

# Tastes of Izola 2023

GASTRONOMIC EVENTS • RECIPES • RESTAURANTS • PIER OF TASTES  
ROMAN TASTES UNDER THE STARS • FARMER'S MARKET

*We invite you to experience  
the tastes of Izola*

# Colophon

Tourist Board Izola, e.i.g.  
Sončno nabrežje 4

**Tel:** +386 5 640 10 50  
**E-mail:** tic.izola@izola.si

[www.visitizola.com](http://www.visitizola.com)

## Authors of photos:

Jaka Ivančič  
Sara Glavina  
Luka Kaše  
Luka Zelko  
Dragan Zlatanović  
Arhiv TZI

## FOLLOW US



#VisitIzola



IZOLA  
ISOLA





SELECTED  
— Izola's —  
FLAVORS

# A year of tastes

*February 2023*

We have gathered all the information about the tastes of Izola, which will awaken your tastebuds in 2023. This year, we are preparing five different themes of culinary days, uniting restaurateurs of Izola, and five **street food events** at the customs pier – Pier of tastes. The booklet also hides some local recipes made by our culinary masters, which will help you bring the tastes to your homes.

Spring starts with the Days of Wild **Asparagus**, while the summer brings traditional flavours of the sea with **mussels**. In the summer, we also invite you to participate in a hedonistic experience – Roman tastes under the stars, where you will have the chance to enjoy roman cuisine and a beautiful sunset. September is dedicated to the queen of fish – **sardine**, the plates in October will be full of **calamari**, and the year will conclude with Days of **Cod**.

Dive into the tastes of Izola!



DAYS  
OF WILD  
ASPARAGUS  
*p. 10*



DAYS  
OF LOCAL  
MUSSELS  
*p. 22*

## Table of content

**10** Days of *wild asparagus*

**19** Pier of tastes

**20** Farmer's market

**22** Days of *local mussels*

**31** Pier of tastes

**32** Roman tastes under  
the stars

**40** Days of *the queen sardine*

**49** Pier of tastes

**50** Days of *calamari*

**59** Pier of tastes

**60** Days of *cod*

**68** Pier of tastes

**70** The forgotten secret of Izola



## Pier of tastes



*Street food  
in Izola*

DAYS OF  
THE QUEEN  
SARDINE  
*p. 40*



DAYS OF  
CALAMARI  
*p. 50*



DAYS  
OF COD  
*p. 60*

# Calendar of culinary days ...

## Days of *wild asparagus*

---



Friday, March 31 – Sunday, April 16

## Days of *local mussels*

---



Friday, May 19 – Sunday, June 4

## Days of *sardine the queen*

---



Friday, September 15 – Sunday, October 1

## Days of *calamari*

---



Friday, October 6 – Sunday, October 22

## Days of *cod*

---



Friday, November 3 – Sunday, November 19

## Farmer's market

---



*Local market* · May – September

# ... and Piers of tastes 2023

## Pier of tastes

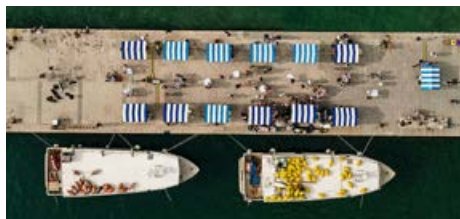
---



Saturday, April 8

## Pier of tastes

---



Saturday, May 6

## Pier of tastes

---



Saturday, June 10

## Pier of tastes

---



Saturday, September 16

## Pier of tastes

---



Saturday, October 14

## Roman tastes under the stars

---



*A special experience* · May – September



Meaning  
of KM zero.

*Izola culinary year*



## Culinary days in Izola

Restaurants in Izola come together in culinary days, through which they promote typical local ingredients, presenting them in modern or traditional dishes. Every year in Izola, we organize **five different themes of culinary days**, lasting for about two weeks each.

The culinary year starts with **Days of wild asparagus**, a culinary campaign dedicated to healthy wild shoots. We greet the summer with **Days of local mussels**, while at the beginning of autumn we organize **Days of Sardine the Queen**. Late autumn is marked by the **Days of calamari** and by the **Days of cod**.





## Fresh and local

The restaurants participating in the culinary days are also part of the Kilometer Zero initiative, which aims to promote fresh ingredients from the local environment. The initiative obliges the restaurateurs to source at least 80 % of ingredients from the local area directly from the providers.

*This method follows the guideline »From the sea (or in this case field) to the plate«, ensuring fresh and wholesome dishes and making a significant contribution to the support of local farmers.*



*Culinary days*

# Days of wild Asparagus



*From  
31 March to  
16 April*



Asparagus (*Asparagus acutifolius*) are delicious wild sprouts, harbingers of spring in Istria. They grow individually, usually in the company of thorny undergrowth. We can find them from March to early June and use them to prepare a colorful array of dishes. The most common and easy way is to pair them with scrambled eggs. If you prefer a heartier dish, scroll through the »tastes of Izola« and discover a recipe that will impress you.

During Days of Wild Asparagus (the first culinary event of the year) in Izola's restaurants you can try innovative menus with this popular wild ingredient.

**You will be able to pamper yourselves with asparagus dishes between March 31st and April 16th.**

*Join us!*







## Gnocchi with asparagus and homemade sausage



### Ingredients

*for 4 persons*

#### Gnocchi

1 kg of potatoes  
200 g of flour  
1 egg  
1 teaspoon of salt

#### Sauce

150 g of Homemade sausage  
1 onion  
200 g of peeled tomatoes

- 1** Cook the potatoes with their skin. Once they cool down, peel them and mash them. Crack an egg and mix it in with the potatoes. Mix flour and salt, knead the mixture into smooth dough, roll it out and shape the gnocchi.
- 2** Cut the sausage into coin slices. Finely chop and fry the onion. Add the sausage and leave it to fry a little, and then add pureed peeled tomatoes. Pour in some water. Break the asparagus into pieces and cook them for approximately 20 minutes.
- 3** In the meantime, boil some water. Once the salted water boils, drop in the gnocchi. After they rise to the top, let them cook for another 3 minutes. Take the gnocchi out with a skimmer and add the sauce. Once the plate is prepared, you can add some Parmesan.

