

# Parish Bulletin

## Župni Vjesnik

February 23, 2014 - 23. veljače 2014.



St. Jerome Croatian Catholic Parish  
Hrvatska katolička župa sv. Jeronima

2823 S. Princeton Ave.  
Cardinal Stepinac Way  
Chicago, IL 60616

[www.stjeromecroatian.org](http://www.stjeromecroatian.org)

(this web site has an easy link to our  facebook page)

[www.stjermeschool.net](http://www.stjermeschool.net)

Croatian Franciscan Friars

Fr. Ivica Majstorović, OFM - Fr. Stipe Renić, OFM



### Mass schedule • Raspored misa

Saturday • Subota

5:30 p.m. English

Sunday • Nedjelja

7:30 a.m. & 9:30 a.m. English

11 a.m. Hrvatski

Weekdays • Kroz tjedan

7:30 a.m. English

**Posjeta bolesnicima** – uvijek

**Sick calls** – at any time

**Krštenja** – po dogovoru

**Baptisms** – by appointment

**Ispovijedi** – pola sata prije mise

**Confessions** – before Masses

**Vjenčanja** – najaviti 6 mjeseci ranije

**Weddings** – arrange 6 months in advance

### TELEPHONES

**Rectory • Ured**.....312-842-1871

**Fax**.....312-842-6427

Sr. Milka Pušić..... 773-285-8526

### Parish Council President

Jure Kutleša .....708-442-7068

### School Principal • Ravnatelj škole

Christopher Caban ..... 312-842-7668

### Liturgical Coordinator

Matthew Pesce ..... 773-847-6914

### CCD Director

Gerard Fratto ..... 312-842-4077

**e-mail**.... stjeromecroatian@gmail.com

### Hrvatski Katolički Radio

Glas župe sv. Jeronima

Subotom od 10 do 11 sati (750 AM)

### Croatian Catholic Radio

Voice of St. Jerome's

Saturday, 10 to 11 a.m. on 750 AM

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 Monday, February 24 - *Ponedjeljak, 24. veljače*


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7:30 a.m.

† Mayme (Ratkovich) Byers ..... *Lu Blaney and family*  
 †† Ivan i Matija Bagarić ..... *Ranko i Tonka Igrić*

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 Tuesday, February 25 - *Utorak, 25. veljače*


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7:30 a.m.

† Br. Jeff Gros ..... *Ellen O'Donnell*  
 † Dinko Buškain ..... *Nevenka Badrov*  
 †† Balbo and Sarah Phillips ..... *Catherine and Nick Perisin*

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 Wednesday, February 26 - *Srijeda, 26. veljače*


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7:30 a.m.

† Grace Gusich ..... *Zivalich family*  
 † Dolores (Klein) Groth ..... *Stretch and El*

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 Thursday, February 27 - *Četvrtak, 27. veljače*


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7:30 a.m.

† LaVerne Cortese ..... *Catherine and Nick Perisin*  
 † Michael Krstulovich ..... *family*  
 † Margaret Marcello ..... *Pace and Marcello family*

8:05 a.m.

PRO POPULO – For all Parishioners – Za sve župljane

7 – 9 p.m.

Eucharistic Adoration – *Euharistijsko klanjanje*


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 Friday, February 28 - *Petak, 28. veljače*


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7:30 a.m.

† Augustin Rodich ..... *Agnes Rodich and family*  
 † Josip Nagy ..... *Stipe Tokić i obitelj*  
 † Pete Pivac (3rd anniversary) ..... *wife and family*

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 Saturday, March 1 - *Subota, 1. ožujka*

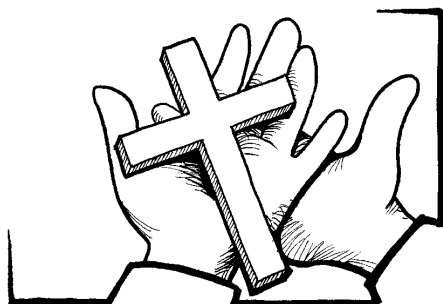

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7:30 a.m.

