# Tolmin Cuisine

## Traditional and Modern Flavours





The Tolmin region, a hilly area with a rich culture of mountain pasture life and cheese making, is located between the MEDITERRANEAN, KARST and the

**ALPS.** Spring is the time to visit the mountain pastures where cheese makers turn the milk from grazing livestock into the Tolminc cheese with the **PROTECTED DESIGNATION OF ORIGIN** in accordance with the thousand-year-old recipe. In small volumes and for their own needs, farmers predominantly grow organic fruit, vegetables and other produce.

The **TOLMINC CHEESE** is a type of hard cheese made from raw milk. Just like the cheese, the **ALBUMEN COTTAGE CHEESE** consumed fresh, mature, as spreads or in another way, is also highly prized. **WHEY** is the richest source of easily digestible proteins. Due to its

easily digestible proteins. Due to its excellent baking characteristics it has become increasingly popular in the creation of new dishes.



A Tolmin lunch includes BEEF, LAMB, PORK or TROUT and traditional side dishes like POTATOES (mashed with chicory, French beans, kale, etc.) and POLENTA (potato polenta, larded polenta, corn flour dumplings, etc.) The appetizer includes excellent HOME-MADE DRIED-MEAT PRODUCTS and delicious COTTAGE CHEESE DUMPLINGS. The Tolmin cuisine is distinguished by the numerous versions of SOUPS and STEWS like corn porridge with beans, bean soup with dried fruit, and cheese or cottage cheese soup.



### Providers of Tolmin dishes

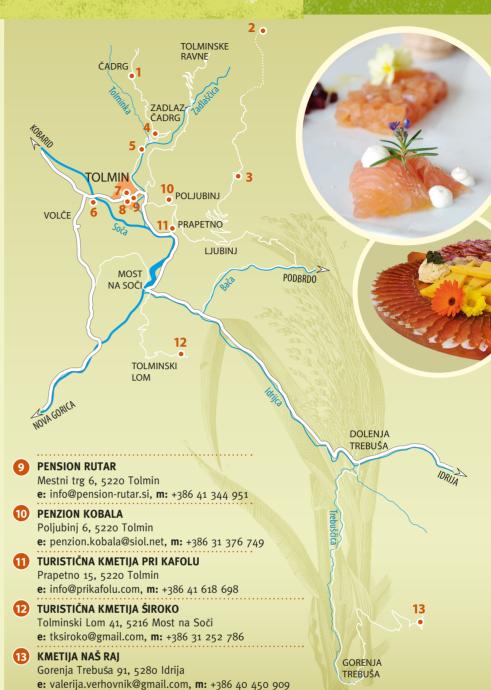
The traditional cuisine is enriched with the combination of **SWEET-SOUR** and **SWEET-SALTY** flavours and with the use of natural flavour enhancers (reduced cider vinegar, home-made lard, mature albumen cottage cheese) and **LOCAL SPICES** (horse radish, thyme, oregano and lovage).

PROVIDERS OF TOLMIN DISHES endeavour to use as much LOCAL AND SEASONAL INGREDIENTS as possible. Their aim is to preserve their ancestor's dishes and to continuously search for and explore the OLD RECIPES and enhance the stories of the past.

You are kindly invited!

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### You shouldn't leave the Tolmin region without trying the famous frika!



# Frika potato cheese omelette

Peel the potatoes and cut them into thin slices. Season the potatoes and put them into hot lard or sliced bacon in the frying pan.

Add chopped or grated Tolminc cheese and mix.

When the frika is baked on one side, turn the whole omelette over and bake it on the other side. Simple seasonal salads which add the necessary freshness are the best side dishes to serve with frika.

#### INFORMATION:

#### LTO Sotočje

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