*The recipe was prepared for you in the **restaurant Doro**.*



# Restaurant Doro

Trg padlih za svobodo 3,  
6310 Izola

**T:** +386 5 641 74 96

**E:** gostilnadoro@gmail.com

Under the canopy of chestnut trees, the staff of restaurant Doro is ready to warmly welcome you any day of the year. Their wish is for you to relax and enjoy good wine and selected house specialties. They prepare meals using special sweet charcoal on a carefully prepared grill, which gives the meat a special and unique flavour.

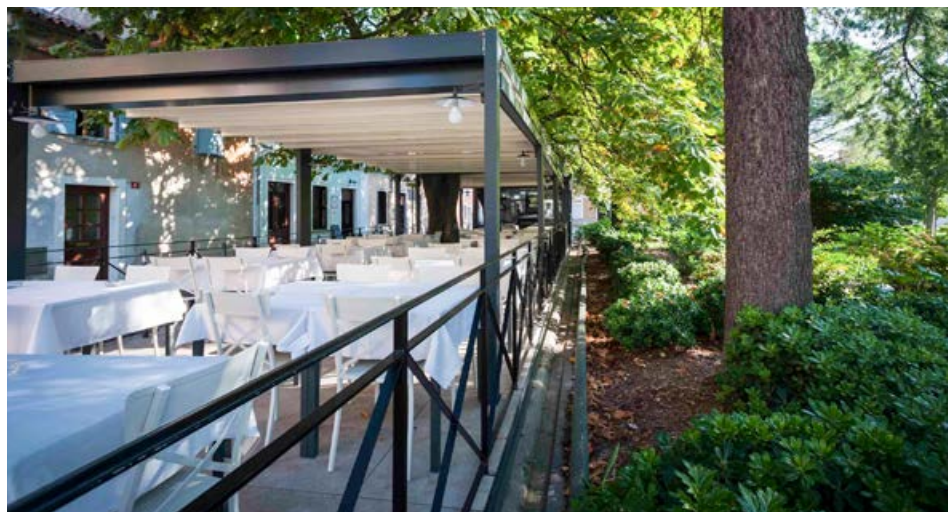
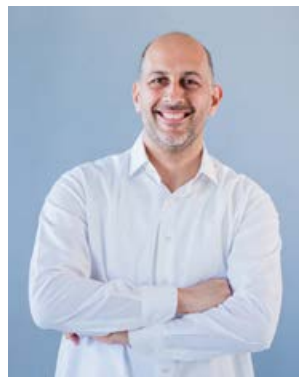
Igor Božič represents the second generation of the family restaurant. He manages the restaurant together with his wife, while their children

already help them with work. As a child he used to play in the evergreen park beside the restaurant and he practically grew up in the shade of the restaurant's chestnut trees. The restaurant is his home – that is why homeliness and a touch of tradition along with following modern trends are the cohesive elements they try to preserve. Igor has also been practicing sports since he was little. He is a passionate football player and coach.

Igor Božič: *»As a child I didn't like to eat or pick asparagus. Today, I simply enjoy it.«*

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.







## Medljan Tourist Farm

*Cetore 29, 6310 Izola*

**M:** +386 40 626 684

**E:** medljan@atnet.si

Medljan Tourist Farm is located near the village of Cetore and offers an ideal escape from the hustle and bustle of the city with animals and an authentic Istrian environment. The hinterland of Izola is interspersed with cycling and

hiking trails, so the farm is an excellent stop where you can refresh yourself with home-made, traditional dishes. It is also a perfect choice when you are in the mood for homemade pasta or stews. Their menu encompasses authentic recipes by grandma Justa and many homemade beverages.

**Medljan Tourist farm participates in** Days of wild asparagus.



# Restaurant Gušt

Drevored 1. Maja 5, 6310 Izola

**M:** +386 31 60 60 40

**E:** info@gostilnica-gust.si

Gušt is a small romantic restaurant in the heart of Izola. It offers great pizzas, seafood, meat dishes, "padellas", Italian-style pasta and wonderful

desserts cooked with love. Gentle music and a lot of good energy accompany the atmosphere at the Gušt restaurant throughout the day.

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari.





## Restaurant Korte

*Korte 44a, 6310 Izola*

**T:** +386 5 642 02 00

**E:** [info@gostilnakorte.si](mailto:info@gostilnakorte.si)

The beneficial Mediterranean climate, the fertile land and the proximity of the sea have always influenced the lives of the locals, who have lived off the land and the sea, devoted to farming, crafts, salt panning

and fishing. This long-standing tradition is the base of the authentic, homey Istrian gastronomy, especially known for fresh seafood, olive oil and top-quality wine.

### **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





# Art Café Odeon

*Ulica prekomorskih brigad 4,  
6310 Izola*

**T:** +386 5 97 64332  
**E:** info.kvart@gmail.com  
**FB:** Art Kavarna Odeon

Art Café Odeon is a creative place in the center of Izola, which awakens your senses and incites the joys of life: from experimental cuisine to versatile creativity, from a gallery to literary, theatrical, storytelling,

and musical performances.

The food in Art Café Odeon is different every day. Fresh and healthy vegan or vegetarian dishes with spices from the Mediterranean to Japan are available every weekday from 11 am to 3 pm. In Art Café Odeon you will also find tasty homemade cakes and pastries that will impress you!

**Art Café Odeon participates  
in Days of wild asparagus.**





SAVE  
— the —  
DATE!