† Aldo („Shorty“) LaMantia ..... *Matt and Anna Babich*  
 †† iz obitelji Borovina ..... *Leslie*

5:30 p.m.

† Chester Bazan Sr. .... *Angelina Szatkowski*  
 † Petra Tobar ..... *Joe and Lisa Amoroso*  
 † Ricky Culotta ..... *Sandy and Pete Schurla*  
 † Joseph Ciaccio ..... *family*  
 †† Carmen and Eva Butera ..... *Cannatello family*  
 Na čast Gospe Sinjske ..... *Yvonne Mangiaracina*




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 Sunday, March 2 - *Nedjelja, 2. ožujka*


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8<sup>TH</sup> SUNDAY IN ORDINARY TIME

8. NEDJELJA KROZ GODINU

7:30 a.m.

† John Kraslen ..... *Kathy Krstulovich*  
 † John "Ish" Botica ..... *Gen and family*  
 † Helen Pelnarsh ..... *Mary Tadin*  
 † Anthony Tadin ..... *Debbie*  
 †† Evelyn, Sr. Bernardine i Jozo Čondić ..... *Duško*

9:30 a.m.

† JoAnn Passarelli ..... *sister Grace Birnberg*  
 † Paul Mustari ..... *Bob and Nancy Link*  
 † Barbara Jean Gusich Novicki ..... *Wally and Grace Gusich*  
 † Helen Arnold ..... *Eva Mrgan and Ken Ricci*  
 †† Chuckie Cortese and parents ..... *Giggie*  
 †† Carmen, Carmela and Tommy LaPapa ..... *Bonnie*

11 a.m.

† Ivan Lerotić ..... *sestra Ivanka Šušnjara i obitelj*  
 † Milka Maras ..... *Vinko i Anika Bebek*  
 † Milan Došen ..... *Vinko i Anika Bebek*  
 † Gento Milas ..... *Ivan i Ivica Karačić*  
 † Marko Karačić ..... *obitelj*  
 † Ilija Pavljašević ..... *Vlado Kraljević i obitelj*  
 † Karmila Knezović ..... *rodica Mara Karačić Cooper i obitelj*  
 † Ivan Cvitanović ..... *Karlo i Theresa Karačić*  
 † Jure Dugandžić ..... *Steven i Marina Znika*  
 † Milan Žolo ..... *Franjo Mulac i obitelj*  
 † Jela Rogić ..... *Ruža Galić i obitelj*  
 † Veronika Matijević ..... *Božo i Stoja Kosir i obitelj*  
 † Manda Blažević ..... *Marija*  
 † Zvonko Čabo ..... *Nevenka Jurković i obitelj*  
 †† Luka i Mara Dugandžić ..... *kći Zlata i obitelj*  
 †† Ljubo i Dumica Tanfara ..... *djeca*  
 †† Frank i Maria Cecchini ..... *Bruno i Jasna*  
 †† iz obitelji Čondić ..... *Duško*  
 Na nakanu ..... *Bože Guvo*

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 LECTORS - ČITAČI
 

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5:30 p.m. – Joseph Magyar

7:30 a.m. – Rosemary Brcich

9:30 a.m. – Diane Krolo

11 a.m. – Anđela Bajić, Kristina Hrvojević, Tomislav Kikaš

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 EXTRAORDINARY MINISTERS OF HOLY COMMUNION  
 IZVANREDNI POSLUŽITELJI SV. PRIČESTI
 

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5:30 p.m. – Joe Magyar

7:30 a.m. – Rosemary Brcich; 9:30 a.m. – Pablo Iglesias

11 a.m. – Tomislav Šulentić

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 ALTAR SERVERS - MINISTRANTI
 

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5:30 p.m. – Monica Matual, Olivia and Isabella Wroblewski

