



Mediteranska prehrana u Držićevo doba i danas (uz 500-tu obljetnicu rođenja Marina Držića)

Mediterranean diet in the Držić period and today (celebrating 500 years since the birth of Marin Držić)

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SAŽETAK: Prehrana s mnogo voća i povrća, osobito grahorica, bogata ribom i mesom peradi, umjesto crvenog mesa te cjelovitim žitaricama uz maslinovo ulje i malo soli, preduvjet je smanjenja rizika od kardiovaskularnih bolesti. Osnov je to mediteranske prehrane koja je bila uobičajena u našem priobalju kroz stoljeća pa tako i u Držićevo doba, ali uglavnom kod siromašnih slojeva Dubrovačke Republike. Oni bogatiji, vlastela, po izvorima iz njegove spisateljske ostavštine, prepuštali su se prehrani bogatoj masnoćama i po uzoru na druge europske, a posebno talijanske sredine. Koliko je to utjecalo na zdravlje ljudi toga doba, ostaje vidjeti proučavajući arhivske spise i zavjetne pločice dubrovačkih crkava. Tekst je nastao u sjećanje na velikog dubrovačkog i hrvatskog pisca u povodu 500-te obljetnice rođenja.

KLJUČNE RIJEČI: Mediteranska prehrana, Marin Držić, Dubrovačka Republika.

SUMMARY: A diet with a lot of fruit and vegetables, especially vetches, rich in fish and poultry meat, instead of red meat as well as integral grains, olive oil and little salt, is a prerequisite for a decreased risk of cardiovascular disease. This is the foundation of the Mediterranean diet which was traditional in our coastal areas throughout the centuries and therefore also in Držić's period, but mostly among the poor classes of the Dubrovnik Republic. According to his writings, wealthy aristocracy indulged in a diet rich with fat just like their peers in other European countries and especially in Italy. It is yet to be seen, by researching archival records and votive tablets of Dubrovnik churches, how much this influenced the health of the people of that period. This text was written in the memory of a great Dubrovnik and Croatian writer, celebrating 500 years since his birth.

KEYWORDS: Mediterranean diet, Marin Držić, Dubrovnik Republic.

Prehrana današnjih dubrovčana ni u čemu se bitno ne razlikuje od prehrane kontinentalaca. Analizom vrijednosti lipida, učinjenom prije nekoliko godina u dubrovačkoj populaciji zdravih ljudi, nije bilo značajne razlike u odnosu na one kontinentalne Hrvatske. U toj studiji jedini koji se još očito hrane na "stari" mediteranski način bili su mještani Blata na otoku Korčuli, kod kojih je riba, maslinovo ulje, češnjak i čaša vina uz značajan porast HDL kroz "tjelovježbu" u vinogradu, masliniku ili na bari, još uvijek način života, iako i tamo sve manje.

Takva mediteranska prehrana, barem ona koju danas preporučamo našim pacijentima, u Dubrovniku Držićeva vremena bila je hrana običnog puka. Hrana siromašnih, odnosno korizmena hrana bila su bob i leća, prikle (uštipci), ukrop i srdele. Na blitvu Držić gleda s prezirom. Povrće koje se cijeni je prije svega zeleni kupus, morač, luk i konavoska salata (ločika).

Kada govori o kruhu, Držić spominje prijesnac, brašnicu, kravajac te posebno osušen, vrlo tvrdi kruh u obliku manjih kolutova zvan kolač, kojim su se mornari snabdijevali pred plovidbu. Takvi kruhovi trebali bi biti bogati biljnim vlaknima i sterolima.

Od mirodija, Dubrovčani koriste papar, šafran, karanfilice. Grlo oblažu medom i maslacem, pekmezom, a kao posebne poslastice jedu salčice, mortadeli i delatinu (hla-detinu).

Ukoliko spravlja ribu, češće je pirjaju na zaprženom luku i češnjaku. Prednost imaju cipoli i lokrumske gere. Iako nisu mnogo znali o značenju omega-3 nezasićenih masnih kiselina u svakodnevnoj prehrani, uloga ribe u prehrani, poglavito puka, bila je velika, tako da su i juhe često

The diet of the contemporary Dubrovnik people does not differ significantly from the diet of continental people. An analysis of lipid values, performed several years ago on the healthy Dubrovnik population, revealed no significant difference compared to people from Continental Croatia. That study revealed that only people from Blato on the island of Korčula still eat in the "old fashioned" Mediterranean way; fish, olive oil, garlic and a glass of wine, together with an HDL increase through working in the vineyard, olive groves or on a boat, are still the predominant way of life, although it is also decreasing.

