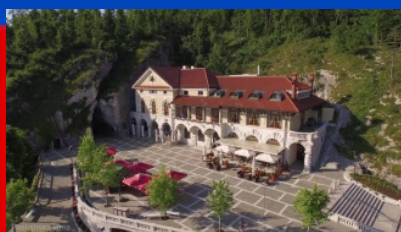
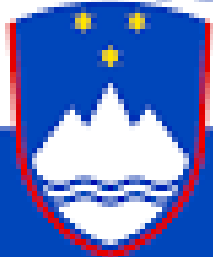
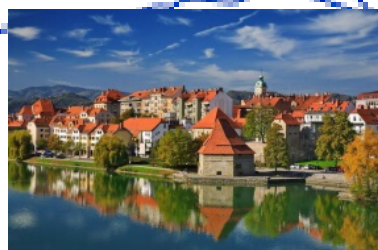


TRADITIONAL SLOVENE FOOD



OSNOVNA ŠOLA PESNICA

Erasmust

2019-2021



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KAZALO - INDEX

PREDJED - STARTER

polenta s pršutom



GLAVNA JED - MAIN DISH

gobova juha z ajdovimi žganci

**kranjska klobasa z zeljem in
matevžem**



SLADICA - DESSERT

medenjaki

jabolčni štrudl

POLENTA S PRŠUTOM

SESTAVINE:

0,6 l vode
150 g koruznega zdroba
100 g pršuta
sol

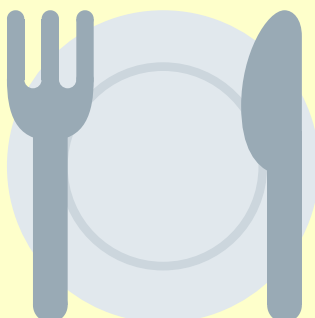
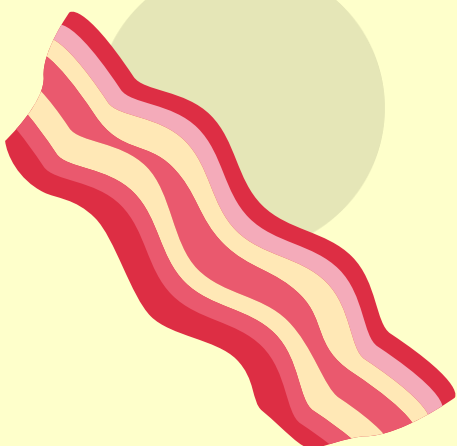


PRIPRAVA:

V loncu zavremo vodo, jo solimo in počasi dodajamo koruzni zdrob. Kuhamo nekaj minut. Še toplo polento vlijemo v model.

Zagrejemo ponev in v njej popečemo pršut.

Na krožnik serviramo ohlajeno polento, na katero dodamo rezino popečenega pršuta.



POLENTA WITH PROSCIUTTO

INGREDIENTS:

- 0.6 l of water
- 150 g of corn grits
- 100 g of prosciutto
- some salt



INSTRUCTIONS:

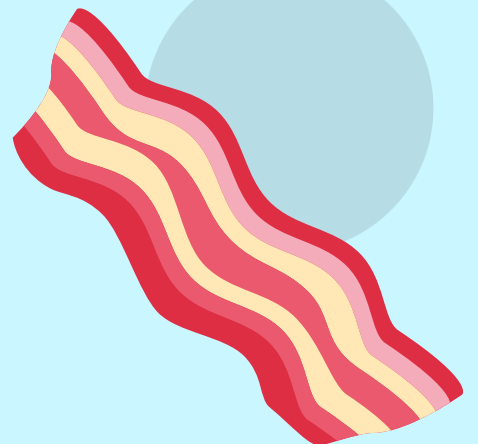
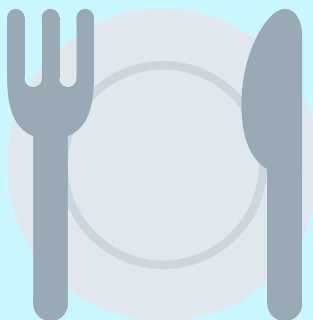
Boil the water in a pot, salt it and slowly add the corn grits.

Cook it for a few minutes.

Pour the warm polenta into the model.

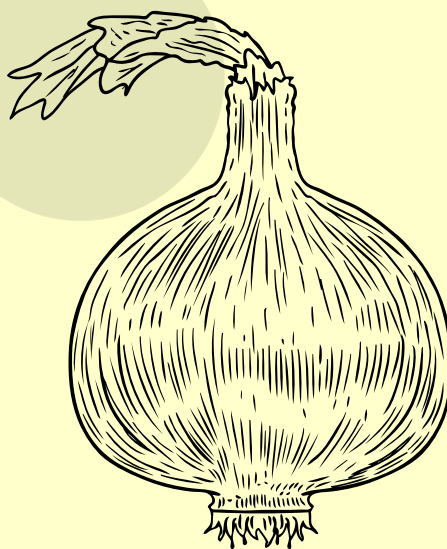
Preheat the pan and bake the ham in it.