7:30 a.m. – Manuel and Jasmine Esparza

9:30 a.m. – Francesca Bertucci, Angelina Caruso,  
Zach Sandoval

11 a.m. – Josip Dugandžić, Marija Kraljević, Ante Ledić

## 7<sup>TH</sup> SUNDAY IN ORDINARY TIME

Today's gospel is a continuation of Jesus' teaching on the sort of righteousness, the right relationship and justice, to which his followers are called in their living of the Law. The Law of Moses (Exod 21:24, Lev 24:20 and Deut 19:21) included a law of retaliation designed to make punishment for wrongdoing to

persons or property proportionate to the offence. In a series of striking images, Jesus invites his followers to go far beyond the strict application of the law

and to embrace a new way of thinking about and acting towards those who injure them/us. Relinquishing your right to compensation is one thing. Giving more of your property to one who has stolen from you is quite another. Do we take this teaching literally or do we simply embrace the spirit of non-retaliation that seems to be at the heart of this teaching? A too-easy amnesty does not always bring justice.

Last Sunday's gospel reminded us that there is to be no place for uncontrolled anger or murderous thoughts in our hearts. Both that teaching and this seem to be about taking responsibility for how we live. Harboring anger can have disastrous consequences for oneself as well as for others. It tends to skew our capacity for right judgment. What happens to us may be beyond our control. What we do with what comes our way is for us to decide. Jesus makes it clear that we have choices in the face of life's struggles. The disciple is called to choose the way of assuming personal responsibility and refusing the way of retaliation.

The final example in the list of 6 that Jesus offers in the Sermon on the Mount is the most confronting of all: there are to be no limitations on love. Loving one's enemies is quite a challenge, on a personal as well as a global level. We learn the hard way that we cannot change others. We can only change our attitudes and approaches to them.



## 7. NEDJELJA KROZ GODINU

Stanje mržnje i neprijateljstva nije normalno čovjekovo stanje. U tome stanju se ne može živjeti. Izlaz se mora tražiti. Jedni su tražili izlaz u izjednačavanju zla i mržnje. To je onaj zakon 'oko za oko, zub za zub'. Taj zakon je starozavjetni zakon s vrlo visokom razinom pravednosti. Treba priznati da je zakon izjednačavanja osvete na vrlo velikoj visini ljudske kulture. Redovno se osveta događa puno radikalnije i na jednu nepravednu riječ izreče se više uvredljivih riječi, za jedno oko skida se glava.

U tom osvećivanju događaju se zločini protiv čovječanstva. To je kad se ne ubija samo vojnike nego sve one koji su u srodstvu s njima. Kad je pitanje odnosa prema zlu onda ne vrijedi poslovice da se klin izbija klinom. Zlo se ne dokida zlom nego se samo povećava. Potrebno je postati svjestan ove istine. Isus uvodi svoje učenike u paradoks: ljubite neprijatelje. Je li to proturječnost u sebi?

Iz cijelog Isusovog stava vidi se da se radi o paradoksu ali koji u ljubavi postaje moguć. Isus ljude sjedinjuje, ne zakonom i pravilom, nego ljubavlju i dobrotom. Potrebno je u sebi imati ljubav da bi se moglo nadići sukobe i proturječnosti. Tko je postao prebivalište Boga, u kome je 'proradila' ljubav, taj nema neprijatelje, što ne znači da ne primjećuje prisustvo zla u ljudima i svijetu. Razlikuje se grešnika i grijeh, zlo i zločinca.

Znano nam je da smo svi mi i grešnici (učinimo zlo) i pravednici (ljubimo dobro). Isusov poziva sve ljude da se više otvore prema dobru, da dobro prije zapažaju nego li zlo. Time nam postaje moguće ljubiti i neprijatelja. U njemu ljubimo ono dobro, onu Božju sliku koju ni grijeh nije porušio.

