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"Gušti od salate"

Uvod

Roditelji i odgajatelji već su mnogo puta postavljali pitanje kako zainteresirati djecu za hranu. To se pitanje najčešće odnosi na prehrambene proizvode koji svojim izgledom ili bojom nisu djeci primamljivi na prvi pogled.¹ Taj se problem može riješiti, primjerice, uključivanjem djece u pripremu jela koje će potom sa zanimanjem kušati.

To i nije neka novina! S interaktivnim pristupima različitim temama (ne samo prehrani) djeca se susreću već u vrtiću. Na odraslima je da iskoriste dječju znatiželju te njihova vrtićka iskustva primjene i kod kuće. Pri tome im mogu biti od pomoći kuharice za djecu koje sadrže prijedloge kako kuhati zajedno s djetetom, kao i one koje donose jednostavnije recepte za samostalno dječje kuhanje.

Iako takvih knjiga nema mnogo u našim knjižarama, može se zamijetiti njihov porast u odnosu na prijašnje godine. To je vjerojatno povezano i sa sve većom potražnjom takvih knjiga.

Organiziranjem radionica prehrane u Etnografskom muzeju Istre željela sam pokazati da i najmanji polaznici predškolskog uzrasta, kao i oni iz viših razreda osnovne škole, mogu pomoći kod pripreme jela te se pri tome i zabaviti.

Radionica tradicijske prehrane pod nazivom "Gušti od salate" održana je od 5. do 9. svibnja 2003. u Etnografskom muzeju. Na njezino organiziranje potaknula me muzejska pedagoginja Mirjana Margetić koja je tijekom 2003., kao članica Sekcije za muzejsku pedagogiju pri Hrvatskome muzejskom društvu, bila uključena u muzejsko-edukativnu akciju pod nazivom "U slast".

¹ Tu ponajprije mislim na povrće koje većina djece tako nerado jede.

Etnografski muzej Istre nema odgovarajuće opremljen prostor za termičku obradu hrane, tj. održavanje radionica ili tečajeva pripremanja hrane. Stoga sam se odlučila za radionicu na kojoj su se pripremale salate.

Kako je bilo nekada?

Prije održavanja radionica ispitala sam na terenu koje su se salate najčešće pripremale, kada su se jele te da li su se jele kao samostalan obrok. O tim sam temama razgovarala sa ženama iz okolice Rovinjskog Sela, okolice Pazina i Motovuna.

Doručak se uglavnom sastojao od palente i mlijeka, *marenda* od *fritaje* (kajgane), a ručak od *maneštre*. Večera je također bila vrlo skromna. Pilo se mlijeko ili jela salata u koju se dodavalo jaje. To su bili skromni obroci seoskog domaćinstva u Istri sredinom 20. stoljeća. Meso se jelo vrlo rijetko i samo u posebnim prigodama, kao što je *Vazam* (Uskrs), Božić, Nova Godina.

Pršut i kobasice narezali bi se samo radnicima koji su pomagali pri košenju ili radu na *kampanji*, članovima domaćinstva koji su, radeći u tvornici, najviše privređivali, gostima iz grada, ili bi se nosili kao poklon liječniku i učitelju.

Salate, koje su se kao samostalan obrok jele za večeru, začinile bi se tj. *zabijelile* mašću od *cvarki*, *črčki*, *cvirki* (rastopljena slanina), solju (najčešće morskom) i domaćim vinski octom. Rijetke su bile obitelji koje su osim kuhanog jajeta mogle u salatu dodati kobasicu ili *ombolo*, *žlomprt* (zarebnjak).

Listovi salate omekšali bi jer su bili zaliveni vrućom mašću. Posebno su bili ukusni neotopljeni komadići slanine koji su se nalazili u salati.

Morska sol se u Sošićima i okolnim mjestima blizu Rovinjskog Sela kupovala, odnosno mijenjala *miru za miru* kod *Bezaka* (kako su zvali stanovnike s područja od Kanfanara do Žminja) koji su putovali *vozovima* (kolima) i trgovali. Jaja su se mijenjala za morsku sol, a *šenica* (pšenica) za luk.

