



Exploring the tastes of Montenegro mountains

GASTRO-ROUTE

Andrijevica, Berane, Gusinje, Petnjica, Plav i Rožaje



IMPRESSUM

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WELCOME TO THE GASTRO-ROUTE MOUNTAIN BOUNTY!

We will take you along the paths of taste and aroma of traditional mountain food and products, with families that still preserve old recipes that they transfer from generation to generation and who will be pleased to share with you the art of preparing these specialties. This route connects municipalities Andrijevisa, Berane, Gusinje, Petnjica, Plav and Rožaje, and takes you through two fantastic national parks – Biogradska Gora and Prokletije. The specific biodiversity of the area and skilled hands of the rural women have given a mark to the gastronomy of the area and you will see it for yourself.

This food that you will try as well as typical mountain products from our farms will not be easily found in other parts of Montenegro. We recommend that you try it all at the place of origin, where you can see the path of a product with your own eyes – from meadow, orchard or plowland to the table. We have made the effort to select families specific by the variety of products as well as by their location, so that during your trip you will not only enjoy superb food, but also see some of the most beautiful landscapes in Montenegro. If you are a gourmet, you can take this complete route or you can combine it with another route that you intend to visit – Via Dinarica, Peaks of the Balkans, panoramic routes or any other activity in this area. Keep in mind that households are not the same as restaurants and you need to announce your arrival to them in order for the hosts to plan your stay and fit it with their other responsibilities. And if you care to try some of the traditional dishes at one of our hotels or restaurants, then you should know that a number of them have undergone training to prepare traditional dishes, and the list of these restaurants is at the end of this text.

Now let's introduce you to our rural households, who are part of this route!

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Household Babović

Babovic family lives in the picturesque village of Konjuhe, which, like many other villages near Andrijevica, fascinates with its beauty. The Babovics are engaged in agricultural production and they produce almost all kinds of food on their farm. They produce certified organic fruit and the whole family is involved in activities on the farm. While you settle down and drink a glass of home-made rakija (you already know, it is a welcoming way in this area, and it is not refused), your hostess Ivana will, bring out the porridge. It will be prepared from corn they grow on the farm, milled in traditional way in a village mills (and they can take you to the mill to see what we are talking about). Ivana is a master of many dishes, she is just very good at it. She is also very good at preparation of pie layers, that requires some special skill. She uses wild spinach (green dock leaves) for the pie filling in combination with home-made cheese, then the quality is guaranteed. This area is rich in forest fruits and medicinal herbs, so Ivana does not miss a single season with her children, who are supporting her in everyday work, not to go to the meadows below Komovi and collect a lot of blueberries, blackberries, edelberry, cornelian berry and various kinds of teas that grow here. The nature gave all of it by itself and that is the healthiest!



VILLAGE KONJUHE

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Household Ćirović

Cirovic family lives in the village of Kralje which is located along the winding road from Andrijevica to Tresnjevik. This is a very picturesque area, as well as the farm of Cirovics and their “Kraljska hut”, that they built to provide tourist services. Three generations of Cirovics will welcome you here and each of them is determined to provide you with pleasant stay in the countryside. Their farm is neat and under control. If the weather is nice, they will serve you outside under the canopy that they made for their guests to truly enjoy in food and the environment. If the weather is not good, don't worry, they have a nicely equipped space in the hut so you won't be deprived of this experience. In any case, the table will be full of different delicacies for which the hard-working hostess Nevenka is in charge - pies, cakes, salads, homemade juices and much more from the ingredients from their farm. That is something that guests especially remember and that is why they gladly return. There are accommodation units included in the offer and if you can't continue the trip with full stomach, you can relax here in the “Kraljska hut”.