Da bi čovjek ljubio i 'neprijatelja' nužno je da u sebi nađe tome 'razlog'. Isus daje jedan razlog: dobrota Božja prema ljudima bez obzira jesu li dobri ili zli. Sunce sije nad svima, kiša pada na sve ljude. Nitko nije zaslužio da ga se voli. Ljubav uvijek ističe iz onoga koji ima taj božanski dar.

Da bi se ljubilo 'neprijatelja' potrebno je da se nadiđe ova naša 'naravna 'narav', da ju se proširi prema Bogu. Tako onome u kome živi Bog narav biva pobožanstvenjena, a time i moćna da čini kao što čini Bog. Vuku je naravno da grize, ali zato to nije naravno 'kultiviranom' čovjeku. Tako isto je normalno mrziti neprijatelja na 'nižoj razini naravi', ali je također normalno i opraštanje onome tko je kršten Isusovim duhom. Isus razlikuje da ono što je naravno za pogane nije za kršćane.

**LET US PRAY FOR OUR DECEASED**

Harry A. Pavela, 90. Husband of Mary (nee Harzich); father of Harry (Marcia), Thomas, David (Deborah), and +Gary Pavela; grandfather of 9; great-grandfather of 6; brother of +Angie Zulevich, Emily (Andrew) Pavela, and Margaret (Mike) Amendola; uncle of many nieces and nephews. He was a member of Club Sinj and a WWII Army Veteran (ASTP). He was buried on Saturday, February 22, at St. Mary Cemetery.

May he rest in peace.

**BAKALAR DINNER**

On Saturday, March 1, traditional Bakalar Dinner will be served at 7 p.m. in the Big Parish Hall. This delicious pre-Lenten tradition is organized by Club Poljica. Get your tickets as soon as possible because they are in great demand. All are welcome.

**ASH WEDNESDAY**

The holy time of Lent begins on Ash Wednesday, March 5. Holy Masses will be on 7:30 a.m. and 9 a.m. in English, and 7 p.m. in Croatian. Ashes (sign of penance and conversion) will be distributed after each Mass.

**THE STATIONS OF THE CROSS**

We will have the Stations of the Cross in English on Fridays during Lent at 7 pm. Join us.

**CATHOLIC MOVIE NIGHT**

On Sunday, March 9, we will have an opportunity to see an excellent movie about St. Augustine "Restless Heart". This movie was screened last year in movie theatres through the country. Showing will start at 6 p.m. in our Upper Small Hall. Welcome.

**CROATIAN AMERICAN RADIO CLUB ANNUAL BANQUET**

Croatian American Radio Club invites you to the Annual banquet to celebrate their 79th anniversary as the oldest Croatian Radio Program in USA. The banquet will be held on Saturday, March 22, at the St. Jerome Hall beginning at 6:30 p.m. Tickets can be obtained from any member of the Croatian American Radio Club.

**PALAČINKA BREAKFAST**

The Annual Palačinka Breakfast will be held on Sunday, April 6, from 8 a.m. until 12:30 p.m. Welcome.

**TO TEACH WHO CHRIST IS CAMPAIGN**

We are about to start a campaign *To Teach Who Christ Is* - an effort to strengthen the parishes, schools and education programs of the Archdiocese of Chicago for years to come. This campaign will greatly help our parish in fulfilling our mission. More info to come.

**PLANNING - DEVELOPMENT COMMITTEE**

We are forming a planning committee to discuss the development of our parish property. We are looking for dedicated parishioners that would want to volunteer their time to serve on this committee. This will take some time and will be done in different phases. If this is something that you would be interested in working on, please, contact Fr. Ivica at the Parish Office.

**MEDJUGORJE, LOURDES AND FATIMA PILGRIMAGE**

Join us for the pilgrimage of a lifetime: Marian shrines of Europe (Medjugorje, Lourdes, Fatima) with Fr. Stipe Renić. Trip dates: June 16-27, 2014. Cost is \$3,999 (Airfare and All Inclusive). [www.proximotravel.com](http://www.proximotravel.com).