Maslinovo ulje upotrebljavalo se vrlo rijetko jer ga je domaćica čuvala za posebne prilike, *fešte*. Na području Gračišća, pobrane crne masline stavljale su se u vrećicu od konoplje (koja je težila oko kilogram) koja se vezala za komad daske. Tako viseći dugo su se kuhale. Nakon kuhanja, rukama su se tiskale dok ne bi izašlo ulje. Od jednog kilograma maslina dobio bi se decilitar ulja. Na području sela Feštini maslina i maslinovog ulja nije bilo, pa su njegovi stanovnici s Vodnjancima razmjenjivali pršut ili slaninu za maslinovo ulje. Sredinom prošlog stoljeća za litru i pol maslinovog ulja moralo se dati kilogram pršuta, odnosno kilogram i pol slanine za litru ulja.

Ocat koji se koristio za začinjavanje salate radio se kod kuće od crnoga vina, a po potrebi se razrjeđivao vodom. Osim za salate, domaći vinski ocat miješao se s vodom za

piće koju su seljaci nosili u polje. Bio je vrlo dobar za gašenje žeđi nakon obavljenog posla na *kampanji* (na polju).

Kao salata, najčešće se pripremao divlji radič, maslačak ili *žutenka*, i danas vrlo cijenjena biljka zbog svojih ljekovitih svojstava. Brao se na livadama, pogotovo na mjestima s više vlage, npr., uz lokve. Divlji radič najčešće se kuhao kako bi se izgubila gorčina, a zatim pripremao na salatu ili kombinirao s jajima u ukusnim *fritajama* (kajganama). Kada se radila salata od svježeg ili prokuhanog radiča, mogao se kombinirati s krumpirom. Na području Gračišća kraj Pazina miješao se s *fažulom* (grahom) ili kuhanim jajima. Na taj se način i danas priprema radič, i divlji i "pitomi".

Divlji radič ili maslačak u "narodnoj medicini" upotrebljava se kao diuretik za uklanjanje otrovnih tvari iz tijela, a voda u kojoj se kuhao dobra je za snižavanje visokog tlaka (treba popiti jednu šalicu svako jutro).

Mrkva, koja se danas često upotrebljava za pripremu *maneštri*, *šuga*, juha ili francuske salate, nije se upotrebljavala u Istri. Tek se šezdesetih godina 20. stoljeća počela sijati i upotrebljavati u prehrani. Češće se koristila žuta mrkva ili *merlin* kojom se hranila stoka. Pekla se ispod peke ili kuhala i zatim narezala na salatu s krumpirom.

Radionice

Neke je stvari teško objasniti riječima. To se posebice odnosi na vještine. Pri istraživanju, etnolog će bolje shvatiti o čemu se radi ako se ne bude samo oslanjao na priču kazivača, nego se i sam okuša, npr., u pripremanju nekog recepta. Jednaka je situacija i s posjetiteljima muzeja. Ako se pruži mogućnost savladavanja neke vještine u radionici, oni će je objeručke prihvatiti. Takvim interaktivnim učenjem čovjek puno bolje i puno duže pamti.

U Etnografskom muzeju Istre takav način rada primjenjujemo već nekoliko godina organizirajući radionice vezane uz trenutne izložbe. Na taj se način posjetitelji mogu aktivno uključiti u izložbu i nešto naučiti o temi koja se na izložbi obrađuje.

Za pripremanje salata na radionicama² odlučila sam se iz nekoliko razloga. Kao što sam već navela, osnovni je razlog bio taj što u Muzeju ne postoji odgovarajući prostor za kuhanje hrane u okviru radionica. Budući da su radionice održane početkom svibnja, mogli smo koristiti svježe sezonske namirnice. Svojom temom uklopili smo se i u gostujuću izložbu Etnografskog muzeja iz Zagreba "Narodna medicina".