VILLAGE KRALJE

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Household Božović



You might be familiar that the slopes of the mountain Bjelasica are extremely rich in medicinal herbs and forest fruits, so in the village of Glavaca you will find the Bozovic family who has been collecting and processing medicinal herbs for many years. They also grow fruits and vegetables, but nothing will invigorate you after a walk and a tour of the Bjelasica lakes like a cup of mountain tea. And not only will you enjoy these specific aromas, but Nada and Jelena will reveal many secrets of medicinal herbs to you. These herbs have been used in our region for centuries to treat various illnesses when modern medicine was not even in its early years. Bozovics have preserved that heritage and they know exactly to tell you which plant was once used for which disease. It will be a pleasure for you to walk with them on the nearby meadows and pick thyme, St. John's wort, "vranilova" grass, nettles. Nada cooks very good. Their guests told us that she is a true master of preparing traditional dishes. If by any chance you are interested in how wool was spun a long time ago, Nada will show you on a spinning machine. This household also offers accommodation. We are sure that you will find your peace in this place, because it is not called "Serene Heaven" for no reason.

VILLAGE GLAVACA

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Household Božović

Bozovic family lives in the village of Glavaca, and during the summer they stay at the Plavac katun on Bjelasica. Here you will get familiar with the most authentic mountainous regions of Montenegro, in terms of architecture, customs and way of life. Although everything looks simple and easy, it leaves a strong impression on visitors because nowhere else can you get such an experience. You will be hosted by Vesna and four children. Their main activity is cattle breeding and they produce cheese of exceptional quality! Radan, Vesna's oldest son, a final year student at the Faculty of Veterinary Medicine, who uses all his free time to visit his family and help with many jobs in the countryside, will be happy to tell you about the method of cheese production and cattle breeding in this area in general. When you come to Bozovic house, you will see how hardworking they are, there is always something to do on their farm and everyone is engaged. In addition to milk processing, Vesna is also good at processing fruits and vegetables. You will have the opportunity to try different types of jams, juices made from forest fruits that are abundant here or from fruits that they grow on a farm in the village. And the guests also like various salads and pickles that they prepare according to old recipes, from vegetables from their garden. If you are willing, you can spend the night in the village at Bozovics', because in addition to food tasting, they also offer accommodation services.

KATUN KULJAPIĆA POTOK

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KATUN MOKRI DO - CMILJEVICA

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Household Bučković

Buckovic family usually lives in the village of Dapsice near Berane. They are one of the few families in that village who still keep the tradition of going to the katun, so they spend every summer in Cmiljevica, in the katun Mokri Do, where all Dapsice residents used to move during summer, as customary law and the tradition of this region. Katun tourism is a real rarity and Marica and her husband are among the first families as pioneers in this sector, to give example to others. You will not find any luxury here, everything is old-fashioned, simple and easy, because that is how the conditions and the tradition dictate. Katuns are a real gem of Montenegro and it would be a great pity not to visit them. The food on the katun is special - all homemade products, simple meals, but full of taste and beauty. You will enjoy warm, homemade bread or pies, with high quality mountain cheese and cream, and you will not need anything more. Although Marica will make sure that your table is not so simple - we have tried and we know! With the Buckovic family, you are in an ideal place to explore Cmiljevica, a mountain located right between Hajla and Mokra. You are on the Katun road, you can explore it by bike or on foot. Marica and her husband can help you find a horse, so you can also ride.





Household Čorović

Corovic's household is located in the village of Stitari, which is located between Berane and Bijelo Polje. They are a traditional, hospitable family and hardworking people. We are primarily taking you to this household to try their organic honey! Beekeeping is not easy to deal with, especially when it is organic. There is a lot of work, but when you meet this family, it will be clear to you how they manage it all. Dalibor is a young man, a final year student at the medical faculty, but despite many obligations at the faculty, he was persistent and determined to be involved in beekeeping, so he uses all his free time to go to Stitari, visit bees and help his parents with other activities on the farm. Here you will also meet Dalibor's father Rajo, and it will be immediately clear to you from whom Dalibor inherited all these good qualities. He knows the history of this area well, so he will share with you stories that will bring you closer to the culture and tradition of this area. In addition to beekeeping, Corovics are also producing vegetables and practically grow everything on their farm and everything is of high quality. It will be clear to you that, in addition to the skilled hands of the hostess, this factor is also responsible for the excellent taste of food that they prepare.



