



The finest recipes for every season

Cook using recipes from
Kunstelj Inn's 100-year-
old culinary tradition



Kunstelj Restaurant and Pension lies in the heart of Radovljica has been known for its family hospitality and excellent Slovenian cuisine since 1873. It is now being run by the fourth generation of the Štiberle **family**, who are preserving the tradition of cooking Slovenian food based on traditional recipes.

Produce from the restaurant's garden and local farms is used regularly in the kitchen, hence the menu changes according to the season.

Seasonality is currently an important topic in the food world, which, due to the ever increasing accessibility of a diverse range of food, is often overlooked. Therefore, it is important that we should try to remember more frequently that tuning our eating habits in with natural cycles has many beneficial effects.

Why is it important to eat seasonal food?

Seasonal food is fresh, thus it is also more nutritious and has more enzymes, vitamins and minerals. Such food helps the body to stay healthy and to reconnect with natural cycles. This is how our ancestors used to eat, prior to the appearance of so-called 'global' food.

If you buy seasonal food, you can purchase products in local shops (or from nearby farms) and, in doing so, also support the local economy and help reduce CO2 emissions that are incurred in transporting food from overseas.

And last but not least, eating seasonal food brings a really special sense of expectation and joy when the seasons provide us with our favourite fruits.

Gifts of the seasons in Radol'ca

Here in the Radol'ca area every season brings an abundance of gifts. It is best to enjoy them to their full on the plate, therefore we have decided to share with you some of our favourite recipes for delicious and simple dishes that reflect the flavours and impressions of the chosen season.

Be in tune with nature and let Kunstelj Inn's 100-year-old culinary tradition enter your home.

Enjoy your meal



Spring

Warm spring days are the perfect time for a **walk in nature**. At Kunstelj Inn our favourite walk is along the **Sava River Trail** to the Fux footbridge or to the Šobec camp. The path leads through the forest and across green meadows, thus offering an abundance of opportunities to pick fresh **wild garlic, spruce tree tips, and carob pods** for garnishing food.

Curd cheese with fresh spruce tips, raisins and honey

for 4 people

- 250g curd cheese
- 1 tablespoon spruce tips
- 1 tablespoon raisins
- 2-3 tablespoons honey

Mix all the ingredients together and serve as a spread. A little cooked **millet** can also be added to the mixture and served for **breakfast**.



Oat risotto with spinach and spring vegetables

for 4 people

4 cups oats (preferably organic)
8 cups vegetable stock (or more if required)
4 tablespoons pureed spinach (from 4 large handfuls of spinach)
1 tablespoon butter
Thinly sliced baby vegetables (julienne-style)
4 tablespoons grated mature cheese

First make the stock, which is made in the same way as beef soup without the meat. Cook the finely sliced (julienne) vegetables in the stock.

Next make the **spinach** puree by cooking the spinach in boiling water for one minute. Drain, add ice, then drain again and blitz.

Pour the stock over the **oats** and cook until soft, then add the spinach puree and butter. Layer onto a plate and add the vegetables and **grated cheese**.



Sweet tarragon štruklji

for 4 people:

For the **pastry:**

200g wholemeal wheat flour
300g type 400 wheat flour
10g salt
250ml water
1 tablespoon oil

Mix the ingredients together and knead to a pliable dough. Brush the dough with oil and leave it to rest for 30 mins.

For the **filling:**

500g curd cheese
100g sour cream
100-200g honey
3 eggs
tarragon

Mash the curd cheese and add the sour cream, eggs, honey and chopped tarragon. Mix all the ingredients well.

For the buttered **breadcrumbs:**

50g butter
50g breadcrumbs

Melt the butter and add the breadcrumbs. Mix well.

To prepare the **štruklji:**

Roll out the pastry and stretch it as thin as possible. Trim the thick edges. Spread over the filling and roll it into a štruklji shape (similar to a Swiss roll). Cut the štruklji into pieces according to the size of the pan in which they will be cooked. Wrap each piece separately in cling film and cook in salted boiling water for 30 mins. Once cooked slice the štruklji, sprinkle over the buttered breadcrumbs and drizzle with honey. For a special touch, finish them by adding the first of the season's **strawberries**.