U želji da usporedimo i spojimo tradicionalne i suvremene načine pripremanja salata, odlučili smo se za salate od divljeg radiča i zelene salate – *puterice*, kojima smo

² Za pomoć u praktičnom dijelu radionica zahvaljujem svojim kolegama iz Muzeja: kustosima Robertu Biliću, Mirjani Margetić i Olgi Orlić, te preparatoru Draganu Dimovskom.

dodavali kuhani grah, morsku sol, suncokretovo ili maslinovo ulje i razrijeđeni domaći vinski ocat. Stolove za naše male polaznike postavili smo u *korti* (unutarnjem dvorištu) Kaštela gdje je smješten Etnografski muzej Istre.

Pošto su polaznici naših radionica bili predškolske i osnovnoškolske dobi, tanjurići, vilice i noževi kojima su se služili kod pripremanja salata bili su načinjeni od plastike. Maslinovo i suncokretovo ulje te vinski ocat natočili smo u male plastične bočice. Na čepovima bočica probušili smo rupice, kako bi i naši najmanji polaznici mogli koristiti te začine.

Prije praktičnog dijela radionica razgovarali smo o tome koje se jestive biljke beru u proljeće i kako se pripremaju. Kako većina djece sa svojim roditeljima ili bakama i djedovima svakog proljeća bere šparoge, *bljušt*, maslačak i ostalo jestivo, samoniklo ili ljekovito bilje, nije trebalo puno razgovarati, već prionuti na praktični dio radionice.

Svježu salatu, kupljenu na pazinskoj tržnici, oprali smo i stavili u zdjele. Djeca su prema želji uzimala i usitnjavala salatu, dodavala sol, ulje i ocat, te na kraju kušala. Posebno zabavan, i djeci najdraži, dio bio je kada su odgajateljice, učiteljice i voditeljica radionice kušale njihove salate.

Za starije osnovnoškolce organizirali smo natjecanje u grupama - tko će brže i što ukusnije pripremiti salatu od zadanih namirnica.

Radionice su bile izvrsno posjećene. Posjetilo ih je preko stotinu djece. Na radionice su jako dobro reagirala djeca s veseljem pripremajući i kušajući salate, ali i učiteljice i odgajateljice koje su naglašavale da bi ovakve suradnje trebalo biti i više.

Kroz igru i smijeh djeca su naučila što je potrebno za pripremu salate, razliku između suncokretovog i maslinovog ulja, te koje još začine možemo staviti u salatu. Naučili su ponešto i o važnosti povrća u svakodnevnoj prehrani, te o bogatstvu tradicionalnih recepata ove regije.

Mi smo naučili da se djecu može uključiti u pripremu svakog jela. Na taj način oni postaju aktivni sudionici u pripremanju hrane koje će stoga biti zabavnije i zanimljivije, osobito kad naposljetku budu kušali rezultate svoga rada. Bit je zajedničkog pripremanja hrane u mirisu, dodiru, stvaranju, kušanju, igri i smijehu.

Ovim sam projektom željela potaknuti organizaciju radionica prehrane i u budućnosti, te ojačati već ionako dobru suradnju Etnografskog muzeja Istre i dječjih vrtića i osnovnih škola, ne samo u Pazinu, već i u cijeloj Istri.

Organiziranje radionica prehrane u Etnografskom muzeju Istre jedan je od najzanimljivijih segmenata muzealizacije hrane. Aktivnim sudjelovanjem u radionicama uči se o svakodnevnom načinu života u prošlosti i potiče na razmišljanje o tome kako stečena znanja primijeniti u sadašnjosti i budućnosti.

Literatura

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11.01



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11.05

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The Gusto of Salad

Introduction

Parents and pedagogues have often voiced the question how to increase children's interest in food. This applies primarily to foodstuffs that are not very appealing to children at first sight.¹ One way to solve this problem is by involving children in the preparation of food they will later be curious to taste.

This, however, is nothing new! Children have encountered interactive approaches to various subjects (other than food) as early as in the kindergarten. It is up to adults to use the children's curiosity and apply their nursery-school experiences at home as well. In doing so, they can use children's cookbooks containing suggestions on how to cook together with children, as well as those containing simple recipes to be used by children when cooking without adult assistance.

