

# 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 excellent baking characteristics it has become increasingly popular in the creation of new dishes.



## Tolmin lunch

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!*

## 1 EKOLOŠKA TURISTIČNA KMETIJA PRI LOVRČU

Čadrg 8, 5220 Tolmin  
e: marija.cadrg@gmail.com, m: +386 31 709 001

## 2 KOČA NA PLANINI RAZOR

e: pdtolmin@gmail.com, m: +386 51 632 720

## 3 KOČA NA PLANINI STADOR

e: info@kocastador.com, m: +386 31 411 373

## 4 LETNI VRT PR' JAKČU

Zadlazi - Čadrg 4, 5220 Tolmin  
e: info@apartma-orhideja.com, m: +386 51 438 949

## 5 OKREPČEVALNICA TOLMINSKA KORITA

Zatolmin 66a, 5220 Tolmin  
e: info@tolminska-korita.si, m: +386 41 916 152

## 6 OKREPČEVALNICA LABRCA

Volče 87, 5220 Tolmin  
e: labrca@maya.si, m: +386 51 634 255

## 7 GOSTILNA PRI MARTINI

Trg Maršala Tita 7, 5220 Tolmin  
e: mojca@podgornik.net, m: +386 31 603 503

## 8 HOTEL DVOREC

Mestni trg 3, 5220 Tolmin  
e: info@hoteldvorec.com, m: +386 31 599 484

## 9 PENSION RUTAR

Mestni trg 6, 5220 Tolmin  
e: info@pension-rutar.si, m: +386 41 344 951

## 10 PENZION KOBALA

Poljubinj 6, 5220 Tolmin  
e: penzion.kobala@siol.net, m: +386 31 376 749

## 11 TURISTIČNA KMETIJA PRI KAFOLU

Prapetno 15, 5220 Tolmin  
e: info@prikafolu.com, m: +386 41 618 698

## 12 TURISTIČNA KMETIJA ŠIROKO

Tolminski Lom 41, 5216 Most na Soči  
e: tksiroko@gmail.com, m: +386 31 252 786

## 13 KMETIJA NAŠ RAJ

Gorenja Trebuša 91, 5280 Idrija  
e: valerija.verhovnik@gmail.com, m: +386 40 450 909



*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 Tolmin 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**  
Petra Skalarja 4  
SI-5220 Tolmin  
t: +386 5 38 00 480  
e: info@lto-sotocje.si  
www.visit-soca.com

**Dolina Soče**



Občina Tolmin



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