

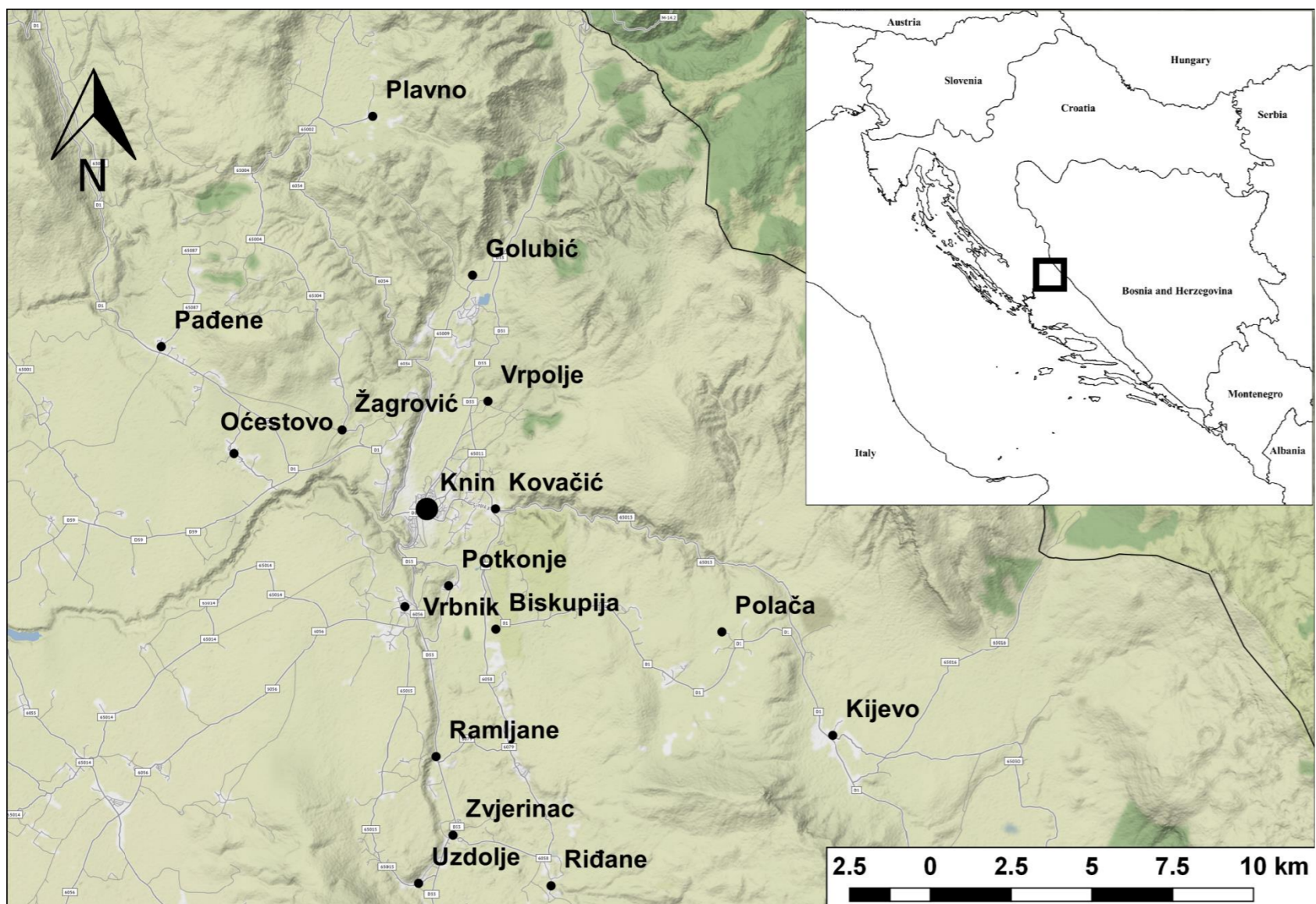
# Traditional Preparation of Syrups, Marmalades, Liqueurs and Herbal Grappas in the Knin Area, Croatia



