

KULTURA ISHRANE U HERCEGOVINI U KASNOM SREDNJEM VIJEKU

Dragan Brenjo¹, Novo Pržulj², Ksenija Duka³

¹Agencija za bezbjednost hrane BiH, Kneza Višeslava bb, 88000 Mostar,
Bosna i Hercegovina

²Poljoprivredni fakultet Univerziteta u Banjoj Luci, Bulevar vojvode P. Bojovića
1a, 78000 Banja Luka, Bosna i Hercegovina

³Diplomac na Medicinskom fakultetu-smjer farmacija Univerziteta u Banjoj Luci,
Bosna i Hercegovina

Sažetak: Znamo da je kroz istoriju potraga za hranom pokretala čovjeka, da se zbog hrane naseljavao na određenom mjestu, a stvaranjem njenih viškova započelo je društveno raslojavanje. Drugim riječima, hrana je presudno uticala na ljudsku istoriju i dalje utiče jer ako nema dovoljno hrane, onda vrlo vjerovatno nema ni dovoljno drugih resursa koji bi usmjerili dalje kretanje i razvoj jedne zajednice. Kada se promisli o navedenom, teško je ne zapitati se zašto istorija ishrane zauzima sporedno mjesto iza političke istorije? Ishrana je, dakle, određivala tok istorije i na području Balkana. Područje interesa je rekonstrukcija hrane/ishrane stanovništva u Hercegovini kroz razdoblje kasnog srednjeg vijeka (1200-1500g.). Ovaj period je proučavan uglavnom na osnovu dostupnih vizantijskih, srpskih i zapadnoevropskih izvora ali i izvora Dubrovačke republike, Osmanskog carstva i određenih, vrlo skromnih, podataka sa područja Hercegovine i teritorija sa kojima je graničila (Bosna, Dalmacija i sl.). Za jedno ovakvo istraživanje bilo je neophodno biti upućen na čitav niz izvora jer ni jedna nacionalna kuhinja, mada u srednjem vijeku vrlo obazrivo se moramo koristiti pojmom nacionalnog, ne može se sama po sebi izdvojiti u odnosu na ostale u regionu, pa i one dalje, na kontinentu. Zato je prirodno da njeno gastronomsko nasljeđe sadrži čitav niz elemenata za koje se ne može isključivo reći da su njeni. To nasljeđe predstavlja kulturni sistem pa se u analizi prehrambenih navika nužno uključuje i njegovo klasno određenje: navike i jelovnici vlastele, građana i seljaka, sveštenstva i vojnika. Ipak, u srednjovjekovnoj Hercegovini žitarice su bile glavna namirnica koja se, pored hljeba, jela u velikim količinama kroz razne kaše, napravljene od prosa ili ječma. Od povrća se dosta koristio crni i bijeli luk odnosno ljuto zelje kako se tada zvalo. Iako je meso bilo cijenjeno može se reći da su obični ljudi meso jelo rijetko i to u posebnim prilikama. Najviše se jela jagnjetina, svinjsko meso dosta rjeđe, a junetina gotovo da se nije koristila.

Ključne riječi: Hercegovina, ishrana, Srednji vijek

FOOD CULTURE IN HERZEGOVINA IN THE LATE MIDDLE AGES

Dragan Brenjo¹, Novo Pržulj², Ksenija Duka³

¹Food Safety Agency of B&H, Kneza Višeslava bb, 88000 Mostar,
Bosnia and Herzegovina

²Faculty of Agriculture University of Banja Luka, Bulevar vojvode P.
Bojovića 1a, Banja Luka 78000, Bosnia and Herzegovina,

³Faculty of Medicine - Department of Pharmacy, Save Mrkalja 14, 78000
Banja Luka, Bosnia and Herzegovina

Abstract: We know that throughout history, people were driven by the search for food and because of food they settled in a certain place, with the creation of their surpluses, social stratification began. In other words, food has a decisive influence on human history and continues to influence it because if there is not enough food, then it is very likely that there are not enough other resources that would direct the further movement and development of a community. When you think about it, it's hard not to wonder why the history of nutrition takes a secondary place behind political history? Nutrition, therefore, determined the course of history in the Balkans as well. The field of interest is the reconstruction of food/nutrition of the population in Herzegovina through the period of the late Middle Ages (1200-1500). This period was studied mainly on the basis of available Byzantine, Serbian and Western European sources, but also sources of the Republic of Dubrovnik, the Ottoman Empire and certain, very modest, data from the area of Herzegovina and the territories it bordered (Bosnia, Dalmatia, etc.). For a research like this, it was necessary to refer to a whole range of sources because not a single national cuisine, although in the Middle Ages we must use the term national very carefully, cannot stand out by itself in relation to others in the region, even those further away, on the continent. That is why it is natural that its gastronomic heritage contains a whole series of elements that cannot be exclusively said to be its own. This heritage represents a cultural system, so the analysis of eating habits necessarily includes its class determination: the habits and menus of rulers, citizens and peasants, clergy and soldiers. Nevertheless, in medieval Herzegovina, crops were the main and very important food, which, in addition to bread, was eaten in large quantities through various porridges made from millet or barley. Of the vegetables, onions and garlic, or hot greens as they were called then, were used a lot. Although meat was valued, it can be said that ordinary people ate meat rarely and only on special occasions. Lamb was eaten the most, pork much less often, and beef was almost never used.

Keywords: Herzegovina, diet, Middle Ages