# Pier of tastes

*Street food in Izola*

8 April 2023 · North Pier



# Stuff from my field

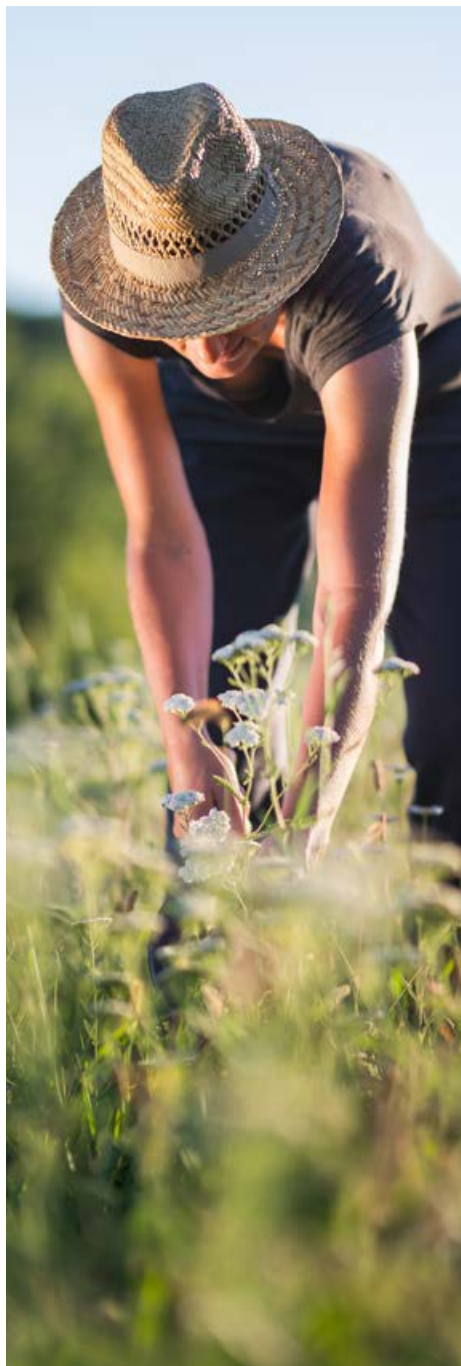


## Visit local farmers' market

The seasonal market »Ruba sz moje njive« (Stuff from my field) offers an opportunity for the local farmers to sell the surplus of their crop. It takes place **from May until the end of September** in Drevored 1. maja (1st May avenue). You can visit the market on Wednesdays and Saturdays **between 8 am and 1 pm** and get wholesome crops from the hinterland of Izola. This way you will always have fresh fruit and vegetables as well as other goods, but you will also support the local farmers.







*Culinary days*

*From  
19 May to 4  
June*



## Days of local Mussels

Mussels are the best-known and easily available seafood. They are most commonly prepared »à la busara« - the simplest mussel-based dish. At the Days of local mussels, you will have the chance to try other mussel dishes and get to know the creative minds of local chefs.

**The aroma of local mussels, which you will be able to try in many restaurants in Izola, will enchant Izola between 19 May and 4 June.**





## Simple preparation

There are only a few guidelines to follow when buying and preparing mussels. The mussels should be still alive, with an unbroken and closed shell. There should not be mud or sand on them, while crab shells or smaller organisms are not a problem. In the case of farmed mussels, the place of cultivation, the cultivator, the cultivation number, and the date should be marked in a visible spot.

Mussel suppliers for the restaurants participating in the Days of local mussels are Mytilus and Prosub, who ensure that only the freshest and tasty mussels make their way to kitchens.

*The cultivation areas are in the Landscape parks of Sečovelje salt pans, Strunjan, and Debeli rtič.*

Even those without any culinary knowledge can prepare mussels »à la busara«. You need just a few key ingredients. Dušan from restaurant Sonja has revealed some tips for cooking a delicious meal.





## Mussels "á la buzara"



### Ingredients

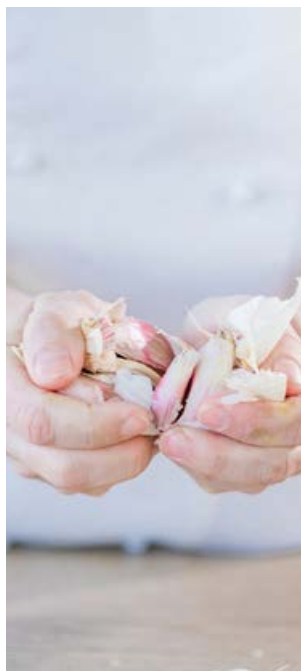
*for 4 persons*

4 tablespoons of olive oil  
3-5 cloves of garlic  
2-3 tablespoons of breadcrumbs  
0,5 of a bunch of parsley  
2 dl of white wine  
1 kg of fresh mussels  
(eg. Mediterranean mussels, oysters, clams, Arca noae)

- 1** Clean and wash the mussels. Once they are scrubbed, let them soak in water until all dirt is removed.
- 2** Peel and finely chop the garlic. Pluck the parsley leaves from the stems and finely chop them. Heat the olive oil in a wide pot. Sauté some garlic and stir it just until it gives off a pleasant aroma. Add a tablespoon of breadcrumbs, half of the previously chopped garlic and white wine. Mix well and bring to a boil. Once the wine is boiling, add the cleaned mussels and sprinkle the remaining parsley over them. Cover the pot and cook the mussels at high temperature for 10 minutes. Shake the pot several times while cooking.
- 3** When the mussels are cooked, discard the unopened ones. Take the opened mussels out of the pot and serve them. Put the remaining breadcrumbs into the pot containing the sauce. Stir well and season with salt, if necessary. Cook the sauce for another 1-2 minutes and then pour it over the mussels. Serve the dish with fresh, preferably homemade, bread.

*Did you know that you should not stir the mussels while cooking? Only shake the pot instead. If you stir them, the meat often falls out of the shell.*

*The recipe was prepared for you in the **Restaurant Sonja**.*



# Restaurant Sonja

Morova ulica 4, 6310 Izola

T: +386 5 640 35 00

E: info@gostilnasonja.si

The path of restaurant Sonja begins in a picturesque Istrian village above the town of Izola in 1988, when delicacies made from the gifts of Istrian soil were first served on a plate in the restaurant. In the new millennium, after more than a decade of preparing Homemade Istrian food, the restaurant transferred to a new location in the most well-known fishing town in Slovenia – Izola. In Izola's small fishing port you can still see wooden boats, from which fishermen offer their daily catch. You can smell the sea from the restaurant's terrace while enjoying a glass of local wine and letting yourself be spoiled with delicacies

offered by Istrian soil and long-standing tradition.

Restaurant Sonja is a family restaurant managed by Dušan Brkić. Ever since his childhood, Dušan has been spending his summers in the restaurant. In quest for something new, his love of cuisine led him to expand his business by starting a catering service. Over a ten years period, catering has become an important part of the business and requires more and more attention.