**JOIN US IN OUR WEEKDAY ACTIVITIES**

**ITALIAN FOR ADULTS** - If you want to learn Italian language and culture than join a group every Monday in the Small Hall from 6:30 to 7:30 p.m. For more info contact Maurizio at [Italian@StJeromeSchool.net](mailto:Italian@StJeromeSchool.net).

**ZUMBA** - If you want to get in shape and have fun - join Zumba every Tuesday and Thursday in the Big Hall from 7:30 to 8:30 p.m.

**EUCCHARISTIC ADORATION** - Adoration to the Blessed Sacrament is every Thursday from 7 to 9 p.m. This is a beautiful time to pray and reflect with the Lord.

**AA** - Meetings are held every Thursday at 7:30 p.m. in Upper Small Hall. This is a wonderful group of people who are following the 12 Step program.

**SAVE THE DATE**

- Saturday, March 1  
Bakalar dinner - bakalarska večera by Club Poljica
  - Wednesday, March 5  
Ash Wednesday - Čista Srijeda (Pepelnica)
  - Sunday, March 9  
Catholic Movie Night: "Restless Heart"
  - Saturday, March 22  
Croatian American Radio Club Annual Banquet
  - Sunday, March 23  
Parish Lenten Retreat
- 
- Sunday, April 6  
Palačinka breakfast
  - Sunday, April 13  
Palm Sunday - Cvjetnica
  - Sunday, April 20  
Easter - Uskrs
  - Saturday & Sunday, April 26 & 27  
"Pet kardinala" in Montreal
- 
- Sunday, May 4  
First Holy Communion - Prva sv. Pričest
  - Thursday, May 8  
May crowning
  - Friday, May 9  
Croatian Day at Daley Plaza



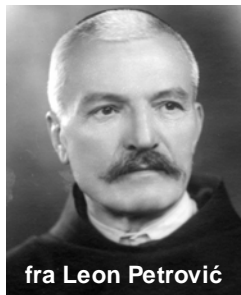
## KRŠTENI

Ovih dana je krštena:

- Lana Ani**ć** (Igor i Lucija r. Kramar).

Novokrštenicu, njezine roditelje i kumove neka prati Božji blagoslov.

## „FRA LEON PETROVIĆ I 65 SUBRAĆE“



fra Leon Petrović

Proces proglašenja blaženima i svetima fra Leona Petrovića i 65 hercegovačkih franjevacu se još odvija na lokalnoj razini tj. u BiH i Hrvatskoj. Prikupljaju se svjedočanstva o njihovu životu, radu i mučeništvu. Svi koji mogu na bilo koji način pomoći u tom pogledu neka je jave na: VICEPOSTULATURA, Kardinala Stepinca 14, 88 220 Široki Brijeg, BiH; tel.: 039-700-325; mostar@pobijeni.info; www.pobijeni.info.

ki Brijeg, BiH; tel.: 039-700-325; mostar@pobijeni.info; www.pobijeni.info.

## BLAGOSLOV OBITELJI

Škropljenje stanova i kuća prigodom blagoslova obitelji je vanjski znak da se u obitelji želi živjeti kršćanskim životom, po načelima Evanđelja. Zahvaljujemo vam na srdačnim susretima i zajedničkoj molitvi. U dogovoru s našim voditeljima, planirat ćemo raspored za naredne dane te ćemo vas obavještavati i zvati unaprijed. Molimo, javite nam ako želite da dođemo i k vama.

## BAKALARSKA VEČERA

U subotu 1. ožujka klub Poljica priređuje tradicionalnu bakalarsku večeru u Velikoj dvorani s početkom u 7 sati navečer.

## SV. MISA U ROCKFORDU

Jednom mjesečno okuplja se hrvatska zajednica u gradu Rockfordu i okolici. Sv. misa se slavi u crkvi sv. Brigitte (600 Clifford Avenue in Loves Park) u 4 sata poslije podne. Slijedeća sv. misa će biti u nedjelju 2. ožujka.

