

# ISTRIAN GOULASCH

## HOW IT IS PRODUCED



The ingredients for Istrian goulasch are: 1 kg of beef, 1/2 kg of onion, oil, salt, pepper, rosemary, sage, garlic, 300 g of peel. Fry finely chopped onion in oil and add diced meat, stew for 30 min. Add chopped tomato, salt, pepper, chopped garlic, sprig of rosemary and sage. With occasional addition of water, simmer until the meat is soft (about 3 hours).

## INNOVATION



With the development of agritourism in the last twenty years, it has become an indispensable part of the menu, and the ingredients are from the local producers.

## MARKETING



Numerous taverns, restaurants and agritourism's nurture traditional specialties as well as gastronomic events.

## REGIONAL IMPORTANCE



As a foodstuff, meat was a rarity in Istria just fifty years ago, and therefore represented either wealth or was used only for special occasions. With the modernization of life, fast cuisine and the development of tourism, simple Istrian cuisine has become part of the Istrian identity. Šugo can be eaten with traditional pasta - pljukanci, fuži or polenta.

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## AGROTOURISM PEKICI

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