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**Aim** The aim of this work was to document current or recently abandoned use of wild and cultivated plants for making traditional syrups, marmalades, liqueurs and herbal grappas in the city of Knin and its surrounding areas

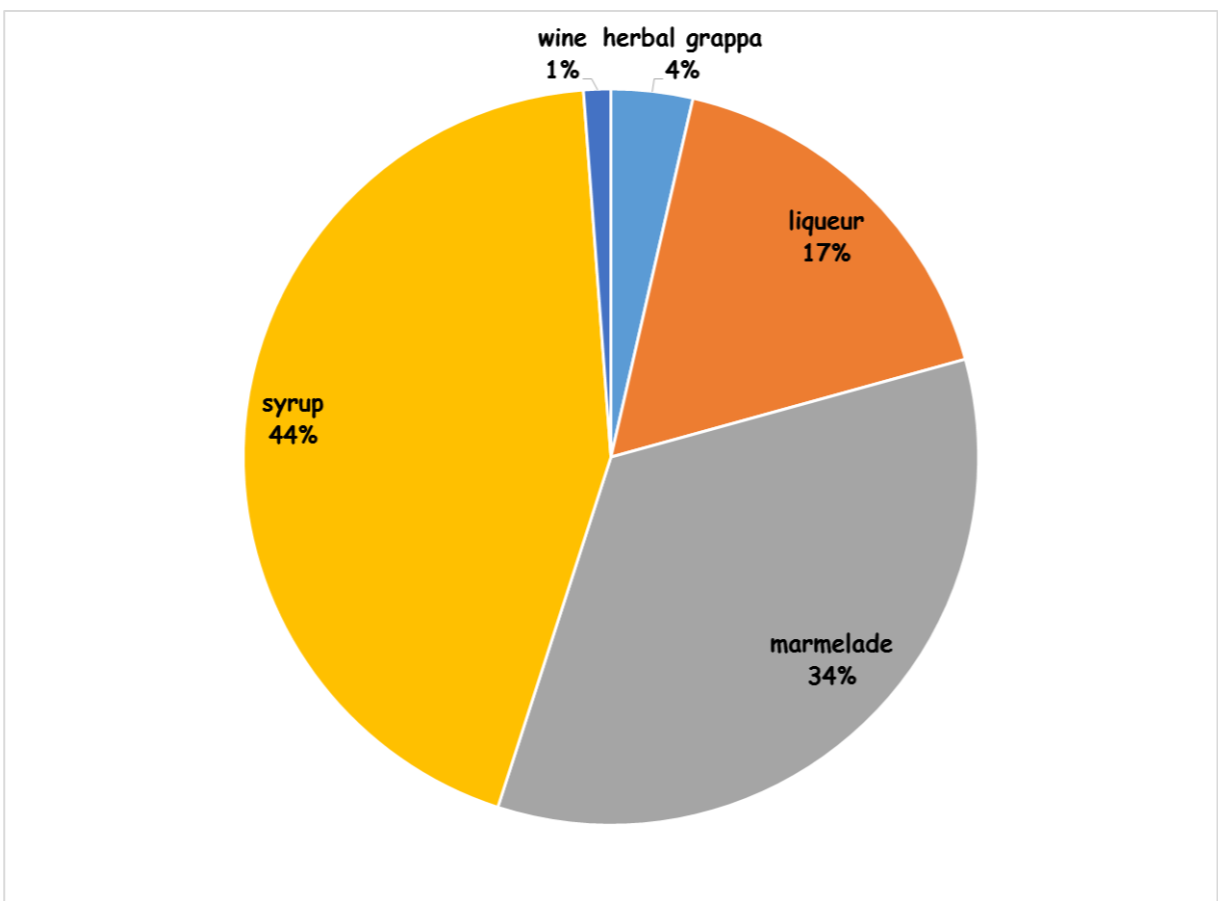
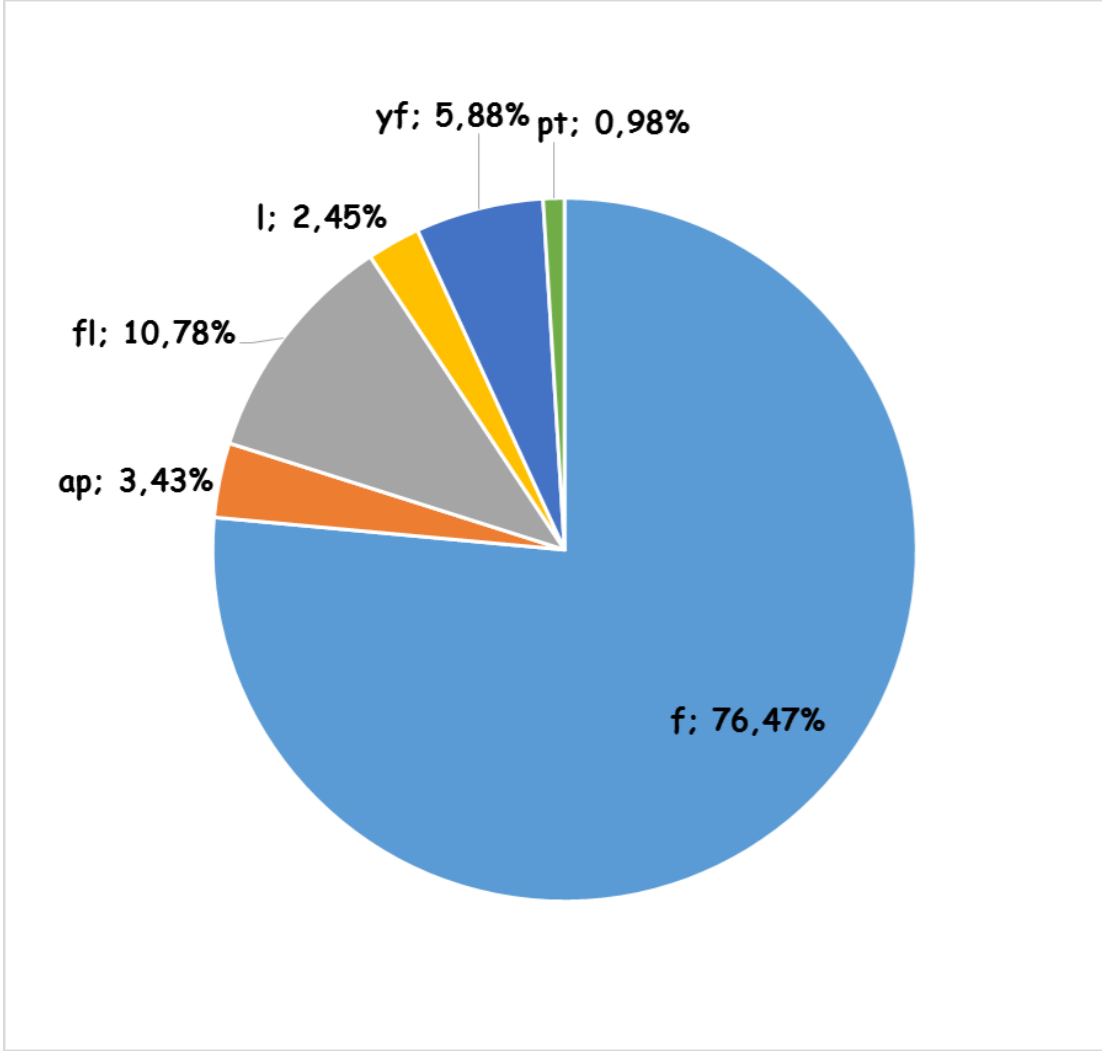