VILLAGE ŠTITARI

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Household Guberinić

Guberinic family lives in the village of Budimlja in the winter and from May to October, the entire household moves to the Katun Mušino brdo, which is located above the famous ski center Lokve. Three generations live in this household and the priority activity of this household is the production of milk and dairy products, primarily cheese that is produced in the traditional way. In addition, the household is engaged in the production of fruits and vegetables. At Guberinics', you will try various types of juices and jams, and you must visit them at the right time when you can take part in the preparation of winter food and other specialties. The host Darko will share some culinary secrets with you and show you how to prepare cheese. You can reach the mountain peak of Cmiljevica by a forest road and it is up to you to decide whether you want to hike or try cycling. You can stay here longer because Guberinics also offer accommodation services.



KATUN LOKVE

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Household Delević

Delevic family lives in the village of Buče. You will be greeted by hardworking hosts Sanja and Milos with their children. As soon as you step on their property, it will be clear to you how dedicated they are to agriculture. They will be happy to take you through the farm and show you what they have planted. You will realize that they produce just about everything and they will prepare dishes from these high quality products for you. Delevics grow various vegetables, but they also have big orchards in which they grow apples, pears, plums, raspberries, which they process into brandy, jams, preserved fruits, juices, and liqueurs. They are also engaged in beekeeping, they produce good quality honey. Sanja also makes various balms based on bee products. You will be able to try her gingerbreads decorated with a lot of imagination and it is certain that even at the table prepared by Sanja, there will be no lack of creativity. You will see various types of poultry on this farm and a peacock will be waiting for you in the yard, a real rarity nowadays. All in all, this household produces and grows practically everything that is possible in the mountainous areas and you will not be able to count them all.



VILLAGE BUČE
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Household Kljajić

Kljajic's household is located in the village of Lubnice, one of, so called, "upper villages". People from these parts are said to be hardworking, and so are your hosts - Maja and Milan. Their four children are happy to help their parents during summer, when they don't have a lot of obligations in school. They would welcome guests and help their parents with farm work. Kljajics grow many types of fruits and vegetables, are engaged in organic beekeeping and Milan inherited the craft skills from his father, so he is also engaged in making beehives. The quality of services they offer is evidenced by the many recognitions and praises they have received, both from official state addresses and from satisfied guests. It is no wonder because Kljajics see their guests as family members. Maja is doing very well in the kitchen; there is no situation for her in which she will not be able to cope. Of course, we expect you to make an appointment if you plan to stop by for lunch so that the hosts have enough time to prepare everything, but otherwise they will manage because the garden is right next to the house and they will quickly get everything they need. We don't believe that you will miss the honey rakija made by Kljajics, nor the cake with raspberries they grow.



VILLAGE LUBNICE

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Household Merdović

Merdovics are located in the village of Kurikuće, another one of the “upper villages”. You will be greeted by Milena and Mirko and their four children in a house that they have adapted for tourists. Mirko knows Bjelasica well, his family used to move up there with cattle during summer, he finds his peace in those areas, so he often organizes walks to his guests to Bjelasica lakes and peaks, always in the mood to tell them interesting stories and anecdotes of this area and how people used to live and worked in the villages. It will not be easy for you to decide whether you will stay on Bjelasica for a while and enjoy the expanses and views or you will hurry back to the village where various food prepared by Milena is waiting for you. Guests have only words of praise for her culinary skills and specialties, and we are sure that you will bring positive impressions from this small village. You can also spend the night in this household. The air temperature in these parts is not high even during the summer months, but sometimes it gets warm as well. In that case, it is important to know that this is a stone house, so you will feel comfortable in it even when it is hot outside.