## PEPELNICA – ČISTA SRIJEDA

Pepelnica ili Čista Srijeda označava početak korizme - vremena pokore, razmišljanja i posta, koje nas priprema za Kristovo uskrsnuće. Pepeo je simbol pokore i pomaže nam razviti duh poniznosti i žrtve. Dok se naša čela pepeljaju prisjećamo se riječi: Sjeti se, čovječe, da si prah i da ćeš se u prah pretvoriti (Post 3,19). Pepelnicu slavimo u srijedu 5. ožujka. Sv. misa na hrvatskom jeziku će biti u 7 sati navečer. Na kraju sv. mise će biti obred pepeljanja.

## KATOLIČKA FILMSKA VEČER

U nedjelju 9. ožujka imat ćemo priliku pogledati izvrstan film o životu sv. Augustina "Restless Heart". Film je prošle godine bio prikazivan u kino dvoranama, a sada ga možemo vidjeti u našoj Gornjoj maloj dvorani. Prikazivanje će početi u 6 sati navečer.



## GODIŠNJI BANKET

## HRVATSKO-AMERIČKOG RADIO KLUBA

Hrvatsko-američki radio klub poziva na godišnji banket povodom proslave 79. godišnjice postojanja najstarijeg hrvatskog radijskog programa u SAD-u. Banket će se održati u subotu 22. ožujka u Velikoj dvorani župe Sv. Jeronima s početkom u 6:30 sati navečer. Ulaznice možete rezervirati kod članova kluba. Dođite i uživajte u večeri, plesu i glazbi. Uvijek uz vas Hrvatsko-američki radio program Chicago.

## PALAĆINKE ZA DORUČAK

Tradicionalni doručak u organizaciji St. Jerome HSA društva bit će u nedjelju 6. travnja, od 8 sati ujutro do 12:30 sati poslije podne.

## NAŠE REDOVITE AKTIVNOSTI

HRVATSKA ŠKOLA ZA ODRASLE - Ako želite učiti hrvatski jezik a stariji ste od 18 godina pridružite se grupi u gornjoj maloj dvorani utorkom i petkom s početkom u 7:30 sati navečer. Za više detalja nazovite 312-504-8099 ili pošaljite upit na majabandalo@gmail.com.

HRVATSKA ŠKOLA KARDINAL STEPINAC - Nastava se održava subotom od 8:30 sati ujutro do 12:30 sati poslije podne. Molimo dovodite djecu redovito i na vrijeme.

VJERONAUČ - Vjeronauk se održava nedjeljom od 12 sati (podne) u prostorima škole.

## MLADI FEST 2014

Mladifest je susret hrvatske katoličke mladeži SAD-a i Kanade od 4. do 6. srpnja na Hrvatskom franjevačkom središtu Kraljice mira u Norvalu, Ontario, kako bi podijelili i proslavili svoju vjeru u Isusa Krista. Tema susreta će biti "Hrabri budite, ja sam pobijedio svijet!" (Iv 16:33). Voditelj susreta će biti don Damir Stojić, studentski kapelan u Zagrebu. Više o susretu na: norvalmladifest.com.



## "ZA SELJAČKIM STOLOM"

## U HRVATSKOM KULTURNOM CENTRU

Hrvatska Loza poziva na godišnji ručak "Za seljačkim stolom" u nedjelju 2. ožujka s početkom u 1 sat poslije podne u Hrvatskom kulturnom centru. Priređuju se specijaliteti iz raznih krajeva naše domovine. Ulaznica za odrasle je \$30 a za djecu od 6 do 12 godina \$15.

For Rent – iznajmljuje se

► 2 BRAND NEW APARTMENTS! 3129 S Princeton Ave. 2 bedrooms, 2 baths, hardwood floors, granit countertops, washer + dryer in unit, stainless steel appliances. Starting at \$1,500 per month. Call 312-566-7627.