Study area

**Results** Thirty-five interviews produced an inventory of 34 species from 13 families and 59 vernacular names from 251 citations. Out of 34 species 15 were cultivated and 19 wild. Family Rosaceae was represented the most with 125 citations followed by Cornaceae (26) and Caprifoliaceae (21). Maximum RFC was for *Cornus mas* L. (0.74), followed by *Sambucus nigra* L. (0.60), *Prunus domestica* L. (0.60) and *Rosa canina* L. (0.51). Twelve species were mentioned only one time. With reference to the plant parts, fruit is the overwhelmingly dominant organ used (77%), followed by flower (11%). The most frequent citations were for preparing syrups (110), followed by marmalades (86), and liqueurs (43).

Plants used in the preparation of syrups, marmalades, liqueurs, and herbal grappas in the Knin area (f –fruit, fl–flower, yf–young, flower, ap–aerial part, pt–petiole)

Species	Family	Vernacular name	Part used	Use	RFC
<i>Achillea millefolium</i> L.	Asteraceae	hajdučica	fl	herbal grappa	0.057
<i>Actinidia deliciosa</i> (A.Chev.) C.F.Liang & A.R.Ferguson	Actinidiaceae	kivi	f	syrup	0.029
<i>Artemisia absinthium</i> L.	Asteraceae	pelin	ap	herbal grappa	0.029
<i>Cornus mas</i> L.	Cornaceae	drenić, drenjina, drijen, drinjina	f	syrup, marmelade, liqueur	0.743
<i>Cydonia oblonga</i> Mill.	Rosaceae	dunja	f	syrup, marmelade, liqueur	0.229
<i>Ficus carica</i> L.	Moraceae	smokva	f	marmelade, liqueur, herbal grappa	0.057
<i>Fragaria vesca</i> L.	Asteraceae	jagoda	f	marmelade	0.029
<i>Juglans regia</i> L.	Juglandaceae	arah	yf	syrup, liqueur	0.343
<i>Malus domestica</i> Borkh.	Rosaceae	jabuka	f	marmelade	0.114
<i>Mentha sp.</i> L.	Lamiaceae	nana, menta	l	syrup, herbal grappa	0.029
<i>Morus nigra</i> L.	Moraceae	mirta	f	syrup	0.029
<i>Myrtus communis</i> L.	Myrtaceae	murva	f	liqueur	0.029
<i>Ocimum basilicum</i> L.	Lamiaceae	bosiljak	l	herbal grappa	0.029
<i>Prunus armeniaca</i> L.	Rosaceae	kajsija	f	syrup, marmelade, liqueur	0.200
<i>Prunus avium</i> L.	Rosaceae	trešnja	f	syrup, marmelade, liqueur	0.171
<i>Prunus cerasifera</i> Ehrh.	Rosaceae	denerika, vinjika	f	syrup, marmelade, liqueur	0.114
<i>Prunus cerasus</i> L.	Rosaceae	višnja	f, l	syrup, marmelade, liqueur	0.486
<i>Prunus domestica</i> L.	Rosaceae	šljiva	f	syrup, marmelade, liqueur	0.600
<i>Prunus mahaleb</i> L.	Rosaceae	magriva, rašeljka	f	syrup, marmelade, liqueur	0.057
<i>Prunus persica</i> (L.) Stokes	Rosaceae	Breskva	f	Marmelade	0.143
<i>Prunus spinosa</i> L.	Rosaceae	glog, trnjina, trnovača šljiva	f	syrup, marmelade, liqueur	0.229
<i>Ribes rubrum</i> L.	Grossulariaceae	ribizla	f	marmelade	0.029
<i>Robinia pseudoacacia</i> L.	Fabaceae	pitoma drača	fl	syrup	0.029
<i>Rosa canina</i> L.	Rosaceae	divlji šipak, šipak	f	syrup, marmelade	0.514
<i>Rosa sp.</i>	Rosaceae	ruža	pt	liqueur	0.057
<i>Rubus ulmifolius</i> Schott	Rosaceae	jagoda, kupina, lužovica	f	syrup, marmelade, liqueur, wine	0.400
<i>Salvia officinalis</i> L.	Lamiaceae	kadulja	l, fl	herbal grappa	0.057
<i>Sambucus nigra</i> L.	Caprifoliaceae	zova, zovika, zovka	fl, f	syrup, marmelade, liqueur	0.600
<i>Satureja montana</i> L.	Lamiaceae	bijeli vrisak	ap	herbal grappa	0.029
<i>Satureja subspicata</i> Bartl. ex Vis.	Lamiaceae	plavi vrisak	ap	herbal grappa	0.029
<i>Sorbus domestica</i> L.	Rosaceae	oskoruša	f	syrup	0.114
<i>Thymus longicaulis</i> C.Presl	Lamiaceae	mažjina dušica	ap	syrup	0.029
<i>Urtica dioica</i> L.	Urticaceae	kopriva	ap	syrup	0.086
<i>Vitis vinifera</i> L.	Vitaceae	bijelo grožđe, grožđe	f	syrup	0.086