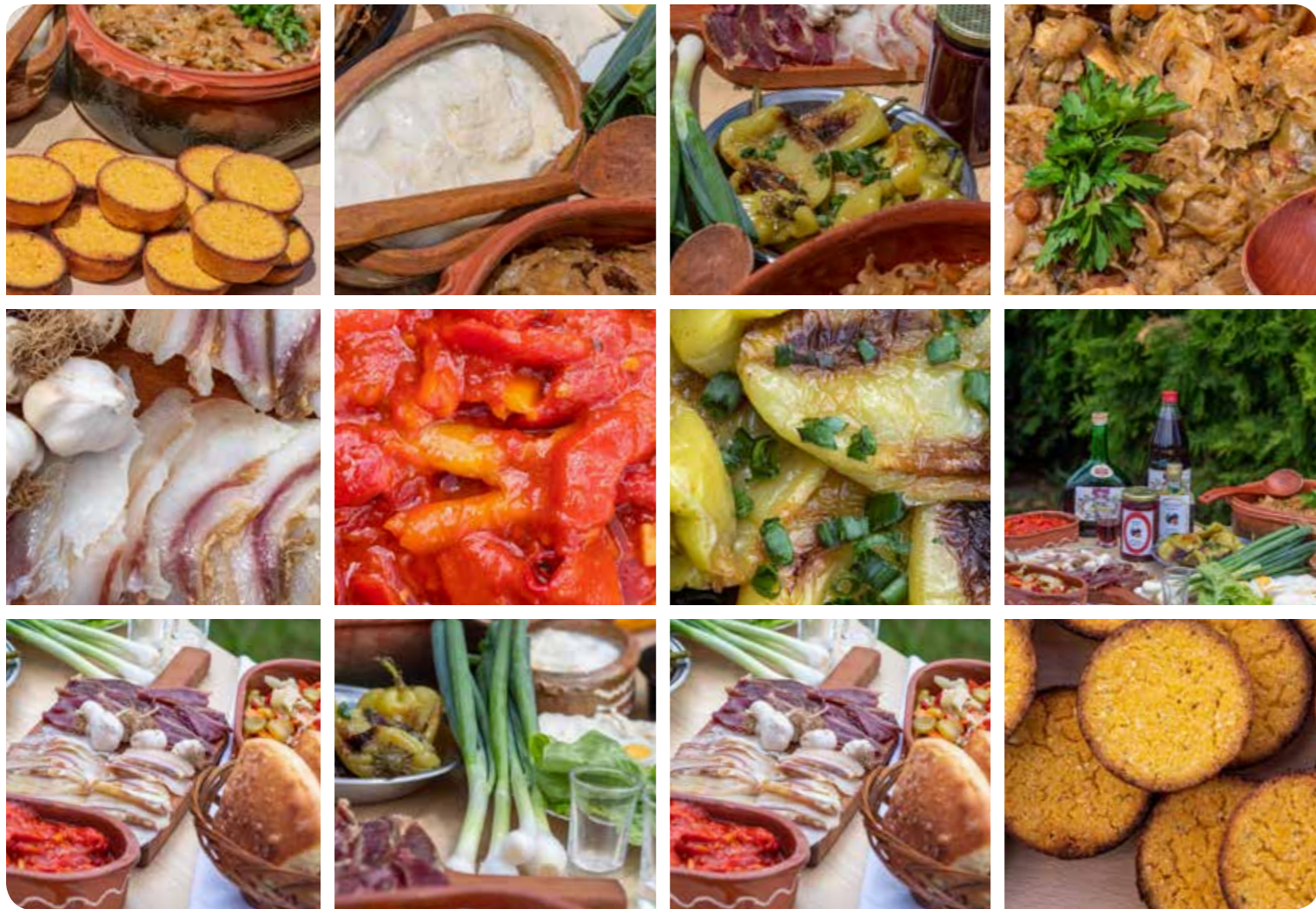


VILLAGE KURIKUĆE

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Household Raković

Rakovic family lives in the village of Lužac, near Berane. They spend their summer months at the Raković katun in Bjelasica, in the heart of the Biogradska gora National Park. Stefan is a supervisor there, i.e. a ranger in the National Park, and Sanja is a librarian at the elementary school in Berane. They spend their free time on the katun with their three children. The Rakovics are a hardworking family that is primarily occupied by growing fruit, but they also have their own garden for the needs of their family as well as their guests. Menu includes traditional dishes that Sanja will prepare for you from the products from her garden. With her you can quickly learn how to prepare these dishes, since she has experience in teaching. Be sure that the mountain air will stimulate your appetite and you will enjoy mountain food. In the meantime, their children will be happy to show you the gorgeous beauty of Bjelasica as well as the activities they have at the katun. And when the sun goes down, magic happens. You can hear the barking of dogs in the distance, the ringing of sheep's' or cows' bells. With a full stomach you will fall asleep and rest like never before in your life.