Dušan Brkić: *»When preparing mussels à la buzara there is no need for salt – the best flavour comes from the mussels themselves.«*

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of cod.







## Arrigoni Fish Canteen

*Dantejeva 18, 6310 Izola*

**M:** +386 40 394 512

**E:** valter.ferenac@gmail.com

Arrigoni Fish Canteen pampers you with daily fresh fish specialties, and their fish broth is a magical mix of sea flavours. Other charcoal-grilled and homemade dishes are also available. The canteen is located at the entrance to the tourist port of Izola with free parking in Arrigoni park or next

to the promenade leading from the centre of Izola towards San Simon Bay. In warmer months, there is an open terrace, food delivery or catering for special occasions is available throughout the year. In addition to the pleasant green ambiance, you will also be impressed by the always cheerful staff.

**Arrigoni Fish Canteen participates in:** Days of local mussels, Days of sardine the queen.



# Restaurant Parangal

*Sončno nabrežje 20, 6310 Izola*

**T:** +386 5 641 74 40

**M:** +386 41 673 846

**E:** allf.piran@gmail.com

The Parangal Fish Restaurant offers cold and hot starters, soups, meat specialties and fresh fish such as lobster, rhombus, blacksmith, leaf, sea bass and other grilled seafood.

You can also order pasta with truffles or choose from a wide selection of desserts and bottled wines. The terrace is located right by the sea and it has a beautiful view over Izola's marina.

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of calamari, Days of cod.





## Restaurant Manjada

*Morova ulica 25d, 6310 Izola*

**T:** +386 5 641 63 21

**M:** +386 31 534 810

**E:** Morova ulica 25d

The Manjada Restaurant and Pizzeria is located in Izola, more precisely opposite the Haliaetum San Simon Hotel. They offer daily freshly prepared lunches from the sea-

sonal offer but you can also choose from a wide range of meat and fish dishes. In the cozy home atmosphere of Manjada, friendly service and, above all, delicious food are waiting for you.

### **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





# Restaurant Pergola

*Tomažičeva ulica 10, 6310 Izola*

**T:** +386 5 660 74 21

**E:** prodaja@hotel-delfin.si

Guests love to come back to Pergola for sardines and other fish dishes that you can enjoy next to the sea. Pergola awaits

you during the warmer months of the year.

**Pergola participates in the following culinary campaigns:**

Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari.





SAVE  
— the —  
DATE!



# Pier of tastes

*Street food in Izola*

---

6 May 2023 · North Pier

*Awaken all the senses in a special experience*

# Roman tastes under the stars

Romans knew how to pamper their body and spirit ...

*Hedonism  
without  
limits*





The idyllic location in San Simon, which was once home to a sea-side Roman villa, was known for exclusive dinners, where guests were served a sweet selection of Roman dishes. Now, everyone can take a hedonistic journey to the start of the 2nd century – even you.

## Culinary experience in Izola

Have you heard of Roman klinai? Do you know who is villicus? Would you like to know whom the first toast was dedicated to and discover the meaning of the word »salve-te«? All this and more will be clear when you indulge in Roman tastes and become part of Roman aristocracy for one evening. The location, once home to a Roman villa and today the site of an archaeological park, offers a genuine Roman culinary delight.

*Romans always knew how to make their lives as comfortable as possible.*

Becoming Romans for the evening will surely be a pleasurable experience. Everything will be the same as it was 2000 years ago. First, you will dress in Roman tunics and make yourselves comfortable in the triclinium (Roman dining room), where you'll be taken care of by villicus - caretaker



of the villa. Indulging in the hedonistic Roman lifestyle will continue with a tasting of Roman cuisine. You will have the chance to try the dishes in true Roman fashion – using your hands. Thus, you will experience the Roman flavours with all your senses – something we are not so used to

anymore. The villicus will keep you company throughout the evening; he will tell you amusing stories and take care of the cultural-artistic program with an artist from Aquileia. He will be helped by a puella (a female Roman slave) and a servant. Finally, you will be treated to a special "forbidden" surprise.

## Roman cuisine – star of the evening

Amongst all the exciting tales and entertainment performances, there will be one star of the show – the Roman cuisine. You will be treated to a three-course Roman menu – during each course, you will be able to taste various culinary masterpieces of the time. Make sure to take your time while you eat; Roman feasts were social events, after all! That's why there's a lot of chatting, meeting new people; even business opportunities arise in such a relaxed atmosphere.

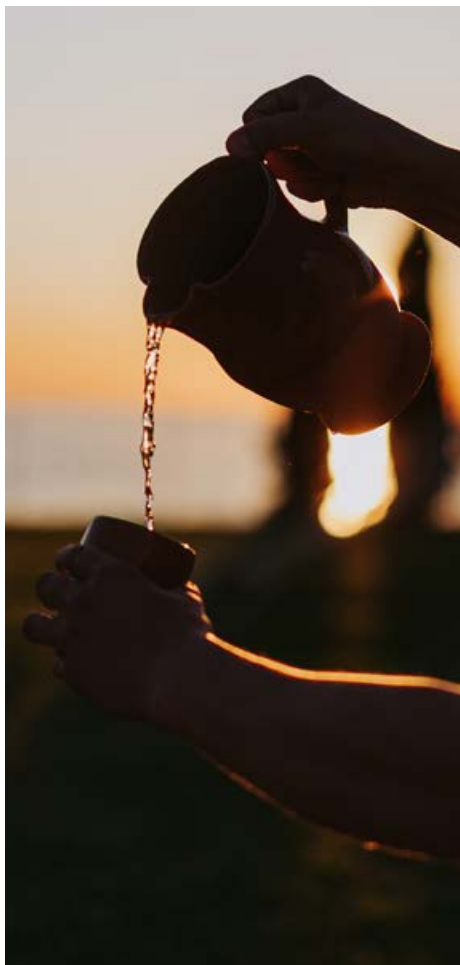


### What will the experience be like?

The "Roman tastes under the stars" culinary experience takes place in the open – at an idyllic location of Izola's Archaeological Park, in the San Simon bay. The maximum number of guests is 9. The gathered guests are greeted by the villicus (the villa's caretaker), who literally takes them back in time. The main theme of the evening is tasting Roman dishes, and the dinner is accompanied by a cultural-artistic programme.