Serve the cooled polenta on a plate and add a slice of toasted ham.





GOBOVA JUHA Z AJDOVIMI ŽGANCI



GOBOVA JUHA

SESTAVINE:

- 200 g jurčkov
- 200 g krompirja
- 100 g čebule
- 100 g ostre moke
- 10 g masla
- strok česna
- peteršilj
- 200 ml smetane za kuhanje

PRIPRAVA:

Na maslu prepražimo sesekljano čebulo, dodamo moko in naredimo svetlo prežganje. Dodamo sesekljan česen in zalijemo z vročo vodo (750 ml). Ko juha zavre, dodamo na kocke narezan krompir in kuhamo tako dolgo, da se krompir zmehča. Na koncu dodamo narezane jurčke in nasesekljan peteršilj ter zgostimo s smetano za kuhanje.

AJDOVI ŽGANCI

SESTAVINE:

- 150 g instant ajdove polente
- 250 ml vode
- 2 žlici belega olja
- sol

PRIPRAVA:

V vodo dodamo olje in ščepec soli. Ko voda zavre, zakuhamo instant ajdovo polento. Ko jo umešamo v vrelo vodo, odstavimo posodo z ognja in s kuhalnico mešamo. Nato pokrijemo posodo s pokrovko in pustimo 10 minut stati.



MUSHROOM SOUP WITH BUCKWHEAT PORRIDGE



MUSHROOM SOUP

INGREDIENTS:

- 200 g of porcinis
- 200 g of potatoes
- 100 g of onions
- 100 g of sharp flour
- 10 g of butter
- a clove of garlic
- some parsley
- 200 ml of cooking cream



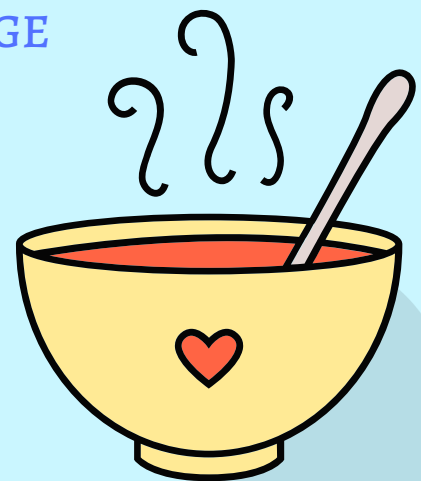
INSTRUCTIONS:

Roast the chopped onions in the butter, add the flour and make a light roux. Add some chopped garlic and pour over some hot water (750 ml). When the soup is boiling, add the sliced potatoes and cook until the potatoes are soft. Finally add the sliced porcinis and chopped parsley and thicken the soup with some cooking cream.

BUCKWHEAT PORRIDGE

INGREDIENTS:

- 150 g of instant buckwheat polenta
- 250 ml of water
- 2 tablespoons of white oil
- some salt



INSTRUCTIONS:

Add oil and a pinch of salt to the water. When the water boils, we boil instant buckwheat polenta. When it is boiled in boiling water, remove the pan from the heat and stir it with the spoon. Then cover the pan with a lid and let it rest for 10 minutes.

KRANJSKA KLOBASA S KISLIM ZELJEM IN MATEVŽEM



SESTAVINE:

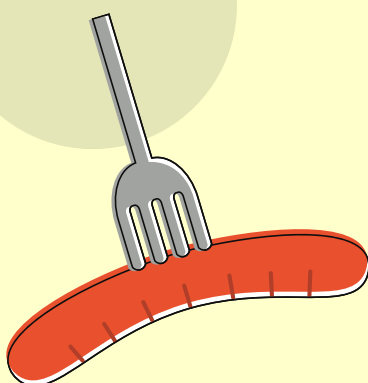
- 1 kranjska klobasa
- 200 g krompirja
- 200 g kuhanega fižola
- 200 g kislega zelja
- olivno olje
- sol
- popper

PRIPRAVA:

Kranjsko klobaso položimo v kozico s hladno vodo. Kuhamo do vretja, nato pa kozico odstavimo in klobaso pustimo v vodi še 10 minut. Medtem olupimo krompir, ga operemo in razrežemo na četrtine. Zalijemo ga s hladno vodo in kuhamo toliko časa, da se tako zmehča, da ga lahko pretlačimo. Zadnjih nekaj minut kuhanja krompirju dodamo fižol. Krompir in fižol odcedimo, pretlačimo in začинimo s soljo, poprom in olivnim oljem. V posodo damo kislo zelje, prilijemo malo vode in kuhamo.

Kuhano klobaso na hitro popečemo v ponvi, samo toliko, se na obeh straneh lepo rjavo obarva.

Na krožnik naložimo malo matevža, dodamo kislo zelje in zraven položimo še kranjsko klobaso.