Summer



In the heat of summer it is most pleasant to cool down by the **Sava river**. At Kunstelj Inn we swear by light dishes, which are particularly **appetising** enjoyed in the shade of the chestnut trees on our wonderful **open terrace**.



Salad with curd cheese, honeyed apples and hazelnuts for 4 people

1 head of salad
250g curd cheese
1 apple
Handful of hazelnuts
Salt
Olive oil
Cider vinegar

Wash and dry the salad. Slice the apples into small cubes and fry them in a pan with one tablespoon of cider vinegar. Bring to the boil and add the **honey**. Mix constantly to allow the ingredients to come together.

Toast the hazelnuts in the oven for 10 mins at 150°C. Allow to cool then place them in a tea cloth and rub until the brown skins come off, then smash the **hazelnuts** into rough pieces.

Place the salad onto four plates or bowls and top with the **curd cheese**, honey apples and hazelnuts. Season with salt, cider vinegar and olive oil.



Homemade granola

Barley flakes – 3 handfuls
Oat flakes – 3 handfuls
Spelt flakes – 3 handfuls
Honey – 200ml
Flax seeds – 1 handful
Sunflower seeds – 1 handful
Pumpkin seeds – 1 handful
Walnuts – 1 handful
Hazelnuts – 1 handful

Place the dry ingredients on a baking tray and **cover with honey**. Bake in the oven for 10 mins at 160°C. Once baked add an additional handful of **dried fruit** (raisins, prunes or organic apricots).

Serve with homemade yoghurt and seasonal fruit of your choice.

Cold tomato soup

for 4 people

1 kg ripe tomatoes
1 pepper
4 tablespoons olive oil
Salt
1 cucumber
A few basil leaves

Fry the **pepper in the olive oil**. Slice the tomatoes. Use a stick **blender to mix** the tomato and pepper together with half a litre of ice. Season to taste with salt and pepper. Peel the **cucumber** and slice into cubes. Ladle the soup into bowls and place some peeled cucumber in the centre of each bowl. Season with sea salt and garnish with **fresh basil**. Drizzle over a few drops of olive oil.





Autumn

Forests bathed in autumn colours entice one for a walk and to gather chestnuts, blackberries and mushrooms. Why not make use of a rainy day by baking bread.

Wholemeal spelt bread

makes 1 loaf

500g wholemeal spelt flour
250-300ml tepid water
10g salt
30g yeast
3 tablespoons sunflower seeds (optional)

Sift the flour into a bowl then add the water, yeast and salt. Leave for 10 mins to allow the yeast to dissolve. Bring the ingredients together into a dough (a food processor with the dough hook may also be used). Prepare a baking tin – dependent on the model it may be necessary to grease with oil, or use baking paper, at Kunstelj Inn we just place a small amount of flour on the bread to prevent it sticking. Make two to four **small loaves** out of the dough and place them into a prepared **baking tin**. Leave the bread to rise for 40 mins then place it in a preheated oven for 40 mins at 160-180°C.

Sauteed calves liver with celery

for 4 people

800g calves liver
400g stem celery
Sunflower oil
Salt

Finely slice the calves livers. Remove the outer leaves of the **celery and finely slice** (julienne-style). Saute the celery in sunflower oil then remove from the pan and place on a plate.

Wipe the pan and then heat it again well. Saute the calves liver in sunflower oil then, when almost cooked, add the sauteed celery. Mix well then place onto plates. Season with salt to taste. **Spelt bread** makes an excellent accompaniment.

Cream of parsnip soup with homemade pasta filled with chestnut stuffing

for 4 people

Ingredients for the **pasta dough**:

100g soft type 400 flour
1 egg
Pinch of salt

Mix the ingredients well to form a dough and leave to rest.

Filling for pasta:

Cook then peel 150g of chestnuts (or buy ready cooked). Add three tablespoons of single cream and a little salt then mix well. The filling must be quite firm so it is easier to prepare the paste.