## Who is it for?

The culinary event is intended for adults and all “gourmet souls” who always like to experience new tastes and different, exotic food. It is important that they eat meat and/or fish. Part of the target audience are also all those who love stories and cultural heritage, as well as all social butterflies, who will easily switch to being Roman aristocrats.



## When can I attend?

To attend the “Roman tastes under the stars” experience, make sure to regularly check the dates at our [online store](#). Advance booking or purchase is necessary. The entire experience takes approx. 2 hours – duration can be a bit extended if there is expressed interest to do so. In case of bad weather, the event is rescheduled to another date.



*Cultural  
program*





## Book your Roman indulgence

In summer, "Roman tastes under the stars" usually takes place twice a week. **Advance booking or purchase is necessary.** Dinner and programme are intended for a larger group – up to 9 people. This is due to the event's design. Surely some of your friends would like to attend as well, would they not?

**It is possible to adapt the programme for closed parties as well as to conduct the event in English. For more information, contact us via the online form on website [www.visitizola.com](http://www.visitizola.com).**

**Book now!**







Unique  
flavors

## *Roman tastes*

# Roman menu

The menu is comprised of dishes typical to the Roman era, slightly adapted to modern taste.

### **Gustatio / appetizers**

**Cucumeres rasos** – cucumber salad

*Fresh cucumbers, grown in the inland part of the Villa Marittima estate, seasoned with fresh honey dressing.*

**Ovis hapalis** – eggs with pine nuts topping

*Egg halves topped with pine nuts soaked in wine and a modern version of Roman fish sauce (liquamen).*

**Spelt bread** – unleavened or sourdough **libum** – cheese loaves

### **Fig bread**

*Sourdough bread is perfect in combination with dressings. If you are in the mood for flavoured bread, you can enjoy cheese loaves. Food lovers will be excited to try fruit bread with nuts.*





## Primae mensae / main course

**Perna** – ham in bread dough

*Ham cooked with figs and bay leaves, wrapped in dough and crispy baked.*

**Ius diabatanon in pisce frixo**  
– baked fish with sauce

*The sumptuous sea-bass dish combines the taste of oriental spices and the freshness of herbs harvested in the garden of Villa Marittima. Your palate will enjoy the sweet aftertaste of almonds and honey, which perfectly rounds off the combination of flavours.*

**Cucurbitas cum gallina** – courgettes with chicken and peaches

*The meat of grazing hens, who enjoyed their Days in the dominus' estate, is prepared by the best butler in the villa. The meat is combined with fresh peaches, picked when the gentle glow of the dew was still shining on them. The fresh peachy taste, tender chicken meat, and a blend*

*of herbs will introduce flavours you are surely not used to.*

**Assaturam** – roasted meat with salt and honey

*Piščančje prsi pečene v soli in prelite z najboljšim medom iz posestva.*

**Salla catabia a la apicius**  
– chicken with spices and cheese

*Gratinated chicken with parmesan and herb-spice topping.*

## Side dishes

**Carotae frictae** – baked carrots

*Baked carrots in wine sauce with cumin.*

**Cucurbitas** – courgettes

*Courgettes with herbs from the estate garden, topped with red wine.*

**Gustum de cucurbitas** – courgette appetizer

*Courgettes with salted sardines and celery.*



**Pisa** – peas

*Peas with leek, pepper sauce, and fresh queen of Mediterranean herbs (basil).*

## Mensae secundae / dessert

**Dulcia domestica** – home-made / stuffed dates in honey

*A dessert combining the sweet taste of dates and the sharpness of pepper.*

**Globuli** – balls of millet and cottage cheese

*Millet balls with cottage cheese, fried in olive oil.*

## Beverages

**Mulsum** – sweet drink, dry white wine with honey

**Mulsum sperati** – Speratus mulsum, red wine with honey and spices

*Bon appétit!*

*From 15  
September to  
1 October*



## Days of Sardine the queen

Sardines are typical blue fish with tasty and easily digestible meat. They are categorized as smaller fish, as they grow up to 25 cm and weigh approximately 30 g. Even though it is among the cheapest and most widely available fish, many gourmets consider it the queen of fish.

As fishing has strongly marked the history of Izola and its local identity and sardines are often found among the catch of the local fishermen, we are organizing Days of Sardine the Queen.

**You can pamper your taste buds at the Days of Sardine the Queen between 15 September and 1 October.**

During this theme of culinary days, restaurateurs are going to offer various sardine-based dishes. Sardines are excellent grilled, fried, and baked in the oven. Even salted sardine fillets are a simple dish, but a real specialty.



## Health from the Sea

According to experts, fish should be eaten twice a week, mainly as a substitute for red meat or other meat products. They contain a high amount of easily digestible proteins, potassium, iron, selenium and are extremely rich in omega-3 unsaturated fatty acids, which are essential for the cardiovascular system.

The best fish are of course the ones we buy directly from fishermen, but since many don't have this option, a visit to the local fish market is also a good choice.

*You can recognize fresh sardines at first glance: they are firm, the skin and scales are shiny, the eyes are clear, and they smell like the sea. If this is not the case, it's better to use fresh frozen-fish.*

To encourage you to eat more fish, the Kamin restaurant has prepared an interesting recipe.





# Sardines stuffed with goat cheese



## Ingredients

for 4 persons

### Spread

0,5 kg of fresh sardines  
1 clove of garlic  
1 twig of rosemary  
1 teaspoon of mustard seeds  
Juice of 1 lemon  
2 tablespoons of sour cream  
2 tablespoons of olive oil  
Salt, pepper, parsley

### Sardines

16 fresh sardines  
10 dg of goat cheese  
2 dcl of light beer  
2 eggs  
150 g of flour  
Salt

### Spread

- 1 Clean the sardines, remove their heads and leave them to dry. Peel the garlic (do not slice it) and put it in a pan with sardines and rosemary.
- 2 Clean the roasted sardines, so that you are left with just meat. Mash the sardines and the roasted garlic with a fork (don't use a blender), add mustard seeds, lemon juice, sour cream, parsley and olive oil. Mix well and let it cool down.