KATUN RAKOVIĆ - BJELASICA

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Household Ralević



Ralevic family is a famous cattle-breeding family in the even more famous katun of Kaludarska kapa. This katun is famous for the fact that even today, when the number katuns and the families in them are decreasing, 10 families come to this one, so this is the most populated katun as well as the the katun with the most cattle. If you find yourself here at the end of the day, when the cattle comes from pasture, you will not be able to believe when you see an endless column of cows and sheep slowly and calmly arriving back to the katun. And when you know that there are cows and sheep that graze on untouched mountain pastures, then you can know for sure that cheese here has no rival! You will be convinced of that by Ralevics, by your host Bilja, the youngest woman in this katun. Bilja's guests are always satisfied with both the phenomenal, traditional hospitality and the cuisine. You will not leave hungry, as it is an unwritten rule that no one ever leaves the katun hungry. This katun is an ideal place to explore the katun road, if you climb a little above the katun, you will be able to have the view that is rarely seen. On one side is Kosovo, and on the other Montenegro, and all the areas you see are breathtaking. You can visit the neighboring katuns and get to know a completely different world from the one seen in the lower parts.

KATUN KALUDARSKE KAPE
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Household Tijanić

Tijanic family lives in the village of Skakavac, near Berane. Only recently have they started activities in providing touristic services, so newcomers, but they certainly have experience in welcoming guests, gather a large family from all sides and everyone loves to come to them. They produce everything they can on their farm, fruits and vegetables and potatoes and corn. They also have cows, so they make their own cheese. They are the first in this village to start dealing with rural tourism and that is really good because the village of Skakavac has a lot to offer. Here you will find a recently renovated old mill that you can visit and right next to the mill is a wonderful waterfall that the village is named after. The water that makes this waterfall springs from a cave and in that zone there are three caves that our speleologists have examined and recorded. Above the village are the walls of the medieval town of Bihor, which unfortunately is not ready for tourist visits, but if you are interested in what it looks like you can visit it. And of course, near the village there is a recently renovated monastery Uroševica, interesting is that it can only be reached by foot. The hosts can keep you company and show you everything worth seeing in this attractive and picturesque village.



VILLAGE SKAKAVAC

Coordinates: 8FJXWV68+FG

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Household Šekularac

Sekularac household will provide you with a slightly different experience compared to those households located in the villages. This is also a rural household, but they will welcome you a little higher, on a katun in the mountains, at the very entrance to the Biogradska gora National Park. You already know what katuns are and you know that cattle breeders stay there with cattle from spring to autumn in order to provide quality pasture for their cattle. Such is the case with the Sekularac family, they move to the Suvodo katun every year with their cattle. They produce fruits, vegetables, dairy products, honey and for the preparation of food they use ingredients that they produce themselves. There is no doubt that the food produced at this high altitude has very good quality. Just like the medicinal and aromatic herbs and forest fruits that are abundant here and from which these hosts make juices, jams and preserved fruits. Danka will be your guide if you are interested in exploring these areas and we are sure that you will be delighted with them, because they belong to the Biogradska gora National Park for a reason. And if you want to feel a part of the atmosphere in the katun, it is best to be there when cattle returns from the pasture - then it is quite lively in the katun and you can be helpful to water the cattle, milk, prepare cheese. After that, you will feel incredible silence and the sweetest dreams, like nowhere else.