This Mediterranean diet, at least the one we recommend to our patients these days, was the diet of common people in Dubrovnik of Držić's time. The food of the poor or fasting food consisted of broad bean and lentil, fritters, plain soup (Ukrop) and sardines. Držić despised chard. The most revered vegetables were green cabbage, fennel, onions and lettuce.

When he speaks of bread, Držić mentions Prijesnac, Brasnenica, Kravajac and especially dry, very hard bread in a shape of small hoops called the cake, which was used by sailors. These breads should be rich in natural fibers and sterols.

As spices, Dubrovnik people used pepper, saffron and clove. For throat they used honey, butter and jam, and for special treats they ate sausages, mortadella and aspic.

They prepared fish by sautéing it on onions and garlic. They preferred mullets and picarels. Although they did not know much about omega-3 unsaturated fatty acids in a daily diet, the significance of fish in the diet, especially for common people, was great, so that even soups were often



bile riblje, ali s puno češnjaka. Služkinje bogate dubrovačke vlastele, bile su zadovoljne, ukropom, tj. vodom u kojoj se kuhalo povrće, najčešće kupus.

Bolesnicima s hiperkolesterolemijom, ali i zdravima, ne preporučuje se jesti hranu koja sadržava mnogo zasićenih masti. Ima ih u crvenom mesu, mliječnim proizvodima, a u mesu pitomih kunića čak više nego u svinjetini, govedini, teletini ili janjetini. Najmanje ih ima u u ribi i u purećem ili pilećem mesu. Dubrovačka vlastela su bila izložena obilju mesnih obroka (posebno su cijenili ovčeginu i kozletinu). Držić dubrovčanima svoga vremena zamjera jednostavnu pripremu jela jer kako su bili protokolarno suzdržani u svakodnevnom životu takvu umjerenost i jednostavnost su zastupali i u jelima, što nije odgovaralo Marinu Držiću. U svojim djelima govori o kuhinjama svijeta svoga vremena, a prije svega talijanskoj. Njegov Pomet "priprema" kopuna (purana) na takav način da se napuni jarebicama, bedemima, smokvama, grožđicama i mirodijama, doda mlada teletina, zec, nadjene slaninom, pospe klinčićima i dopuni kosovićima. O kopunu pripremljenom na tuđeski (njemački) način, vidi se u komediji "Arkulin". Arkulinova služkinja, Milica, spravlja jelo tako da "kopune nađede" (nadjene purane). Sudska praksa otkriva kako su kopuni bili dragocjena namirnica pa su ih kralji, čak i vlastela. Pomet govori i različitim načinima pripreme hrane, što je za ono doba u Dubrovniku bila rijetkost jer se meso uglavnom peklo. Tako govori o hrani: varenoj, pečenoj, priganoj, podpriganoj, na tortice, na sapuriće, incukarade s vodicom rusatom, itd.

Pučani onoga vremena puno su fizički radili, a unos rijetkih, slatkih jela, bio je uglavnom za "feste" (blagdane) jer je šećer spadao u skupocijenost koji se uz skupocjene tkanine bosanskom beglerbegu predavao kao izvanredni dar. Tada su to bile prikle (uštipci), makaruli ili mantala, slatko jelo od mladog vina, krupnog pšeničnog brašna i mirodija (danas se još nađe u Konavlima). Marcipan se kao lijek izrađivao u ljekarni i značio veliku raskoš na trpezi. U tadašnjoj Europi, najrasprostranjenija pića bila su vino i pivo. Vino je dominiralo u sredožemnoj Europi, pa tako i u Dubrovniku. Ispijanje vina, a kod siromašnih bevande, bilo je povezano ne samo s raširenim vjerovanjem da voda šteti zdravlju, potrebom da se olakša žvakanje staroga kruha, konzumiranjem slane hrane, zato što se od vode iz "gustijerni" (zdenaca) znalo dobiti i dijareja, nego i zbog istih razloga koji vrijede i danas, dostići stanje euforije i uzbuđenja u danima blagdana. Posebno se cijenila malvazija i muškati.