Roll out the dough then prepare the **pasta** using a pasta maker. Lightly dust the work surface or board with flour so the dough does not stick. Once a long strip of pasta of the appropriate thickness is reached, place **small balls of the filling** at intervals and shape into small 'pockets'. It is important that there are no holes in the pasta 'pockets', so use a little water if required to patch up any holes.

Parsnip soup:

300g parsnips
1 onion
30g butter
1 litre water
salt
nutmeg
50ml single cream

Peel and slice the **parsnips**. Peel the onion and slice into small cubes. Saute the onion in the butter then add the parsnip and **saute**. Pour over the water, then season with salt and nutmeg. Cook the soup for 45 mins then place in a blender until smooth. Prior to serving add a little single cream and blend again to a **silky cream consistency**.

Cook the pasta in boiling salted water then drain and place into soup bowls and pour over the parsnip soup.

At Kunstelj Inn we sometimes garnish the soup with powdered **black primrose** and dried nettle leaves.



Winter



During winter we particularly like getting creative with our nearest and dearest. Together we bake biscuits, make festive decorations, and sometimes even candles from beeswax. The Christmas lights and the first snow magic up a lively atmosphere, which can be felt throughout **festively decorated** Radovljica.

Carob creme with blueberry sauce

for four people

Carob creme:

200ml milk
2 egg yolks
60g sugar
30g carob flour
2 gelatine leaves
200ml single cream



Heat the milk in a pan. Soak the gelatine leaves in cold water. Beat the eggs yolks and sugar together until foamy then very carefully and slowly add the hot milk mixing constantly. Continue to mix at a constant speed for a few minutes to allow the mixture to cook. Add the **carob flour**. Drain the gelatine and add to the hot mixture. Mix well. Allow the mixture to cool but not so much that it sets. Add the **whipped cream** to the cooled mixture and place into bowls or glasses.

Blueberry sauce:

250g blueberries
60g sugar (or more to taste)
1 teaspoon of cornflour

Place the **blueberries** and sugar in a pan and cook gently then remove from the heat, allow to cool, and blend into a sauce. Mix the cornflour with four teaspoons of cold water and mix into the blueberry sauce. Cook for a further two minutes.

Garnish the creme with the blueberry sauce.



Walnut crescents

250g butter
125g sugar
220g walnuts
350g soft type 400 flour
sugar
cinnamon

Mix all the ingredients, except the sugar and cinnamon, to form a dough and place in the **fridge** for 30 mins. Roll out the dough to a thickness of 0.5cm and cut out crescent shapes using a biscuit cutter. Place in the oven for 10-14 mins at 160-180°C. While still warm roll the biscuits in a mixture of **sugar and cinnamon**.

Pearl barley risotto with pumpkin and Carniolan sausage

for 4 people

200g pearl barley
300g muscat or hokkaido pumpkin
30g butter
Half an onion
1 Carniolan sausage
A few chicory leaves
horseradish
salt
bay leaves

Cook the pearl **barley** in salted water with a few bay leaves. Cut the pumpkin in half, remove the seeds and chop (we do not peel it). Slice the onion and saute in butter. Add the chopped **pumpkin, saute**, season to taste, and cover the pan with a lid. Braise at a very low temperature until soft, approximately 30 mins then blend to a puree – if it is too thick add a little water or stock. Drain the pearl barley and add to the pumpkin puree.

Serve the risotto in bowls and top with a few slices of cooked **Carniolan sausage** and washed **chicory** leaves then finish with a few drops of cider vinegar and grated fresh **horseradish**.



And finally...

It's great to get **creative** in your own kitchen, however, a visit to a **traditional Slovenian restaurant** remains a really special experience. Visit Kunstelj Inn in Radovljica and try our cuisine.

In addition to the restaurant, Kunstelj Pension also offers renovated **double and family rooms** (10 rooms), **a wine cellar** with a vast selection of **wines**, and a wonderful outdoor **terrace**, which boasts magnificent views of the **green Sava river** and the white peaks of the Julian Alps with Slovenia's highest mountain – **Triglav – in the background**.

More information can be found on our website www.kunstelj.si.

We look forward to seeing you at Kunstelj!

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