40 g
carbohydrates: 10 g
dietary fiber: 4.3 g
suitable for celiac disease





BINE VOLCIC

BISTRO MONSTERA
LJUBLJANA

In Slovenia, Bine Volcic is best known for his work on the TV show *Gostilna isce sefa* (A Restaurant Looking for a Chef). Not many know that he started cooking as a child – first in the family kitchen, then in the Secondary School for Catering and Tourism in Radovljica and the Vocational College for Hospitality and Tourism in Bled, then adding a degree from the world-renowned cooking academy Le Cordon Bleu in Paris. In France, he worked in the kitchen of Alain Passard in the restaurant Arpege (three Michelin stars), and with Jean-Pierre Vigato in the restaurant Apicius (two Michelin stars). Abroad he met with chef Joël Robuchon, and he didn't miss out on the north either, working in Helsinki with chef Sassu Laukkonenon. In Slovenia his path was shaped by the kitchen of the state protocol, then located at hotel Mons.

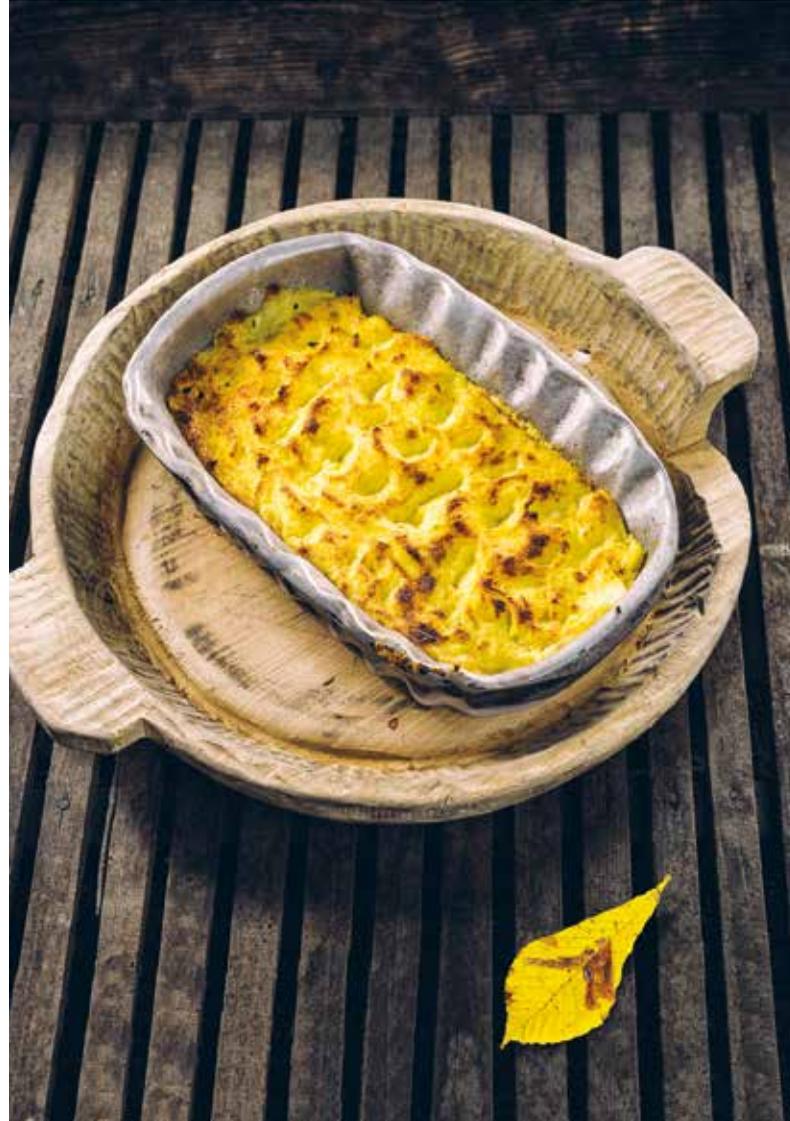


After returning from France, he worked in Hotel Livada Prestige and finally at the gourmet restaurant Promenada in Bled. He finally accomplished his desire to open his own restaurant with Bistro Monstera, where he offers daring dishes and new combinations based on his wishes and ideas.

He is known for following the philosophy of zero-waste cuisine, and so he tries to use as much of any ingredient as possible and serving extremely creative plates following serves the principle of eating with our eyes.

The menu prepared for this book follows the principles of a healthy diet and can be served to people with diabetes as well as those that are seeking a balanced diet.





koruzjaca, crispy baked polenta in wood-fired oven

80 g	raw cornmeal (gluten-free)
160 ml	water
65 g	cottage cheese
45 ml	sour cream
55 ml	whipping cream
	salt

Boil the cornmeal in water until it's soft then stir in cottage cheese, sour cream and whipping cream. Once it's cooled, put it on a baking tray and bake at 200 °C until it gets a nice golden crust.

suggested portion: 100 g
energy: 594 kJ, 142 kcal
proteins: 5.1 g
fats: 7 g
carbohydrates: 14 g
dietary fiber: 1.9 g
suitable for celiac disease

zlatovcica brook trout steamed and smoked, with horseradish

600 g	brook trout (preferably Zlatovcica trout from Bohinjska Bela)
20 g	coconut sugar
	salt
20 ml	sour cream
10 g	horseradish

Marinate the trout with salt and coconut sugar then smoke it. Serve with mixture of sour cream and horseradish.

If you can't find an appropriate machine for steaming and smoking among your kitchen appliances, come and get your smoked trout in Gostilna Skarucna.

suggested portion: 162 g
energy: 801 kJ, 192 kcal
proteins: 31.7 g
fats: 5 g
carbohydrates: 5 g
dietary fiber: 0.2 g
suitable for celiac disease



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