Konzumiranje mliječnih proizvoda bilo je naglašeno u Republici, poglavito sira. Koliko je poznato, pravljenje sira u Republici nije bio samo muški posao kao u to vrijeme među Baskima iz Saint-Engracea kod kojih su samo spolno zreli muškarci mogli proizvoditi sir. Pravljenje sira i razmnožavanje bili su, naime, simbolički povezani. Sir se proizvodio i solio u Republici, posebno na Šipanu, a zbog velike potrošnje i uvozio, najčešće iz talijanske Piacenze. Za spomenuti je da je potrošnja soli u cijeloj Europi toga vremena bila velika, procjenjuje se da se godišnje trošilo 3,4 do 8,8 kg soli po glavi stanovnika, dok je današnji europski prosjek oko 2 kg.

Podataka o tome kako je takva prehrana utjecala na ljude Držićeva vremena nema mnogo. Pučanstvo Grada toga vremena najčešće je stradavalo od pojave zaraznih bolesti koje su harale Europom. O bolestima krvožilnog

made of fish and with a lot of garlic. Maidservants of the rich Dubrovnik aristocracy were satisfied with "Ukrop", water used to cook vegetables, mostly cabbage.

It is not advisable for people with hypercholesterolemia, but also for healthy individuals, to eat food high in saturated fats. They are present in red meat and dairy products, but also in rabbit meat even more than in pork, beef, veal or lamb. The smallest amounts can be found in turkey or chicken meat. The Dubrovnik aristocracy ate a lot of meat meals (they especially revered mutton and goat meat). Držić criticizes simple meal preparation among the Dubrovnik people of his age; because they were very restrained in everyday life they also represented this restraint and simplicity in their meals, which did not suit Marin Držić. In his papers he speaks about international cuisine of his age, and principally Italian cuisine. His Pomet prepared capon (turkey) is in such a way that it is stuffed with partridges, almonds, figs, raisins and herbs, accompanied with young veal and rabbit, stuffed with bacon, sprinkled with clove and completed with blackbirds. A capon prepared the German way is mentioned in the comedy "Arkulin". Arkulin's maidservant, Milica, prepares a meal by stuffing the capons (turkeys). Case law reveals that the capons were a valuable food and were therefore often the object of theft, even by aristocracy. Pomet speaks of different ways of preparing food, which was very rare in those times in Dubrovnik since meat was mostly baked. He speaks of: brewed, baked food, prepared food in their old traditional way.

Common people of that age did a lot of manual labor, and sweets were eaten rarely, mostly for holidays because sugar was very expensive and was given as gift to the Bosnian Beylerbey, just like expensive fabrics. Sweets in those times were fritters, Makaruli or Mantala, a sweet dish made from young wine, hard-grained wheat flour and herbs (today it can still be found in Konavle). Marzipan was made in pharmacies and was a real luxury. The prevalent drinks in Europe of those times were wine and beer. Wine was dominant in Mediterranean Europe, and therefore also in Dubrovnik. Wine drinking, or Bevanda (wine and water) among the poor, was not only related to a wide-spread belief that water was harmful, need to soften chewing of old bread, consummation of salty food, diarrhea from well water, but also for the same reasons people drink today, to get into a state of euphoria and excitement during the holidays. Malvasia and Muscat were especially appreciated.

Consumption of dairy products in Dubrovnik Republic was very high, especially of cheese. As far as it is known, cheese production in the Republic was not only a man's job as it was among the Basques of Saint-Engerce in those times where only sexually mature men could make cheese. Cheese production and procreation were symbolically linked. Cheese was made and salted in Dubrovnik Republic, and especially on the island of Šipani, but because of the great consumption it was also imported, mostly from Piacenza in Italy. It is worth mentioning that the consumption of salt in Europe in those days was great, it is estimated that 3.4 to 8.8 kg of salt was used per person yearly, while the European standard today is around 2 kg.

There is not a lot of data about the influence of diet on people of Držić's age. The City population mostly died from infectious diseases that swept Europe in those days. Nobody cared about cardiovascular diseases. It was more important to be well fed, and common people certainly en-



sustava malo se mislilo. Bilo je puno važnije biti sit, a pučani su zasigurno zavidjeli bogatoj vlasteli koja je oponašala gozbe, u Dubrovniku puno skromnije, susjednih talijanskih gradova, jer su se Dubrovačka Republika i njeni građani odlikovali ne samo diplomacijom i domoljubljem, nego prije svega umjerenošću, pa tako i u jelu.

vied the rich aristocracy that imitated feasts in their neighboring Italian cities, although much more modestly because Dubrovnik Republic and their citizens were famous not only for diplomacy and patriotism but first of all for moderation, which also applied to eating.

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