KATUN SUVODO - BJELASICA

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Household Bojović



Bojovic family lives in the village of Grnčar, not far from border crossing between Montenegro and Albania. But don't think the place is crowded and full of traffic, nothing will disturb "peace and quite" of this place. The environment attracts with its beauty and there is no doubt about it because this place is surrounded by wreaths of stunning Prokletije, and from the Bojović estate there is a view of the river Grnčar. Its water-course drops during the summer months, so it can sometimes be crossed to the other side of its coast. That is where you can find large productive land cultivated by Bojovic family - they are big farmers and there can be found endless plantations of carrots, cabbage, potatoes and other vegetables. They are also growing fruit, mostly raspberries, from which they prepare juice, raspberry preserve and jam. Your hostess Tanja is skilled in preparing traditional dishes of this region and after salty gourmets, we suggest you to try carrot preserve! You won't find it anywhere else, so don't miss this opportunity. In addition to food, this household also offers accommodation services, so you can stay here and explore the entire area of Gusinje and Prokletije. Border with Albania is only half a kilometer away, so if you want to explore the Albanian Prokletije, you are in the best place.

VILLAGE GRNČAR

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VILLAGE BOR

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Household Adrović

Adrovic family is one of the few young families who decided to tie their lives to the village. And they did not regret! They are engaged in cattle breeding and Almir decided to deal with processing in the traditional way, so in this household you will be able to try beef prosciutto and sheep stelja (cured meat of sheep), prepared as they have been prepared in this area for centuries. The fact that both prosciutto and stelja received a geographical indication of origin and were included in national quality schemes speaks volumes about the quality of these products, and Almir actively participated in that process and is the head of the association that brings together related producers. The Adrovics live in the village of Bor, with their four children and they are all active on the farm. As on every farm in the countryside, they are not engaged in just one agricultural activity, but they grow everything they can for their own needs and for the needs of their guests. Almir's wife Ajsela is an excellent cook, so she will prepare various traditional dishes from their products, either vegetarian or meat, there will be something for everyone. From here you can explore the Bihor zone, by foot or by bike, and if you are staying at the Ajdarpasic household, you can take a trip to Adrovics' and come for lunch or dinner.





Household Ajdarpašić

Tufo and Bisa Ajdarpasic live in the village of Vrsevo, the territory of the municipality of Petnjica. Tufo is a beekeeper and everyone who deals with bees also has an orchard, it always goes together. If you come to them in the fall, you will have something to harvest, and the honey at this altitude is real mountainous, full of aroma and quality, because pasture for bees is very good. The road to Vrševo may seem complicated to you, but don't give up, because when you climb and arrive, you will be at the top of the hill, and the view from here is magnificent. You will be greeted by always smiling Bisa, panting from the kitchen, where she worked hard to welcome you as usual with various delicacies and traditional dishes that she prepares perfectly. The house is old, recently renovated, and below the house is a terrace, covered but open on all sides, so that while you enjoy Bisa's specialties, you can also enjoy the perfect view at the same time. This household is only a few kilometers away from the panoramic road Crown of Montenegro, and a few kilometers from the TT3 bike trail. In the vicinity is the archeological site of Turin, you can visit it by foot. There are also katuns in the area, because this village is high enough that the katuns are not far away. This is the first household that started dealing with rural tourism in Petnjica. You can also sleep there, because they also offer accommodation, so here you can stay and visit other villages in this municipality, Bratimin vir - a magical corner hidden from the human eye.

VILLAGE VRŠEVO

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VILLAGE BUDEVICE

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Household Feratović

The property of the Feratovic family is located in the village of Budovice, the place with a beautiful view of Plavsko Lake. Sefkija, the oldest member of this household, is an agronomist by profession, hence his special attachment to agriculture. The Feratovići are mainly engaged in fruit growing. They grow various types of fruit and trying to preserve autochthonous kinds. You will notice their dedication to work on it as you walk through the farm with Sefkija - he will stop by each species and tell you something interesting about it! And you will absorb it all, just like his students at the time he worked as a professor. Here you will also find some unusual varieties - yellow raspberries and columnar apples, strawberries that grow until late autumn! And from all this, your hostess Selvia makes jams, juices, sweets, compotes. Other family members help her, so they will be there to host you and serve you traditional dishes of this region. Without a doubt, you will enjoy the taste and ambience with a view of Plavsko Lake. You can also spend the night at Feratovic. If you are in good shape you can take a walk or bike some of the marked trails nearby.