The selection of such literature in our bookstores is not wide; however, it has noticeably increased compared to previous years, probably also due to the growing demand.

By organizing food workshops at the Ethnographic Museum of Istria, I wanted to show that even the youngest preschoolers, just like senior grade pupils, can assist in the preparation of food and have fun at it.

The traditional food workshop "The Gusto of Salad" (*Gušti od salate*) was held from the 5th to the 9th of May, 2003, at the Ethnographic Museum. I was encouraged to organize it by the museum pedagogue Mirjana Margetić, a member of the Museum Pedagogy Section at the Croatian Museum Society, who took part in the museum education action under the title "U slast" ("Enjoy your meal!").

¹ This applies primarily to vegetables so much disliked by most children.

Since the facilities of the Ethnographic Museum of Istria are not adequately equipped for the heat treatment of food, i.e. for the organization of food preparation courses or workshops, I decided to organize a salad making workshop.

How it once was

Before the workshops took place, I conducted field investigations to find out which salads were most frequently prepared, at what occasions they were eaten and whether they were eaten as a separate dish. I talked about these issues with women from the surroundings of Rovinjsko Selo, Pazin and Motovun.

The breakfast usually consisted of polenta and milk, the second breakfast (*marenda*) of scrambled eggs (*fritaja*), while the lunch consisted of minestrone (*maneštra*). Dinner was also rather humble: people drank milk or ate salads with eggs. Such modest meals were typical of Istrian countryside households of the mid-twentieth century. Meat was eaten rarely and only on special occasions, such as Easter (*Vazam*), Christmas and New Year.

Dry-cured ham (*prosciutto*) and sausages were served only to farm hands helping out with haymaking or fieldwork, to household members employed at factories who provided the greatest income and to guests from the town, or otherwise given as presents to doctors and teachers.

Salads, which were served as independent dishes for dinner, were seasoned or “whitened” (*zabijeliti*) with greaves fat (molten bacon; *cvariki*, *črčki*, *cvirki*), salt (mostly sea salt) and home-made wine vinegar. Only few families were able to add, besides boiled eggs, also a sausage or dried loin of pork (*ombolo*, *žlomprt*) to their salad.

Lettuce leaves in the salad would soften because they were poured over with hot fat. Non-molten pieces of bacon in the salad were especially tasty.

In Sošići and the surroundings of Rovinjsko Selo, sea salt would be purchased or exchanged measure for measure (*miru za miru*) by *Bezaki*, the inhabitants of the region between Kanfanar and Žminj, who travelled with wagons (*vozovi*) for trade. Eggs were exchanged for sea salt and wheat (*šenica*) was traded for onions.

Olive oil was rarely used because the landlady saved it for special occasions, such as feasts (*fešte*). In the region of Gračišće, selected black olives were put in hemp bags (weighing around one kilo) and tied to a board. Suspended from the board, the olives in the bags were cooked extensively and then hand-pressed to obtain oil. One kilogram of olives would yield one decilitre of oil. Since the region around the village Feštini lacked olives and olive oil, its inhabitants traded dry-cured ham or bacon for olive oil with the inhabitants of Vodnjan. In the mid-twentieth century, one kilogram of dry-cured ham was required for a litre and a half of olive oil and one and a half kilo of bacon for one litre of oil.

The vinegar used as salad dressing was home-made from red wine and diluted with water if necessary. Besides being used as salad dressing, home-made wine vinegar was mixed with water and taken by peasants to the field (*kampanja*). It was a very good thirst-quencher after the work was done.

Dandelion greens (*žutenka*) or cultivated radicchio, today very highly praised for its medicinal properties, were most commonly used for salads. They were picked in meadows, especially on humid places, like the ones surrounding water ponds. Dandelion greens were mainly cooked to lose the bitterness, and then prepared as salad or combined with eggs to make tasty scrambled eggs (*fritaje*). Whether they were used fresh or boiled for the salad, dandelion greens could be combined with potatoes. In the region of Gračišće near Pazin they were mixed with beans (*fažul*) or boiled eggs. Both dandelion greens and cultivated radicchio are still prepared in this way.