Proportions of plant parts used for preparation

Proportions of the kind of preparations recorded

**Conclusion** With a declining rural population many traditional activities and lifestyles are disappearing. However, making syrups, marmalades, liqueurs and herbal grappas will not be forgotten. That is due to increasing home and small entrepreneur production and growing interest for such products of both tourists and domestic population. Though, preparations from some wild species mentioned in this work might be abandoned.



Author and interviewees

**The Study Area and Metods** The studied area is located in northern Dalmatia in Šibenik-Knin County. The area is surrounded by mountain massifs: Plješevica to the north, Dinara to the east, Promina and Veliki Kozjak to the south. Mountain areas are intersected with fertile valleys, such as the Knin valley. The valley area is framed by limestone plateau carved with river Krka and its tributaries Orašnica, Kosovčica and Butižnica forming deep canyons. The climate is sub-Mediterranean, transitioning from Mediterranean (Knin is located 60 km from the coast) to continental-mountain type. Data were collected mainly using semi-structured interviews from April 2016 to June 2017. The informants were selected using snowball technique. The interviews were performed in 14 settlements in five municipalities: Knin, Biskupija, Polača, Kijevo, and Ervenik. Only native inhabitants were interviewed. Thirty-five interviews were conducted with 44 informants. This work is a part of broader research. Relative frequency of citation (RFC, number of informants mentioning the species/total number of informants) was calculated. Collected species specimens are deposited in Herbarium Croaticum in Zagreb.



*Achillea millefolium* and *Thymus longicaulis* syrups

## Few recipes

**Liqueurs:** put in the big glass jar the plant parts, cover with sugar and expose to the sunlight until the sugar is melted. Add grappa.

***Salvia officinalis* liqueur:** put in the big glass jar 700 g of sugar, 1 L grappa, 120 sage leaves. Mix and close well. Keep the mixture on the sunlight for forty days.

***Thymus longicaulis* syrup:** mix 5 L of water, 5 kg of sugar, and a lot of fresh flowers (aerial part). Mix until sugar is melted (during whole day), In the evening strain it and add 200 g of citric acid

***Achillea millefolium* syrup:** mix 5 L of water, 5 kg of sugar, and 120 flowers. Use the same preparation procedure as described above.

***Rosa sp.* liqueur:** mix one or two full-hand of rose petals and 200 g of sugar. Put in the jar and expose to the sunlight for one month. Strain and add grappa.

***Sambucus nigra* marmalade:** cook fruit and sugar (kg per kg, if there is more fruit put less sugar). Pour hot into jars.

**Fruit syrup** (sour cherry, apricot, cornelian cherry, blackberry): mash fruits by hands, and then boil them with water (just to cover fruits) for 10 min to soften the fruits. Squeeze the juice from fruit through cloth. On 1 L of juice add 700 g of sugar and boil until the sugar is melted. Pour into bottles. Pasteurize the bottles by boiling them in the pot with water for at least one hour.