CARNIOLA SAUSAGE WITH SAUERKRAUT AND MATEVŽ

(potato with beans)

INGREDIENTS:

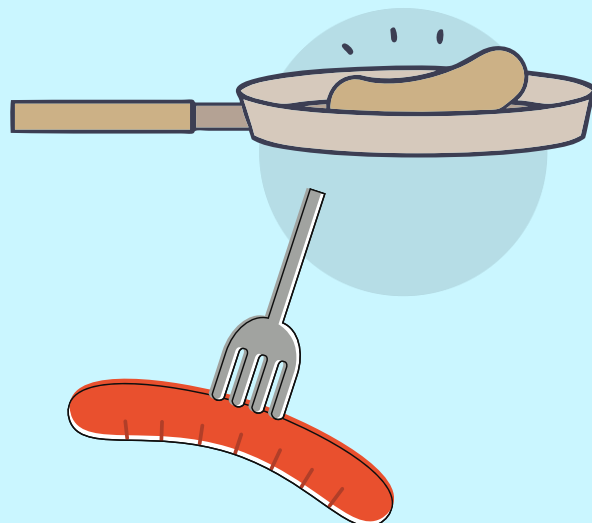
1 Carniola sausage
200 g of potatoes
200 g cooked beans
200 g of sauerkraut
some olive oil
some salt
some pepper



INSTRUCTIONS:

Put the Carniola sausage in a pan with some cold water. Cook until it boils, then remove the pan and leave the sausage in water for another 10 minutes. Meanwhile, peel the potatoes, wash them and cut them into quarters. Pour them over with cold water and cook until they are so soft that it can be beaten. In the last few minutes of cooking, add the beans to the potatoes. Remove the water from the potato and beans, add some salt, pepper and olive oil. Put the sauerkraut in the pan, add some water and cook everything. The cooked sausage is quickly baked in a saucepan, just enough to turn brown on both sides.

Put a little bit of matevž on the plate, add the sauerkraut, and put the Carniola sausage next to it.



MEDENJAKI



SESTAVINE:

250 g namenske moke

75 g medu

60 g margarine

60 g sladkorja

1 jajce

9 g vode

4 g sode bikarbone

1 g začimb za medenjake (cimet,
muškati orešček ...)

POSTOPEK:

Iz sestavin zagnemo testo.

Razvaljamo ga na debelino 4 mm,
izrežemo poljubne oblike in pečemo
pri 180 °C 10–15 minut. Še tople
zložimo v škatlo in zapremo, da se ne
izsušijo. Ohlajene medenjake lahko
okrasimo s prelivom.

PRELIV

SESTAVINE:

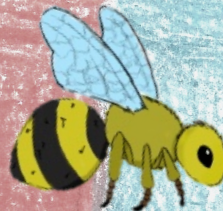
125 g sladkorja v prahu

50 g beljakov

limonin sok

POSTOPEK:

Stepamo s postopnim dodajanjem
sladkorja.



GINGERBREAD

INGREDIENTS:

250 g of flour
75 g of honey
60 g of margarine
60 g of sugar
1 egg
9 g of water
4 g of baking soda
1 g of gingerbread spices (cinnamon, nutmeg ...)



INSTRUCTIONS:

Make the dough from the ingredients. Roll it to a thickness of 4 mm, cut out any shape and bake at 180 ° C for 10-15 minutes. Put them in a box, while they are still warm and close them, so they do not dry out. Cooled gingerbread can be decorated with the frosting.

FROSTING:

INGREDIENTS:

125 g of powdered sugar
50 g of egg white
some lemon juice



INSTRUCTIONS:

We whisk the ingredients and add some sugar.



JABOLČNI ŠTRUDL

SESTAVINE:

TESTO

0,5 kg moke
2 dcl mlačne vode
2 jajci
1 dcl olja
ščepec soli

NADEV

nastrgana jabolka
sladkor
cimet
skuta
kisla smetana
1 jajce



POSTOPEK:

Vse sestavine dobro pregnetemo, nato damo testo v vrečko in za pol ure v hladilnik. Testo razvaljamo in čisto na tanko premažemo z oljem ter dobro razvlečemo. Pol štrudla posujemo z nastrganimi jabolki, posujemo s sladkorjem, cimetom in skuto, v katero damo kisko smetano ter eno razžvrkljano jajce. Štrudl zvijemo in ga položimo na pomaščen pekač in pečemo v pečico na 180 °C eno uro.



APPLE STRUDL

INGREDIENTS:

DOUGH

0.5 kg of flour
2 dcl warm water
2 eggs
1 dcl of oil
a pinch of salt

FILLING

some grated apples
some sugar
some cinnamon
a cottage cheese
some sour cream
1 egg

INSTRUCTIONS:

Knead all the ingredients well, then put the dough in the bag and refrigerate for half an hour. Roll out the dough and smear it thinly with some oil and spread well. Sprinkle half of the strudel with grated apples, sprinkle it with sugar, some cinnamon and some cottage cheese, into which you put sour cream and one egg. Roll the strudel and place it on a greased baking tray and bake at 180 ° C for one hour.





Erasmus+

TRADITIONAL SLOVENE FOOD

**CLASSES OF
2. a, 8. a, 8. b,
9. a, 9. b**

**TEACHERS
ROMANA,
LEA,
MIHAELA**



2019/2020