In folk medicine, dandelion greens were used as diuretics to eliminate toxins from the body, while the water they were boiled in is considered a good remedy for high blood pressure (one cup to be taken every morning).

Carrots, which are today often used in the preparation of minestrone, sauces (*šugo*), soups or French salads, were not common in Istria until the 1960s, when they started being cultivated and used for food, especially the yellow carrot or the *merlin* carrot, used also for animal feed. Carrots were baked under a baking lid or cooked, then cut and used as an ingredient in potato salads.

Workshops

Some things are difficult to explain by words, especially skills. During research, ethnologists will have a better understanding if they try to make a recipe, for instance, rather than relying only on informants' accounts. The same goes for museum visitors. If they have a chance to master a skill through a workshop, they will willingly accept it. Such interactive learning leads to a considerably better and longer memorization.

At the Ethnographic Museum of Istria, we have been applying this work method for several years now, organizing workshops related to current exhibitions. Workshops provide opportunities for visitors to get actively involved with the exhibition and learn something about the subject of the exhibition.

There are several reasons why I decided to have salad making workshops². As already said, the main reason was that the Museum lacks appropriate facilities to prepare cooked dishes at workshops. Since the workshops were held in early May, we could

² I wish to thank my Museum colleagues, curators Rober Bilić, Mirajan Margetić and Olga Orlić, as well as preparator Dragan Dimovski, for their assistance in the practical part of the workshops.

use fresh ingredients of the season. Our topic also fit well with the visiting exhibition “Folk Medicine” of the Ethnographic Museum of Zagreb.

With the intention to compare and combine traditional and contemporary salad making methods, we chose dandelion greens and butterhead lettuce salads, which we combined with boiled beans, sea salt, sunflower seed or olive oil and diluted home-made wine vinegar. The tables for our little workshop participants were placed in the inner yard (*korta*) of the citadel (Kaštel) housing the Ethnographic Museum of Istria.

Since our participants were of preschool and primary-school age, we used plastic plates, forks and knives in the preparation of salads. Olive and sunflower seed oil, as well as wine vinegar, were placed in small plastic bottles with perforated caps, so that even the youngest participants could use the dressings.

Before the practical part of the workshops, we talked about edible plants which can be picked in spring and about ways to prepare them. Since most children are taken by their parents or grandparents to pick wild asparagus, black bryony (*bljušt*), dandelions and other self-grown plants every spring, no long discussions were necessary and we went on to the practical part of the workshops.

Fresh lettuce, purchased at the market in Pazin, was washed and placed in bowls. Children took the salad and chopped it as they liked, added salt, oil and vinegar to taste, and finally tasted their salads. They especially enjoyed and liked the part where their teachers and the workshop leader tasted their salads.

For senior primary school graders we organized a group competition, where groups had to make the fastest and best tasting salad out of set ingredients.

The workshops were very well attended, with over a hundred children taking part. They received very good reactions from children, who enjoyed making and tasting salads, but also from preschool and primary school teachers, who emphasized the need for more cooperation of this kind.

Though play and fun children learned what was necessary for the preparation of salads, the difference between sunflower seed and olive oil and other salad dressings. They also learned something about the importance of vegetables in everyday nutrition and the wealth of traditional recipes of the region.

We learned that children can be involved in the preparation of every dish. By becoming active participants in the preparation of food, they will have more fun and show greater interest, especially when finally tasting the results of their work. The essence of preparing food together is to smell, touch, create, taste, play and have fun.

The intention of this project was to encourage the organization of future food workshops and reinforce the already intensive cooperation between the Ethnographic Museum of Istria and the nursery schools and primary schools not only in Pazin, but throughout the region of Istria.

The organization of food workshops at the Ethnographic Museum of Istria is one of the most interesting segments of the musealization of food. Active participation in the workshops provides an opportunity for learning about everyday life in the past and reflecting about ways to apply the acquired knowledge in the present and the future.

Translated by Sanja Novak