► Apt. in Bridgeport, 33rd and Lowe, 312-520-3066.

## FASTING AND ABSTINENCE IN CHRISTIAN LIFE

**Fasting** and **abstinence** are spiritual practices that are vital to the Christian life. The rules for fasting and abstinence are set forth in the Code of Canon Law. To a limited extent, they can be modified by the conference of bishops for each particular country. The Code of Canon Law prescribes:

- The penitential days and times in the universal Church are every Friday of the whole year and the season of Lent.

- Abstinence from meat, or from some other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.

- The law of abstinence binds those who have completed their 14th year. The law of fasting binds those who have attained their majority, until the beginning of their 60th year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

The U.S. Conference of Catholic Bishops has declared that "the age of fasting is from the completion of the 18th year to the beginning of the 60th." The USCCB also allows the substitution of some other form of penance for abstinence on all of the Fridays of the year, except for those Fridays in Lent. The rules for fasting and abstinence in the U.S. are:

Every person 14 years of age or older must abstain from meat (and items made with meat) on [Ash Wednesday](#), [Good Friday](#), and all the Fridays of [Lent](#).

Every person between the age of 18 and 60 must fast on Ash Wednesday and Good Friday.

Every person 14 years of age or older must abstain from meat (and items made with meat) on all other Fridays of the year, unless he or she substitutes some other form of penance for abstinence.

Meatless Fridays have been the tradition in Catholic countries for many centuries. People have observed Lent eating meatless dishes, and they developed a wide variety of salt cod fish or bakalar recipes. Even though today salting fish is not needed to preserve it, the traditional salted bakalar dishes remain popular - because they taste great!

## BAKALAR U KORIZMI

Bakalar je suha, nedimljena i nesoljena riba. Ime bakalar vjerojatno dolazi od latinske riječi „bacculus“ što znači štap, a tim štapom se suha riba tukla. Bakalar je nadišao sve vrste sušenih riba samo zato jer njemu ne trebaju nikakvi začinski dodaci prilikom priprave. Većinom se suši samo na zubatom suncu, vedrini i hladnoći. Hladna i duboka voda sjevernih mora je prirodno stanište bakalara. Te vode su bogate planktonom. Sele se prema jugu kada ih tjera nagon za razmnožavanjem i toplijim vodama, a to su obale Greenlanda, Islanda, Kanade (Newfoundlanda) i Norveške, a naročito Lofovsko otočje.

Bakalar se spravlja uvijek jednako, a to je da se moči 2 ili 3 dana u hladnoj vodi i da se voda barem 2 puta u danu promijeni. Zadnji dan, odnosno zadnjih nekoliko sati, se može namakati i u mlijeku jer će biti još mekši i ukusniji. Potom se odstrane kosti i peraje i stavi da se kuha. Bakalar ovako močen se kuha barem 2 dobra sata, a čak bolje i 3. Poslije se odluči što i kako ćete. Ako ga mislite kuhati na bijelo ili crveno ili musaku ili čak paštetu, onda vam je dovoljno onoliko koliko je potrebno da se skuha s krumpirom i da bude onaj željeni bakalar. Bakalar dobro namočen (3 dana) se mora skinuti s kostiju, peraja i od kože sve samo rukama i bez ikakva noža. To je znak da je namočen propisno i da će kuhanje ili pečenje biti u predviđenim granicama, pa čak i kraće.

Nema većega mjesta ili pokrajine koja nema svoj recept spravljanja bakalara. Jedan kg sušenoga bakalara odgovara za pet kg svježje ribe. 100 grama sušene ribe je dovoljno jednom čovjeku ili 200 grama namočene. Bakalar je bogat bjelančevina

ima visok sadržaj vitamina B, željeza i kalcija. Ima veoma malo masti, čak manje od 1% svoje težine i po svemu ovome lako se probavlja. Dakle, bakalar je zdrava, ukusna i kompletna živina namirnica.

