

# RECIPE FROM BOSNIA

The theme for Holocaust Memorial Day 2017 is **How can life go on?** In a set of six recipe cards, we share dishes that are important to communities targeted during genocide, encouraging everyone to learn about and celebrate the lives and cultures of those who were murdered.



HOW CAN LIFE GO ON?  
HOLOCAUST MEMORIAL DAY 2017



Bosanski Lonac (Bosnian Pot)

## Genocide in Bosnia

The population of Bosnia and Herzegovina consists of Bosniaks (Bosnian Muslims), Bosnian Serbs (Orthodox Christians who have close cultural ties with neighbouring Serbia), and Bosnian Croats (Roman Catholics who have close cultural ties with neighbouring Croatia). These groups have lived side by side for hundreds of years, and have at varying times fought, traded and intermarried.

In the turmoil following the disintegration of Yugoslavia, Bosnia declared independence in 1992. This was resisted by the Bosnian Serb population who saw their future as part of 'Greater Serbia'. Bosnia became the victim of the Bosnian Serbs' determined wish for political domination which it was prepared to achieve by isolating ethnic groups and, if necessary, exterminating them.

Against the backdrop of the ongoing civil war, Bosnian Serb troops and paramilitaries led by Ratko Mladić besieged the town of Srebrenica. In 1995, despite Srebrenica being declared a safe zone by the United Nations, Bosnian Serb forces entered the town. Women and children were forcibly deported on buses while men and boys were prevented from leaving.

Over 8,000 Muslim men and boys over 13 years old were murdered by the Bosnian Serbs in Srebrenica. People were killed in their thousands with machine guns and explosives.

Starvation was another method of killing the Bosniak population. In the Omarska death camp, 700 of the 6,000 inmates died of starvation, beatings and ill-treatment. In Srebrenica, under siege for three years, food was scarce as the Bosnian Serb Army refused to allow food to reach the brutalised civilians trapped inside. One Bosnian Serb soldier said:

'We needed them to surrender, but how do you get someone to surrender in a war like this? You starve them to death. So very quickly we realized that it wasn't really weapons being smuggled into Srebrenica that we should worry about, but food.'

Srebrenica and the other atrocities committed during the Bosnian War continue to divide Bosnia today, but there have been calls to move on from the genocide and to work to build a better country.

The theme for HMD 2017 is **How can life go on?** We invite you to cook and share this recipe as part of your HMD activity, and to celebrate the rich culture and cuisine of Bosnia.



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Find out more...

Genocide in Bosnia: [hmd.org.uk/bosnia](http://hmd.org.uk/bosnia)  
Holocaust Memorial Day Trust: [hmd.org.uk](http://hmd.org.uk)

# Bosanski Lonac (Bosnian Pot)

Bosanski Lonac (Bosnian Pot) is a Bosnian speciality. This hearty dish has been made for hundreds of years, and has graced the tables of the poorest peasants to the richest nobles! The dish is enormously flexible and is appreciated for its rich taste.

There are many variations on Bosanski Lonac. In the past wealthy people would prepare the meal with more meat and other expensive ingredients, such as peppercorns, while poorer people would use whatever was available.

Traditionally Bosanski Lonac is made in a clay pot and cooked over an open fire. Historically Bosnia was a mining country, and the creation of this dish can be traced to Bosnian miners. Before the start of their long and gruelling shifts underground the miners would dig a hole, light a fire, and set a large earthenware pot layered with meat and vegetables. By the end of their shift the meal would be ready. This dish was popular and spread throughout the country.

Bosanski Lonac is perfect for sharing, and this recipe makes enough for four people. Please note that cooking time is at least two and a half hours, and the longer you leave it the better it will be! Please also remember that in the spirit of Bosanski Lonac, the recipe can be changed to suit your personal tastes. Wine is a popular addition!

## Ingredients

- 350g lamb
- 350g beef
- 4 carrots
- 4 large potatoes
- 2 onions
- 200g kale
- 1 garlic clove chopped
- 2 large tomatoes
- Half a cabbage
- Salt to taste
- Black pepper to taste – peppercorns are ideal
- Paprika
- 2 tbsp tomato purée
- Water
- 3 tbsp vegetable oil
- Parsley

## Method



This recipe serves 4-6 people. Chop the meat and vegetables into large chunks. Rub the meat with salt and pepper to taste. In an oven pot or dish, arrange the ingredients in alternating layers of vegetable and meat, with vegetables forming the bottom layer. Add salt, pepper, paprika and tomato purée as you go. Pour enough water to cover everything.



Bake in the oven at 180°C / Gas Mark 5 for two hours. After two hours, remove the clay pot from the oven and transfer it onto the stove to continue cooking over a low-medium heat. Check that your pot is able to be heated in this way! Do not stir the dish - simply shake the pot ever so slightly if you need to. The dish is ready from this point on, but remember that the longer you leave it to simmer, the more time the flavours will have to build.

The beauty of this recipe is in its simplicity as it requires very little preparation and no attention while it's cooking – throw the ingredients in the pot and enjoy a few hours later!

This recipe has been very kindly given to us by Nisad and Sabit Jakupović, two brothers and survivors of the Genocide in Bosnia who now live in the UK.

Read Nisad's life story on our website: [hmd.org.uk/nisad](http://hmd.org.uk/nisad)