### Sardines

- 1 Clean the sardines, let them dry and remove the bones. Open the fish so that you get the shape of a butterfly. Place a slice of cheese in the middle and cover it with another sardine. Pierce through with toothpicks.
- 2 Mix beer, eggs, flour and a pinch of salt to make beer batter. It has to be thick enough, so that it sticks to floured sardines, which you then fry in hot oil. When the sardines are done, drain them on a paper cloth and serve them with a salad or another side dish.

The recipe was prepared for you in the **Restaurant Kamin**.



# Restaurant Kamin

*Dobrava 1a, 6310 Izola*

**T:** +386 5 660 56 66

**M:** +386 41 350 360

**E:** restaurant@belvedere.si

Welcome to the gem of Belvedere Resort - Restaurant Kamin. It is known as the most beautiful culinary view in Izola, which, in addition to excellent cuisine, offers a terrace with a magnificent view over Izola and the Gulf of Trieste. Restaurant's menu consists mainly of Istrian and fish specialties, as well as some more internationally known dishes. The basis for preparation of exquisite flavours is the home-made extra virgin olive oil with protected designation of origin.

Chef Igor Delak started his cooking career as a student at

the Izola Secondary School of Tourism. His love for food has guided him to many hotel resorts, where he has led teams of top chefs as Head Chef. He has also proven his leadership skills abroad, managing three restaurants in Austria. But since it's impossible to eradicate the love for the sea from a native of the Littoral, he returned to the coast after four years, and now, for the second year running, he is dictating the rhythm of all the Istrian and Mediterranean delicacies that Restaurant Kamin prepares for its guests.

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of cod.







## Casa Della Pizza

*Dantejeva ulica 4, 6310 Izola*

**M:** +386 30 742 333

**E:** [casadellapizzaizola@gmail.com](mailto:casadellapizzaizola@gmail.com)

The dough of the pizzas made in Casa della Pizza rises for 48 hours and it is made the Neapolitan way. The pizzaio's careful hand, good dough and quality fresh additives such as fresh mozzarella, tomatoes, olive oil and spices are the basis of true Italian pizza. The right oven, the right tem-

perature, the right baking time, these are crucial but often overlooked details to make real Italian pizza. The short baking time at high temperature ensures that the dough is baked so that it remains soft on the inside and the crust becomes slightly crispy. These are the basic principals of Casa della Pizza.

### **The pizzeria participates in:**

Days of wild asparagus, Days of local mussels.



# Restaurant Ribič

Veliki trg 3, 6310 Izola

**T:** +386 5 641 83 13

**M:** +386 41 744 221

**E:** gostilna.panorama@gmail.com

In Veliki trg square, next to the harbour, you will find the restaurant Ribič, whose tradition dates back 140 years, making the restaurant a protected historical building. The restaurant focuses mainly on

seafood, but you can also enjoy grilled dishes. The outdoor terrace can accommodate over 100 guests, and the indoor dining room provides 56 seats. The restaurant is suitable for celebrations or private dinner parties.

## **The restaurant participates**

**in:** Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





## Restaurant Istra

*Trg republike 1, 6310 Izola*

**M:** +386 30 459 542

**E:** [info.liliku@gmail.com](mailto:info.liliku@gmail.com)

Restaurant Istra is based on the old tradition of simple Istrian cuisine with a sprinkle of the Mediterranean. Istrian-Mediterranean homemade cuisine, excellent fish prepared

in the oven, delicious pizza, fragrant coffee and excellent homemade ice cream during the summer season are waiting for you in Restaurant Istra. Welcome to a place where you will feel like time has stopped.

**The restaurant participates in:** Days of local mussels, Days of sardine the queen, Days of calamari.







SAVE  
— the —  
DATE!

# Pier of tastes

*Street food in Izola*

---

10 June 2023 · North Pier





# Days of Calamari

Let's resolve this once and for all – squid or calamari? The word calamari comes from Italian and it is widely used in Istria. However, the meaning of both words is the same. Squid are without a doubt the tastiest cephalopods, and those from the Adriatic Sea actually fall in the same category as highest quality white fish.

Calamari are known throughout the world. They are eaten in the Mediterranean, the US, South Africa, Australia, Middle East and Asia. They are prepared in various ways – in the Mediterranean they are usually eaten fried, grilled (together with chard) or as part of a stew, mixed with a lot of Mediterranean herbs.



*From 6 to  
22 October*



This year, Izola will host the Days of Calamari for the very first time – an event, where you will realise that calamari are indeed the stars of the Mediterranean cuisine.

**You will be able to witness culinary imagination of Izola's caterers at work from 6th to 22nd October.**

When visiting one of Izola's restaurants, the local caterers will pamper you with tasty dishes made from calamari, featuring either a hint of traditionalism or a drop of modernity.





## Healthy seafood

Calamari are very high in easily digestible protein and contain vitamins B2, B3 and B12 as well as phosphorous, zinc, magnesium and potassium. They are also high in copper, which plays an important role in absorption and use of iron as well as red blood cell production.

When buying calamari, you can buy them fresh or frozen. Regardless, you need to be careful that they are pearly white – their meat should never be yellowish. Eyes of fresh calamari are black and, as with fresh fish, clear.

*The secret to soft calamari is in the time of their preparation. It can either be very short or very long.*

Another important thing to note when buying calamari is their smell – it should be gentle and not remind you of fish. You can use an entire squid – you can stuff them, cut them into rings or strips; you can also eat the tentacles and, as with cuttlefish, you can also use the ink.