Household Jokić

You will find Jokić family in the katun on Čakor. They live on Murina and in the spring they move up to the katun with their cattle and stay there until the fall. Jokići are great farmers and their primary activity is cattle breeding. This requires a lot of work, especially when there are a lot of cattle as is the case of Jokićs, but these people have great strength and manage to finish everything on time. Maybe life taught them that. Your hostess is Gordana and she will make sure you try the dishes that are typical for this area and many mountain specialties such as “jardum” – drink prepared of sheep milk. But be careful because, as they say, “the “jardum” is not for those with sensitive stomach. The taste of potatoes that grow at this altitude, but also other vegetables that Gordana grows in the garden in the katun is perfect. Even in combination with homemade cheese - a complete hit! Blueberries grow here - there are plenty of them nearby. Gordana uses every free moment to go to the collect them, so if you meet Jokićs during blueberry season, you can keep her company. She prepares blueberry juice which tastes great! It seems to us that we have tasted such juice only here. Maybe it’s up to the blueberries? Or to the recipe? Find out by yourself.



VUJOV KATUN - ČAKOR
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Household Redžematović

The Redzematovic family lives in Plav, but during spring time, they move their cattle to the Bajrović katus, where they stay until late autumn. The road to Katun is mainly good and it can be reached relatively quickly from Plav. Although, you certainly wouldn't mind if the ride takes longer because the areas you will pass through on the way to the katus are really fabulous, just like the katus itself and Lake Hridsko, which is located 3 km from the katus. You can go to Redžematović family just to taste traditional dishes, but this location is also convenient for those who cross the trail "Peaks of the Balkans" or ride a bike, so they can get accommodation and food. Your hostess is Ermina, a hardworking woman with a cheerful spirit. There is always work to be done in the katus - you have to deal with the cattle, make cheese, work in the garden, and much more, but with Ermina you will never notice fatigue, she just enjoys what she does. She enjoys preparing food for his guests, as well. Everything is delicious and it is not surprising because the dishes are prepared from the quality ingredients they produce on their farm and as a kind of special spices there are fresh mountain air and the ambience in which you taste the food. Their guests enjoy collecting herbs, mushrooms and other forest fruits that grow near the farm. There are plenty of Blueberries, so if you are at Redžematovics at the right time and pick blueberries, Ermina will be pleased to prepare a cake from those blueberries. And not only a cake, but also an "akšijaš"! We will not reveal to you which dish it is, we will leave it to you.

KATUN BAJROVIĆ

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VILLAGE GRAHOVAČA

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Household Hadžić

Ten kilometers from the main road that goes through Rožaje is the distance you need to cross to reach the Hadzic household - a place called Sastanci in the Grahovaca. Don't let these ten kilometers be too far for you, because they are not. You will regret it if you don't come. This is a fairytale farm, beautifully decorated where you will find three generations of Hadzics. Each of them has own role and obligations in this farm, but you might be most interested in the activities that are the duty of the oldest one among your hosts - Elmaza! While talking to you, she has already prepared a pie, you don't know when and how, but preparing traditional dishes is her daily obligation, and when she cooks it all seems so easy, even though it's not easy and it's hard to reproduce. Cheerful and always smiling, she will greet you nicely and her son and daughter-in-law and daughter will help her, because everyone is involved in welcoming guests. The ambience is beautiful. You are far from all the hustle and bustle and the opportunities for walking are numerous. You can also sleep near Hadzics, so we warmly recommend this household as a base from where you can explore Rožaje.



With this gastro route guide we also present to you hotels and restaurants that within their offer also have traditional mountain dishes. These hotels and restaurants are easier to access than rural households, so if you do not have a lot of time while you are passing through this region, then you simply go there. When you pick a hotel or restaurant, make sure you ask the waiter to bring you a special menu Gorska trpeza/Mountain Bounty, and see what they offer and what is in season. And of course, enjoy!

HOTEL KOMOVI

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