## Calamari in sauce with pasta or polenta



### Ingredients

*for 4 persons*

800 g of cleaned calamari

200 g of polenta or

400 g of pasta

1 onion

1 head of garlic

2 to 3 pieces of larger

ripe tomatoes or

250 to 300 g of peeled

tomato sauce

1 dl of Malvasia

1 tablespoon of capers

1 tablespoon of pitted  
olives

4 small salted fish fillets

0.5 l of fish base

olive oil

salt, pepper, parsley, chili,

bay leaf, Mediterranean

spices

- 1** Drain the washed and sliced calamari. Put olive oil in a pan and fry thinly sliced or chopped onion. When it dissolves, add finely sliced or chopped garlic and salted fish. Fry everything together, pour in white wine, and let it cook. Add capers, olives, peeled or sliced tomatoes, and sauté well. Add fish base if necessary. Stir several times during cooking and season to taste (salt, pepper, bay leaf, Mediterranean spices). Cook the polenta or pasta in the meantime.
- 2** Quickly fry the well-drained sliced calamari in a pan with heated olive oil. Put the calamari along with residue liquid into the sauce and cook briefly. Season if necessary.
- 3** If you decide to pair the dish with pasta, leave half of the sauce in the pan, add pasta and mix well so that the pasta absorbs the flavour. In the end, pour the other half of the sauce over the pasta. If you decide to pair the dish with polenta, you can serve it according to your taste.

Finally, add freshly chopped parsley and olive oil.

*The recipe was prepared for you in the **restaurant of Hotel Marina**.*



# *Chef*

*Ivica Evačić – Ivek:*

»If you cook squid for long, they shrink and become hard, but they are still tasty. If you cook or fry them just for a little bit, they stay soft and fuller«





# Restaurant hotel Marina

Veliki trg 11, 6310 Izola

T: +386 (0)5 66 0 4410

E: [restavracija@hotelmarina.si](mailto:restavracija@hotelmarina.si)

On the corner of the "Veliki trg" square, near the fishing harbor, you will find the Marina Hotel – a wonderful place with an exquisite location, friendly staff and a top-grade restaurant. The hosts, master chef Ivica Evačić-Ivek and his staff, rely only on the best and freshest locally grown ingredients.

Their motto is "from the sea to the plate" - all seafood delicacies are fresh and caught daily. So they can show in the old port who brought the fish, and

on the Izola hinterland, where the olive oil and wine come from. Respectful attitude to food, and the home-made flavors of classic Istrian and Mediterranean dishes convince even the most demanding guest.

***The restaurant is a recipient of the Michelin Plate recommendation, given to restaurants that use fresh ingredients to prepare quality meals and add value to the destination.***

**The restaurant participates in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





## Grill pri Perotu

*Gorkijeva ulica 6, 6310 Izola*

**M:** +386 31 384 163

Grill pri Perotu is an excellent choice for lovers of Mediterranean flavours, grilled food, and seafood dishes. Located next to the romantic Pietro Coppo park, the diner serves home-

made pasta, snacks, lunches, and cold drinks. You can also order takeaway.

### **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari.



# Grill and pizzeria Beach Garden

*Morova ulica 17, 6310 Izola*

**M:** +386 40 195 591

**E:** [info@beachgarden.si](mailto:info@beachgarden.si)

If you visit San Simon beach and get hungry, Beach Garden Grill and Pizzeria is an excellent choice as it is just a 5-min walk from the beloved beach.

The old town centre is also just 5 minutes away. You can enjoy grilled food and delicious pizzas in the shade of the outdoor terrace, open in the warmer months. Delivery is available every day.

**Beach Garden participates in**  
Days of calamari.







## Morski val Restaurant

*Veliki trg 10, 6310 Izola*

**M:** +386 41 415 604

**E:** [aleksandra.derdajmv@gmail.com](mailto:aleksandra.derdajmv@gmail.com)

Morski val is a restaurant with more than 20 years of tradition. It is located next to the old fishing port (mandracchio). The terrace offers a beautiful view of boats, the interior is furnished in a rustic style. The

menu includes a wide range of dishes, with emphasis on seafood, which can be accompanied by a wide selection of Slovenian or foreign wines, but you will also find pizzas or breakfast. Delivery or group celebrations are also available.

**The restaurant participates in:** Days of local mussels, Days of calamari.





SAVE  
— the —  
DATE!

# Pier of tastes

*Street food in Izola*

---

16 September 2023 · North Pier









## *Culinary days*

*From 3 to 19  
November*



## Days of Cod

We can't really imagine visiting an Istrian restaurant that does not serve the cod spread, as the latter is regarded as an invaluable appetizer. And during Days of Cod, you will be able to find out that it can be much more than that. Just pick one of the numerous inns or restaurants in Izola and indulge yourself to a tapestry of tastes and combinations you have not been used to until now. Even if you just want to taste it in a traditional way, grab a piece of some nice-smelling bread and enjoy your cod spread in the traditional way.

**Mark Days of Cod in your calendar  
between 3rd and 19th November!  
Welcome to Izola.**

During Days of Cod, the culinary imagination of Izola's chefs will once again prove that Izola is, among other things, an exceptional gastronomic destination.



## Indispensable ingredients for tasty cod spread

The process of making cod spread is long and usually starts somewhere in the North Atlantic, where codfish are caught. The fish are then dried and salted. Dried cod is the main ingredient of cod spread. A tasty spread requires only a few quality ingredients, which the chefs in Izola procure from the local area. You can also prepare a delicious cod spread yourself.

*Alen Pušpan from Bujol restaurant says: »One simply cannot prepare fish without olive oil and quality Malvasia; of course, we cannot forget salt from the Piran saltpans. All these ingredients are intrinsically linked.«*

The recipe and secrets of preparation were entrusted to us from the treasury of traditional Istrian recipes – Bujol restaurant.



## Recipe

# White bakala

*Grandma's  
recipe.*



### Ingredients for 4 persons

White bakala  
300 g of dried cod  
200ml of olive oil  
100–300ml of water  
3 garlic cloves  
a pinch of salt

- 1 Soak the dried cod in lukewarm water for 24 hours. Next, cook it with basic spices used to prepare soup. Cool it, drain it and clean it by removing the flesh from the bones.
- 2 Mince the flesh in a bowl with a wooden hammer (in a manner similar to what we do with spices in a mortar), add some olive oil (the oil has to be added intuitively, until the flesh can no longer absorb it) and the soup used to cook the dried cod. Next, season: freshly minced garlic, salt, and pepper. Mince and mix again, adding the ingredients until a spread is formed.

*The recipe was prepared for you in the **Restaurant Bujol**.*





# Restaurant Bujol

Verdijeva ulica 10, 6310 Izola

**M:** +386 41 799 490

**E:** bujolizola@gmail.com

The restaurant Bujol is a real specialty among restaurants. It offers extremely fresh simply prepared food in the typical Slovenian coastal way. The restaurant owns some ancient recipes that date back more than a century ago and they are still a secret. The best kept secret is their cod spread - its recipe was passed down from generation to generation. In addition to delicious dishes, the restaurant will also serve

you home-baked bread and high quality wine, produced in the vicinity of Izola.

The main goal of the restaurant Bujol is to present the authentic gastronomy and way of life that once prevailed in Izola.

Alen Pušpan: *»We follow the principle that all ingredients from the sea are immediately on the plate.«*

## **The restaurant participates**

**in:** Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





## Steak house Oh my grill

*Pittonijeva ulica 9, 6310 Izola*

**T:** +386 5 828 03 36

**E:** dragobudisa@gmail.com

Oh my grill is the best choice for lovers of juicy steaks. In this steakhouse in the center of Izola, you will also find an extensive menu of seafood and pasta. You are surely

going to be impressed by the owner, who happily explains everything – you probably won't even need the menu.

### **Oh my grill participates in:**

Days of local mussels, Days of sardine the queen, Days of calamari.





# Restaurant Sidro

Sončno nabrežje 24, 6310 Izola

**T:** +386 5 641 47 11

**E:** gostilna.sidro@gmail.com

On the coastal path to the "mandracchio" of Izola, right by the sea, overlooking the fishing port and Izola's Marina, is where Restaurant Sidro is located. With its 25-year tradition, Restaurant Sidro has gained many regular guests, which proves the quality of their offer, that will surprise you as well. Every day, fresh fish, shellfish and other seafood specialties, as well as typ-

ical Istrian dishes, are prepared according to old recipes of the family tradition. Their cozy seaside terrace, friendly service and excellent local wines are waiting for you.

Vladimir Godina: *»Our dishes are extremely simple and hardly complex. There are no special additives weighing down on the taste of the sea.«*

## **The restaurant participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.





## Fast food Veni

*Postojnska ulica 11, 6310 Izola*

**M:** +386 41 684 333

**T:** +386 5 641 63 33

**E:** [info@fastfoodveni.com](mailto:info@fastfoodveni.com)

Veni is the first fast food in Izola, open since 1999. It offers quality homemade food and delicious sandwiches, prepared by the cheerful staff. The menu includes a wide

range of meals that can also be delivered to your office.

Veni is also a great choice for catering various events or celebrations.

### **Fast food Veni participates**

**in:** Days of wild asparagus, Days of local mussels, Days of sardine the queen, Days of calamari, Days of cod.







SAVE  
— the —  
DATE!

# Pier of tastes




*Street food in Izola*

---

14 October 2023 · North Pier



# List of Culinary campaigns and Izola caterers

	Days of wild Asparagus	Days of local Mussels	Days of Sardine the queen	Days of Calamari	Days of Cod
	Friday, 31/3 - Sunday, 16/4	Friday, 19/5 - Sunday, 4/6	Friday, 15/9 - Sunday, 1/10	Friday, 6/10 - Sunday, 22/10	Friday 3/11 - Sunday, 19/11
Art Cafe Odeon					
Beach Garden					
Casa della pizza					
Fast Food Veni					
Restaurant Bujol					
Restaurant Doro					
Restaurant Korte					
Restaurant Manjada					
Restaurant Ribič					
Restaurant Sidro					
Restaurant Sonja					
Restaurant Gušt					
Grill Pri Perotu					
Farm Medljan					
Morski Val					
Oh My Grill					
Pergola					
Restaurant Istra					
Restaurant Kamin					
Restaurant Marina					
Restaurant Parangal					
Arrigoni Fish Canteen					

*In the meantime you can discover*

# The forgotten secret of Izola

*The Izola  
you don't  
know yet*





## Outdoor adventure game

Every town hides some undiscovered secrets. And we all love those. Izola, a town famous for fish, wine and kind locals, has a deeply buried and somewhat forgotten secret which you will have a chance to find. You will be digitally accompanied on the journey by a hidden companion, Izola's guide and an invisible friend.

Because the secret that will be revealed to you must remain hidden, at the very end of your journey, you will have to solemnly swear to guard it closely. Let it forever live in your heart, but it must never be revealed to anyone else. You will also get a special reward for making the oath.

But the adventurous journey to get there will not be easy. First, you will need to solve various challenges – puzzles, anagrams, rebuses, and you will also have to test your negotiating skills as well as discover just how photogenic you are. Each solved puzzle will uncover a piece of Izola's secret and stories told by the town centre. Only the most determined and curious among you will reach the end of the journey.





## What will the game be like?

The game takes place outdoors – in Izola's town centre. The starting/finishing point is Izolana – House of the Sea. Here, every player will get their own tablet, where they will find the app that will take them through 11 challenges, all connected by a first-person story. Every correct solution will grant you fish, while time will also be an important factor in the end. The game will be finished when all challenges and tasks are completed.



## Who is it for?

The adventure game is intended for adult knowledge-seeking souls, interested in stories and of an active and fun-loving character. It is also available for families with older children (10+ years of age). The game is also suitable for groups of up to 5 people. And finally, it can even be a competition of 2 groups at the same time. Each group is placed on a joint competition list with their own result.

## When can I attend?

The game can be played any time that Izolana – House of the Sea is open. A schedule with hours can be found in our online shop on [www.visitizola.com](http://www.visitizola.com). We recommend booking the game in advance or buying your ticket in our online shop to ensure your spot. The game will take you about 1-2 hours.



## Are you ready for a journey of discovery?

Your secret companion is already waiting for you! The journey will be a fun experience for those who already know Izola as well as for those who have never been here before. Listen carefully to the words of your invisible friend, as he is an excellent rhetorician and story teller – his words always carry a secret message or a hint ... Are you ready?

## Book now!





# IZOLANA

HIŠA MORJA - LA CASA DEL MARE - HOUSE OF THE SEA

Alma Vivoda street 3, 6310 Izola



Free ticket  
for one person  
Valid until  
31 December 2023









IZOLA  
ISOLA

[www.visitizola.com](http://www.visitizola.com)

FOLLOW US



#VisitIzola